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Editor ponders the ethics of those who turn up their noses at free food. Even if you don't like it, shouldn't you eat it?

The wild garlic I have just eaten for lunch was delicious, having been briefly wilted in garlicky butter, sprinkled with pine nuts and topped with roast aubergine by the live-in servant others know as my husband.

The wild garlic season is short, but its impact is great, transforming our local wood for a few weeks each year with its hypnotically heady aroma, its pretty foliage and flowers. It is also a highly versatile and - very importantly - free food, and even if I didn't enjoy it as much as I do, I would find it hard to walk by without harvesting at least a little for tea.

Yet at **appetite** HQ, opinion is divided pretty much equally between harvesters and non-harvesters. While I consider it to be a sin to glide past nature's crop without at least gathering a little, nay-sayers are divided into those who fear it may be illegal (what, like picking rare orchids?) and those who simply don't like it, so don't pick it, which I guess is fair enough, but it does seem dreadfully wasteful.



Inevitably, this debate has now progressed from the relatively non-controversial issue of 'do you or don't you like wild garlic', to 'where do you stand on road kill?'

Not surprisingly, as the daughter of people for whom post-war rationing created a phobia of anything which could possibly be considered even slightly wasteful, I'm a veteran of the road-side pheasant harvest. For surely, if it's dead anyway, you should make use of it, assuming it's not mangled beyond redemption or infested with maggots.

Yet explain this rationale to some, and they react as they might to a chance encounter with Joseph Goebbels. Yet these self-same folks will happily feast upon a ready-made 'beef' [and

donkey] lasagne purchased from the supermarket. There really is no accounting for taste...

Jane Pikett, Editor



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Meringues with apples and sorbet

appetite.
TICKLE YOUR TASTE BUDS...

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



FREE DESSERT AT BARCA ARTCAFE, TYNEMOUTH

Barca ArtCafe in Tynemouth is offering **appetite** readers a free dessert with any main course ordered from the a la carte menu until June 7, 2014.

Barca ArtCafe is the perfect place to relax and enjoy an evening on the coast, sampling a menu that makes use of the best local produce, while enjoying an eclectic mix of original artwork, music and cocktails.

Barca ArtCafe, Front St, Tynemouth, NE30 4BT
tel 0191 257 7959, www.barcaart.co.uk

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FREE DESSERT WITH TWO COURSES AT BOUCHON BISTROT

Bouchon Bistrot in Hexham is offering **appetite** readers a free dessert when ordering two courses - until June 7, 2014.

Home to superb produce, lovingly prepared in French country style served in style at attractive prices, Bouchon's menu makes use of the best produce available, and is updated regularly to reflect this. Available Monday-Thursday, lunch noon-2pm and dinner 6pm-9.30pm – until June 5, 2014.

Bouchon Bistrot, 4-6 Gilesgate, Hexham, NE46 3NJ,
tel 01434 609 943, www.bouchonbistrot.co.uk

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FREE BOTTLE OF HOUSE WINE AT MADIHA, JESMOND

Madiha, Jesmond is offering **appetite** readers a free bottle of house wine with bookings of four or more, or a free glass of house wine with bookings of up to three, until June 7, 2014.

Madiha offers authentic, Indian cuisine right in the heart of Jesmond, with a lunch menu available noon-2pm and evening menu 5.30pm-11.30pm.

Madiha Restaurant, 4 Holly Avenue West, Jesmond, NE2 2AR
tel 0191 281 8431, www.madiharestaurant.com

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AFTERNOON TEA FOR ONE AT NORTHUMBRIAN CLASSIC CARS WYLAM TEAROOM

Classic Car Tearoom in Wylam is offering **appetite** readers afternoon tea for one – a sandwich of your choice, strawberry/cream scone or cake and pot of tea/coffee – for £5 (normally £6.25) - until June 7, 2014.

Northumbrian Classic Cars Wylam, Old Wyalm Garage, Main Road, Wyalm, NE41 8DN, tel 01661 854 129, www.northumbrianclassiccarswylam.com

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FREE SHARING STARTER AT JASHN, SWALWELL

Jashn, Swalwell is offering **appetite** readers a free sharing starter for two until June 7, 2014.

Jashn promises the finest dishes, prepared with the finest ingredients and cooked with passion. 5.30pm-11.30pm. Takeaway also available.

Jashn, Swalwell, Whickham Bank, NE16 3BP,
tel 0191 488 8505, www.jashnrestaurant.com

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SECOND FROZEN DESSERT HALF-PRICE AT BROCKSBUSHES

Buy one of Brocksbushes Farm Shop's frozen desserts and get a second one half price, until June 7, 2014.

Brocksbushes' frozen desserts are made in the farm kitchen and include sticky toffee pudding, toffee oatie crumble and hot chocolate fudge pudding.

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

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FREE GLASS OF CHAMPAGNE WITH AFTERNOON TEA AT MALMAISON

Malmaison, Newcastle is offering **appetite** readers a free glass of champagne with afternoon tea until June 7, 2014. Beautifully presented freshly made afternoon tea, plus free champagne and stunning views – is there a better way to spend an afternoon? We think not!

**Malmaison, Newcastle,
104 Quayside, NE1 3DX
tel 08446 930 658
www.malmaison.com**

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COFFEE/TEA AND CAKE FOR TWO, PAY FOR ONE AT VIP TEAS

Share in a little afternoon delight, order tea or coffee, and cake for two but only pay for one at VIP Teas.

VIP Teas is a unique, vintage-inspired tearoom offering delicious homebaking, served on fine bone china.

Available Tuesday-Friday, from 2pm – until June 6, 2014.

**VIP Teas, 7-9 Ramsay Street, Rowlands Gill, NE39 2EL,
tel 01207 545 180, www.vipteas.co.uk**

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FREE GLASS OF SPARKLING WINE WITH AFTERNOON TEA AT ESHOTT HALL HOTEL

Eshott Hall, the elegant boutique hotel in Northumberland, is offering **appetite** readers a free glass of sparkling wine with indulgent afternoon tea until June 7, 2014.

Afternoon Tea is available daily from 3pm-5pm and includes a selection of sandwiches, scones, cakes, preserves and fresh tea or coffee, and is £12.50 per person. Offer valid Monday-Friday only.

**Eshott Hall Hotel, Eshott,
Morpeth, Northumberland
NE65 9EN, tel 01670 787454**

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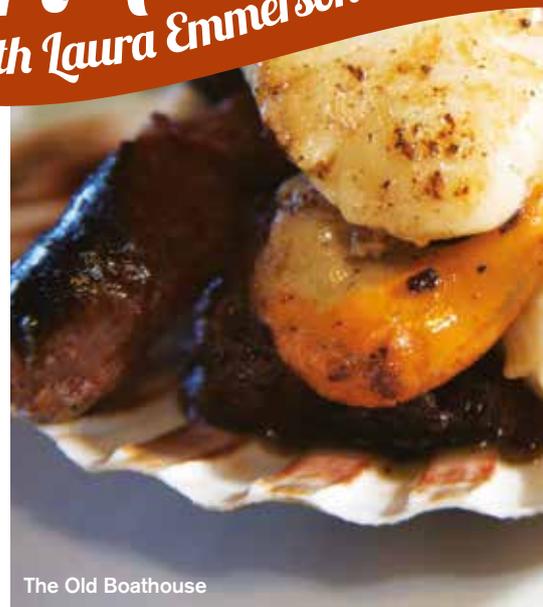
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ON THE PROWL

Girl About Town

With Laura Emmerson



The Old Boathouse



THIS MONTH, OUR LADY LAURA HAS MOSTLY BEEN EATING OUT...AGAIN!

In celebration of this warmer, milder weather I took a trip to the coast to satisfy my craving for fresh seafood accompanied by a crisp, cold glass of white wine.

No one does this better than the Old Boathouse in Amble; the perfect place to head (and the perfect reward) after a long dog walk in Druridge Bay just down the road.

I took six visiting ladies from London and all were mightily impressed with the razor clams sautéed in garlic, langoustines gently cooked in garlic butter, smoked salmon, oysters and pots of steaming mussels. I can't wait to go back!

The following day I took my visitors to the Quayside Sunday market for shopping and snacking from the artisan food and craft stalls, and then of course had to stop off for lunch at Uno's Trattoria before they returned to the Big Smoke. The latest addition on the Uno's drinks menu is Aperol spritzers, which apparently are the hot new thing in East London, so

needless to say we got through a fair few over the course of the afternoon. It's the perfect summer drink of aperol and prosecco - a fresh, fruity take on a regular spritzer. On to more comfort food and I had quite possibly the best beef burger of my life at the new Fat Hippo Underground on Shakespeare Street in Newcastle. The classic American burger was moist and succulent and served in a soft bun with cheese, gherkins, French mustard AND ketchup. It



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on

ON THE PROWL



¡VAMOS! FESTIVAL

Check out a host of foodie treats coming up in June as part of the ¡Vamos! Festival:

Pop-up Cuban restaurant and live Cuban music at Newcastle College Lifestyle Academy, Tuesday June 10, 7pm-11pm: One of the region's most innovative culinary havens with spectacular views over the city.

Pop-up Dining at Clocktower Cafe, Hoults Yard at 7pm on June 6, 13 and 20: In partnership with McKennas at Northern Stage, this pop-up restaurant will showcase the best in hearty, flavourful and inventive Latin American food including staples such as arepa (thick corn bread patties typical of Colombia and Venezuela) and delectable bites like the tlacoyos (Mexican oval shaped fried or toasted cake which famously tempted the conquistadors!). Advanced booking required.

¡VAMOS! Secret Paladares at 8pm on Tuesday 17 June: Chef Gareth Kyle will be cooking up an Argentinian themed meal in a secret home location, accompanied by live music from Tango Zapatito. Very limited places.

was so good I ate the lot and all my scrumptious skinny fries, but I'm only allowing myself to eat here once a week as I start training for the Great North Run pronto.

We tried out another newly opened restaurant in central Newcastle - Harry's Bar on Grey Street. On a Saturday night it was packed and we couldn't go five minutes without bumping into friends. With a swanky interior and varied menu, it's set to be a firm favourite on the Newcastle scene.



Fat Hippo Underground

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FEED...BACK!

Simply email your recipes, feedback and foodie news for the opportunity to appear here. Fame at last! Email editor@appetitemag.co.uk tweet [@appetitemaguk](https://twitter.com/appetitemaguk) facebook [/appetitemaguk](https://www.facebook.com/appetitemaguk)



Enjoyed...

...by one of the happy **appetite** crew, spaghetti with roast tomatoes at Caffe Vivo in Newcastle. Not much more to say, save that it was excellent as ever - food, service, ambience and all - and that's worth a shout-out. **Caffe Vivo, Broad Chare, Newcastle NE1 3DQ, tel 0191 232 1331, www.caffevivo.co.uk**



Tea party pretty

We're suckers here at **appetite** for all things vintage and beautiful, and our heads have been turned by Julie Clay's Vintage Tea Party company, which hires out gorgeous vintage crockery, glassware, china, table decorations and bunting for weddings, birthdays, baby showers and the like.

Julie's china has been used by royalty at the opening of Northumberlandia, appeared on theatre sets and starred at marriage proposals, Mad Hatter tea parties and more.

Julie has collected her china at auctions and markets over the last four years and can now cover events for up to 250 guests. All her three-tiered cake stands were lovingly made by her late husband and she's made all her bunting herself.

www.vintageteaparty.org.uk

SAINTLY OPTION

The former Saints Hairdressing on the corner of Collingwood Street in Newcastle has just re-opened as a bistro kitchen called Two Fifths, majoring in modern British food, a well-stocked bar and cocktails. It's open now for breakfast, lunch, dinner, and late-night schmoozing. [facebook.com/Two-Fifths](https://www.facebook.com/Two-Fifths)



MOLTO BENE

This month, our team-mate Emma Howe has mostly been eating out at Jamie's Italian in Newcastle, which happens to be just up the road from her chic Quayside apartment. She has been particularly taken by the pizza, served here by the metre, as the Napolese do. Emma also says the steaks are well worth writing home about, though she hasn't raved similarly about the pasta, on which the jury remains out.

Jamie's Italian, Monument Mall NE1 7AL, tel 0191 500 0858 www.jamieoliver.com



Nook Extra Marvellous House Dressing



There's always something new when we pop into Brocksbushes in Corbridge. This month we picked up some Extra Marvellous House Dressing (£3.25).

It's sweet and tangy, with a mix of maple syrup and wholegrain mustard and a little mayo for extra creaminess. Good over mixed salad leaves, with meat dishes and stirred into rice.

Brocksbushes Farm, Corbridge, Northumberland, NE43 7UB
tel 01434 633100



Bar Hound open for business

Top tip for anyone out there looking for a mention for their pub/restaurant/café etc in our esteemed magazine – send the editor a photo of a nice dog and she'll feature it. Yes, she's a pushover for all things canine, and this chap, Hector, is the latest pub pooch to win her heart. He's the official mascot of a company called Bar Hound, which has just spent £250,000 remodelling City Tavern, home of a fine selection of real ales (another passion of our ed – hic!) and a very neat menu of grills, salads, pub staples and gluten-free alternatives. AND there's a Hound Parade on the website featuring Hector and his friends, Alfie, and Dillon – one of whom is in the bar every day. **City Tavern, Northumberland Road, Newcastle, NE1 8JF, tel 0191 232 1308, www.citytavern.co.uk**



DIG THIS...

Tell you what, it's amazing what a group of committed folks can do with a small-ish village plot, as evidenced by Go Local Food - a community crop-share in Ovington in the Tyne Valley, growing vegetables for its members. Last year, they tell us, was an incredible one, yielding 3.5 tonnes of veg. Members are now turning their dreams of a community-owned farm into reality. They have two fields, four polytunnels and their own ducks, and the group is now looking into the prospect of introducing soft fruit and chickens. The group also offers occasional tours of the field, there are regular members meetings to shape the scheme, they attend farmers markets, and their vision is to become a food hub for all things local.

You'll find their plot in the fields at the bottom of Halls of Heddon (Ovington) car park. If you fancy a tour, email fi@golocalfood.org.uk

TOP TWEETS!



Our pick of the last month on Twitter: dining out, dining in and our new favourite thing - oyster leaf



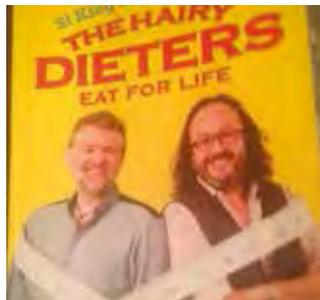
The Herb garden (@theHerbGardenUK): The Herb Garden's Carnivore platter. How hungry are you? #northeasthour #newcastle #NE1 #NE_scran



Lauren Spence (@Lauren14Spence): Peanut butter burger #awesome @fathippofood



Viv Bruce (@vicstob): Stunning food last night @houseoftides and the waitress was excellent!!



Lauren Amy (@birdsey_91): Saturday night cooking time @HairyBikers Delicious!



Lifestyle Academy (@NCL_Lifestyle): The food was Amazing @NCL_Lifestyle with @AlanOkane @WynyardHall. Students were outstanding too



Ken Holland (@northcountryken): Oyster Leaf city



Hairy hurrah

Well done to the excellent Knitsley Farm Shop, which got a big shout-out, complete with the attached pic, from Hairy Bikers Si King and Dave Myers when they dropped by recently, causing quite a flutter on Twitter. **Knitsley Farm Shop, East Knitsley Grange Farm, Kintsley, Consett, DH8 9EW, tel 01207 592 059, www.knitsleyfarmshop.co.uk**

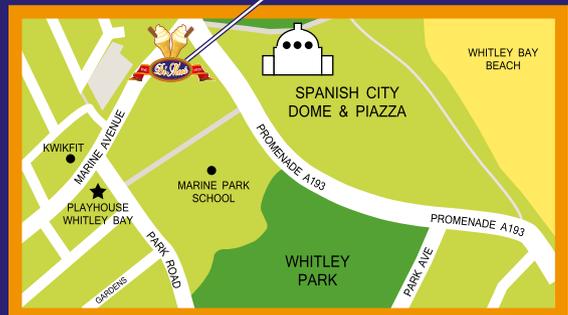
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IT'S A DATE!



Darlington Food Festival

Distinctly Delicious: Darlington Festival of Food is on its way with street entertainers, food stalls and demos, and a Locomotion Cake Parade recreating in cake the 32 carriages which were pulled on the first journey made by the Locomotion steam train back in 1825.

The three-day festival also includes workshops and demonstrations, the unveiling of the Distinctly Delicious Food Trail, a food village and stalls offering the very best in local and regional produce, with producers facing a challenge to create something new especially for the event.

The programme will include street theatre and eat-along movies and it's organised by Simon Preston, who devises the EAT! NewcastleGateshead Festival.

Distinctly Delicious: Darlington Festival of Food, May 24-26 on Twitter @DarloFoodFest

Proper Food Festival

The Proper Food and Drink Festival is at Bents Park, South Shields May 24-26 with more than 100 gourmet food and drink traders and live entertainment.

The organisers are also the brains behind the North East Chilli Festival, which has its third outing at Seaton Delaval Hall on July 5-6.

www.properfoodfestival.co.uk



Wallsend Festival

Celebrating all that's good in Wallsend past, present and future, Wallsend Festival takes place on Saturday July 5 in the town centre, then on Sunday on the Green overlooked by Wallsend Hall. The festival promises family fun, with entertainment ranging from local music to fairground rides, plus market stalls with everything from arts and crafts to locally produced food.

Saturday July 5, Wallsend Town Centre and Sunday July 6, The Green, Wallsend, NE28 7PA. wallsendfestival.org



Malton Food Lovers Festival

Jean-Christophe Novelli, The Chiappa Sisters and The Incredible Spice Men are popping up at Malton Food Lovers Festival at the end of the month, so it's definitely worth a drive down to this lovely Georgian market town in North Yorkshire.

This year's festival features celebrity chefs, cooking demonstrations, children's activities and foodie fun, street art, music and entertainment, a beer and champagne festival, book signings, local chef talent, foraging, a gala evening and more.

Malton Food Lovers Festival, May 24-25 www.maltonyorkshire.co.uk



TI AMO

Caffe Ginevra in Prudhoe – a top little coffee shop where the Sicilian coffee is among the best you can get around these parts – has just opened an ice cream parlour serving Wheelbirks excellent ice cream, made in Stocksfield from the creamy milk of the Wheelbirks Jersey herd. It goes down well with Ginevra's speciality Italian pastries, scones and cakes, and its brilliant coffee and teas.

Ginevra Espresso Bar, Front Street, Prudhoe, Northumberland NE42 5HN, www.caffeginevra.co.uk



CHOCOLATE HEAVEN

Artisan chocolate maker Bev Stephenson has got it all worked out – gorgeous chocs handmade from the finest couverture (which means less sugar, no vegetable fats and lashings of cocoa and cocoa butter) made in small batches to ensure flavour consistency.

Bev, whose company, North Chocolates, is based in Newcastle, goes for outstanding flavours, including locally sourced ingredients wherever possible. As well as grown-up Gourmet Bars, the kids' DinoRoars, Goldfish and Squirrel Lollies and "Buttons for Gluttons" are always a hit.

The gourmet flavours, on the other hand, include Peppermint Crunch, Chilli and Lime, Lavender, Geranium and Orange, and Rosemary and Lemon Sea Salt. Sweet!

North Chocolates are available at stockists regionwide including Carruthers and Kent in Gosforth and Centre for Life in Newcastle. North Chocolates will also be at Northumberland County Show on May 26 and the Proper Food Festival, South Shields, May 24-26 www.northchocolates.co.uk

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STARTERS



TO THE FORE

Lane7, the kitchen and bowling alley which has made bowling cool again since it opened six months ago, has added mini-golf to its repertoire.

Now, and for a limited period, you can follow up an American diner-style dinner of house smoked baby-back ribs, blackened Cajun salmon, or piri piri BBQ spatchcock chicken, with a round on a seven-hole mini golf course.

Every putter has a name and at the final hole you can try the 'impossible putt.' If you hole it, you win the round outright and your ball magically wends its way to the bar where a free drink awaits. Genius.

Mini golf at Lane7, St James Boulevard, is on Thurs-Sun nights until mid-June. Bookings, tel 0191 261 6161, www.lane7.co.uk

GOING UNDERGROUND

After scoring a hit with their flagship burger joint in West Jesmond, the Fat Hippos have wandered into town with a new underground restaurant on Shakespeare Street.

Appropriately named Fat Hippo Underground, it's serving up the same tasty menu as its namesake with the added bonus of being a stone's throw away from the nearby Theatre Royal and Stand Comedy Club.

Fat Hippo Underground,
Shakespeare Street,
Newcastle
www.fat-hippo.co.uk





Kirsty Cruikshank of For the Love of Fish – home of fish and seafood cooking and preparation demos, workshops and recipes – offers her own take on traditional uses of fish. Find out more at www.fortheloveoffish.com



Although you can get crab throughout the year, the quality peaks during the late spring and summer. Whole crabs and claws should feel heavy when you buy them; the white meat should smell sweet and be bright white with no more than a slight pink tinge - avoid anything that looks grey.

The recipe here combines the beautiful sweetness of white crab meat with punchy Asian flavours, chilli heat and crisp pastry. If you'd love to know how to dress a crab properly and get loads of brilliant tips and know-how, then my Glorious Crab master class on Saturday May 17 is the one for you!

Kirsty's Glorious Crab masterclass, May 17, 9.30am-1.30pm
Kirsty's Kitchen, Ovingham, Northumberland, £70

FILO CRAB TARTLETS

MAKES 12



Ingredients

- 3 sheets fillo pastry
- 50g butter, melted
- 120g white crab meat
- ½ large mango, peeled and finely diced
- 2 red chillis, chopped small
- 2 tbsp fresh coriander, chopped finely
- 1½ tsp fish sauce
- 1½ tsp chinese rice vinegar
- 3 tbsp freshly squeezed lime juice

Method

Brush each fillo pastry sheet generously with melted butter and cut into 12 squares with a sharp knife. Using small muffin tins, line each hole with three fillo squares layered on top of each other and cook at 200C/Gas6 for 6-8 mins. Allow to cool. Mix all the prepared ingredients in a bowl thoroughly and divide between the pastry cases. Serve immediately.



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www.madiharestaurant.com



John Gilfillan of Delavals (left) with Simon Johnson of NEL

CHEERS!

The brewers behind The National Trust Beer Club, which sources ales from smaller brewers nationally, have secured a pot of money to help them expand. The Beer Club's formation came about as an extension of Delavals' relationship with the National Trust, for which it is an official licensee and with which it has launched four beers named after Trust properties including Seaton Delaval Hall. Delavals has now worked with regional fund management firm NEL Fund Managers to secure a six-figure investment from the Finance For Business North East Growth Fund which NEL administers. More than 150 beers from 50 brewers are currently available via the club and the new investment will allow it to expand. The first National Trust Beer Club Festival takes place in August at Washington Old Hall.
www.nationaltrustbeerclub.co.uk



CREAM OF THE CROP

Luciano Di Meo is celebrating for the second year in a row after picking up the Champion of Champions award at The National Ice Cream Competition for his strawberry ice cream. The Di Meo family, who have been making ice cream for more than 100 years, run Di Meo's ice cream parlour and pizzeria in Whitley Bay. Luciano says: "To win this accolade two years running is wonderful recognition for the years of hard work, skill and passion that my family has put into making ice cream over the last 100 years."
Di Meo's, 9 Marine Ave, Whitley Bay, NE26 1LX
tel 0191 252 3814

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www.newcastle.gov.uk

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KNOW WHAT I MEAN, 'ARRY?

Harry's Bar and Grill has launched on Grey Street in Newcastle, its menu created by head chef Steve Jobson (ex of Louis in Jesmond) following extensive research in the kitchens of many famous restaurants on the Cote d'Azur and the Italian Riviera (it's a tough job, but...).

Steve has captured the region's simple approach in his lunch, dinner and late supper menus. There is a veal burger and a brisket burger, crispy Peking duck, traditional fish and chips, Sunday roasts, French soufflés and, following the French tradition, a range of traditional cakes and patisseries. The restaurant and cocktail bar are open daily until 2am.

Harry's Bar and Brasserie, Grey Street, Newcastle, NE1 6EF

www.harrysbarnewcastle.com

100 YEARS YOUNG



Nicholson's Butchers in Whitley Bay is celebrating its 100th birthday by offering customers the opportunity to buy products at 1914 prices. The Park View shop will be celebrating from May 12-17, 100 years since it first opened its doors on May 17, 1914.

The shop will be selling Northumbrian rabbits at the 1914 price of 16p each, while customers who pick an old-fashioned raffle ticket from a pot on the counter will also get their shopping at 1914 prices. Owner Doug Nicholson will be touring Whitley Bay atop a traditional horse and trap, giving away 20% discount vouchers to be used on the same days.

The centenary week concludes on the Saturday with a BBQ outside the shop, when free beef burgers and sausage sandwiches will be handed out between 11am-2pm.

Nicholson's Butchers, Park View, Whitley Bay, NE26 3QN
www.nicholsonsbutchers.co.uk



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Liz Harding-Massey (Eliza Pepperpot) and Marriott's executive head chef Chris Wells

ARTISAN STAR

An artisan food producer has won her first supply contract with a four-star hotel. The Newcastle Gateshead Marriott Hotel Metrocentre will be serving jams, preserves, chutneys and chocolates from Eliza Pepperpot, Blaydon.

Its owner, Liz Harding-Massey uses traditional family recipes she learned from her mother for her produce.

The hotel will be serving up lemon curd, whisky marmalade, raspberry and strawberry jam, piccalilli, and salted caramel chocolates by Liz.

Eliza Pepperpot & Co, tel 0191 414 7071, www.elizapepperpot.co.uk



HALL'S WELL

Seaham Hall hotel's Byron's Bar and Grill has been granted two AA rosettes to add to the hotel's five AA stars. Meanwhile, Simon Bolsover has been appointed head chef, working under the culinary directorship of Martin Blunos.

Seaham Hall, Lord Byron's Walk, Seaham, Co Durham, tel 0191 516 1400 www.seaham-hall.co.uk



AND THE WINNERS ARE...

The North East winners in The Countryside Alliance Awards put up a great show for the region in the UK and Ireland final.

The awards are the Countryside Alliance's annual celebration of rural produce, skills, enterprise and heritage. The North East representatives were: Local Food Champion, Sunnhills Farm Shop; Butcher Champion, Blagdon Farm Shop (highly commended in the final); Start Up Champion, The Kitchen Garden at Meldon Park (*Emily Cookson, pictured above*); Village Shop/PO Champion, Bardon Mill Village Store and Tea Room. Congrats to them all...



FULL OF BEANS

We happened across this happy bunch of would-be baristas at Costa Coffee, St Mary's Place, enjoying a coffee masterclass to mark UK Coffee Week (is there a week for everything these days?). They were treated to a hands-on tutorial by award-winning barista Rob Herald, Andru Lawson and Alexandra Dixon, which is nice...

Tea & Tipple, Corbridge, Northumberland, NE45 5AT
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www.appetitemag.co.uk



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 285 1988

BUNNY BUSINESS

If Peter Rabbit hopped through your garden, would you do a Mr McGregor?

Game fans, did you know rabbit is available all year round? But what to do with it? Many people are under the impression that butchers always take the finest cuts of meat home for their dinner. This is a fantasy, essentially, we butchers take home whatever is left.

George Payne, under whom I trained, once told me he'd even sold his Christmas turkey! There was an occasion when I was working for him, after we closed the shop, when I had to take rabbit home. Normally I'd concoct a pie or a stew but this was during a freakish summer spell and we fancied something a little lighter. This is it...



SUMMER RABBIT

Ingredients

- 1 rabbit, skinned and jointed
- 500ml chicken stock
- 3 medium potatoes, peeled and quartered
- 10 sweet red cherry tomatoes
- 3 quarters of lemon
- 1 whole head of garlic cut in half, roasted and squeezed out
- 3-4 sprigs fresh lemon thyme
- handful coriander, chopped
- handful Italian parsley, chopped
- ½ tsp Moroccan spice mix
- 10 green olives
- 4 shallots, peeled and whole
- salt and pepper to taste
- 1 large red or yellow pepper
- ½ lime, squeezed to taste
- ½ cup white wine
- 2 tbsp pickled ginger

Method

Joint and brown the rabbit. Roast the pepper in oven for 10 mins in a moderate oven. When it starts to blacken remove and place in a sealed plastic bag. Then after 5 mins peel and cut into slices.

Put quartered potatoes in bottom of slow cooker, add browned jointed rabbit. Add all other ingredients apart from coriander and parsley including the three quarters of lemon or a few stalks of lemon grass.

Cook in slow cooker or casserole dish for 6 hours or more. Add parsley and coriander towards the end. Also remove the bones. If you like a thickened gravy add 1tsp cornflour mixed with a small amount of water to thicken. Some prefer the summery soup so don't thicken and serve in a soup bowl.



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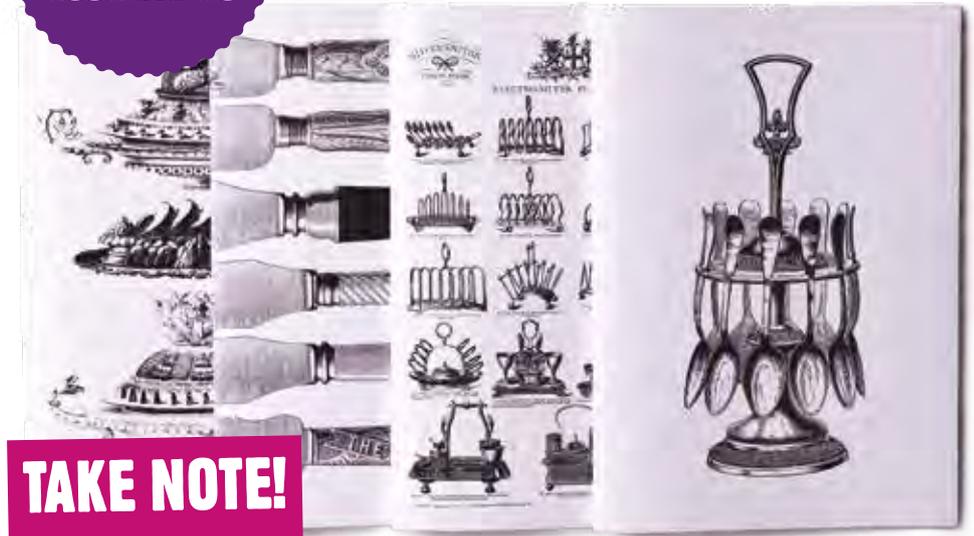
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TAKE NOTE!

Cooks notebook, £2.50

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www.northacombfarmshop.com



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SABRINA GHAYOUR IN CORBRIDGE

The latest in a series of foodie events presented by Forum Books, Corbridge, features an evening with Sabrina Ghayour – a wonderful Iranian chef whose new book, *Persiana*, is just out.

The book is a celebration of food and flavours from the regions around the Southern and Eastern shores of the Mediterranean Sea and features 100 recipes including mezze and sharing plates; soups, stews and tagines; roasts and grills, and desserts and sweet treats.

Sabrina will be at Tea and Tipple, Corbridge on May 13 at 7pm and the £5 ticket price includes a drink and tasters from the book, including mezze, pineapple carpaccio with basil sugar and cinnamon, and citrus almond pastry cigars.

Tickets £5 from Forum Books, Market Place, Corbridge NE45 5AW, tel 01434 632 931



HARISSA-MARINATED ASPARAGUS

Nothing beats asparagus in season and, paired with spicy harissa and zingy lemon, they make the perfect accompaniment to grilled meat, fish and halloumi

Ingredients

2 tbsp olive oil
2 tsp harissa
2 tbsp clear honey
grated rind and juice of 1 lemon
2 generous pinches of sea salt
250g asparagus spears, trimmed

Method

Put the olive oil, harissa, honey, lemon rind and juice and sea salt in a small bowl and mix really well until the honey has dissolved properly

into the mixture. Place the asparagus in a shallow dish and pour over the marinade. Using your hands, coat each asparagus spear in the marinade, then cover the dish with clingfilm and allow to marinate at room temperature for 30 mins.

Preheat a large heavy-based frying pan or a griddle pan, if you prefer over a medium-high heat and pan-fry the asparagus for 8–10 mins, allowing 4–5 mins per side. Serve hot or cold.

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Nico Duhil
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some of his favourite recipes in every
edition of **appetite**.

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

KEEP IT SIMPLE

Let me start by saying how good it is to be back at Bouchon and writing this column for **appetite**. I'm looking forward to sharing some recipes with you, because that is exactly what recipes and food are for – sharing.

I've always been a big believer in doing simple recipes well, whether I'm cooking at home or here at Bouchon.

Here in **appetite** I want to share things that are easy to cook at home, taste great, and won't break the bank.

This bread recipe is one I've worked on for a long time, making small changes here and there and after a lot of trial and error I think I have got it cracked. This one makes 24 rolls.



NICO'S BREAD ROLLS

Ingredients

1kg strong bread flour
600g lukewarm water(25C)
20g fresh yeast
20g salt

Method

Mix all the ingredients together in a mixer or by hand for 15 mins. Cover the dough with a towel for 1 hour at room temperature. Take out the dough and stretch it on a table, folding it back onto itself. Put back in the bowl and cover for an extra hour. Repeat the kneading process. Roll and shape your bread on a lightly floured surface. Put it on a baking tray, and leave at room temperature to prove for 30 mins. Score the rolls, heat oven to 200C, pop a glass of water in to make steam, add bread and bake for 25 mins.



MACKEREL RILLETES

Ingredients

Liquor: 1 litre water
1 bouquet garni
1 lemon cut in half
1 large carrot, chopped
1 onion, chopped
Mackerel: 4 fresh mackerel
100g crème fraîche
juice of 1 lemon
1 tsp dijon mustard
chives
salt and pepper

Method

Boil the liquor ingredients for 20 mins. Leave to cool then pass through a sieve. Bring the liquid to a simmer and poach the mackerel for 4 mins. Remove the mackerel and as much skin as you can. Shred the flesh with a fork and add the crème fraîche, lemon, mustard, chives, and salt and pepper. Leave covered in fridge for 24 hours. Spread onto a toasted baguette.



DINE IN STYLE

The new season brings with it new produce, and the team at Malmaison in Newcastle are no slouches when it comes to updating their menu to suit.

Their latest one includes Thai BBQ chicken lollipops, sticky roasted wings with Thai dipping sauce; prime aged Black Angus New York strip steaks from The Grill; and seared yellowfin tuna with bok choy and miso dressing.

Malmaison, Quayside, Newcastle, NE1 3DX
www.malmaison.com



WILD!

In a world packed with homogenous chain coffee houses, we are heartened to find a growing number of independent tea rooms where individuality is valued alongside quality and quirkiness.

Take The Wild Trapeze in Heaton, Newcastle, where scarlet walls and a truly eclectic vintage mix of old masters, antique furniture, Tiffany-style lamps, and a baby grand piano combine to create a pleasingly Bohemian air.

The tea menu features more than 20 blends from all over the world. The coffee is locally produced and beautifully made, and the hot chocolate is made with real quality chocolate. The sandwiches are served on fresh local artisan bakery bread and the hollandaise is made per order with a whisk over a bain-marie, if you please.

The Wild Trapeze, Heaton Road, Newcastle, tel 07710 147 301



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Chef's mood board - A surprise selection taken from the bar and cafe menus £7.00/£13.95

A Selection Of Our Plates

Grilled chicken brochette wrapped in pancetta and sage with a barolo wine syrup and barley salad £4.00

Arancini of saffron arborio rice filled with brised oxtail, buffalo mozzarella finished with a black olive dressing £4.00

Moroccan spiced harira with chickpeas, lamb, lentils and vermicelli served with spiced flatbread £4.00

Braised pig cheeks with crushed parsnip and crispy rosemary £4.50

Fried monkfish cheeks in a crisp semolina batter with green olive, chilli and roast garlic served with a saffron aioli and fresh watercress £4.50

Red wine slow cooked North Sea octopus with shallots, thyme and spinach £4.50

Mackerel escabeche marinated and cooked in white wine, peppercorns and fennel, served with crostini £4.00

Chickpea, butternut squash and spinach ragu gratinated with cannastrato cheese V £4.00

Salad of blood oranges, pomegranate, barley and mint with a fresh yogurt and molasses dressing V £4.00

Fried fennel seed and herb crumbed halloumi with a spiced lentil salad and walnut oil dressing V £4.00

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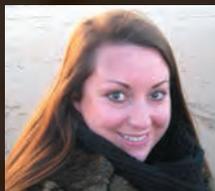
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COCKTAIL HOUR



*Anna Hedworth,
aka The Grazer,
says cheers to the
new season*

There's nothing like a bit of sunshine, however brief, to bring on the desire for al fresco after-work drinks.

It's time now to put away your bloody marys, espresso martinis and large red wines, because as much as food is seasonal, drinks are too.

It's no coincidence that we drink more white wine in the summer and more red in the winter, and spring equals fresh, fizzy refreshing drinks.

I serve a cocktail at the beginning of each of my supperclubs. I recently served a gin, pomegranate and lime fizz with a spring of mint for a Middle eastern evening, which was lovely. I like gin and lemon concoctions in summer, or a prosecco with candied ginger and lime is good too!

One of my favourites came about as a by-product from the menu of the supperclub. I was serving candied orange peel as part of the pudding at Lindisfame Castle, which I made by boiling Seville orange peel in a sugar syrup which was then tossed in sugar and left to crystalise.

The resulting syrup was delicious; a really rich bitter-sweet orange syrup and far too good to discard, so I added some grated fresh ginger and served a tablespoon in a cold glass of cava. The result was delicious!

A good sugar syrup is always handy to have in the cupboard, flavoured with ginger, orange, lemon, mint or rosehip, berries, herbs, anything you can think of really. You can serve it with soda as a soft drink, with ice water, or with hot water as an alternative to tea or coffee, or of course, in a cocktail... Cheers!

More from Anna at www.the-grazer.blogspot.com

Image Credit: © Wiesia Bojko



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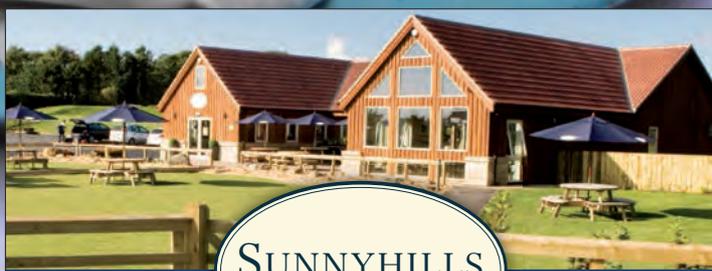
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CLASSIC SUGAR SYRUP

1 cup sugar
1 cup water

Bring the sugar and water to the boil and leave to cool. You can use two parts sugar to one part water if you want it extra sweet.

ORANGE AND GINGER FIZZ

175ml cava
1 tbsp orange and ginger syrup (make syrup from 1 cup water, 1 cup sugar, peel of one orange, brought to the boil and left to cool. Add a thumb of grated fresh ginger on cooling. This will make plenty more than you require, but keep in a sterile bottle and it will last months).

GIN, LEMON AND ROSEMARY FIZZ

ice
35ml gin
35ml lemon and rosemary sugar syrup
35ml soda
Sugar syrup (as above with a sprig of rosemary instead of orange peel, and the juice of 5 fresh lemons on cooling).

A classic cocktail is a joy, and as well as making my own up I am frequently looking up a classic recipe or researching cocktails of old.

My current favourite is an Aperol spritz, closely followed by a luxury spritz or a negroni. I'm a fan of the bitter taste of Campari and Aperol, which I know a lot of people don't seem to like, but I could happily sip one of these at any hour I think.

A spritz is a mix of white wine and a bitter contrast with a splash of soda. I prefer an Aperol mix rather than a Campari which is slightly stronger. The danger of the milder Aperol is that it could easily go down in one and seeing as it's made from gentian flowers, orange bitters, rhubarb and chinchona bark it even sounds good for you!

APEROL SPRITZ

Ice
1 green olive
75ml white wine
50ml aperol
splash soda
slice of lemon
Fill your glass with ice, pop in the olive, add the white wine, then the Aperol, a splash of soda and the lemon, give it a little stir to mix.
For a luxury spritz add prosecco or champagne instead of white wine.
For a negroni fill your glass with ice and add 25ml of gin, sweet vermouth and Campari, followed by a slice of orange. So simple, but a joy. Be careful though, they go down far too easily and are very strong!

FRENCH 75 (STRICTLY FOR THE DECADENT!)

35ml gin
1 tbsp fresh lemon juice
1 tsp sugar
top with champagne
I only discovered the French 75 recently. Apparently Kate Moss favours them, so I'm late to the party, but who cares with a drink this delicious? The French 75 was created in 1915 at the New York Bar in Paris. The combination was said to have such a kick that it felt like being shelled with the powerful French 75mm field gun. I didn't think it had much impact on me, but I had two in a bar in Hong Kong one night and I can't say I remember much of dinner afterwards!



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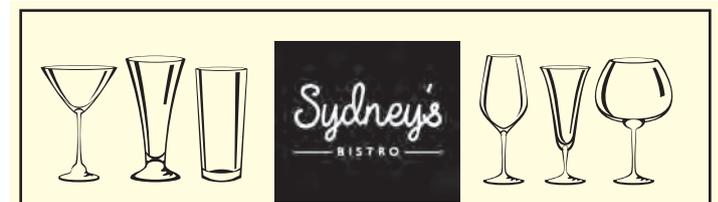
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GREEN FINGERS

Famed Northumbrian grower Ken Holland features in a new book about chefs and growers working together

As anyone who reads this magazine regularly and enjoys the regular column from renowned grower Ken Holland already knows, the UK is in the grips of a resurgence in growing food, both at home and, as in the case of Ken, to supply the growing number of leading chefs who demand the freshest and best, straight from the ground.

The nearest kitchens Ken supplies from his plot at Vallum Farm – the artisan community on Hadrian's Wall – are just across the paddock at Vallum's on-site Restaurant and Tea Room.

At the Restaurant, the kitchen team share Holland's passion for the superb micro and heritage varieties nurtured in the Vallum Kitchen Garden's forcing tunnels and raised beds. They are featured in a new book, out this month, which tours the gardens and restaurants of the UK, focusing on the close relationships enjoyed by

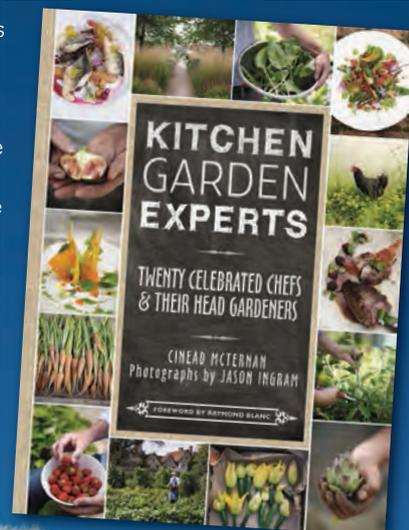
chefs and gardeners nationwide. Kitchen Garden Experts also includes tips on choosing, growing, harvesting and cooking, including the recipes on these pages, devised using Holland's veg.

Other chefs and growers featured in the book include illustrious names such as Raymond Blanc and Anne-Marie Owens at Le Manoir aux Quat'Saisons, Sir Terence Conran at Barton Court, and Simon Rogan at L'Enclume who has also worked with Holland in the past.

Holland and his team are groundbreaking with their experimental 'forcing' polytunnels, which protect crops of pea shoots, broad bean shoots, clamped beetroot leaves and nasturtium leaves.

Vallum artisan community, Military Road, Newcastle, NE18 0LL, www.vallumfarm.co.uk

**Kitchen Garden Experts by Cinead McTernan, £20
Frances Lincoln. Photography by Jason Ingram**





UCHIKI KURI SQUASH SOUP AND A ROASTED WEDGE

SERVES 4

INGREDIENTS

1 medium-sized Uchiki Kuri squash
20g butter
salt and pepper
2 sage leaves
400ml water
50ml rapeseed oil

METHOD

Peel and quarter the squash. Remove seeds and put them and one-quarter of the squash aside for use later. Dice the remaining flesh. Melt the butter in a saucepan, put in the diced squash and cook slowly, without colouring, until soft. Season with salt and pepper, add sage and water, and bring to the boil and simmer for 5 mins. Liquidise and keep hot.

Cut the retained squash quarters into four even-sized wedges. Heat the oil in a frying pan and cook each wedge on all sides, then remove from the pan.

Throw in the retained squash seeds and cook until soft.

Serve the wedges alongside the soup, and sprinkle the seeds over the soup.



NORTH SHIELDS CRAB, FLORENCE FENNEL AND TOASTED SOURDOUGH

SERVES 2

INGREDIENTS

100g picked white crabmeat
50g brown crabmeat
juice of ½ lemon
salt and pepper

Dressing

100ml rapeseed oil
1 tbsp apple vinegar
1 tsp English mustard

Fennel pesto

handful of fennel tops
2 tsp toasted pine nuts
2 tsp grated Parmesan cheese
100ml rapeseed oil
½ garlic clove, grated
salt and pepper

Toasted sourdough

2 thin slices sourdough
rapeseed oil

To serve

handful of fennel tops
spring onions

METHOD

Combine crabmeats with the lemon juice; then add salt and pepper to taste. Set aside. For the dressing, whisk all the ingredients together. Set aside.

For the fennel pesto, combine all the ingredients in a liquidizer and blend until smooth. Set aside.

For the toasted sourdough, preheat the oven to 180C/Gas4. Slice the sourdough as thinly as you can. Place on a baking sheet, drizzle over some rapeseed oil, and bake for 5 mins. To serve, use two dessertspoons to mould some crabmeat to form quenelles. Place three on each plate. Lightly coat the fennel tops with the dressing, and place around the crab. Dot around the pesto, and finish with the toasted sourdough and spring onions.



GROWING TIPS FROM KEN HOLLAND

- **Quality veg:** Do not overwater baby vegetables so they can build a strong root structure.
- **Weed control:** Use weed-suppressing membrane as much as you can to cover your soil and thereby reduce the time you need to spend weeding.
- **Extending the season:** Keep sowing as late in the season as you can, providing the conditions for germination are still suitable.
- **Soil preparation:** Always use compost, preferably from your own heap, to topdress your growing areas at the start of every season.
- **Winter storage:** Clamp your root vegetables every year by storing them in a box or in a hole in the ground, building up layers of sand and individually laid-out root vegetables (do not let them touch). Use as you need them.
- **Try heritage varieties:** If a vegetable has been grown for 200 or so years it must be good. The flavours of most heritage varieties are superior to modern hybrids, which are bred to last and to combat disease.

GREEN SHOOTS OF RECOVERY

Nothing heralds the beginning of summer like British asparagus. Remember to trim by breaking where the stem naturally snaps, and only ever cook al dente. And hurry...the season ends on June 21!



TEMPURA TIGER PRAWNS WITH SOY AND SESAME ASPARAGUS

INGREDIENTS

Serves 2

- 8-10 stems asparagus
- 10 tiger prawns
- 100g self-raising flour
- 50g cornflour
- 50ml cold sparkling water
- salt and pepper
- 1 tbsp sesame seeds
- 50ml good quality soy sauce + more for dipping

METHOD

Trim asparagus and place in boiling water for 1-2 mins. Remove and put into iced water to stop cooking.

Now make the batter for the prawns by mixing the self-raising and cornflour together, add the sparkling water and whisk with a fork (add more water if it's too thick), season with salt and pepper and set aside. To cook the prawns, heat some vegetable oil to 180C or use a small deep fat fryer. Pat prawns down with a little kitchen towel, place in batter mix and drop into the oil until golden. Remove and place on kitchen towel until dry. Now take asparagus, slice each stem into four smaller pieces, then heat a pan, add a little oil and then the asparagus and sauté for 1 min and add soy sauce, then sesame seeds, cook for another min, remove from pan and serve straight away with prawns and extra soy sauce for dipping.



ASPARAGUS AND HOT TUNA NIÇOISE SALAD

INGREDIENTS

Serves 2

half a bundle (approx. 125g)
British asparagus
1 green chilli, de-seeded and chopped finely
2 100g tuna steaks
1 tbsp crushed black peppercorns
2 tbsp olive oil
2 eggs
2 handfuls mixed salad leaves
olive oil and balsamic vinegar
salt and pepper for seasoning

METHOD

Pre-heat oven to 190C/Gas5. Place asparagus on a baking tray, drizzle with 1tsp olive oil and add green chilli, bake in oven for 8-10 mins.
Rub tuna with peppercorns. Place a grill pan over the heat, add 1tbsp olive oil and allow to heat up. Add tuna to hot grill pan and cook for 2 mins on both sides (rare) and leave to rest. Meanwhile, drop eggs into boiling water and cook until softly boiled.
Place salad leaves on a plate, drizzle with oil and balsamic, and follow with asparagus spears. Slice tuna diagonally and lay over asparagus and salad. Top with egg.



ASPARAGUS, PEA AND GOATS' CHEESE SOUFFLES

INGREDIENTS

Serves 6

50g butter
30g walnuts, lightly crushed
300g British asparagus
200g fresh British peas
200ml whole milk
2tbsp plain flour
3 eggs
100g goats cheese
sea salt and ground black pepper

METHOD

Preheat oven to 200C/Gas 6. Melt half the butter, brush the inside of six ramekin dishes, sprinkle in the walnuts, put dishes on a baking sheet and set aside. Cut the asparagus into 1cm pieces. Cook with the peas in boiling salted water until tender. Drain and, reserving the asparagus tips, puree the stems and peas to a coarse paste. Melt the rest of the butter in a saucepan. Add the flour to make a roux and cook for 1 min before whisking in the milk. Cook until thickened and remove from the heat. Chop the goats' cheese into cubes and stir through the sauce with the pureed asparagus and peas. Season. Separate the eggs, stirring the yolks into the asparagus sauce and the whites into a clean metal bowl. Whisk the egg whites until fluffy, then take a large spoon of the egg white and stir into the sauce. Pour into the bowl of egg whites and gently fold. Spoon the mixture into the ramekins, push the reserved tips into the top and bake for 20 mins.



BBQ RIB-EYE WITH GRILLED ASPARAGUS AND TERIYAKI SAUCE

INGREDIENTS

Serves 2

For the Teriyaki sauce

75ml soy sauce
75ml mirin (Japanese sweet rice wine)
75ml sake
1 tbsp sugar

For the rest

2 x 150g rib eye steaks
1 tbsp vegetable oil plus a dash more for cooking asparagus
sea salt and black pepper
1 bunch British asparagus, trimmed
a pinch of Togerashi seasoning (or cayenne pepper)
white and black sesame seeds

METHOD

To make the Teriyaki sauce, combine all ingredients in a saucepan. Stir well. Bring to a boil over a medium heat. Turn heat down and simmer for 2 mins. Remove from heat and leave to cool.
Rub the rib-eye steaks with oil, salt and pepper. Grill them on a hot BBQ for 2 mins each side (medium rare). Rub the asparagus with a little oil and lay on BBQ for 2-3 mins, turning occasionally. Split asparagus between two plates. Carve steaks into 1cm strips and lay on top, pouring over the meat juices. Cover each steak with Teriyaki sauce and sprinkle with the Togerashi (or cayenne) and sesame seeds.



CHAR-GRILLED ASPARAGUS WITH TARRAGON HOLLANDAISE AND EGG

INGREDIENTS

Serves 2

10 stems asparagus
2 free range eggs
For the hollandaise
250ml white wine vinegar
1 sprig tarragon
1 small shallot, diced
1 tbsp chopped tarragon
250g unsalted butter, melted
2 free range egg yolks
pinch of salt

METHOD

Heat a griddle pan, trim stems from asparagus, drizzle with oil and char on all sides until cooked.
For the hollandaise, first make a white wine vinegar reduction by putting the vinegar in a small pan with the shallot and tarragon, bring to the boil and reduce by half. Remove from the heat and allow to cool. Put the two egg yolks in a bowl with 1tsp of the vinegar reduction and a pinch of salt. Whisking constantly, slowly add melted butter, then add tarragon and season to taste. Set aside.
To poach the eggs, boil a pan of water, remove from heat, add each egg, cover and leave for 1 min, then remove from the water with a slotted spoon. To serve place asparagus on the plate then top with the soft poached egg, and pour the hollandaise over the egg.





CHOICE CUTS

Bryn Littleton meets the men who have taken a traditional family butchery business and are in the process of turning it into an online success

When the editor of this magazine received a hand-written card saying thank you for her order from online butcher The Great British Meat Co, she was almost as impressed with that as she was with the contents of the large cold box full of chicken and pork on her kitchen table.

Because, she says, it was such a lovely example of good customer service. "Just like a proper butcher's shop, only online," she said, beaming.

The Great British Meat Co is the brainchild of brothers in butchery Dan and Jamie Freeman and their business partner Sam Wass. Their business is devoted to quality produce combined with good value and personal service like that handwritten card, and cooking tips and recipes online.

"People like to chat with the butcher and find out which part of the animal the cut is

from, how to prepare it, how much they need for a family of four. These are the things we're looking to do online," says Wass.

The company is an off-shoot of Freeman's Catering Butchers, which started life in South Shields in 1953. The firm supplies many restaurants and hotels and last year it claimed the title National Catering Butcher of the Year.

Dan Freeman says: "We're third-generation butchers. Our grandfather started the business in 1953 and we're carrying on the traditions he prided himself on 60 years ago.

"There is almost a fear in asking questions about meat these days, but what we've found is that people will ask these questions online – things like, 'How many servings will I get from this cut?' and 'What's the best way to cook this meat?' We encourage this interaction. We want to hear about customers enjoying the product, but we also want to make sure they're getting the most from their purchase. It's one

of the key reasons why they'll come back."

Every purchase made through the Great British Meat Co. is delivered with a hand-written card from one of the company's 27 butchers. This may include details of where the meat has been sourced, how it was prepared or a simple message wishing the customer an enjoyable meal and a thank you.

"We're committed to buying locally," adds Jamie Freeman. "We believe the best produce is here on our doorstep, but if there is better elsewhere then we will follow the quality."

There are also events like a pop-up restaurant in Saltwell Park, Gateshead and the team has also hosted butchery classes at Blackfriars Restaurant in Newcastle.

The export market promises much and the Great British Meat Co. is working closely with The North East Chamber of Commerce (NECC) developing overseas markets.

www.greatbritishmeat.com



BEEF FILLET TAIL CARPACCIO

A simple summer dish, this is normally a prime cut of meat served rare, sliced as thinly as possible. This recipe uses beef fillet tails, which makes it more cost-effective without any compromise on flavour. Searing the meat gives it a nice crust.

INGREDIENTS SERVES 6

- 1 tbsp coriander seeds
- 1 tbsp rock salt
- 1 tbsp black peppercorns
- 1 tsp mixed herbs
- 4 British beef fillet tails

METHOD

Take the meat out of the fridge at least 30 mins before you intend to cook it, to bring it to room temp (allowing meat to come to room temp before cooking is vital in ensuring you get a juicy flavour and even cooking).

Grind coriander, salt and pepper in a pestle and mortar and mix in herbs. Sprinkle mix evenly over a chopping board, then roll the beef fillet tails over the board, making sure the mix sticks to it.

Sear the meat on a hot barbecue until it's brown and crisp on all sides. Rest on a plate for 5 mins. Slice as thinly as possible and lay on a large plate to serve with salad (great with a mix of rocket, beetroot and parmesan).



GREAT BRITISH CORONATION CHICKEN

Great for spicing up any summer supper table, you can use whatever heat curry powder for you. We like Madras, but you can tone that down if you prefer.

INGREDIENTS SERVES 6

- 1kg diced British chicken breast (cooked)
- knob butter
- 1 shallot, finely chopped
- ½ lemon, juice and zest
- 2 tbsp curry powder (Madras)
- 2 tbsp tomato puree
- 100ml wine (red or white)
- 2 tbsp apricot jam
- 300ml mayonnaise
- 150ml Greek yoghurt
- 1 tbsp fresh coriander
- salt and pepper

METHOD

Steam the chicken scattered with the lemon zest for 25 mins. Set aside to cool. In a small pan, melt the butter, add shallot and cook gently for 4-5mins until soft. Stir in curry powder, tomato puree, wine and lemon juice. Simmer uncovered for about 5 mins until the liquid has reduced by at least half.

Take off heat and stir in jam, mayo, yoghurt, coriander and salt and pepper to taste. Mix and set aside to cool.

Fold chicken into mixture, adjust seasoning to taste, and serve with rolls, naan or pitta, alongside a green salad.



PORK WITH MUSTARD CREAM SAUCE

You can substitute crème fraîche instead of cream for a healthier alternative.

INGREDIENTS SERVES 4

- 2 tbsp olive oil
- 4 pork loin steaks
- 1 garlic clove, chopped
- 6 spring onions
- 120ml white wine
- 1 tsp chopped fresh sage
- 2 tsp cornflour
- 2 tbsp milk
- 2 tbsp wholegrain mustard
- 90ml double cream/ crème fraîche

METHOD

Heat oil in a heavy-based pan and fry pork for 2 mins both sides until turning brown. Add garlic and spring onion and fry for 1 min. Add wine, sage and seasoning, cover and cook for 4-5 mins. Mix cornflour and milk together, add to the pan with mustard and cream, bring to boil, stirring for 2 mins until thick. Serve with baby potatoes.



HERBAL REMEDIES

Jane Pikett escapes the digestive horrors of modern life with the aid of herbal cures

Liam Watson is in full flow on the subject of poo. We are, he says, in the grips of a constipation epidemic caused by processed foods, modern farming and food production, and stress.

I'll spare you the gory details (and the photos of, erm, 'evacuations' which Liam produces for proof) and move swiftly on to the remedy, which lies, I am assured, in the power of plants.

Herbal remedies have, of course, been practised for millennia, which makes it all the more astonishing that we appear to have become detached from them within the last few decades.

For, as Liam says, our grandmothers were aficionados

of a weekly dose of Andrews Liver Salts and the 'clear-out' that resulted. "They were obsessed with the bowels and would take a dose of Andrews or Epsom Salts every Friday," says Liam. "Now, we don't do that and everyone is constipated, and that's incredibly bad for you.

"Back then, people were actually more healthy. They got essential B vitamins from bread and one slice filled you up because it was made from the original grain. Now, we have hybrid F1 wheat, which was introduced after the war and has brought with it the intolerances and digestive issues we see today."

Liam is a herbalist and iridologist with 21st Century Herbs in Hexham. He has learned at the knee of the business' owner, Nik Imrye, a third-generation herbalist and 50-something example of robust good health. Start talking to these guys and I defy you not to be fascinated by their insights and appalled by our toxic world in equal measure.

Get Liam on the subject of soaring rates of digestive intolerances, eczema, asthma, ADHD, type-2 diabetes and more, and he will generally return to a single issue - if we fill our bodies with rubbish, we're asking for

trouble. "Supermarket organic carrots are all bright orange and perfectly straight. How can that be organic? And even if you grow your own, the soil isn't what it was. There's no selenium, and if nutrients are not in the soil, they're not in your veg."

Two months ago I finished a 28-day detox prescribed by Liam, who diagnoses his clients' needs with the aid of iridology; a diagnostic tool based on the signs of imbalance and disease which show up in the iris. The detox required no lifestyle changes, just a daily dose of two capsules of a herbal complex called Rhubarb Complex, and I'm not exaggerating when I tell you I still feel like a new woman, two months after finishing the course. This stuff cleans out

the system, aids in the removal of fungal infections, worms and parasites, and - how do I put this? - 'lifelong impacted waste' (which is where those gory photos come from).

It can fight off intolerances and allergies and once the digestive system is cleansed, says Liam, the whole body functions more effectively and with increased energy, better circulation, less congestion and improved overall wellbeing. The victim of the digestive intolerances of modern life, I am astonished by its positive effects, which have lasted.

After the detox, I moved onto a daily dose of Cayenne Complex - a powerful antioxidant which, among other things, can improve concentration, strengthen





circulation, and aids recovery after sport and exercise. I've also been taking Golden Root Complex and, five years after the removal of my thyroid gland and the constant battle with fatigue which has followed, I have more energy now than I've ever had. In addition to boosting physical and mental performance, Golden Root can benefit the heart, immune system, and mental health. And if I sound like a herbal pill-popping loon, I only take two Cayenne capsules a day and two Golden Root, so it's hardly an onerous task, and the effects are spectacular.

We have become so removed from nature and so entrenched in a society which feeds cows more grain and soy than grass that our natural systems are

under constant attack. "Everyone is constipated and that causes disease," says Liam. "You eat, and you poo; that's what it should be. Yet the UK is the most constipated nation in Europe. No one eats seasonally, no one behaves seasonally. People used to do less in winter than summer, now everyone is flat-out all the time and stress depletes you of magnesium. There used to be B vitamins in bread, but not anymore; it's just air and yeast. Herbal complexes are natural remedies which fight off the effects of the modern world, and that has to be good."

21st Century Herbs, Market Street, Hexham, www.twentyfirstcenturyherbs.com Twitter @21stCH

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TEA IS SERVED

*In the words of fashionable types who are in the know, afternoon tea, dear reader, is the new black. The **appetite** team takes a tour of afternoon tea emporia regionwide*

LET THERE BE CRUMBS

Overlooking the North Sea, Sunderland's newest Cakery and Tearooms, Let There Be Crumbs, at the Best Western Roker Hotel, is a perfect place to relax and indulge in afternoon tea. The hotel's former Harbour function suite has been transformed into a contemporary and eclectic setting in which to enjoy something comforting and delicious.

**Let There Be Crumbs,
Best Western Roker Hotel
Roker Terrace, Sunderland
SR6 9ND, tel 0191 5671786
www.lettherebecrums.co.uk**

GARETH JAMES CHOCOLATIER

Known for his artisan chocolate shop in Tynemouth, Gareth James Mellor has taken over a space in Morpeth's Sanderson Arcade where he is now offering his luxury chocolates, brownies and ice cream. Upstairs in the Cafe lounge (opening end of May) will offer everything you expect from an afternoon tea.

**Gareth James Chocolatier
Sanderson Arcade, Morpeth
NE61 1NS, tel 0191 257 7799
www.garethjameschocolatier.
co.uk**

RAMSIDE HALL HOTEL

Relax in one of the comfortable lounges at Ramside Hall Hotel and enjoy an English Afternoon Tea with homemade scones, cream cakes and sandwiches complemented by a wide selection of teas and coffee. There's also a choice of champagne if you feel like a little bit of fizz. Available Mon–Sat, noon–6pm. The afternoon tea menu changes seasonally.

**Ramside Hall Hotel, Carrville
Durham, DH1 1TD
tel 0191 3865282
www.ramsidehallhotel.co.uk**

BEACHES AND CREAM

Overlooking picturesque Cullercoats Bay, Beaches and Cream is the perfect place to enjoy afternoon tea in the sunshine while you watch the world go by. Stylishly furnished, Beaches and Cream offers a warm welcome and a cosy atmosphere to enjoy the wonderful coastal views.

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**Beaches and Cream
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 - Served with a pot of tea and refill.

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AFTERNOON TEA

SHORELINE CAFÉ

One of those hidden gems which everyone knows about through word of mouth, The Shoreline is a must-visit along with the fab Mick Oxley art gallery opposite and the Jolly Fisherman pub down the road. It's cosy in winter and light and airy in summer, and open all year round for delicious breakfasts, lunches, and fresh cakes and scones made daily to be enjoyed for afternoon tea within sight of the coastline.

Church Street, Craster, NE66 3TH, tel 01665 571 251 www.shorelinebeachcafe.com

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The Little Coffee House within Country Baskets Princesway North Team Valley, NE11 0NF tel 0191 447 3304

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Quayside, Newcastle
tel 0844 693 0658
www.malmaison.com

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



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Malmaison, 104 Quayside,
Newcastle Upon Tyne, NE1 3DX

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CAFE DES AMIS

Café Des Amis is a cosy, friendly coffee shop marked out by its lovely coffee garden and its great homemade soups, cakes, sandwiches and daily specials. The team here is now offering scrumptious cream teas and trios of cakes, which offers all the enticement we need to head their way. A Northumbrian gem!

62 Newgate Street, Morpeth, NE61 1BQ, tel 01670 512 875



ESHOTT HALL

Eshott Hall Hotel is an elegant boutique hotel which offers a taste of country house living in beautiful Northumbrian gardens and woodland. It has just been awarded its second AA Rosette and afternoon tea is served daily and includes a selection of sandwiches, scones, cakes, preserves and of course tea or coffee. Visiting Eshott Hall is an experience in fine dining and head chef Chris Wood and his team only use the freshest ingredients to create tempting seasonal menus not to be missed. Private dining and party reservations are also available.

Eshott Hall, Eshott, Morpeth Northumberland, NE65 9EN tel 01670 787 454 www.eshotthall.co.uk

WALLSEND HALL

At Wallsend Hall's vintage tea room, afternoon tea is a very North Eastern affair. Tea is served in classic vintage china and everything is home-made and locally sourced. Wallsend Hall occupies a beautiful location in its own grounds facing the village green and features an ornamental garden with walks along the river and tree-lined pathways covering some nine acres of mature woodland.

Wallsend Hall, The Green Wallsend, NE28 7PA tel 0191 263 7022 www.wallsendhall.co.uk



VIP TEAS

VIP Teas is a beautiful, vintage-inspired tearoom where everything on the menu is homemade and delicious. The cakes, pies, quiches and biscuits are superb, and the gluten-free selection is very welcome. Decadent afternoon tea at VIP Teas is just that - all served on beautiful vintage china.

VIP Teas, Ramsay St High Spenn, Rowlands Gill NE39 2EL, tel 01207 545 180 www.vipteas.co.uk




Vintage Tea Room

The Green, Wallsend, NE28 7PA
0191 263 7022
www.wallsendhall.co.uk




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Wine o'clock

Angela Walton returns to an old favourite down Yorkshire way

Arriving at The Buck Inn in the beautiful rural village of Maunby, hungry, tired and very thirsty (it's been a long week) it occurs to me that tonight's wine dinner could spell trouble.

Having heard on the grapevine (sorry..) that things have changed in the 18 months since this village pub changed hands, I'm fearing foams, infusions and meagre portions coupled with copious amounts of red and white – a mix guaranteed to induce a sore head.

However, we are reassured by the friendly feel of the candle-lit oak-beamed bar, packed for this sold-out event, while co-owner Sammy Clark assures us that the menu for the evening is both hearty and satisfying.

The significant other in the business is

Matthew Roath, formerly head chef at the excellent Chadwick's Inn in Maltby on the North Yorks Moors, where the two met and where he became one of the youngest head chefs in the country.

First up are hand-dived king scallops from the Mull-based Ethical Shellfish Company served with caramelised cauliflower purée, cumin and macerated raisins.

Our affable wine host, Iain Andrew of Bon Coeur Fine Wines, presents two competing wines; a 2012 Macon Uchizy Burgundy and a 2010 Kidnappers Vineyard Craggy Range Chardonnay from New Zealand.

The succulent scallops and sweetness of the raisins provide fine partners for both, of which the clear winner is the chardonnay,

with just a hint of oak. Next up is Gloucester Old Spot pork tenderloin, crispy pork cheek, pea purée, black pudding and Madeira jus, its wine contenders being a 2012 Naked Grape German Riesling versus a 2012 The Crusher Pinot Noir from California.

The pork is exceptional, though comparing red and white wine is a challenge. In the end, we agree that the Pinot verges on overpowering the dish, whereas the zest of the Riesling is pitch perfect.

Meanwhile, the general buzz and laughter levels are rising, boosted by the wine and general air of bonhomie.

As the Thirsk-reared, dry-aged fillet of beef, braised shin, spring onion and pancetta croquette with purple-sprouting broccoli



emerges, Iain supplies a 2010 Chateau Meaume Bordeaux to pit its wits against a Cabernet Sauvignon 2010 Grande Reserve from Mouton Rothschild's Chilean winery.

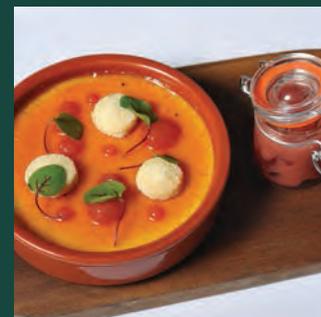
The texture of the beef is sublime and when it comes to releasing flavour in food, the winning wine for me belongs to France - a combination of Shiraz and Grenache. The other half, however, prefers the soft, velvety Cabernet, so he drinks mine, too.

We gallantly soldier on to blood orange tart with toasted almonds and clotted cream ice cream for which an Italian Vin Santo del Chianti 2007 and the Australian Botrytis Riesling 2010 are equally sweet partners.

We're still talking about the night, having agreed that in terms of making a choice between old or new world wine it really is all just a matter of taste, as I animatedly inform our poor taxi driver. All the long way home.

**The Buck Inn, Maunby, Thirsk, North Yorkshire, YO7 4HD
tel 01845 587 777, www.thebuckinnmaunby.co.uk**

So impressed were we with our dinner, we manage to persuade Matthew Roath to divulge a couple of recipes. Enjoy..!



WHITBY CRAB MEAT TART

INGREDIENTS

Serves 6

Pastry

200g plain flour
100g unsalted butter, diced
pinch salt
45ml cold water

Crab filling

220g fresh white crab meat
220g fresh brown crab meat
4 eggs
250g good quality mature cheddar, grated
3tbsp finely chopped parsley
good pinch of salt and pepper
350ml cream
50ml milk

METHOD

Blitz flour, salt and butter in food processor until breadcrumb like. Transfer to cold bowl, slowly add water in two stages, mixing as you go. Tip onto lightly floured surface, form dough (avoid overworking). Rest for 2 hours in fridge. Roll out and line a 30cm tart case. Bake blind at 160C/Gas3 for 25 mins, remove baking beans and cook for a further 10 mins. Take out and egg wash. For the filling, mix all ingredients except milk, cream and eggs, spread evenly into the tart case, whisk eggs lightly, add milk and cream. Pour over the mix and bake in preheated oven at 120C/Gas 1/2 for 45-60 mins, when the tart should have a very slight wobble in the centre. Serve with dressed leaves.

CRÈME BRÛLÉE

INGREDIENTS

Serves 4

625ml whipping cream
125ml milk
115g sugar
150g (approx. 8) egg yolks
1 vanilla pod, split and de-seeded

METHOD

Bring milk, vanilla and cream to the boil. Meanwhile, whisk sugar and egg yolks. Pour cream mixture over yolk mix, whisking constantly. Let the mixture rest in the fridge for 30 mins. Skim off any froth and pour into brûlée dishes. Cook in a bain-marie for 1 hour at 120C/Gas 1/2. Each should have a slight wobble in the middle when done. When ready to serve, sprinkle caster sugar over each brûlée, carefully blowtorch or grill until sugar colours and goes golden. Serve with homemade mini shortbreads and rhubarb compote.





Beer and burgers!

Jane Pikett and friends savour burgers and beer

The Tannery, we are told, has a resident dog, only he is not in attendance when we visit. The lack of canine company is enough to make me turn tail before I'm halfway through the door, simply because I've promised myself cuddles with a Beagle called Frank and the mere thought makes me absurdly happy.

Hence, when he isn't there, all I have to amuse me are my work colleagues, and all they can do is seize upon the Connect4 and play that for the entire lunch hour, and that's not as much fun.

Then they are disappointed because the Dirty Thoughts of Cheryl Cole (burger topped with Greggs sausage roll – I kid ye not – Heinz beans and Cheddar cheese, easy on the salad, naturally) is off. I can't see the problem. They can still have The Day Emily Bishop Went Insane (my God, I remember that...) a burger topped with slices of pork pie, chopped egg and apple sauce,

so what on earth is the problem? Whatever the rights and wrongs of the menu before us, we are impressed to see the inclusion on this menu of many of the stars of The Tannery's elder sister, The Brandling Villa in South Gosforth, Newcastle.

Here, as there, there is The David Dickinson (burger, blue cheese, chestnut mushrooms), and The Rise and Subsequent Fall of Fernando Torres (burger, chorizo, manchego cheese, swiss cheese, gherkins. Obviously).

Apparently, you can have all these and more with an 8oz home made beef burger or a beet and bean alternative for veggies, only I miss that bit on the menu (clearly printed in 14pt, but I'm a bit blind) and opt instead for a battered cod taco with salsa and guacamole, which is fantastic. And too big to finish, as is most of it.

The chips are spectacular, so we order more. The onion rings similarly so. And we sin by not finishing those either.



We eat burgers and drink real ale and decide all is right with the world. There are no frills, and plenty of board games to amuse us. There's a very nice springer spaniel too, but still no sign of the pub dog, Frank, for whom my heart aches.

At The Brandling Villa, they serve food for dogs (nice stuff, not Chum), so when I return with my Dalmatian, Blue (who is a star

in his own right, having his own column in our sister magazine, Cheers) I will expect Frank to wait on him personally.

The bar, interestingly for those of us in a tasteful minority who believe real ale and cheese to be a sublime combination, features a well-stocked cheese counter (yes, really!) and indeed, the words Cheese, Meat, Beer feature in excess of 60pt on one wall, which





seems a fair representation of three essentials of daily life.

The set up is traditional, not that much different in décor (or lack of it) from the old Skinners Arms, which was on its knees before the present owner, and his dog, turned up to bring it back to life. It's good to see an old Hexham pub back in business thanks to good beer, good food, and a good music menu

introduced by the owner, Dave Carr, who is only in his early 30s but appears to have good taste beyond his years.

There's also a gin bar (good idea), lots of ciders, many sausages, and A Night in with Susan Boyle on the burger menu – what more could one wish for?

**The Tannery, Gilesgate
Hexham, NE46 3QD
tel 01434 694 131**

TASTECLUB

Jo Atkinson from TASTECLUB, which supports the people who make, serve and sell great food and drink in the region, is here every month to give the inside track on the region's foodie news and events.

Join the club and visit the luxury gift store at www.TASTECLUBHQ.com and follow @TASTECLUBHQ on Twitter for all the latest updates.



Spring has well and truly sprung and that means it's the time of year when the Great North's eateries introduce tempting new menus, making use of local and seasonal ingredients in summery dishes.

TASTECLUB was lucky enough to try out the new menu at Marco Pierre White Steakhouse recently, which is within Hotel Indigo in the city centre (www.mpwsteakhousenewcastle.co.uk).

The beautifully presented and ideal for sharing platters were a huge hit when we checked them out - choose from either Best of British or seafood.

General manager Paul Borg said: "Our sharing platters feature potted duck, piccalilli, crab cakes and cured hams, accompanied by black pudding, Bramley apple compote and garlic mayo.

"Additionally, as you'd expect from a steakhouse we take pride

in our steak menu, which includes ribeye, sirloin, fillet and a 16oz T-bone. All are top quality and have been aged for 28 days."

Moving to the other side of the river, Six and Baltic Kitchen have both launched spring/summer menus, with the latter introducing brand new Baltic Baskets (www.balticmill.com/food-drink). These are a different take on a sharing platter with savoury, vegetarian and afternoon tea versions on offer. Baskets start at £16.95 for two people – the perfect treat for a sunny lunchtime or afternoon by the river.

Last but not least, spend an evening at The Stables in Co Durham and sample some of its new spring dishes (www.beamish-hall.co.uk/stables).

For more suggestions of where to eat around the Great North, visit www.tasteclubhq.com/where-to-eat for our top choices.

TASTECLUB OFFERS

2 COURSES AND A GLASS OF WINE FOR £15 AT MARCO PIERRE WHITE

Marco Pierre White Steakhouse at Hotel Indigo is offering **appetite** readers two courses and a glass of wine from their TDH menu for just £15. Valid Monday-Saturday, lunchtimes only and is subject to booking. Please call 0191 300 9222 and quote 'appetite and wine' to book.

www.hotelindigonewcastle.co.uk

10% DISCOUNT AT BALTIC KITCHEN

Enjoy 10% off BALTIC Kitchen's new BALTIC Baskets – simply show this page on arrival. Valid until Friday June 13, seven days a week from noon until close. Not to be used in conjunction with any other offer.

DIARY



WALTER DIX SHOWROOM EVENT

The newly extended Walter Dix & Co showroom in Team Valley, Gateshead was officially launched with a ribbon cutting by William McGrath, CEO of AGA Rangemaster at a champagne reception with cookery demonstrations from AGA demonstrators Richard Maggs and Dawn Roads.



L-R Victoria Phillips, William McGrath, Charles Dix and Sue Dix



Victoria Phillips



Jenny Hyatt, Kenny Maguire



Malcolm Dix, William McGrath



Helen Dix



Dawn Roads



Neeta & Bob Arora

COME DINE WITH BRIAN MOORE AT SACHINS

Metro Radio's Brian Moore and winners from his show's Come Dine with Brian competition enjoyed an evening at Sachins Punjabi restaurant in Newcastle.



Leona Hession, Charlotte O'Connor, Brooke Leete, James Tappenden, Jatinder Dhillon



Susie Hogg, Joy Nicholson, Doreen Bryan, Ally Cottam



Tracey Crawford, Albert Thompson, Julie Thompson, Martin Summers



Carla Hughes, Jatinder Dhillon

BOUCHON BISTROT



Bouchon Bistrot is home to superb produce prepared in French country style at attractive prices. Bouchon's menus reflect the seasons and the best produce available, while regular special events encourage new tastes and culinary travels. Bouchon was named Best French Local Restaurant by Gordon Ramsay's F Word programme and it is renowned for its authentic French food. Former head chef Nico Duhill has returned to head the talented kitchen team, and new summer dishes are now being served.

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

DABBAWAL



Dabbawal, street food pioneer of the North East, brings the amazing tastes of the street to its two restaurants in Newcastle, featuring unique tapas-style plates for sharing and classic dishes with a twist. Larger parties can hire the restaurant on a Sunday for Indian cocktails, canapés, dinner and dancing, and parties dining in the restaurants enjoy the Chef's Surprise Menu at just £21 per head. Takeaway is available for collection at Jesmond and both branches now serve lunch.

LOCATION: 69-75 High Bridge
Newcastle, NE1 6BX
Brentwood Mews, Jesmond NE2
3DG, tel 0191 232 5133
www.dabbawal.com

ESLINGTON VILLA



Eslington Villa is set in two acres of beautiful gardens in the quiet leafy district of Low Fell. The award-winning restaurant is at the heart of the hotel and the kitchen team led by head chef Jamie Walsh enjoys an excellent reputation for producing dishes reflecting the best of modern British and Continental cuisine. Enjoy the Sunday menu noon-9pm, which is perfect for a late lunch, and the Early Bird option served Mon-Fri 5.30-6.45pm, 2 courses £14.95, 3 courses £17.95.

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

ITALIAN FARMHOUSE



A true taste of Italy in the heart of Co Durham, this is a 2 star sustainability champion and much of its produce is sourced nearby, including fish landed on the North East coast, beef reared on farms just up the road and Sonnet 43 ales brewed just a few miles away at Coxhoe served at the bar. The kitchen team takes local ingredients and transforms them the Mediterranean way, for mouth-watering cuisine just like Mamma used to make. Special menus are available for special occasions and events.

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

MCKENNA'S



McKenna's is buzzing under the joint care of new head chefs John Davison, who has moved up through the ranks internally, and Mark Taylor, who has arrived from Jam Jar, Jesmond. With a new and exiting menu and a cracking front-of-house team led by Michael Downey, the place has been reinvigorated. Honest, locally sourced food and beers with a sprinkling of northern charm is the theme, with traditional English

fayre alongside a long list of delectable tapas and mezze dishes in the main downstairs restaurant. Upstairs, the stylish bistro offers two courses for £12.95 and three courses for £15.95. Housed within Northern Stage theatre, the relaxed, buzzing atmosphere and friendly staff draw a loyal crowd for great food, no drama. Restaurant open Tues-Sat, 10am-11 pm, Mon 10am-6pm. Bistro open Tues-Sat from 5.30pm.

LOCATION: Northern Stage, Barras Bridge, Newcastle, NE1 7RH
www.northernstage.co.uk

MICHELANGELO'S



Michelangelo's prides itself on great food and a friendly atmosphere in all three of its restaurants. In addition to the three-course daily special at £14.95, the popular Early Bird three-course special Mon-Sat noon-7pm and all day Sunday is only £5.45. A three-course Sunday lunch is £13.95 and the roast of the day is from £5.95. The children's menu is only £4.45. La Taverna at Ryton has now introduced a selection of tapas alongside chicken and real ales. Look out for Michelangelo's, Winlaton Mill opening soon.

LOCATION: Ryton, 0191
4132921 • Dipton, 01207 571040
Prudhoe, 01661 834355
www.michelangelohotel.co.uk

ROMANOS



Established by owners Romano and Paolo over 30 years ago, Romanos has been delighting customers with great food and service in a wonderful ambiance ever since. Bistro Romano offers a lighter lunch menu and early evening menu as well as a la carte. From simple Italian pasta and risotto dishes to fish and meat specialities, there's something to tantalise all taste buds and an extensive wine list to compliment your meal. Gluten-free and dairy-free options available on request.

LOCATION: 63 Front Street, Cleadon
Village, Sunderland, SR6 7PG
Telephone: 0191 519 1747
www.bistroromano.co.uk

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

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196 Northgate, Darlington, Co Durham, DL1 1OU

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Croft-on-Tees, DL2 2ST
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www.bistrotwentyone.co.uk

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DH2 3RQ t: 0191 3881662
www.chestersgrove.co.uk

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Durham Road, Coxhoe
DL5 6LX t: 0191 3773773

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Town Centre, Co. Durham,
DH1 4SJ t: 0191 3830149

CROSS LANE ORGANIC FARM

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County Durham, DL12 9JE
t: 01833 630619

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t: 01207 592000
www.bw-derwentmanorhotel.co.uk

DROPSWELL FARM SHOP

Trimdon, Trimdon Station,
TS29 6NL t: 01429 880661

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Durham City, DH1 4BG
t: 0191 3709999
www.finbarrsrestaurant.co.uk

FLAT WHITE

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DH1 3AA t: 07789 951149

HARDWICK HALL HOTEL

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

ITALIAN FARMHOUSE

South Street, West Rainton
DH4 6PA t: 0191 5841022

KNITSLEY FARM

Knitsley, Consett, DH8 9EW
t: 01207 592059

LA COOKSHOP

9 Saddler Street, DH1 3NP
t: 0191 3831722

THE LAMBTON WORM

North Road, Chester-le-Street
DH3 4AJ
t: 0191 3871162

LEONARDS COFFEE HOUSE

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t: 0191 3840647
www.leonardscoffeehouse.co.uk

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DH1 3NU t: 0191 384 1999

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INGREDIENTS

For the meringues

2 large egg whites
pinch of salt
110g caster sugar

For the topping

4 apples (Pink Lady are best) each cut into 8 wedges, cored and sliced into 5mm pieces
100g caster sugar
100 ml water
softly whipped cream to serve

METHOD

Preheat the oven to 160C/Gas3. Put the egg whites in a bowl with a pinch of salt and whisk until soft peaks form. Add the sugar, a few tablespoons at a time, whisking well between each addition until stiff and glossy.

Put a small blob of meringue at each corner of an oven tray lined with greaseproof paper to secure the paper. Put 4 mounds of meringue on the paper and, using the back of a spoon, push into an approximately 10cm circle making a slight indent in the centre.

Bake for 10 mins, lower oven to 100C/Gas¼ and bake for 1 hour until they lift off the tray easily. Cool on a wire track and store in an airtight container.

To make the sorbet and poached apples, put the apple slices in a large pan with the sugar and water. Cook covered on a medium heat for 10 minutes until soft. Remove 24 apple slices, put in a bowl and reserve. Tip the rest of the apples into a processor and blitz to a purée. Freeze the purée overnight. Blitz again in the processor until smooth and paler and refreeze for a minimum of 4 hours.

To serve, spoon some softly whipped cream over each meringue and top with the reserved apple slices and add a scoop of sorbet.

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