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*Editor and committed
pescatarian struggles with
her environmental conscience.
Tuna yes, basa no. Confused!*

A veteran eco-campaigner (well, I went on a Save the Whale march when I was a student) I like to consider myself fully au fait with what one should and should not buy and/or eat in order to keep one's social and environmental conscience intact. Unfortunately, when it comes to fish, this causes extreme confusion, to the extent that I have frequently considered giving up my pescatarian ways altogether, basically because it makes my head hurt.

An example - until last week, I was convinced that cod was off the menu because of dwindling stocks. Now I learn that our own North Sea cod is very much on the menu (according to the Marine Conservation Society graphic at www.informationisbeautiful.net). Icelandic and Baltic cod is a 'maybe', however, as is basa, which I had considered good to go. We all know it's a crime to eat yellowtail tuna and any tuna caught on a longline, but albacore and skipjack tuna caught on a pole, and skeine-caught big eye tuna are in the 'yes' section. I'm amazed! We haven't had tuna in our house for a good decade.

The upshot is that the whole thing is a minefield, but it's a minefield I am determined to negotiate without losing any limbs, so the Marine Conservation Society graphic is now safely tucked in my back pocket, to be studied before purchasing anything which qualifies as a fish. I hope that this will widen my list of fish-it's-okay-to-eat; a list which has diminished alarmingly in recent years for want of proper guidance.

Fortunately, there is no conscience-wrestling necessary when considering the purchase of vegetables, in celebration of which we welcome our new columnist, micro veg grower Ken Holland. Give Ken a handful of seeds and he will give you a feast for the eyes and the palate, which makes him an eco hero in his own right. And you can eat his baby leaves with a clear conscience, apart from the fact that they are so little and cute. Oh, endless dilemmas!

Jane Pikett, Editor



Be a fan!

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

If you like something, we want to know about it, so tell us. Better still, take a picture and send it to us.

And if you cook something you're proud of (or something you're not!) email us a photo and a description and we might even put it on our Facebook page or in the magazine.

Fame at last!

email editor@appetitemag.co.uk

appetite.
TICKLE YOUR TASTE BUDS...

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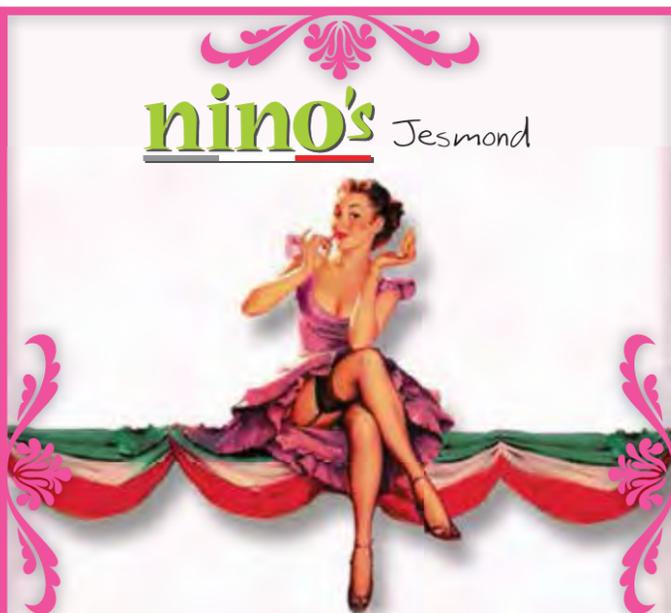
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WIN! SUNDAY LUNCH AT ESHOT HALL

Eshott Hall in Northumberland is offering a lucky **appetite** reader the opportunity to win Sunday lunch for two. Awarded a prestigious AA Rosette, head chef Chris Wood and his team are renowned for their creative menus starring seasonal and local produce, much of it from Eshott's own kitchen garden. The Sunday menu features such gems as estate rabbit rillettes and pease pudding with sage toast to start, Ingram Valley lamb shank with shallot mash, roast beetroot and rosemary jus, and warm ginger pudding, vanilla ice cream with brandy butterscotch sauce. Eshott Hall is an elegant country hotel situated in spectacular country between Morpeth and Alnwick.

To win Sunday lunch at Eshott Hall, email your answer to the following question to editor@appetitemag.co.uk by June 10, 2013

Q: What is the nearest city to Eshott?

The winner will be notified by email
Eshott Hall, Eshott, Morpeth, Northumberland NE65 9EN
tel 01670 787 454, www.eshotthall.co.uk

WIN! AFTERNOON TEA FOR FOUR AT THE RUNNING FOX

We love The Running Fox Cafe in Felton, where master baker Neville produces all manner of gorgeous breads including stilton & walnut, and olive (too tasty!) and his business partner Kris creates all manner of amazing meals in the kitchen. In addition to the superb range of artisan breads, the cafe menu includes lunches (including historic Sunday roasts), wonderful pies, fantastic patisserie, cakes and scones, and of course the fab afternoon tea.

The Running Fox is by the river, licensed to sell newspapers and stocks a small range of locally sourced produce and gifts. It has been something of a local sensation since it opened last summer and to keep up with demand it is now expanding upstairs, so, fingers crossed, they will have more room for all their fans.

To win afternoon tea for four at The Running Fox, answer the following question via email to editor@appetitemag.co.uk by June 10, 2013, including your name, address and phone number

Q: What is the name of the river which runs through Felton, Northumberland?

The winner will be notified by email
The Running Fox, 2-4 Riverside, Felton, Northumberland, NE65 9EA
tel 01670 787 090, on facebook

SAUSAGES!

The generous folk at Northumberland Sausage Company are kindly offering **appetite** readers a Northumberland lamb and Northumberland goat goodie box containing chops, joints, burgers, liver and gourmet creations for £50 (usual price £70) and free p+p. To buy, contact Northumberland Sausage Company through its website, which features an online shop and details of sausage-making courses.

Offer valid until June 10 2013, quote APPETITE 15
www.northumberlandsausagecompany.com



FREE BOTTLE OF WINE AT BOUCHON

Appetite readers are in for a treat at the fantastic Bouchon Bistrot in Hexham, where you qualify for a free bottle of house wine for a table of four, or a half bottle for a table of two, every Monday evening until June 10, 2013. French-owned and run, Bouchon is a classic country bistrot (hence the classic French spelling, with a 't') where the menus from head chef Jerome Cogne feature classics such as escargots with garlic and parsley butter, oxtail terrine, French onion soup, clafoutis aux cerises, tarte tatin, and crème caramel. Bouchon is fresh and uncomplicated, created from the finest produce, served simply and in season in the traditional French way. **Appetite readers qualify for a complimentary bottle of house wine per table of four, or a half bottle for a table of two on production of this page or a print-out of this offer from the appetite website www.appetitemag.co.uk Please quote Appetite when booking. Offer valid Monday evenings until June 15, 2013 (subject to availability)**

Bouchon, Gilesgate, Hexham, NE46 3NJ, tel 01434 609 943
www.bouchonbistrot.co.uk

FREE BROCKSBUSHES BAG

The award-winning farmshop at Brocksbushes Farm in Stocksfield is offering **appetite** readers a free Brocksbushes jute bag when they spend £10, or a free cooler bag or picnic rug when they spend £25. In addition to the range of fresh farm grown produce, Brocksbushes offers a comprehensive range of in-season and exotic fresh fruit and vegetables. The farm shop also stocks homemade cakes, pastries, freshly baked scones, home cooked hams, meats, pates and a selection of frozen ready meals prepared in the Brocksbushes Farm Kitchen. There is also a selection of jams, chutneys, sauces, smoked foods, cheeses, fresh soup, freshly baked bread and dairy produce.

Offer valid for the month of May 2013, on production of this page or a print-out of this offer from the appetite website www.appetitemag.co.uk One voucher per till transaction.

Brocksbushes, Brocksbushes Farm, Stocksfield NE43 7UB
tel 01434 633 100, www.brocksbushes.co.uk



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FREE GLASS OF PROSECCO AND 20% OFF COCKTAILS AT PASQUALINO'S

The lovely Joel Darby (pictured), manager at Pasqualino's Bar Pizzeria in Newcastle, is offering **appetite** readers a free glass of Prosecco with an evening meal and 20% off cocktails after 9.30pm. **Offer valid until June 30, 2013 – a free glass of prosecco with every two-course meal from the a la carte menu after 7.30pm and 20% off cocktails after 9.30pm, on production of this page or a print-out of this offer from the appetite website www.appetitemag.co.uk** Pasqualino's Bar Pizzeria, Market St, Newcastle, NE1 6BR tel 0191 244 2513 www.pasqualinos.co.uk



KIDS EAT HALF PRICE

Sunnyhills farm shop in Northumberland is offering children of **appetite** readers a half price meal from the children's menu when they eat with an adult. The family owners of Sunnyhills, Belford, pride themselves on their freshly baked goods straight from their own kitchen, and their fresh produce in the farm shop. Just 1/4 mile from the A1 it has a food hall, gift hall, café bistro, delicatessen, an on-site butcher's shop, wifi and children's play area. **Offer valid daily until June 30, 2013, please quote APPETITE 15.** Sunnyhills, South Road, Belford, Northumberland NE70 7DP tel 01668 219 662 www.sunnyhillsfarmshop.co.uk

WIN A PLACE ON A BREAD MAKING COURSE

Northumberland-based Gilchesters Organics is offering a fab prize of a place on a one-day bread making workshop with Ann Cudworth at Dough Works in addition to a runner-up prize of Mary Berry's book *How to Bake*. Both prizes will equip the lucky winner with a fantastic insight into baking skills and a lot of fun. To enter simply email your answer to the question below to editor@appetitemag.co.uk by June 10 2013, including your full name, address and telephone number. The winners will be notified by email. **Q. How many types of flour does Gilchesters Organics produce? Gilchesters Organics, Gilchesters Organic Farm, Hawkwell, Northumberland, NE18 0Q, tel 01661 886119 www.gilchesters.com Dough Works, North Tyneside, www.doughworks.co.uk**

PUDDING FOR £1 AT DAVID KENNEDY AT VALLUM



David Kennedy at Vallum, which has caused a real stir in the Tyne Valley since it opened at Vallum Farm last November, is offering **appetite** readers pudding for £1 with a main course from the evening a la carte menu. **Enjoy pudding for £1 with a main course from the evening a la carte menu, Monday-Friday until June 10, 2013 on production of this page or a print-out of this offer from the appetite website (www.appetitemag.co.uk). Please quote APPETITE when booking.** David Kennedy at Vallum, Vallum Farm, Military Road, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 406. www.vallumfarm.co.uk

WIN! MEAL FOR TWO WITH WINE

Tomlinson's Café in Rothbury is offering a lucky **appetite** reader the opportunity to win a two-course meal for two with a bottle of wine on a Thursday, Friday or Saturday evening. Located in an old schoolhouse in Rothbury overlooking the River Coquet, Tomlinson's serves hearty meals homemade from local, in-season produce wherever possible. **To win a two-course meal for two with a bottle of house wine, answer the following question via email to editor@appetitemag.co.uk by June 10, 2013** **Q. Which river runs through Rothbury?** Tomlinson's Café, Bridge St, Rothbury, NE65 7SF tel 01669 621 979 www.tomlinsonsrothbury.co.uk

BRUNCH! TWO FOR ONE MALMAISON SUNDAY BRUNCH

The kind people at Malmaison, Newcastle, are offering readers with a hearty appetite (is there any other kind?), two for one on their amazing Sunday brunch feast. The Malmaison brunch is £19.95 per head and just £19.95 for two on production of this page or a print-out of this offer from the **appetite** website (www.appetitemag.co.uk) **Please quote Appetite when booking. Offer valid until June 15, 2013** (subject to availability) Malmaison, 104 Quayside, Newcastle, NE1 3DX www.malmaison.com Sunday brunch is served noon-4pm. To book, tel 0191 245 5000



2 FOR 1 AFTERNOON TEA

The Best Western Derwent Manor Hotel is offering **appetite** readers a free second afternoon tea with each one purchased until the first week in June. Afternoon tea at the Best Western Derwent Manor includes freshly cut sandwiches, scone with preserve, the chef's selection of mini cakes and lashings of hot tea or coffee. It normally costs £12 per person, and with this offer is £12 for two. **Offer valid daily until June 10, 2013, please quote APPETITE 13.**

BEST WESTERN Derwent Manor Hotel, Allensford, Northumberland, www.bw-derwentmanorhotel.co.uk on twitter @BWDerwentManor

FEED...BACK!

It's here at last, your opportunity to be in print! Just email your recipes, feedback and foodie news and we will do our bit to print your stuff, put it on our website or tweet it. Fame at last! Email editor@appetitemag.co.uk or tweet @appetitemaguk



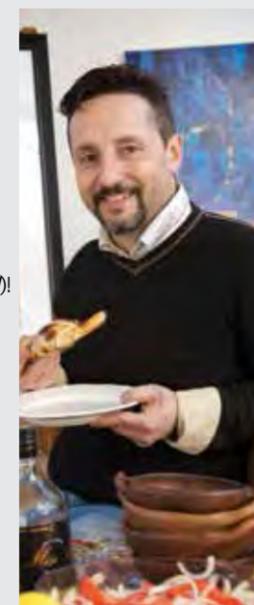
IT'S A TOUGH LIFE

Before we start, we would like to make it clear that the **appetite** team does include some personnel of the male variety (sort of). However, we had to sit up and take notice of a new survey, commissioned by Tenderstem, which highlights the hectic cooking routines of UK mums. Some of the findings include the fact that mums spend an average 13 hours a week in the kitchen (nearly a whole month over a year);

72% cook more than one meal at a time to cater for fussy children and/or family members arriving home at different times; just under a quarter regularly make three dishes at a time; 95% do other chores whilst cooking. And yes, we knew all that, which is why it is fortunate that we all love to cook. As for the 95% who do other chores while cooking, we presume that means drinking wine and chatting on the phone?

TREND SETTERS!

How cool are we at **appetite**? For London-based super chef Marcus Wareing has placed his bets on South American food as the next big culinary trend in the London restaurant scene. And what did we feature in the last edition? South American food, courtesy of our amazing interviewee, Chilean-born artist Enrique Azocar (pictured)! To be entirely accurate (mind, why break the habit of a lifetime?) Wareing put his best bet on Brazilian food driving the next trend in an interview with the culture website The Culture Trip, but that's near enough to Chile for us. See us? We're trendsetters, we are... **Note for Marcus – if you want help getting started, you can still find Enrique's fab South American classics on our website at www.appetitemag.co.uk**



Fine feast!

Immense fun was had by all at the first David Kennedy at Vallum Chef's Table last month. David, who has caused something of a sensation with his new restaurant and shop at Vallum Farm, eight miles west of Newcastle near Corbridge, decided to put on occasional chef's table nights because he happened to have a big table made by Paul and the team at Trunk, Northumberland (and what other reason could he need?). There is only room for 12 happy diners at these special private dining events, so they are particularly special, and to book your place, you need to ring and simply stake your claim. **David Kennedy at Vallum, Vallum Farm, East Wallhouses, Military Road, Newcastle, NE18 0LL tel 01434 672 406 www.vallumfarm.co.uk**

You can watch Dave and team cooking behind glass, and we enjoyed garden pea soup with Vallum Kitchen Garden pea shoots, goat's curd spring roll with Bywell smoked salmon, a tasting of Northumbrian lamb, lime posset with blood orange and – the piece de resistance – baker Murray Rhind's amazing classic custard tart. There was a different wine with each course, canapés to start and coffee and chocs to finish, and a lot of fun had by all.

Fishy business



Check out these little lovelies from **appetite** reader Stevie Pattison, of Lamesley, Gateshead, who created this little feast in the kitchen with a little help from his friend Dez. Langoustines, says Stevie, will never again be served in his house without this amazing olive oil mayo, homemade in the traditional way (lots of slow pouring and mixing).



Happy birthday!

Witness, please the celebratory sticky toffee pudding presented to the editor's husband on the occasion of his birthday at the excellent Red Lion in Newbrough recently. Like the rest of the dinner enjoyed on this illustrious occasion, it was a beauty. The Red Lion is our local with good reason – the food, and very importantly the beer, are superb. And they welcome the dog. How much better does it get?



ICE CREAM HEAVEN

Time to 'fess up to our sins... the editor and illustrious **appetite** scribe Laura Emmerson had a trip up the coast the other day and feasted on some superb seafood thanks to The Jolly Fisherman at Craster and The Old Boathouse, Amble. And to finish? Well, Spurelli's excellent ice cream parlour is only round the corner from the Old Boathouse, so it would have been rude not to drop by, wouldn't it?



ON THE MENU

(Anarchy and Feasting at Broad Chare, Newcastle)

PUB APERITIF

Crime Scene: A hybrid American amber

BROAD CHARE BAR SNACKS

Quiet Riot: A cloudy South Pacific IPA

ROAST SUCKLING PIG WITH APPLE

Anarchy: A strong continental-style lager
Grin & Bare It: A hybrid pale ale with tropical flavours

MONTGOMERY'S CHEDDAR

Sublime Chaos: A darkly voluptuous and stouty South Pacific IPA

Girl About Toon

With Laura Emmerson

Girl About Toon, otherwise known as Girl Friday to our beloved editor, is never known to turn down an invitation to learn more about the many pleasures to be had eating and drinking.

So it was with a raging appetite and air of anticipation that I ended up at the excellent Broad Chare pub in Newcastle for a night, temptingly billed Anarchy and Feasting, at which owner Terry Laybourne and head chef Chris Eagle served up a fabulous feasting menu to complement new craft beers from Morpeth-based Anarchy Brew Co.

I'm definitely not a big beer drinker, but greeted with a brew called Crime Scene on arrival (a hybrid American amber, so I'm told), I was pleasantly surprised at how much I liked it.

A platter of delectable pub snacks was served

Broad Chare-style (the best pork pies and scotch eggs you've ever eaten plus succulent monkfish cheek fritters) with a gorgeously fruity craft beer named Quiet Riot (at 6.6%, it put a smile on everyone's face).

Next up was a whole roast suckling pig (half-cut hubby ate its tongue with his hands, which was nice), more beer, cheese and a creamy stout made with oats and coffee beans. By this point I was tempted to lie on the floor with a cool flannel on my brow, but I soldiered on and now stand fully converted to the way of the craft beer, which means I will never again drink anything else with a good Ploughman's lunch.

Broad Chare, Newcastle, NE1 2HF
tel 0191 211 2144, www.thebroadchare.co.uk

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For more information or to book a stall please contact
Neil Brown, Morpeth Market
Manager on 07713115204



IT'S A DATE!

Hair of the dog...

The very excellent Cluny pub in Newcastle's Ouseburn Valley has long been an **appetite** favourite, for its real ales, its foreign beers and its fantastic home-cooked grub. We like beer and we like dogs, so The Cluny's Flying Dog Week, featuring three extremely rare beers from Maryland-based brewery Flying Dog, is a must.

Flying Dog Week, May 6-12, features just a single keg (just 30 litres) each of El Dorado Single Hop Imperial IPA (which is 10%, so gan canny with it, like), Chipotle Dark Ale (a mere 8%), and Lucky SOB Irish Red Ale (5.5% - so perfect for the

softies) on draught. And take note - these beers are so rare that when they're gone, they're gone for good!

With every purchase of a Flying Dog product, customers will be entered into a raffle with a chance to win Flying Dog merchandise including t-shirts, caps, banners, posters, stickers and branded glassware.

The Cluny will also have at least 10 different Flying Dog bottles available, as well as its regular Doggie Style and a guest keg of Underdog Atlantic Lager on draught.

The Cluny, 36 Lime Street, Ouseburn, Newcastle, NE1 2PQ, tel 0191 230 4474, www.theheadofsteam.co.uk/newcastle-outlets-the-cluny



Hot news



The North East Chilli Festival returns in July following the big success of its inaugural event last year, which lured 10,000 visitors.

The two-day festival brings together the great and the good of the UK chilli scene, local producers, chilli-related special events and an expanded street food area.

North East Chilli Festival, Seaton Delaval Hall, July 6&7, early bird tickets at £4 available at www.chillifest-ne.co.uk (kids are free)

Yes, chef!

North Eastern Culinary and Trade Association (NECTA) holds its next show on May 8-9, including the North East Chef of the Year competition. The two-day show includes demonstrations from chefs and there will also be a chance to sample some of their food. For info visit www.necta-chef.co.uk

Boiler Shop Steamer spot on



The Boiler Shop Steamer event takes place in May, following the success of April's event when more than 2,000 people enjoyed food, drink and music at this new monthly event in the Stephenson Quarter of Newcastle.

The May Steamer will see a number of new food stalls making their debut, plus more from the likes of street food pioneers Dabbawal, Ouseburn Coffee Co, Masterchef forager James Burton, and Wylam Brewery.

The event is set to be a favourite on the first Friday of every month with music, street food, beer, whisky and cocktails, pop-up cinemas and boutiques. The event is organised by the brilliant Riley's Fish Shack and Wylam Brewery and the music is programmed by NARC magazine.
www.theboilershopsteamer.com

Northumberland county show



The great show moves to its new home at Bywell, Stocksfield, this year, and promises masses of entertainment, plus - most important at **appetite** HQ (just around the corner from the new showground) - lots of food!

The Journal 'Taste of the County' tent will feature leading chefs and a host of local food producers, while Vallum Farm will be hosting its own tea tent with produce from the Farm tea room and David Kennedy at Vallum. A tour of the showground will also yield some of the best food vans you will find gathered in one place at the same time, so we recommend you take doggy bags with you.
Northumberland County Show, May 27 2013, Bywell near Stocksfield Northumberland, NE43 7AB, tel 01434 604 216, www.northcountyshow.co.uk

Second helpings at Tynemouth



We're looking forward to a second helping of Tynemouth Food Festival in May with events, street food stalls, 1940s-inspired tea dances at Tynemouth Station, chocolate tasting sessions and a pop up from brilliant chef David Kennedy.

Tynemouth Food Festival, May 2013 - www.tynemouthfoodfestival.co.uk or www.facebook.com/tynemouthfoodfestival

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KEN HOLLAND



Ken and Tracy Holland's North Country Growers is renowned nationwide for its unique selection of heritage and micro varieties. They supply many of the region's and the UK's best-known chefs, plus the Tea Room at Vallum Farm and the new David Kennedy at Vallum Restaurant. The Vallum Kitchen Garden, poly tunnels and raised beds can be seen from Vallum's Tea Room and the Restaurant and if you pop by you may be invited to wander through the Kitchen Garden and rub shoulders with chefs who drop by to pick their own.

North Country Growers, Vallum Kitchen Garden, Vallum Farm, Military Road, East Wallhouses, Newcastle, NE18 0LL
tel 01434 672 822, www.vallumfarm.co.uk



Forcing the issue

This month, Ken is mainly forcing all sorts of varieties of veg in his darkened tunnels at Vallum Farm... Read on!

One of the greatest joys of growing is in experimenting and the forcing tunnel on our plot at Vallum Farm is a real pride and joy.

All too often as a grower, you don't know what you're going to get until you get it, particularly when you're experimenting as we do.

We've got sea kale in the forcing tunnel at the moment, which is going to be interesting. The Victorians – who valued it as highly as asparagus – would force it under plant pots, and we're having a look to see what we can achieve with it.

Mind, it's not an easy process. We have 600 seeds we are trying to germinate and we're trying to force a two-year growing process into six months, so watch this space!

The leaves coming out of the forcing tunnel are incredible. They are tender and their colours, because there is no light, are a real surprise. We're coming up with pinks and reds on our beetroot, and our carrot tops in there are like bamboo shoots. The flavours from these leaves, and those on forced red onion sets and broad bean shoots are completely bamboozling

the chefs, and delighting them in equal measure. We also think we're unique in doing this and there's a massive buzz when a top chef tells you he can't source produce like it anywhere else.

Clamp it!

Most households have forgotten the old method of storing fruit and vegetables known as clamping, popular in the days when our plates were ruled by the seasons.

It's simple and effective for storing all sorts of things including potatoes, carrots, beetroot. All you do is take your harvested produce and make a clamp for it (a box of soil and straw for drainage) and store it outside or in a cold shed or garage.

I've discovered that six or nine months in a clamp can intensify the flavour of beetroot and carrots particularly, and we've had very well-known chefs chasing us for 12-month-old produce from the clamp because they like the flavour so much.

We've got 14-month-old beetroot now coming out of the clamp and going back into raised beds, and the result is fantastic – beyond expectations. We've done the same with carrots, which we stored in sand in a clamp and then re-planted in the raised beds. It's the science of vegetables!

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STARTERS



POP!

Popcorn experts Corn Again of Consett (which was a clear winner in our **appetite** popcorn taste test recently) have created a new Pop@Home Kit. All you do is make your popcorn from the kit and sprinkle with the Popcorn Topper in coconut & chocolate, chilli, or cheese & pizza. There's plenty to top at least eight to ten large bowls, which is nice. **Made from 100% natural ingredients, order online at www.cornagain.co.uk for £24.99, delivery free within the UK**



NEW HORIZONS

KENNY'S OFF THE MENU
Rockliffe Hall and its director of food, Kenny Atkinson, have agreed to part company. The mutual decision comes as Rockliffe Hall re-opens its triple AA Rosette flagship Orangery restaurant for lunch, afternoon tea and dinner six evenings per week, following a £150,000 refurbishment. Kenny, who was part of Rockliffe Hall's opening team responsible for its three restaurants and banqueting since 2009, will return to Rockliffe Hall throughout the coming year for a number of special events and cookery demonstrations.

STARTERS



THE DELIA EFFECT

The famed 'Delia Effect' (the sales surge prompted when The Sainted One mentions a product, even in passing) has hit Gateshead-based Traidcraft, thanks to Delia's endorsement of Fairtrade goods in her new book.

Delia's Cakes book reveals her support for the Fairtrade movement and Traidcraft is featured for its range of Fairtrade sugar from Craft Aid, a small producer in Mauritius, and for its sultanas, mixed dried fruit and Fairtrade nuts.

As St Delia says: "There is something communal about making a cake, and to know that buying ingredients from small suppliers around the world whose livelihoods depend on it is very satisfying. I am a huge supporter of the Fairtrade movement and, wherever possible, we have used their ingredients, which also happen to be superb quality." Well said!

Have a look here for Fairtrade inspired recipes
www.traidcraft.co.uk/buying_fair_trade/recipes



CREAM OF THE CROP

The Blagdon Estate north of Newcastle, home already to the excellent Northumberland Cheese Co and Blagdon Farm Shop, plus their respective cafes, is now also home to Poppy's Tea Room and ice cream parlour.

Poppy's is housed in a beautiful Grade 2 listed former Smithy which has been transformed into a light tea room. Opening in May, it will serve a range of homemade meals, breakfast, lunch and afternoon tea, with menus featuring locally sourced ingredients and herbs from Poppy's own garden.

There is an Italian feel to the menu, while the ice cream parlour is home to Marcantonio's traditional Italian Gelato in 12 flavours, and there is an outdoor play area.

The Parlour at Blagdon, Blagdon Smithy NE13 6DQ
tel 01670 789 935, Facebook - The Parlour at Blagdon

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David Kennedy Restaurant and Shop 01434 672 406

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SWEET SUCCESS!

JR Jams of Newcastle is doing its bit to spread the international reputation of North East marmalade after scooping a Gold award for its scrummy Three Fruit marmalade (orange, grapefruit & lemon) and two Bronzes for its Seville Orange and Grapefruit marmalade.

JR founder Jean Read's brilliant blends competed with more than 1,000 marmalades from as far afield as Australia and the Philippines at the awards held at the Dalemian Mansion in the Lake District. Her jams, marmalades, curds and chutneys are handmade in small batches, contain no additives and have a high fruit content, which is sweet!

JR Jams, available throughout the North East including at Mmm (Grainger Market), Vallum Farm Shop, Blagdon Farm Shop and at www.jrjams.co.uk

IN THE BEST POSSIBLE TASTE

Malmaison Newcastle has launched a series of new Wine Dinners hosted in the brasserie's private dining room. Each event is themed around a different country and partnered with a winery from that place. The evening includes a specially designed four-course menu with wine pairings. It's an intimate affair for just 20 guests and is great value at £39 per person. The next events are on June 6 and October 10, 2013. Keep your eye on the website for more details.

Malmaison, Quayside, Newcastle, NE1 3DX
tel 0191 245 0593, www.malmaison.com



We can't resist homemade jam in a jar topped with a pretty fabric square. This raspberry and rose jam is made by Bev Middleton at The Little Coffee House in

Gateshead is sweet in looks and tangy in taste. It's a winner!

Little Coffee House, Country Baskets, Princes Park, Team Valley, Gateshead, NE11 0NF

JURASSIC LARKS

We at **appetite** HQ love the Centre for Life's unusual adventures in food evenings hosted by the one and only nutty professor and Life's head of education Noel Jackson. The next event, Dine with the Dinosaurs, coincides with the Age of the Dinosaur exhibition at Life.

The dinner is inspired by an event when Victorian palaeontologist Sir Richard Owen first coined the term 'dinosaur' (who knew). He and sculptor Benjamin Waterhouse produced 33 life-size dinosaur sculptures for the 1853 Great Exhibition and Sir Richard hosted the Iguanodon Dinner within Waterhouse's mould of an

Iguanodon (yes, really!). Life's interpretation of the event will be staged on centre's mezzanine floor overlooking Life's recreation of a 65 million-year-old Jurassic forest and the dinner is narrated by Noel Jackson.

The four-course menu will emulate Victorian high dining with a contemporary twist.

Dine with the Dinosaurs, June 22, Centre for Life, Times Square, Newcastle, NE1 4EP
tel 0191 243 8223, price £60 per person/£440 for a table of eight, dress code – lounge suit, cocktail dress, or Victorian costume (what else?)



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There are some fab recipes on the Gilchesters website to get you started, so take a look.

Gilchesters Organics, Gilchesters Organic Farm, Hawkwell, Northumberland, NE18 0QL
tel 01661 886 119, www.gilchesters.com



FOOD THERAPY

Chef Rosemary Shragar has entered a two-year partnership to support the Veterans' Artisan Bakery at Catterick Garrison.

The bakery provides training to equip those suffering from post-traumatic stress or vulnerable to homelessness with new career skills.

Shragar says: "I had an instinctive connection with the bakery, the charity, and its work and how baking can work on a therapeutic level. I've been rock bottom myself and I know how baking has literally transformed my own life." Never a truer word..!



BELGIAN BUTCHER DOUBLE

R Turnbull & Sons in Alnwick and George Payne in Gosforth, Newcastle, have both won awards for their meat at an international awards ceremony in Belgium.

A gold awards double was achieved by Turnbull's for its Maple-Cured Pancetta and Apricot and Rosemary Dry-Cured Bacon Chops at Meat & Fresh Expo, a leading event for the European fresh food sector staged in Kortrijk, Belgium.

George Payne clinched two silver awards with Lamb Mint & Redcurrant Sausage, and Lamb Mint & Redcurrant Burger.

Both butchers report a surge in sales in the wake of the horse meat scandal.

The bi-annual contest included entries from a strong UK contingent representing the national Butchers Q Guild.

PRAWN COCKTAIL

As the retro starter returns to menus across the country, why not try this fruity twist on the 1970s classic? This stress-free recipe is sure to impress at dinner parties and is perfect for those who would rather be entertaining than stuck in the kitchen!

Ingredients

Serves 2

- 1 iceberg lettuce
- 100g raw prawns
- 1 small cantaloupe melon

for the cocktail sauce:

- 100g mayonnaise
- 2 tbsp ketchup
- ½ tsp orange juice
- ½ tsp sherry
- salt, cayenne pepper, black pepper

Method

Wash and cut the iceberg lettuce into strips and divide between two glasses or dishes. Cut the melon into cubes. Peel and wash the prawns and cook for five minutes in boiling water. Allow to dry and then mix with the melon cubes.

For the cocktail sauce, mix together the mayonnaise, ketchup, orange juice and sherry. Season with salt and pepper and add the cayenne pepper according to taste.

Dress the salad with the cocktail sauce.



COOKING UP SUPPORT FOR ST OSWALD'S

Newcastle's pioneering Indian street food kitchen Dabbwal has selected St Oswald's Hospice as its chosen charity, having raised £650 with a money-can't-buy auction prize at the charity's Bollywood Ball in February.

Auction winners Ann-Marie and Owen Ingram, of Prudhoe, won the prize to go behind the scenes at Dabbawal and cook a feast for five friends assisted by the kitchen team. "We love Indian food, and the chance to get hands on experience with the experts was too good to miss," says Ann-Marie.

Dabbawal, High Bridge, Newcastle, NE1 6BX
tel 0191 232 5133, www.dabbawal.com

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STARTERS



GO THE EXTRA MILE

The Three Mile Inn in Gosforth, Newcastle, is spick and span following a major refurbishment. The Three Mile is a landmark in Gosforth, renowned for a brilliant bar menu starring burgers, fish and chips, sharing platters, pies and pizzas and the like. Now it's been done out it's looking extremely smart, and there's a function room for hire, regular live bands and regular special offers to enjoy.

Three Mile Inn, great North Road, Gosforth, Newcastle, NE3 2DS tel 0191 255 2100, www.threemileinn.co.uk

CHIPPY TUESDAYS

Is there any greater dish than proper chip shop fish and chips? Clearly, Simon Walsh, exec chef at Close House, likes it, because he has launched Chippy Tuesday at the No19 clubhouse in tribute to the great British chip shop. For £25 per couple, you can have beer-battered cod, or smokie sausage, salmon and cod fish cake, or mince and onion pie, served with chips, mushy peas, bread and butter, gravy or chip shop curry sauce and a pot of Victory Tea. Inspired!
No19 at Close House, Heddon on the Wall, tel 01661 852 255

PIGGY PORTRAITS

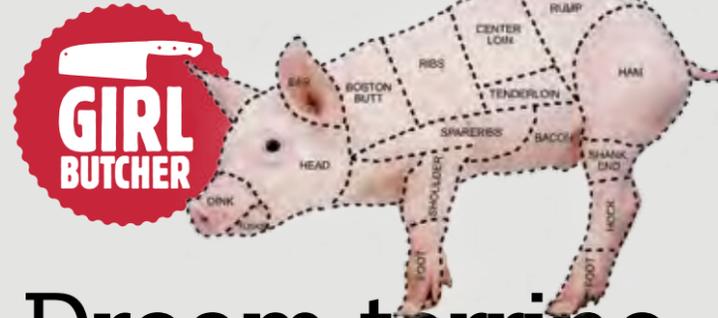
Robin Baty at North Acomb Farm Shop in Stocksfield is doing his bit for charity having noticed that visitors to the shop enjoy petting the friendly beasts in the pig pen. So, he is running a painting competition inviting young and old to draw or paint a pig. It's 50p to enter and proceeds go to the Great North Air Ambulance.

North Acomb Farm, Stocksfield, NE43 7UF, tel 01661 843 181 www.northacombfarmshop.com

CHARLOTTE HARBOTTLE



Charlotte Harbottle, one of the country's few lady butchers and, in our opinion, a food genius, is here every month. Read more of her musings at www.girlbutcher.blogspot.com and meet her at Charlotte's Butchery, Ashburton Road, Gosforth, Newcastle, NE3 4XN tel 0191 2851988



Dream terrine

Charlotte celebrates the joys of a good old-fashioned ham hock terrine

Who says that terrine has to be complicated? This is a wonderfully simple yet effective way of creating that light lunch or rustic platter.

The recipe here is easy to follow and guaranteed to impress. The ingredients are incredibly easy to source and the key to this is an English ham shank.

Like all meat, cured meat doesn't travel particularly well. It starts to sweat in the plastic and that affects the flavour.

It is always better to use the freshest of ingredients for any recipe. This is a simple yet vital rule when it comes to ensuring your food is of the best quality before you've even glanced at your recipe, it really does make a difference.

This tender terrine is also a chance to get back to basics: shredding the ham shank with your fingers and setting the terrine yourself.

Ham shanks are the knuckle end of the ham after it has been cured - once they were easily bought but these days they are a rare commodity. So get yourself to your local butcher to test this easy gourmet delight.

CHARLOTTE'S HAM HOCK TERRINE

Ingredients

- 1 carrot
- ½ onion
- 1 celery stick
- 1 large ham hock or shank
- 3-4 sprigs thyme
- 1 bay leaf
- 1 clove garlic
- 4tsp grain mustard
- 3tbsp finely chopped parsley

Method

Chop the carrot, onion and celery and put in a large pan with the ham hock, thyme, bay and garlic. Cover with water. Bring to the boil and simmer until the meat begins to fall off the bone - about 3 hours, maybe more. Remove the ham hock from the pan and leave to cool (keep the liquid). Shred it with your fingers, discarding any fat or sinew. You should have about 550-600g ham. Put in a bowl with the mustard and parsley. Reduce liquid to 200ml by boiling. Add ham, press into a 750ml terrine or loaf tin lined with cling film and refrigerate for a couple of days. Slice into slabs, serve with relish and some oatcakes or good bread.

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KITCHEN KIT



Check out these useful and stylish ideas to bring out the creativity in your kitchen



CHOP!

These super chunky chopping boards are made by Northumberland-based Trunk; purveyor of all manner of reclaimed wooden stuff, from chopping boards to furniture, from kitchens to shepherd's huts (yes, really). Handmade in Bellingham, it's all lovely stuff, thanks to the talented Paul and his team. We picked up these boards at the David Kennedy at Vallum shop,

and you can purchase Trunk stuff online and at farmers' markets, including Hexham on the second and fourth Sunday of the month. **Chopping boards, from £20, Trunk Reclaimed, tel 01434 220 011, www.trunkreclaimed.co.uk and at David Kennedy at Vallum shop, Vallum Farm, Military Road, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 406**

HEART THIS!

For all the romantics out there... this lovely heart-shaped baking dish will do two portions, perfect for sharing. Great for lasagne and cottage pie, it's oven, microwave, freezer and dishwasher safe. Size 20cm x 20cm x 4cm high. **Heart baker, £30 (inc p+p), from North East potter Marv at Muddy Fingers, www.muddyfingerspottery.com**



STACK 'EM!

Who decided that stackable cups were suddenly de rigeur? No idea, but they are – we promise! We like this set from Debenhams. Hot! **Ashley Thomas at Home stackable mugs £18.50, Debenhams**



KITCHEN KIT



CHEF'S SECRETS

Northumberland-based Relish publications keep coming up with brilliant cookbooks profiling recipes from chefs UK-wide. Their latest, *Scotland Second Helping*, is introduced by

Michelin-starred chef Tom Kitchin and includes recipes from his restaurant The Kitchin. **Relish Scotland Second Helping, £20 at www.relishpublications.co.uk alongside the full Relish portfolio of books, including Relish North East**

MELLOW YELLOW

Northumberland-produced Yellow Fields cold-pressed rapeseed oil infused with jalapeno oil is **appetite HQ's** latest kitchen go-to for dressings, stir frying, roasting and – most especially – dunking. Grown and made at Selby House Farm in Northumberland, this little baby has only 50% of the saturated fat and ten times the omega 3 of olive oil, which basically means it's good for you. Golden, nutty and really rather amazing, this is a serious contender for top spot in our store cupboard. **Yellow Fields rapeseed oil with jalapeno £4.50 at Park View Kitchen, 155 Park View, Whitley Bay, NE26 3RF, tel 0191 252 0802. Online shop at www.parkviewkitchen.co.uk**



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The Grazer prepares to sample austerity

That stray fiver in your pocket - what can you get for it? A coffee and a pastry? A sandwich from Pret and a magazine? How about living on it for a whole week, that's a pound a day - not enough for a metro ticket or an egg mayonnaise sandwich... Could you do that?

You're walking into the supermarket and you only have one solitary little gold fella to spend, what would you buy? What springs to mind? I started by racking my brains for the cheapest things in the supermarket. A bread bun, a tin of beans or soup, a packet of rice, a baking potato. What can you think of that costs less than a pound? And then how would you make three meals with it? Not just your lunch, but every meal for the whole day... It doesn't really seem feasible does it?

Last week I received an email from Oxfam asking me to take part in the Live Below the Line challenge, a campaign to

help change the way people in the UK think about extreme poverty and also raise money through sponsorship at the same time. Surviving on this small amount each day is the reality for 1.4 billion people worldwide, currently living below the Extreme Poverty Line. The World Bank defines extreme poverty as living on the equivalent of US\$1.25 a day, roughly the equivalent of £1 here in the UK. I was pretty quick to say yes, I worry about people not having enough to eat and I feel terribly guilty when I throw food away or waste anything.

I began with the question of what I was actually going to eat... I started with research, meals plans and recipe pricing. I'm aiming to actually make my food, not just buy cheap tins and ready meals, but it's pretty difficult to be that imaginative with £1. I've been researching the cheapest vegetables, cheapest grains, cheapest tins... Meat is out of the picture, it's just too expensive. Eggs

are a possibility but only if I buy battery ones, cheese no, drinks no, fruit no, greens no... perhaps I can stretch to a couple of bananas. Root vegetables and pulses are cheap, flour, pasta, spices and rice too. But you can't have all of these, just two or three things really, because by the time you have bought some lentils and some vegetables you're £3 down already.

It's the lack of choice that is so very difficult, not just being hungry, but such little scope for variety or opportunity. If you buy rice then it's rice all week, you can't have pasta and lentils and rice and vegetables, just one or two options, that's it.

I started with the idea of buying a chicken and roasting it to make salads, sandwiches and chicken soup; but even a cheap battery chicken is about £4. So you also have to make choices about animal welfare and food provenance, if you only have £1 a day can you afford to care? You can get Asda smart price eggs for 9p an egg, the free ranges ones are 17p each.

There are some rules. You can price things like spices, herbs and salt by the gram, so you can add flavour without having to buy a whole pot of spice, but everything else needs to be bought and priced for the whole packet or tin. You are allowed to use food you have grown, as long as you factor in the cost of production, unfortunately I only have some damp seeds in pots at the moment which do not look like a tasty snack.

So far on the menu I have planned a roast butternut squash soup; a butternut

squash at £1, a tablespoon of vegetable oil at 2p, a stock cube for 6p and half an onion for 12p, roast then blend. It makes about 4 portions and works out at 29p per portion. That covers lunch, with 71p left to make dinner. Flatbreads roll in at only 3p each if you make them yourself! Winner! I'll be eating a lot of them I think. 150g of flour with half a teaspoon of salt and 80ml of warm water makes enough dough for four flat breads.

With a bowl of daal, full of spices and onions, that sounds like a lovely meal. But once I have bought a bag of lentils, it will be lentils every night I guess... Lentil kofte, lentil burgers, lentil soup?

'Cheap Family Recipes' is a brilliant blog with very cheap, priced, imaginative meals, if you are looking for inspiration, as is the Live Below the Line Facebook

page which is full of photos of meals people have made so far, it is pretty pulse heavy, so I see I am making similar choices to the rest of the folk taking part.

My current menu is looking a little as follows, it seems that I will be mainly eating butternut squash, lentils and flatbreads...

Monday - Roast Butternut squash soup for lunch with a flatbread, Lentil daal and flatbread for dinner

Tuesday - Homemade hummus, carrots and flatbreads, Roast butternut squash and chickpea stew

Wednesday - Roast Butternut squash soup for lunch with a flatbread, Root vegetable stew

Thursday - Vegetable soup for lunch with a flatbread, Lentil and Carrot Curry with flatbreads for dinner

Friday - Homemade hummus and flatbreads for lunch, Lentil daal and flatbreads for dinner

I might have a bit of a break from

flatbreads when I'm done!

My shopping list is basically dried lentils, dried chickpeas, a butternut squash, root vegetables and flour. I might be able to stretch to a few bananas, and I'd love to come across a bag of discounted spinach so I am eating some greens!

From April 29 to May 3 I will be doing my bit and raising some money from

sponsorship. If you would like to take part yourself, you can sign up on the website, it is really very simple. If you search for me, Anna Hedworth, in the find participants box, you can sponsor me, read recipe updates before the challenge, and follow my progress. So far people who have signed up have raised £155,745. Over the course of the 5 days, Live Below the Line is also running in Canada, Australia and the USA, with more than 20,000 people spending 5 days living below the line.

www.livebelowtheline.com



ROAST BUTTERNUT SQUASH SOUP

SERVES 4

- INGREDIENTS**
- 1 butternut squash in chunks
 - 2 onions in quarters
 - 2 cloves garlic in their skins
 - 1tbsp vegetable oil
 - 2 chicken stock cubes
 - 1 large potato

Method
Roast the squash, onion and garlic with the vegetable oil and salt and pepper for 30 - 40 minutes at 200C/Gas 6, until golden and caramelised. Take the garlic out of its skin, add everything to 1500ml of water, 2 chicken stock cubes and one large potato, diced. Simmer till the potato is soft, then blitz. Check for seasoning and serve.

STAR MAN

Few chefs at this level are totally self-trained. It's practically unheard of for one to get a Michelin star. Rosie McGlade meets the extraordinary James Close

The possessor of the only Michelin star between Thirsk and Edinburgh, you might imagine Raby Hunt chef James Close has a certain way to him; a dash of feigned gravitas, perhaps; a sprinkling of culinary chieftom.

But James explains his meteoric rise thus: "Four years ago my parents bought a traditional pub near Darlington, and we started doing bistro bar food; chicken liver pate, fish and chips, my mum did a chicken pie. And then I went a bit mental."

In other words, he was a completely untrained chef with what sounds like a healthy interest in food, but not necessarily more than that, got into his own kitchen, and just took off. For someone now specialising in £75-a-head tasting menus, where you get up to 12 ravishing-sounding sample dishes, we're talking pretty posh here, it's a refreshing way of telling his story.

James has a nice story, generally, and certainly an inspiring one. He grew up in the middle of Hamsterley Forest near Bishop Auckland surrounded by dense trees and not a single neighbour for miles, a perfect childhood where he and his elder brother and sister were free to roam to their hearts' content. He would sometimes help his mother as she served guests in their country house B&B, and when he was about 12, borrowed one of her recipes and sold toffees to walkers and cyclists visiting the forest. He loved going out for meals, and had a thing for places like the Hard Rock Cafe.

But the thought of becoming a chef never crossed his mind.

"My real passion was golf," he admits. It took him until he was 27, and an assistant pro at a golf course in Thirsk, North Yorkshire, to realise he might not have what it took to make it a permanent living.

He's now just turned 34. En route to gaining his star, James worked in a menswear department in Darlington, then did a year in the Hedlam Hall kitchens outside of nearby Gainford, where, he says, he was taken on mostly to do vegetables and that was pretty much what he did. They were a great staff, but after a year, he packed a tent and headed to France and Switzerland for six months with a friend, where, almost by surprise, he found himself making notes about all the food he came across. He came back to England, got a job in a pub near

Barnard Castle for eight months, where the Terry Laybourne-trained chef brought his skills on somewhat, and then about four years ago got the news from mother Helene that they'd bought a pub in Summerhouses, and did he fancy working in the kitchen?

"I suppose I shouldn't say I went a bit mental!" he smiles. "I just got very obsessed, not simply about food, but fine dining, to the degree that it has become all consuming. Tonight, on my day off, it's still all I'm thinking about. I cooked, did lots of research, and hoped if I put my full mind to it I would get better.

"The food I was making six months down the line was completely different; a year later, it was different again, and it has continued that way until now."

Purely by trial and error, and reading? James has a couple of secrets, he says, that for now he'll keep to himself. A gourmet Rumpelstiltskin who sneaks out to help every night? No, nothing like that.

Since getting his star last September, when there was just himself and sous chef Ryan, 24, (although James dislikes French kitchen titles), he's taken on two new kitchen staff, both very young, and with no training whatsoever.

The Michelin star was a shock, though a welcome one. "I didn't expect it so soon," he admits. "But I certainly wouldn't say it's been easy. I do 90 hours a week, starting at 8am and finishing at 2am. You put your body under and an incredible amount of pressure."

So is it fun in his kitchen, or lots of sweating and swearing? "Both," he grins. "A lot of the time it is fun, but stress levels are high; I like things to be perfect. I always say to any chef who comes for work here that if food is not their life, then they are wasting the good times in their life away from the kitchen working here. You have to give all that up to be here, so it has to be totally fulfilling."

What they do isn't cheap, but he assures us it's worth it, just as dedicating his life to his work has become worth it for him. Could anyone do what he's done? "If you have the passion, then yes," he answers. There's certainly no doubting the passion James has.

Raby Hunt, Summerhouses,
tel 01325 374 237,
www.rabyhuntrestaurant.co.uk
Restaurant open Wednesday
lunchtime-Saturday night



A SAMPLE OF DISHES ON THE RABY HUNT TASTING MENU:

Ox Cheek:
48 hour braised – green peppercorn

Scallop:
caviar, black radish and cockle jus

Wood Pigeon:
pan fried and liver parfait, beetroot

Onions:
variations of onion family, chicken skin and jus

Suckling Pig:
rare breed, artichoke, smoked potato

Brilliant Savarin:
summer fruits

Rick Chocolate Bar:
with popcorn icecream

A FISHY BUSINESS



*Pescatarians unite! We at **appetite** have a passion for fish, and as long as you know what's good (ie sustainable), there is so much variety you can live on it for breakfast, lunch and dinner.*

Jane Pikett takes a coastal tour

Hugh Fearnley-Whittingstall, in our opinion at least, deserves a knighthood. Nay, he deserves to be King. Of all the world. At the very least.

Not only because he is a great cook, but because he cares so much. About vegetables. About deer. And rabbits. And all sorts of things. And particularly, about fish. Or, more precisely, about the health of our oceans, which must be maintained – actually, restored, after years of breathtakingly stupid fishing practices – a) so that the whole world doesn't actually experience a catastrophic ecological breakdown, and b) so that you and I can eat fish. And where, pray, would we be without it? It doesn't bear thinking about!

So, while Sir – sorry, King Hugh – is doing a grand job spreading the word about what is sustainable and what is not (and yes, we at **appetite** take the fantastic, downloadable, fish you can- fish you can't eat, graphic helpfully produced by www.informationisbeautiful.net, with us to the fishmonger, just to be sure...) there are many fishermen and fisherchefs around these parts treating us to the bounty of the North Sea.

If we were to do full justice to the Robsons, the Taylors, the Latimers, the Lindsays, the Rileys Fish Shack, the Lindsifarme Oysters and so many more doing their bit for fish in this region, we would have to write a book (we may well...) so for now, we took ourselves a trip coast-side and landed on just two of what we consider to be the North East's most notable fish restaurants, just to give you a flavour of what's out there and the ethos behind it.



John Blackmore, chef at Craster's The Jolly Fisherman, is passionate about fish



THE JOLLY FISHERMAN AT CRASTER

The Jolly Fisherman got through a ton of crab last year. Or is that a tonne? We don't know, because we don't really understand numbers, but it is rather a lot.

And that's just the meat. It doesn't include the shells and claws. We try to work out how many crabs produce a ton of meat and give up after about half a minute in favour of getting on with The Jolly Fisherman fish board (crab, potted salmon, smoked salmon, roll mop herring and the like, with sourdough bread). It is extremely good, and the sun is shining on the waves crashing on the shore just outside the window, so this is about as good as it gets.

The pub's owner, David Whitehead, is quite pleased because they have just had a good Easter, which equates to more than 200 lunches daily over the holiday period (285 on the busiest day) and more than 90 diners each night, attracted, one supposes, by the relaxed, rustic feel of the place, the simple, fresh produce, and the fact this is still a pub, with real ale and a proper bar.

It's predominantly fish (the crab sarnies are renowned for miles around), but there is also great meat – venison and lamb star. The ice cream is Doddington's up at Wooler, as is much of the cheese.

The pub has just featured in the Sunday Times, courtesy of BBC TV Masterchef host John

Torode, who said it's the only place to eat in Northumberland, which isn't accurate, because there are loads of amazing places in the county, but it is deserved praise. David, much as he loves his food, helped by a stint playing rugby and eating his way round south west France, ain't no cook, it transpires, but then he has John Blackmore in the kitchen, so he doesn't need to.

John is not only a superb (superb!) chef, but he is fantastic, wonderful company, his passion for food and cooking palpable.

"Fish is just amazing; a challenge, a science," he says. "I enjoy it. We have a whole seabass dish which we put on a slate with banana leaves and people love it. We do a fish stew; the perfect dish for where we are. It's fresh, wonderful produce. You need three, four ingredients, that's all. It's beautiful, so we make it really relaxed."

Blackmore has been around a bit. Classically trained and a veteran of many establishments, including his own pub, restaurant and hotel in his time, his passion is for making food, and fish presents a happy challenge.

"You must treat it with care and respect. It takes on flavours so quickly, and every fish has a different flesh. It is too easy to ruin it. I'm 56 and been doing this for nearly 40 years, but I am still learning. You're only as good as your last meal."

The Jolly Fisherman, Haven Hill, Craster, Northumberland, NE66 3TR, tel 01 665 576 3TR, www.thejollyfisherman.co.uk



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JOHN BLACKMORE'S TOP TIPS FOR FISH

Keep most flat fish unfussy – lemon sole or Dover sole is best simply grilled with butter – and keep scallops simple, too. More complicated, meaty fish like seabass and bream can carry a sauce.

We do a fish layer of kipper pate, crab and salmon in dill mayo, which looks pretty and works so well together, and serve with artisan bread from Neville at the brilliant Running Fox café in Felton.

I never, ever use frozen fish. To check your fresh fish is really fresh, look for shiny gills and skin and a firm texture. Talk to your fishmonger about it and learn from him. It's important to use different species these days. We have coley on the menu. It's different, slightly meatier, and hard to work with. It's a bit grey and doesn't have much flavour, so you need to do it with crab, say, or a mustard sauce.

JOHN'S MONKFISH WITH SERRANO HAM AND CAPER MASH

Ask your fishmonger for a chunky piece of monkfish, about 6oz. Season with pepper and wrap it with two slices of Serrano ham and season with pepper (no salt). Put on a baking tray with some butter and bake at Gas 4/160C for 15 mins. Let the fish rest, during which time it will sweat out juices which you now put over a low heat, add some blanched leeks with white wine and cream and season to taste. Pop the fish on top of some wilted spinach and a drizzle a little sauce around.

JOHN'S CRASTER KIPPER, COD AND SALMON PIE

Take an individual pot for each person and layer chunky bits of cod (3oz), then half a kipper fillet, then about 3oz salmon, then some dry, fresh spinach leaves or broccoli and pour on some double cream, which will take on all the flavour and counteract with the kipper, cover with mash and grated Doddington's Cuddy's Cave cheese. Bake for 10 mins on Gas 5/180C. Serve with green veg.

JOHN'S FISH STEW

It includes red snapper, scallops, king prawns, salmon and mussels, sauteed in a hot pan with garlic and white wine. Add fennel and a thin tomato sauce, bake it in the oven, turn out in a bowl and serve with artisan bread and some nice micro herbs.



THE OLD BOATHOUSE, AMBLE

The Old Boathouse has been open a mere fortnight when we visit to interview co-owner Richard Simm (pictured above). This is our second visit within seven days (the first time, we had the salt and pepper chilli squid, moules frites, and crab cakes for the grownups, and pizza for the kids), and it was then we decided we had to return, this time notebook in hand and photographer in tow.

Richard Simm and Martin Charlton – both of them well-known names in North East food and masters of their trade – have created here that rare thing; a comfortable, basic place, with open kitchen, basic wooden seating (no frills), and superb (amazing!) food worthy of any posh establishment, but tasting all the better in this old shed on the harbour at Amble.

We like their Facebook page – a lovely, pictorial diary of life here, which includes a picture post a few days before we visit, detailing a diner who asked for scallops, only to find there were none, and then watched, amazed, as a boat landed a haul of these very things yards away. They were on her plate in minutes.

Nick Spurelli, from the brilliant ice cream parlour round the corner, tells us he was there three times in the first week. The Old Boathouse is causing a stir among those who love great, simple good in plain and simple surroundings, served within yards of the sea.

Richard Simm is a highly charismatic chef, delighted to chat about his trade and share a few secrets of the kitchen.

He spends the shooting season cooking for shooting parties, while Martin has a thriving business touring festivals with his food van. So, when one is away, the other will be here.

This is one of those word-of-mouth sensations; much anticipated and booked out

within days of opening. An old RNLI building, it had at one time been a café. "Now, we just want to do the freshest fish you will get, landed right here, cooked simply. We are filleting fish that is difficult to work with because it is so fresh it still has rigour mortis," says Richard.

Too much information, but good! There's the downsides – you can only buy what comes in, and that is affected by the weather and what's there. The crabs landed today aren't needed, so Richard has asked the fisherman to set them by in a holly box (aka condemned cell) to keep them underwater in the harbour until tomorrow.

So, 90% of the fish on the menu is landed within yards of the door, the rest from Hartlepool and off the west coast.

Richard, a native of Alnmouth, knows the fishermen and knows John Blackmore (previous page) extremely well, of old and because he was involved with helping to get the Jolly Fisherman going in its first half year.

His first passion is for game, but he enjoys the technicality behind the cooking of fish, and the difficulty. Martin is a big fish man, though.

Richard is a keen salmon and sea trout fisherman, off the coast and on the River Tweed. He's been fishing since he was eight, on the Aln, the Coquet and now on the Tweed and Tyne. He lets 90% of them go, because it would be wrong, he says, not to, he gets such good fish here at Amble.

"This place is a chef's dream; no pressure, I buy the wines I want, I buy the beers I want, my fish is landed here. It's lovely. It's only 35 covers. We are just enjoying it."

They are launching an outside catering business from here called Push the Boat Out, catering from six to 600.

The Old Boathouse, Leazes Street, Amble, NE65 0AA, Northumberland, tel 1665 711 232, The Old Boathouse on Facebook



RICHARD'S TOP TIPS FOR FISH

When you're buying, you really need to see the whole fish (if they don't sell whole fish, they are hiding something), they need shiny eyes, and bright red gills. And it should not smell. Mackerel is a fantastically versatile fish; and actually the cheaper the fish, the more you will do with it. Mackerel, when amazingly fresh, is great raw – thin sliced with soy sauce, like sashimi.

The woof fish (a bit like a cat fish) is great – firm and meaty and landed at Hartlepool – while halibut Richard's favourite; a real luxury.

RICHARD'S SEA TROUT AND PEA RISOTTO

Soften shallots and garlic in butter, add and coat Arborio rice, and then the key is to gradually ladle in boiling hot vegetable or fish

stock. It's the stock that makes risotto creamy, not the stirring, so keep the stock on the hob. The heat splits the rice and makes it creamy, so you don't keep doing that stirring all the time; just fold it now and again. Finish with peas, parmesan and a little more butter at the last minute. Serve with sea trout, pan fried. Remember to rest your fish – just cook it to 75% and let it finish cooking in the residual heat of the pan.

RICHARD'S LOBSTER

Buy, kill, boil. Make mayo. Make chips. Eat.

RICHARD'S SQUID

Prepare the squid, score inside so it curls back on itself and leave in milk (makes it soft and creamy), mix one part chilli flakes to one part salt to two parts cornflour and two parts Japanese breadcrumb, coat squid in mix, deep fry at 190C in vegetable oil.



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PUTTING THE TASTE BACK INTO FOOD!



FISHING FOR COMPLIMENTS

This month, the **healthy appetite** team have been mostly munching on fish (and curly kale). But what of our own Cheryl Cole, who has had a not-so healthy burger named after her? Will she succumb to the joys of burger and chips, or stick with us on the latest LA cult of kale? Read on...

First to fish (this being a fish special for appetite) and the good news is that most fish are low in fat and cholesterol, a good source of protein and vitamins A and D.

Oil-rich fish, such as salmon, trout, mackerel, herring and sardines, are an excellent source of Omega-3 fatty acids, which reduce the risk of heart disease, reduce blood pressure and inflammation and can help in the development of the brain.

Grilling, steaming or baking fish all keep the nutrients in and avoid loading it with unnecessary fats.

Just brush with a little olive oil and lemon juice to grill, and for baking, wrap it in foil to keep the flavour and nutrients in.



BLOODY MARY CHILLI SALMON SALSA SHOTS

MAKES 12 SHOTS

INGREDIENTS

4 ripe tomatoes, washed
1 stick celery, trimmed
half a small red onion, peeled
few dashes Worcestershire sauce
few drops Tabasco sauce
1 tbsp vodka
celery salt
190g flaky smoked salmon cutlet with chilli (Inverawe)
celery leaves and fresh chilli

Method

Halve and remove the seeds from the tomatoes. Finely chop the tomato flesh along with the celery and onion and mix together. Season with Worcestershire and Tabasco sauces, vodka and celery salt. Finely flake the salmon and carefully mix into the salad. Spoon into 12 shot glasses (or small dishes) and garnish with celery leaves and red chilli to serve.



WARM RICE, SESAME & SPRING ONION RICE CAKES

MAKES 16 PIECES

INGREDIENTS

175g sushi rice
3tbsp rice wine or sweet sherry
2 spring onions, very finely chopped



SMOKED TROUT TORTILLA VERDE

MAKES 12 SLICES

INGREDIENTS

25g butter
1 medium courgette, grated
finely grated rind of 1 lemon
2 tbsp each of freshly chopped parsley, chives and tarragon
salt and ground black pepper
6 medium eggs, beaten
Inverawe smoked trout, wedges of lemon and fresh herbs.

Method

Melt butter in frying pan and gently stir fry the courgette for five minutes. Add lemon, herbs and plenty of seasoning and cook, stirring for a further minute. Pour over the egg and on gentle heat, mixing the cooked egg from the edge of the pan into the centre for about five minutes until the egg is lightly set all over. Slide the tortilla on to a plate, then return to the pan the other way for three minutes. Serve warm or cold.

25g cooked wild rice, chopped
½ tsp salt
smoked halibut and smoked eel to serve (Inverawe)
ribbon strips of cucumber and finely sliced pickled ginger to garnish
wasabi paste to serve

Method

Double line a 20cm square cake tin with cling film. Cook the rice until soft, sticky and the water has boiled away. Remove from the heat and stand, covered for 25 minutes then stir in the wine, spring onion, wild rice and salt. Press into the tin, cool completely then cover and chill for at least two hours. To serve, stamp out eight rounds from one half and cut eight squares from the other and top with pieces of smoked fish.

All hail The Dirty Thoughts of Cheryl Cole – the antithesis of all things healthy.

The new burger is headlining the new menu at The Brandling Villa in South Gosforth, Newcastle, alongside The David Dickinson and The Downfall of Fernando Torres. The one named for Cheryl features an 8oz burger topped with a Gregg's sausage roll, Heinz beans and grated cheddar cheese. Tomorrow, as they say... we diet!

Info here: www.brandlingvilla.co.uk



Did we say healthy?



HOT NEWS!

Hot ingredients like chilli boost your metabolism by making it work harder, which means they're good for you! This is one of the many reasons we like to add a spicy kick to all sorts of dishes with Red Rascal Sweet Chilli Ketchup or Rustic Sauce. The flavours are not only fresh and delicious but contain no fat and only 20 cals per 15g portion.

Handmade by Louise Bailey in the Red Rascal kitchen in Newcastle, these little beauties are rich in red chillies which deliver fat-burning qualities and are high in anti-oxidants. Red Rascal is also vegan, gluten, dairy and salt-free and contain no artificial colours or preservatives.

The sauces are great to stir-fry, pan-fry, oven-bake, grill or drizzle, with a sweet fruity depth of flavour and a gentle kick.

RED RASCAL SAUCES are £3.95 and available in farmshops and online, www.redrascal.co.uk

CHERYL COLE'S DIRTY THOUGHTS



GWYNETH PALTROW LOVES HER GREENS

THE CULT OF KALE

Never ones to miss out on a trend, this month we have mainly been eating kale; the curly

green leafed veg recently catapulted into the A-list of veg by Hollywood A-lister and super-health guru Gwyneth Paltrow.

On her blog Goop, Gwynnie (so irritatingly perfect...) called it "one of the best things you can put into your system and, juiced with lemon and agave it turns into a sort of grassy lemonade",

which sounds hideous, but you can't have it all. Following a celebrity cult in the States, Waitrose has reported a 45% rise in sales.

It is higher in beta-carotene, calcium, folate, iron, magnesium and potassium, Vits A, C and K than most other vegetables and it is loaded with no less than 45 different antioxidants. But what to do with it? Well, over the last few weeks, we have sautéed it in a little oil and garlic and added it to pasta,

we've made a gorgeous potato and kale omelette, and we've created an amazing kale pesto. We also discovered a tip online from Danish cook Trine Hahnemann who says kale makes an amazing salad with walnut and apple or pomegranate and lime. At www.discoverkale.co.uk, there are heaps of recipes. Eat smart with superfoods like kale, beetroot, banana, and spinach and you're boosting your metabolism at the dinner table. How easy?



THE DYNAMIC DUO

Katy Foggin and Amanda Grievson of Believe2Achieve share 30 years' experience in health and nutrition. It is the only clinic in the UK offering the combined benefits of Laserliposuction, personal training, massage and nutrition. Believe2Achieve, The Heaton Clinic, 52 Heaton Road, Newcastle NE6 1SE, www.believe2achieve.org.uk



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Boom for bouillabaisse

This month, Jérôme is mainly thinking about the onset of summer, and the joy of bouillabaisse

As I write, the sun streaming through the window but sleet forecast later, the sense of anticipation of the season to come is almost unbearable.

Summer is every chef's favourite time for the wonderful produce the season brings, and the true taste of summer is in the French classic, bouillabaisse. It is a staple of our summer menu, though creating it here in England presents its own challenges, not least because it is so difficult to source the most important ingredient, the poisson de roche.

This little fish, caught off the south of France, is central to its distinctive flavour, but I tweak my recipe to the produce available here in Northumberland, achieving the intensity of flavour necessary by roasting red mullet and sea bass bones at the heart of a sauce which stars fennel, fennel seed, tomato, olive oil, and of course saffron.

You may tweak this dish by adding saffron potatoes, some mussels perhaps, and it can be a little different each time depending

on what is available, but always the base sauce must be those roast bones; the taste of the sea.

And remember, the liver of red mullet, with its creamy texture similar to chicken liver, is a delicacy and is usually left intact when the fish is gutted. Mix this liver with soft butter and use it to finish your sauce. There is no flavour like it!

It is so important that we all start working with different species of fish if we are to preserve stocks and allow species to grow to maturity. One of the most noticeable changes recently is increasing difficulty in sourcing chunky fish.

Last year we had some beautiful meagre (same family as stone bass and sea bass). It is very meaty and we used to get 3-4kg ones, but now they are just 1-2kg, which means these fish are not given time to grow to maturity.

So, it is extremely difficult to get chunky fish. I can get wonderful cod and salmon, of course, there is monkfish too, but things are changing, and this is cause for concern.



EAT YOUR GREENS

I love to see the new, young veg coming through in early summer. Everything is so tender- so try these:

Petit pois a la Francais: There is nothing like opening a pod and releasing the tender peas, and you can't beat wonderful spring lamb with petit pois de Francaise, for which you simply braise petit pois, onions and leaves from the heart of a baby gem lettuce with butter.

Aubergine caviar: Split an aubergine in half, spread the flesh with olive oil, salt and pepper, wrap in foil and bake. Then skin and thoroughly drain the flesh in a colander, add garlic, shallot, mushroom, lemon juice and sweat down in olive oil. Combine to a paste and enjoy the intensity of flavours taken up by the tender aubergine flesh.

Fennel confit: Simply slice fennel into pieces about 1cm

thick (keep the bottom intact or it will collapse), then grill. Now place it in a pan and cover with olive oil. Add lemon grass, fennel seed, coriander seed, and garlic to the oil and place the pan on a very low heat and for a good 45 minutes, never allowing it to rise above 180C. The oil will infuse with the flavours and be taken up by the fennel, which goes tender, soft and wonderful. I guarantee a hit of intense summer flavours!

Baby plum tomato and goat's cheese tart: Take baby plum tomatoes on the vine, cut in half and place upside down on a tray with a little olive oil, sugar, thinly sliced garlic and leave under a warm lamp to dry slowly and intensify in flavour. Now take flat discs of puff pastry, spread with tapenade, top with chunks of goat's cheese and a few halves of your baby tomatoes. Bake and serve with salad and pesto dressing.

DIG THIS



Time is on our side, reckons Alastair Gilmour

This long, cold excuse for a spring should have brought out the Corporal Jones out in every allotment holder. Don't panic. Don't panic (while birling around like a demented dervish).

Temperatures have barely reached acceptable levels and even the most seasoned gardener has marked time until air and soil have warmed up somewhat. We're all weeks behind; we don't like it, but it's the consequence of one of nature's blips.

According to the seed packets we should have sown our French beans, tomatoes and peppers under protection. Don't panic. Similarly, beetroot, cabbage and peas should have gone directly into their growing positions.

Tidy the shed instead. Sweep out all that dried mud, arrange those plastic pots into something less of a jumble, clean and sharpen the blades of the shears you stashed away last November, take time and re-plan. It's not a race, crops will catch up.

Having said that, there's folklore in planting. Tradition has it that onion seeds are sown on Boxing Day, but this might be simply an excuse to remove yourself from yet another game of Monopoly. A friend of ours always does his on New Year's Day – and he wins prizes. One thing I've done, however, is plant out my garlic.

Much of allotment gardening is about experimentation and if something didn't quite work last year, try again this season with the benefit of hindsight.

I've previously put cloves directly into the soil in October, November and on Christmas Day – I'm of the persuasion that garlic is one of those chaps who appreciates an element of frost to shoog him into action. This year it was January 1 and they're already looking good.

One tip, though, supermarket garlic has generally been treated with a growth inhibitor to delay sprouting on the shelves, so shop around garden centres or websites. At risk of being accused of favouritism, ours came from a stall on Newcastle Quayside one Sunday morning.

As a comparison I've also planted some garlic seeds which formed on the flower heads of a couple of plants thriving in inattention in a corner of the plot. They look a bit runty at the moment, but time will tell.

In the allotment we live and learn, but we move on after our errors then we can pride ourselves on the bounty that will eventually be ours. It's not easy, we're not all perfect and we all get it wrong.

Jonesey, until spring has really sprung, we'll repeat over and over again and scribble on every plant tag - "Don't Panic."

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Pan porn

TOP DISH

Never thought pans could be that exciting? You haven't been to Stanger's Cookshop in Jesmond. Rosie McGlade has lunch with owner Jessica Stanger, and writes up her Christmas list



Many years ago, Jess Stanger might have taken the route into musical theatre, having studied drama and enjoyed singing with jazz groups in London.

But she took another path, moving back to

Newcastle to the childhood sweetheart who played in a band called the Crosby Brothers with his brother and her famous saxophonist father; a very neat band in its day. She waitressed, became general manager of the Metropolitan, now Barluga, in Grey Street, Northumberland, then started working with her now husband Ben and his brother at Crosby's, the Shieldfield-based professional kitchenwear company, and had two daughters.

In December 2010 she opened Stanger's, her own shop in Jesmond, and brought a little piece of kitchen paradise to Newcastle. The musical world's loss was our gain.

You can imagine Jess on stage, though she says she wouldn't have the confidence now. But she sings in her shop to the radio when no-one's about. She's a mix of vivacious and warm, the sort of person who brightens a day up. That's probably as nice a comment you can get, but relevant, as we all want our days cheering and Jess is public property in that her shop is open to all.

And what a shop, foodie people. Not a bite to eat, but full of things to drool over. Pans, pots, dishes, zesters, squeezers, olive woods, tongs and tins.



Staub fish bouillabaisse pot with fish lid, £149, Jersey Pottery sardine run range; platter £24.95, jug £15, dipping bowls £6.85, small bowls £12.48, large dish £19.99

Copper, stainless steel and cast iron, gleaming. Some pricey, at investment last-you-a-lifetime level, some bright, cheerful and rubbery, aimed more at students' pockets. All very French, Jess hopes, that being her inspiration.

In her kitchen in Newcastle's High West Jesmond (very nice too, painted wooden units, oak floors, big pine table with hints of the girls' felt pens adding pitch-perfect family feel), Jess is bemoaning the fact the 'pan shop lady' doesn't have a sugar bowl, but gets out her small collection of favourite tools to show us; a rasper, a mandolin, and a garlic rocker.

"I'm not a fussy person who wants loads of gadgets, but these I do like," she says.

The garlic rocker is like a shoe horn with holes in the middle. You put the garlic on a board, and rock over the top of it. "It's the perfect gift for a man!"

We tuck into lunch. "I've always been foodie, but was probably more passionate about cooking before the business," Jess explains. "I'm more of an assembler now, so people can pick. It's a time thing, but also the way I like to eat. You know how you can go to a restaurant and choose the wrong thing? I like a good spread with lots of flavours going on, and I love salads, so this is the kind of food I tend to do now when people come round."

It's very tasty too, clean and crisp, recipes I'll definitely be trying. Pete, our photographer and more recently regular cheesecake-maker, will give the orange mascarpone tart a go too, he says. What a nice day it's turned out.

When customers ask for advice, Jess will help them work out their needs. If they entertain, but don't have much time, like her, then they need nice serving dishes so they can chuck together good ingredients and make the most of them on the table.

It was a brave move, opening a shop like this in the middle of a recession. "But if you can make it work in a recession, you can make it work anytime. It meant I had to start small, and build slowly and steadily. But I was very aware of all the stuff on the TV, the Great British Bake-Off and so on, and I've always had a passion for beautiful French cookshops, and I wanted to give it a go."

The idea was to mix high-end professional quality wear - French and Italian copper pans, for example, that you can spend a few hundred on - with good quality high street products like Le Creuset, Kitchenaid, etc. "I suppose the shop is about design and function," Jess says.

**Stanger's Cookshop, 101 St Georges Terrace, Jesmond, Newcastle NE2 2DN
tel 0191 281 8536, www.stangerscookshop.co.uk**

"Everything I've chosen for a specific reason. There are certain new products, and I know they're worth having in the kitchen, but I listen to my customers, too."

The new Delia range, with prices starting at around £8, impressed her instantly. "She's gone with a company called Silverwood, which people like Mary Berry and Lorraine Pascale all use. It's the same quality stuff, very lightweight, anodised aluminum, so you get a nice, even bake with it, but she's adapted slightly to fit with her own recipe favourites.

"Some chefs put out products you know they don't use themselves, but Delia's been cleverer than that."

While Jess insists on quality, she's obviously going to have an eye on what will sell well. "The Jersey Pottery Sardine Run range has been a massive hit, for example," she says. "We've had internet orders from all over the country for wedding lists. It's part of our Made In Britain,

'THE SHOP IS ABOUT DESIGN AND FUNCTION'

range, along with things like the Richard Welch stainless steel utensils.

"All our olivewood stuff is really popular, too. The French company Jars do these gorgeous ceramic oil drizzlers and jugs that customers have loved, and the Joseph Joseph range is full of fun but very useful and affordable."

If you're stuck for a present idea, it's definitely worth a thought. Jess even says she'll price match.

"Sometimes a man will come in and say, 'oh, my wife would kill me if I bought her something for the kitchen,'" says Jess. "And then a woman will come in and want everything!"

So is she pleased she ended up down this road? "Yes! It's hard. You have to be competitive. But I'm very happy I've done it. There's always something lovely and new out there, and never enough space in the shop, but I'm never bored!"

"I'm meant to have a day-and-a-half off a week and that never really happens, but my husband does all the Saturday car runs to ballet and gym classes and it all works out, really. It's fantastic, actually. It's a passion." 

JESSICA'S MUST-HAVE LIST OF KITCHEN POTS AND UTENSILS

Three good knives, the best you can afford. An eight inch knife for most of your chopping requirements; a utility knife with a serrated edge for tomatoes and soft fruit etc, and a three inch vegetable parer.

A bamboo end-grain chopping board. Choose end-grain so you won't split the board. Bamboo has natural anti-bacterial properties, making it a hygienic choice, and it's a softer wood, so it won't blunt your knives as quickly. But never, ever put it in the dish washer - it will destroy it.

A good quality stainless steel deep frying pan. Stainless steel makes for a good, heavy-based pan and has no coating on to go wrong. It'll give you a nice sear on your meat, and let you cook good sauces and everything like that. Copper is the chef's choice, but not a necessity; stainless steel is cheaper and should last a lifetime.

A good cast iron casserole pot for slow cooking, or for roasting a chicken or leg of lamb, or making a bolognese. Incredibly versatile, something you can put in the oven or on the hob, and also bring to the table as it looks so nice. I do believe in investing in quality here. It's hard to damage them, but I do know people who have. Often they'll have made a casserole and put the whole thing in the freezer, then put it straight into the oven when they want it.

A good, non-stick omelette pan. You can buy them now with a life-time guarantee, and again, I think it's worth investing in a good one so you get to know it and what you can do with it. As with the casserole pot, avoid thermal shock - don't put a hot pan under the tap as soon as you're finished with it. Let it cool first.

My top tools are a zester / rasp. I don't like graters. Rasps are long and thin and very sharp; mine has a finer rasp end for zesting and parmesan, and a bottom end for cheese.



ASPARAGUS SALAD

Method

Lightly griddle your asparagus spears until tender, and drizzle with lemon juice. Serve with good quality French bread and butter.

JEWELLED SALAD

Ingredients

a couple of handfuls of baby spinach leaves
seeds and juice from a large pomegranate
small handful of pinenuts, lightly toasted
beetroot, boiled and roughly chopped into large bite-size pieces
extra virgin olive oil
salt and pepper
soft goats cheese, chopped into pieces (or you could use Feta)

Method

Just mix and serve on a plate. Add any juice from the pomegranate to the olive oil for the dressing.



SAY CHEESE

ORANGE AND MASCARPONE CHEESE TART

Ingredients

shortcrust pastry, baked blind until crisp

filling:

125g mascarpone cheese
75g soft brown sugar
juice of three small oranges
juice of one lemon
zest of one orange
a little lemon zest
6 eggs
1 tbsp Cointreau (I used vodka as I didn't have any!)
slices of orange for serving

Method

Whip together the mascarpone cheese and sugar. Slowly add the citrus juice, zest and ointreau, then beat in the eggs, one at a time. Cook in the oven at 180C/Gas6 for 40 mins, and leave to cool. For the garnish, place orange slices on a small tray and cover with sugar, then put under a hot grill until the sugar melts and they just begin to colour. You could use a blow torch. Cool and add to the tart. Serve with cream.

LENTIL AND SMOKED TROUT SALAD

Ingredients

smoked trout as required
puy lentils as required
yellow split peas to complement but not overpower the puy
1 garlic clove, crushed
small red onion, finely chopped
1tbsp Dijon mustard
1tbsp walnut oil
1tbsp malt vinegar
1tbsp olive oil
dresh chopped mint, to taste
dresh chopped parsley, to taste
large handful baby spinach leaves
salt and pepper
sour cream, to serve

Method

Boil enough puy lentils and split peas as you need for your party, as per the packet instructions, then drain thoroughly and cool. Next, saute the red onion in olive oil, taking care not to brown it, and add the garlic. Combine the dressing ingredients, seasoning and herbs and mix through the lentils. Place on top of the spinach leaves on a dish with the smoked trout, and dress with a generous dollop of sour cream. You can also add chopped walnuts, if you like them.

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Out to Lunch!

Go Wilde



The importance of ambience isn't lost on Alastair Gilmour

You don't come across many Ernests these days. The name has such an old-fashioned ring we're unlikely to see its ilk again.

We had one in primary school, which wasn't yesterday, and the last we can recall was the Oscar Wilde character who wasn't even real, being the alter ego of Jack Worthing in *The Importance Of Being Earnest*.

Algernon (to Jack): *You have always told me it was Ernest. I have introduced you to everyone as Ernest. You answer to the name of Ernest. You look as if your name was Ernest. You are the most earnest-looking person I ever saw...It is perfectly absurd your saying that your name isn't Ernest. It's on your cards.*

It's also on the wall of a flat-walled, industrial-aspect block squatting between Shieldfield and the Ouseburn Valley in Newcastle. Ernest is a café/bar with nothing old-fashioned or absurd about it; it drips with funkiness and daddiosity which isn't a word, more of

a gut feeling. Oscar Wilde would approve. We've hardly got settled on the cow hide-like upholstered banquette and a customer rises from his table, saying: "Try the breakfast, it's amazing."

While appreciating this earnest recommendation, it is rather like putting a gun on the table during political negotiations. What if chorizo hash bowl has more to offer? Can you really use pancetta and Gruyère flatbread as a bargaining tool?

There's a buzz about Ernest, cheery banter lobbed from table to table, background music with a thump to it, and the sort of place where you'd quite easily make friends. We invariably warm to small areas of exposed brickwork, mismatched chairs and worn floorboards, while huge timber beams and iron columns reveal creative use of form – basically, having been industrial premises (British Paints), the interior dictates the layout but the space is used well. The colour scheme – grey, lime green and pink –



Ernest, 1 Boyd Street, Ouseburn, Newcastle, NE2 1AP, tel 0191 260 5216, www.wearearnest.com

could be out of tins liberated from the back of a garage, but on discovering many of Ernest's staff are artists in their own right, we concede it's been far more studied than that. Plus, owner (Ernest) Gavin Marshall was an artist working in glass, studied building management, and is a unicyclist (with wheel of fire), so mere chance is not on his menu.

A glass mural lit with Wilde's famous words and a display case of Star Wars figures also emphasise self-contentment.

Right- Breakfast. Or All-day Brunch as it's called. Ernest Large (£7.95) is two rashers of smoked bacon, mushrooms, home-made beans, black pudding, rainbow rosti, free-range eggs – poached, scrambled or fried – with toast

and home-made ketchup.

You can build your own with Cumberland sausage, roasted vine tomatoes and toasted muffin or innumerable combinations. It is, as they say here, amazing.

But Ernest's speciality is flatbread – like pizza but not, and much easier to eat, particularly if you're trying demolish it with some decorum.

A couple across the room appear to be on a first date, one nervously gripping his mug of tea with both hands, the other looking pleased that it's flatbread in front of him and not a 16-inch Margherita.

Our Moroccan minced lamb, pine nut, feta cheese and parsley flatbread (£7) features lashings of tomato, sprinklings of spiced



lamb and bombings of feta. It's deliciously and delicately spiced with an aftertaste that lingers – again amazing, given that we've flooded our palates with draught Pilsner Urquell (£1.95), a particularly fine beer.

We particularly like the Big Kid Little Kid suggestion that recognises some appetites aren't equal, so home-made fish finger sandwiches or bangers and sweet potato chips do nicely for those less hungry.

It may be a clever ploy, too. A portion of chocolate cake traverses the room and lands to whoops of delight. In other places, this slice would be called a cake. Its recipient has simply taken advantage of Big Kid Little Kid.

Ernest hosts parties, music

and performance art. The bar is comprehensive with some stylish continental beers and a local ale is on the cards.

A back room could be used for any function with a balcony planned to extend it and an application is in for outside seating.

Post-industrial areas seem to attract creative people with ideas that can often be viewed as naive, but that's their advantage – if they'd thought of all the pitfalls they'd never have got started.

Ernest is audacious, presumptuous and cool. Like its All Day Brunch, Ernest is amazing. Gwendolen: It suits you perfectly. It is a divine name. It has a music of its own. It produces vibrations.

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DIARY

LET'S DO LUNCH WITH ANNA FOSTER

Thai restaurant Orangegrass in South Shields hosted Magic 1152's popular dining event, Let's Do Lunch with Anna Foster.

Resident breakfast show DJ Anna and 30 of her listeners were treated to a three course banquet and raised funds for Magic 1152's charity, Cash for Kids.

▼(L-R) Felicity Belward, Anna Foster, Anne Taylor



▲Anna talking to guests

◀(L-R) Laura Leadley, Anna Foster, David Leadley

▼Guests enjoy a drink before dinner



▲(L-R) Anne Taylor, Jackie Davison, Norma Agnew



▲(L-R) Anne Taylor, Jackie Davison, Anna Foster, Norma Agnew



▲(L-R) Titu Akhtar, Anna Foster



PASQUALINO'S FIRST BIRTHDAY

Guests enjoyed a party to celebrate the first anniversary and the new open kitchen at Pasqualinos Bar Pizzeria in Newcastle following a £100,000 investment in kit including a four tonne Woodstone oven which reaches temperatures of 900F for Neopolitan sourdough pizzas.



▲Cristina De Giorgi - Pasqualinos, Kerry Warwick, Neil Warwick - Dickinson Dees



▲John Paul - Castle Dene Group, Adele Crocker, Kevin Redhead - Interlet North East



▲Steph Walker, Amanda Tate, Kirsty Ramsey, Rachel Mordue - Tait Walker



RELISH SCOTLAND SECOND HELPING LAUNCH

The new Relish Scotland Second Helping book launched in the company of leading chefs at the new Restaurant Mark Greenaway in Edinburgh. The Northumberland-based Relish publishing stable includes regional recipe books across the UK.



▲Wendy, Teresa, Duncan and Vicki - Relish



▲ Geoffrey Smeddle of The Peat Inn, Wille Lonnie of Ship on The Shore, Grant McNicol of The Byzantium, Craig Millar and Gail of Craig Millar@16Westend



▲ Geraldine and Sean Kelly of The Lovat, Scot Scorer (chef) and Marinel of Ballathie House Hotel

Fair shares

Laura Emmerson debates the etiquette of sharing food

To share or not share, that is the question! My thespian tendencies are frequently aroused at McKenna's at Northern Stage, where the dining etiquette of food sharing is to the fore.

Hoarding versus sharing behavior could have a Freudian occupied for hours, but in my mind food envy is a terrible thing and sharing-style meals are my preference. With tapas there's no tetchy 'get off my chips', no dirty look when requesting a fork swap, and no smugness over choosing the superior menu option.

Luckily, my friend Amanda loves nothing more than to swap a fork across the table, which in my mind qualifies her as a top dining partner. At McKenna's, make time for a drink in the main restaurant/bar, which is buzzing with theatregoers, creative types and the office crowd enjoying the relaxed vibe, exposed brickwork and a glazed frontage overlooking the university buildings across the way. The tapas menu here fits my sharing requirements perfectly, but the owner and head chef Alan (Alfie) McKenna has also launched a bistro upstairs and so we were keen to give it a whirl, its glazed mezzanine offering the ideal position to observe the hubbub below.

The cool design touches include vintage cameras on the walls and scores of light bulbs hanging from the ceiling for a magical effect.

The simple menu offers three options per course, which is perfect when you don't want to break the conversation to study the choices, and the pea and mint soup was refreshing and light, while the warm goat's cheese with pickled carrots, radish and onion jam was a triumph of balance. Roasted sweet red pepper tartlets scored on taste, texture and healthy points, while Amanda's roast cod loin with sauce vierge was a beauty – moist, tender, and just as it should be (I know, because she shared).

We locked forks over a single portion of coconut and dark chocolate cream with mango and lime salad and agreed that while sharing is generally a good thing, this was one occasion where we should have had one each. Next time...it will be all mine!

McKenna's, Northern Stage, Barras Bridge, Newcastle, NE1 7RH, tel 0191 242 7242
www.mckennasatnorthernstage.co.uk



ARGENT D'OR AT CLOSE HOUSE



A superb seasonal menu is available throughout the week, making the most of the best in local seafood, meats and vegetables. On Sunday classic roast rib of beef and Yorkshire puddings, roast loin of pork and poached smoked haddock are on offer with a mouth-watering selection of starters and desserts. Argent D'Or at Close House is open for lunch between noon and 2pm Monday to Saturday (3pm on Sundays) and dinner 7pm to 9.30pm Monday to Sunday.

LOCATION: Close House Hotel, Heddon on the Wall, Newcastle NE15 0HT • Tel: 01661 852255 www.closehouse.co.uk

BOUCHON BISTROT



Bouchon Bistrot is home to superb produce, lovingly prepared in French country-style at attractive prices. The menus change to reflect the seasons and the best fresh produce available. Head chef Jerome Cogné is a magician in the kitchen, which means you owe it to yourself to sample his incredible dishes and enjoy the regular special events at Bouchon. Open for lunch and dinner Monday-Saturday, 2 courses £12.95, 3 courses £13.95; dinner early bird £13.50 2 courses and £14.50 3 courses.

LOCATION: 4-6 Gilesgate, Hexham, Northumberland, NE46 3NJ Telephone 01434 609 943 www.bouchonbistrot.co.uk email: info@bouchonbistrot.co.uk

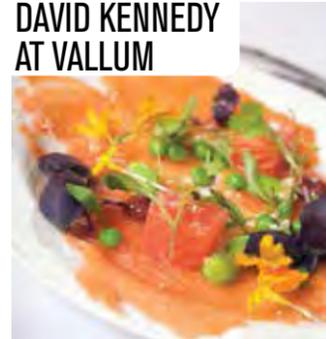
DABBAWAL



Dabbawal, street food pioneer of the North East, brings the amazing tastes of the street to Newcastle, featuring unique tapas-style plates for sharing and classic dishes with a twist. Larger parties can hire the whole restaurant on a Sunday for Indian cocktails, canapés, a feast of dinner and dancing. Smaller groups of up to 20 can also take over Dabbawal's private room and the Dabbawal team delights in coming to you to cater for parties large and small.

LOCATION: 69-75 High Bridge, Newcastle upon Tyne, NE1 6BX Tel: 0191 2325133 www.dabbawal.com

DAVID KENNEDY AT VALLUM



Renowned local chef David Kennedy's latest venture at Vallum is attracting diners from across the region. His restaurant in Hadrian's Wall country offers outstanding food and breathtaking scenery, with a regularly changing menu that features top quality local and seasonal produce. His on-site deli stocks freshly baked breads, pies and desserts alongside artisan goods and kitchenware. For opening times see the Vallum website.

LOCATION: Military Road, East Wallhouses, Newcastle-upon-Tyne, NE18 0LL Tel: 01434 672 406 www.vallumfarm.co.uk

MCKENNA'S



McKenna's at Northern Stage is a hidden gem of a restaurant full of atmosphere and packed with theatregoers, actors and after-work revellers. Owner and head chef Alan McKenna recently transformed the old dining deck upstairs into a stylish, contemporary bistro that overlooks the spacious bustling foyer below. The menu features modern English and French cuisine of a high standard, with dishes such as pan roasted chicken breast with wild mushrooms and truffled potatoes. With two courses at

£12.95 and three courses for £15.95, it offers excellent value. Breakfast, lunch or dinner menus are on offer in the main restaurant and bar, with changing specials and a pre-show quick bites option that's perfect for those in a hurry. Choose from sandwiches and snacks, or international fusion dishes including a huge list of Spanish tapas and Greek mezze. The main restaurant is open Tuesday to Saturday 10am-11pm and Monday 10-6pm, while the bistro opens every evening Tuesday to Saturday, from 5.30pm.

LOCATION: Northern Stage, Barras Bridge, Newcastle-upon-Tyne, NE1 7RH Tel: 0191 2427242 www.mckennasatnorthernstage.co.uk

MICHELANGELOS



Our intimate restaurants in Ryton and Dipton aim to reflect the true taste of the Mediterranean. All dishes are freshly made and inspired by traditional family recipes and regular visits to Italy. In addition to our a la carte menu current special promotions include:- Early bird 3 course special £5.45 - Mon-Sat 12-7pm, Sunday lunch- 3 courses for £12.95 and Roast of the Day from £4.95, Children's menu (up to 12 years)- £4.45, Mediterranean Tapas - freshly prepared, served all day.

LOCATION: Stella Road, Ryton NE21 4LU Tel: 0191 4132921 Hill Top, Dipton, Stanley DH9 9JY Tel: 01207 571040 www.michelangelohotel.co.uk

BISTRO ROMANO



Excellent service, comfortable surroundings and Italian cuisine with a twist, Bistro Romano's menu combines the best of Italian and international styles resulting in innovative dishes. Daily specials are available alongside a varied a la Carte menu. For the traditionalist Romano serves a selection of Italian classics and home cooked Sunday lunches. We also have an excellent selection of wines to complement your meal. We look forward to seeing you soon.

LOCATION: 63 Front Street, Cleadon Village, Sunderland, SR6 7PG • Tel: 0191 519 1747 http://m.romanosrestaurants.net

ESLINGTON VILLA



Set in two acres of beautiful gardens in a quiet leafy district of Low Fell, the award-winning restaurant hosts popular wine tasting dinners where wine is specially chosen and introduced by leading wine writer Helen Savage. Next date Thursday 27 June 2013- The Loire Valley - fresh flavours for summer, £39.50pp (inc. arrival drink and five wines). Open for lunch and dinner and the Sunday menu runs 12-9pm. Early bird option served Mon-Fri 5.30-6.45pm, 2 courses £13.95, 3 courses £16.95.

LOCATION: 8 Station Road, Low Fell, Gateshead, NE9 6DR Tel: 0191 487 6017 www.eslingtonvilla.co.uk

LOVES THAI



Loves Thai is the home of authentic Thai food from South of Thailand. Customers enjoy the warm and cosy contemporary restaurant in one of Newcastle's best locations where the Thai food is all freshly prepared. The restaurant also offers £6.95 for a 2 course lunch and £6 for its one-course lunch special. Takeaway available at 10% discount. **Thai street food lunch express now available.** Opening hours: Monday closed, Tuesday - Sunday, Lunch 11:30am - 3pm, Dinner 5pm - 11pm.

LOCATION: 32-34 Mosley street Newcastle upon tyne, NE1 1DF Tel: 0191 233 2828 www.lovesthai.com

ITS ALL GREEK 2 ME



It's All Greek 2 Me is a cosy, friendly restaurant on the seafront at Whitley Bay. Enjoy panoramic views across the beaches. Greek meals with classic slow-cooked lamb, moussaka and stifado dishes. Try our speciality 'My Big Fat Greek Buffet' every Sunday 5-9pm £7.90 pp. Enjoy a lazy lunch or catch the popular 'Early Bird Set Menu' only £5.90 pp select a starter & main course - visit the website for more details. Open Mon 12-5pm, Tues-Sun 12-11pm, Sun, Tues to Thurs 9pm, Fri & Sat 10pm.

LOCATION: Watts Slope, Whitley Bay, NE26 1BQ Tel: 0191 2510622 www.itsallgreek2me.com

THE LAMBTON WORM



Brewery tap pub for Sonnet 43 Brew House and British gastro restaurant serving dishes you know and love with a modern twist, using the finest local ingredients. All dishes have a suggested Sonnet 43 beer pairing so the meal that is served and the drink that is poured to you, gives a remarkable taste experience as they complement each other beautifully.

LOCATION: North Road, Chester le Street, County Durham, DH3 4AJ Tel: 0191 3871162 www.thelambton.com

TAVISTOCK RETRO ITALIA



Whether a date, a meeting or a quick bite with friends, Tavistock Retro Italia is perfect for any occasion. Offering Italian dining on the Sunderland coast, the menu boasts a variety of traditional starters, including carpaccio and seafood, an eclectic mix of pizzas, pastas and meat main courses, all made using high quality, locally sourced ingredients and cooked to order. Daily happy hours and regular discounts make it even more mouth-watering.

LOCATION: BEST WESTERN Roker Hotel, Roker Terrace, Sunderland, SR6 9ND • Tel: 0191 5671414 www.tavistockleisure.com

THE ITALIAN FARMHOUSE



A true taste of Italy in the heart of County Durham. Much of the produce is sourced nearby, including fish landed on the North East coast and beef reared on farms just up the road. Though sometimes only Italian ingredients will do, and these are imported from the region that inspired the dishes - Puglia. The Italian Farmhouse will take you to the Mediterranean, with a good dose of Italian charm and mouth-watering cuisine - just like Mamma used to make!

LOCATION: South Street, West Rainton, Houghton le Spring, DH4 6PA Tel: 0191 584 1022 www.theitalianfarmhouse.co.uk

THE SUN INN



A cosy and traditional pub situated in the historic market town of Morpeth. Known as a 'foodie' pub, all produce is sourced fresh from great local suppliers. There is an extensive menu and classic roasts on Sunday. Nice to find a pub where there are no frozen meals coming out of the kitchen! The pub is welcoming, the interiors and exteriors remain timeless and there are a range of speciality beers and fortnightly guest ales to be enjoyed in one of the cosy corners or beer garden.

LOCATION: High Church, Morpeth, NE61 2QT Tel: 01670 514153 www.suninn-northumberland.co.uk

UNO'S TRATTORIA



Family-run Uno's Trattoria is as well known for its delicious Italian food and great value for money as for the famous faces who have visited over the years. Classic pizza and pasta is served alongside a la carte specials and great selection of wines. Open 12noon-11pm Monday-Saturday and 12noon-10pm on Sundays. Uno's famous happy hour runs Monday-Friday 12noon-7pm and Saturday 12noon-5pm, when pizza and pasta dishes (excluding seafood) are just £4.95.

LOCATION: 18 Sandhill, Quayside, Newcastle, NE1 3AF Tel: 0191 261 5264 www.unotrattoria.co.uk

DARLINGTON

GOLDEN BROWN CAFÉ
1 Houndgate, Darlington, DL1 5RL
t: 01325 468708
www.goldenbrown-coffee.co.uk

HALL GARTH HOTEL
Coatham Mundeville, Darlington, Co Durham, DL1 3LU
t: 01325 300400

SARDIS
196 Northgate, Darlington, Co Durham, DL1 1OU

COUNTY DURHAM

9 ALTERS COFFEE SHOP
19a Silver Street, Durham DH1 3RB
t: 0191 3741120

ALISHAAN
50-51 North Rd, Durham, DH1 4SF t: 0191 3709180
www.alishaandurham.com

ANCHOR INN
Whittonstall, Co. Durham, DH8 9JN
t: 01207 561110
www.theanchorinnwhittonstall.co.uk

BEAMISH HALL
Beamish, Stanley, DH9 0YB
t: 01207 233733

BISTRO 21
Aykley Head House, Durham DH1 5TS t: 0191 3844354
www.bistrotwentyone.co.uk

BRAMBLES FOOD HALL
Poplar Tree Garden Centre, Shindliffe, DH1 2NG
t: 0191 3847553

BROOM HOUSE FARM
Near Witton Gilbert, Durham DH7 6TR t: 0191 3719697

CENTRAL THAI
19 The Gates Shopping Centre, Durham City, DH1 4SL
t: 0191 5978774
www.centralthairestaurant.co.uk

CHESTERS GROVE
Chester Moor, Chester-le-Street DH2 3RQ t: 0191 3881662
www.chestersgrove.co.uk

CIAO CIAO
3A Framwellgate Bridge Town Centre, Co. Durham, DH1 4SJ t: 0191 3830149

CROSS LANE ORGANIC FARM
Cross Lane, Barnard Castle, County Durham, DL12 9JE
t: 01833 630619

DERWENT WALK INN
Ebchester, DH8 0SX
t: 01207 560347

DERWENT MANOR HOTEL
Allensford Co. Durham DH8 9BB
t: (01207) 592000
www.bw-derwentmanorhotel.co.uk

DROPSWELL FARM SHOP
Trimdon, Trimdon Station, TS29 6NL t: 01429 880661

DURHAM INDOOR MARKET
Market Place, Durham, DH1 3NJ
t: 0191 3846153
www.durhammarkets.co.uk

DURHAM MARRIOTT ROYAL COUNTY
Old Elvet, Durham DH1 3JN
t: 0191 3866821
www.durhammarriottroyalcounty.co.uk

FINBARRS
Waddington Street, Flass Vale Durham City, DH1 4BG
t: 0191 3709999
www.finbarrsrestaurant.co.uk

FLAT WHITE
21a Elvet Bridge, Durham, DH1 3AA
t: 07789 951149

GIOVANNI
Genesis Road, Consett, DH8 5XP
t: 01207 504210

HARDWICK HALL HOTEL
Sedgefield, Co Durham, TS21 2EH t: 01740 620253
www.hardwickhallhotel.co.uk

I. K. FISH
Durham Indoor Market, Market Place, Durham, DH1 3NJ
t: 0191 3831113

KNITSLEY FARM
Knitsley, Consett, DH8 9EW
t: 01207 592059

LA COOKSHOP
9 Saddler Street, DH1 3NP
t: 0191 3831722

LEONARDS COFFEE HOUSE
1-2 Back Silver Street, DH1 3RA
t: 0191 3840647
www.leonardscoffeehouse.co.uk

LE RAAJ
Front Street, Chester Moor, Chester-le-Street, DH2 3RJ
t: 0191 3890561
www.le-raaj.com

LUMLEY CASTLE
Chester le Street, DH3 4NX
t: 0191 389 1111

MELANZANA
96 Elvet Bridge, Durham, DH1 3AG
t: 0191 3840096
www.melanzanadurham.co.uk

MUMBAI
Front Street Haswell Plough
t: 0191 5260060

RADISSON BLU HOTEL
Frankland Lane, City of Durham DH1 5TA t: 0191 3727200
www.radissonblu.co.uk/durham

RAVENDALE FOODS
Unit 2, Leadgate Industrial Estate, Lope Hill Road, Consett DH8 7RN

SOUTH CAUSEY INN
Beamish Burn Road, Stanley, DH9 0LS t: 01207 235555

THE PANCAKE CAFÉ
11 Crossgate, Durham, DH1 4PS t: 0191 3868070

THE PLOUGH INN
Mountsett, Burnopfield, NE16 6BA
t: 01207 504210
www.plough-inn.co.uk

GATESHEAD

ARTISAN EXPRESS
16 High Level Parade Wellington street, NE8 2AJ
t: 0191 4900208

CAKES BY BECKY
52-54 Beechgrove Terrace Crawcrook, NE40 4LZ
t: 0191 4138888

COSTCO
Mandela Way, NE11 9DH
t: 0191 461 9800
www.costco.co.uk

CELEBRATION CAKES
Jedburgh Court Team valley NE11 0BQ t: 0191 4877171

ESLINGTON VILLA
8 Station Road, Low Fell, NE9 6DR
t: 0191 4876017
www.eslingtonvilla.co.uk

GREENHOUSE BRASSERIE
Baltic Business Quarter Quarryfield Road, Gateshead NE8 3BE
t: 0191 490 2414

MICHELANGELO HOTEL
Stella Road, Ryton, NE21 4LU
t: 0191 4132921
e: info@hotelmichelangelo.co.uk
www.hotelmichelangelo.co.uk

R MARTIN & SON FAMILY BUTCHERS
38 Main St, Crawcrook, NE40 4NB t: 0191 4134037

SIX THE BALTIC
Baltic Quay, Mill Road, Gateshead, NE8 3BA
t: 0191 4404948

TAVISTOCK ITALIA
Penshaw View, Vigo, Birtley DH3 2JL t: 0191 4474487

THE BRASSERIE, THE SAGE
St. Mary's Square, Gateshead Quay Tyne & Wear NE8 2JR
t: 0191 4434654
www.thebrasseriegateshead.org

THE LITTLE COFFEE HOUSE
4, Princesway North Team Valley NE11 0NF
t: 0191 4473304

VIP TEAS
7-9 Ramsay Street, High Spen, Rowlands Gill, NE39 2EL
t: 01207 545180

WALTER DIX
1 Stirling Court, 11th Ave North, Team Valley, Gateshead, NE11 0JF
t: 0191482 0033

NEWCASTLE

1 OAK
Milburn House, Dean Street, NE1 1LF t: 0191 2323200

ARLOS CAFE & BISTRO
36-38 Brentwood Avenue, Jesmond, NE2 3DH
t: 0191 2814838

THE BLAGDON FARM SHOP



Milkhope Centre, Berwick Hill Road, Newcastle NE13 6DA
t: 01670 789924
enquiries@theblagdonfarmshop.co.uk
www.theblagdonfarmshop.co.uk

ADRIANOS
90 High Street, Gosforth, NE3 1HB
t: 0191 2846464

AVANTI
52-54 Brentwood Avenue, Jesmond, NE2 3DH
t: 0191 2814240
www.avantinewcastle.co.uk

THE BISCUIT FACTORY
16 Stoddart Street, Shieldfield, NE2 1AN
t: 0191 2611103

BILLABONG, CALEDONIAN HOTEL
68 Osborne Road, Jesmond, NE2 3DH
t: 0191 2817881

BRUGES
46 Brentwood Avenue, Jesmond, NE2 3DH
t: 0191 2818081

CARRUTHERS & KENT
3a Elmfield Road Gosforth NE3 4AY
t: 0191 2131818
www.caruthersandkent.com

CAFE 1901
St Georges Terrace, Jesmond, NE2 2DL t: 0191 3409774

CAFÉ ROYAL
8 Nelson Street, Newcastle, NE1 5AW
t: 0191 2313000

CAFFE VIVO
29 Broad Chare, Quayside, NE1 3DO t: 0191 2321331

CAFFE Z
Goldspink Lane, Sandyford, NE2 1NQ t: 0191 2304981

CLOSE HOUSE HOTEL
Heddon On The Wall, Newcastle NE15 0HT
t: 01661 852255
www.closehouse.co.uk

DABBAWAL
69-75 Highbridge Street Newcastle, NE1 6BX
t: 0191 2325133
www.osbornesjesmond.co.uk

ELECTRIC EAST
St James Boulevard Waterloo Square NE1 4DN
t: 0191 2211000

FISHERMAN'S LODGE
Jesmond Dene, Jesmond, NE7 7BQ t: 0191 2813281

FIRENZE
7 Osborne Road, Jesmond, NE2 2AE
t: 0191 2812136

GEORGE PAYNE BUTCHERS
27 Princes Road, Brunton Park, Gosforth, NE3 5TT
t: 0191 2362992

HOTEL DU VIN
Allan House, City Road Newcastle, NE1 2BE
t: 08447 364 259

HOTEL INDIGO
Fenkle Street, Newcastle NE1 5XU
t: 0191 300 9222
www.mpwsteakhousenewcastle.co.uk

JESMOND DENE HOUSE
Jesmond Dene Road, Jesmond, NE2 2EY
t: 0191 2123000

LINDSAYS TO GO
Alley 1, Grainger Market, Newcastle
t: 0191 2612995

LOUIS
71-73 Osborne Road, Jesmond, NE2 2AN
t: 0191 2814545

LOVES THAI RESTAURANT
32-34 Mosley Street Newcastle, NE1 1DF
t: 0191 2332828
www.lovesthai.com

LUIGIKHAN'S RESTAURANT
358 Westgate Road, Gosforth, NE4 6NU
t: 0191 2724937
www.luigikhans.com

MA'IDA
The Old Co-op Buildings Hexham Road, Walbottle NE15 9SR
t: 0191 2670987

MALMAISON
Quayside, Newcastle, NE1 3DX
t: 0191 245 5000
www.malmaison.com

THE MEAT MERCHANT
5 Hazelwood, Jesmond t: 0191 2121444

MCKENNAS
Northern Stage, Barras Bridge Newcastle NE1 7RT
t: 0191 2427242
www.mckennasatnorthernstage.co.uk

NE2 FOOD SOCIAL
The Biscuit Factory, Stoddart Street, Shieldfield, NE2 1AN
t: 0191 2605411

NO.28
27 - 28 Nelson Street, NE4 5SP
t: 0191 2322005
www.no28.co.uk

NO.95
95 High Street, Gosforth, NE3 4AA
t: 0191 2130033

NEW RENDEVOUS
3-5 Bell Villas, Ponteland NE20 9B t: 01661 821775

NINO'S
The Gate

NINO'S
1-2 Holly Avenue West, Jesmond, NE2 2AR

OLIVE & BEAN
17/19 Clayton Street, Newcastle, NE1 5PN t: 0191 2330990

OLIVERS
The Grainger Market Arcade, NE1 5OF

THE PARLOUR
Blagdon, NE13 6DQ
t: 01670 789935

THE STAND COMEDY BISTRO
31 High Bridge, Newcastle t: 0844 693 336
www.thestand.co.uk

UNO'S
18 Sandhill, Quayside, Newcastle, NE1 3AF
t: 0191 2615264

URBAN CAFÉ DANCE CITY
Front Street, Newcastle, NE1 4BR t: 0191 2610505

VUJON
29 Queen Street, Newcastle NE1 3UG t: 0191 2210601

WILLIS COFFEE SHOP
Clayton Road, Jesmond, NE2 4RP
t: 0191 2818123

SACHINS
Forth Banks, Newcastle, NE1 3SG t: 0191 2619035
www.sachins.co.uk

SAVANNAH CAFÉ
11-14 Nelson Street, City Centre, NE1 5AN
t: 0191 2301919

SILK ROOM
One Trinity Gardens, Broad Chare, Newcastle, NE1 2HF t: 0191 2603506

SOLOMONS
Thorntree Farm, West Road, Denton Burn, NE15 7EX
t: 0191 2742323

SPICE GRILL KITCHEN
The Gate, Newcastle, NE1 5TG
t: 0191 2221181
www.spicegrillkitchen.com

STANGER'S COOKSHOP
101 St. Georges Terrace, Jesmond, NE2 2DN
t: 0191 2818563
www.stangerscookshop.co.uk

THE FRENCH OVEN
Unit 27 The Grainger Market NE1 5OF t: 07921 082953
www.frenchoven.webs.com

THE HEALTH BOX
Alley 4, Grainger Market

THE KITCHEN@OSBORNES
61 Osborne Road, Jesmond, NE2 2AN t: 0191 2402811
www.osbornesjesmond.co.uk

THE PARLOUR
Blagdon, NE13 6DQ
t: 01670 789935

THE STAND COMEDY BISTRO
31 High Bridge, Newcastle t: 0844 693 336
www.thestand.co.uk

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18 Sandhill, Quayside, Newcastle, NE1 3AF
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Front Street, Newcastle, NE1 4BR t: 0191 2610505

VUJON
29 Queen Street, Newcastle NE1 3UG t: 0191 2210601

WILLIS COFFEE SHOP
Clayton Road, Jesmond, NE2 4RP
t: 0191 2818123

ALLARDS
Front Street, Tynemouth t: 0191 4473252

BARCA ART CAFE
68 Front Street, Tynemouth t: 0191 2577959

BEACHES & CREAM
Units 1A/1B Airport Ind Est Kingston Park NE3 2EF
t: 0191 2710574

BROWN SUGAR LOUNGE
5 Monkseaton Metro Station, Northam Road, North Shields NE26 3NR t: 0191 2520202

CRUSOES
South Beach, Longsands, Tynemouth, NE30 4HH
t: 0191 2964152

COTTAGE KITCHEN
1-5 Countess Avenue Whitley Bay, NE26 3PN
t: 07530 101186

DELI BAR ONE
69 Front Street, Tynemouth NE30 4BP
t: 0191 2596893

HALO
3 Marden Road, Whitley Bay NE26 2JH t: 0191 2518144

IT'S ALL GREEK 2 ME
Watts Slope, Whitley Bay NE26 1BO
t: 0191 2510622
www.itsallgreek2me.com

IL STAZIONE
Station Buildings, Tynemouth Station, Tynemouth, NE30 4RE
t: 0191 2583200
www.ilformotynemouth.co.uk

IRVINS BRASSERIE
The Irvin Building, The Fish Quay, North Shields, NE30 1HJ
t: 0191 2963238

GARETH JAMES CHOCOLATIER
12 Front Street, Tynemouth, NE30 4DX
t: 0191 2577799
www.garethjameschocolatier.co.uk

LOLA JEANS BAR & KITCHEN
The Arcade, Tynemouth, NE30 4BS t: 0191 2577061

LADYBIRD CAKE SUPPLIES
4 Queensway, Tynemouth, Tyne & Wear, NE30 4NA
t: 0191 2571707
www.ladybirdcakesupplies.co.uk

MISTER WOODS COFFEE



1 & 2 King Edwards Court Front Street Tynemouth NE30 4DZ
t: 0191 2575556

LOTTIE MCPHEES CUPCAKES
195 Park View, Whitley Bay, NE26 3RD
t: 0191 4479632
www.lottiemcpheescupcakes.com

MARTINO'S ITALIAN RESTAURANT
Fish Quay, 16 Union Quay North Shields, NE30 1HJ
t: 0191 2585929
www.parkviewkitchen.co.uk

PRIORITY CAFE
35 Percy Park Road Tynemouth, NE30 4LT
t: 0191 2590627

SUGARLOAF
203 Park View, Whitley Bay NE26 3RD
t: 0191 2517482

THE DELI AROUND THE CORNER
61 Hoptspur Street Tynemouth NE30 4EE
t: 0191 259 0086
www.thedeliaroundthecorner.co.uk

THE GRAND HOTEL
Grand Parade, Tynemouth, NE30 4ER
t: 0191 2936666
www.grandhotel-uk.com

THE NEW EXCHANGE BRASSERIE & BAR
Saville Exchange, Howard Street, North Shields. NE30 1SE t: 0191 2587866
www.newexchangebrasserie.co.uk

THE PARK HOTEL
Tynemouth, NE30 4JQ
t: 0191 2571406
www.parkhoteltynemouth.co.uk

THE WOODEN DELI
559 Saville Street, North Shields, NE30 1AY
t: 0191 2964656
e: thewoodendeli@hotmail.co.uk

ALLENDALE TEA ROOMS
Market Place, Allendale, NE47 9BD
t: 01434 683575
www.allendaletearooms.co.uk