

sachins 4 course christmas menu

per head 19.95 lunchtime special 14.95

to start...

mura tikka

diced chicken marinated in punjabi spices, baked in the tandoor and served with salad seekh kebab

minced lamb barbequed in the tandoor and served with salad

amritsari fish

pieces of fish marinated in light spices and coated in gram batter

onion pakora

fresh onion and baby spinach deep fried in gram flour batter and served with taramind sauce

then try one of these...

main course dishes served with rice and nan

murgh makhani

a speciality from the tandoor, diced chicken marinated in punjabi spices, barbequed, tossed in butter and cooked with tomatoes and fresh yoghurt for a unique blend of flavours rogan josh

diced lamb cooked with tomatoes, yoghurt and spices

chinairi tari wala

king prawns cooked in punjabi spices and served with sauce

malal kofta

fresh grated vegetable marrow cooked in gram flour batter and deep fried, served with fresh cream, tomato and onion sauce

to refresh...

festive dessert

to finish...

tea or coffee

from all at sachins - have a merry christmas and a happy new year - see you soon

forth banks newcastle upon tyne nel 3sg to make your booking please telephone

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www.sachins.co.uk



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vallarm

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We have some of the finest Italian wines which can be enjoyed with a traditional light lunch or dinner.

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SAMPLE MENU

STARTER

INSALATA DI GAMBERETTI E PANCETTA

Cocktail prawns sauteed with bacon, avocado, garlic and a little chilli

MAIN

SALSICIA L'ITALIANA

Italian sausage braised and served with lentils in red wine and tomato



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We want to hear all about the food and drink you love in the North East, and that means you can get fully involved in the

region's newest magazine.

If you like something, we want to know about it. Your favourite restaurant or deli, cake shop or butcher - if they're doing something good,

please let us know so that we can profile them in the mag and on our website.
Email jane@offstonepublishing.co.uk

Thank you so much for the numerous emails and web posts we've had in response to editions one, two and three of **appetite**. Thanks also for all your visits to our website at www.appetitemag.co.uk where we're keen to see you sharing your favourite recipes. Post a picture of it too, and you never know, we might even send you a prize, possibly even running to a fun-size Mars Bar. Woo ooo!



We are tweeting. Follow us @appetitemaguk

IN YOUR HANDS...

Published every six weeks, appetite is available free at selected restaurants, cafes, delis and shops throughout the region. Suscribe via our website at **www.appetitemag.co.uk**



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Murder in suburbia results in the silence of the guinea pigs... Editor muses on the etiquette of eating pets!



A question, dear reader; what stops us feasting on deep-friend guinea pig when, by all accounts (should you reside in Peru, at least) it is a delicacy beyond compare.

This question has been exercising my mind since a pet of my acquaintance named Sybil (widow of Basil, I kid ye not) was despatched to the great guinea pig hutch in the sky by a cat. A cat named Claude. With whom Sybil shared her quiet suburban home, no less.

Now, call me old fashioned, but it seems to me that eating one's housemate is beyond the pale, even if they nick your cheese (Chris Beardsmore, Sunderland 1986, you will NEVER be forgiven...).

Murdering your housemate, in full view of the family hens (see page 43 for a first-hand account...) and then eating

her whole (WHOLE!) before sauntering nonchalantly into the house with a guinea pig-shaped bulge in your normally lean stomach, is the stuff of horror movies - "I ate her liver with a nice Chianti and some fava beans, meowwww...!"

In Peru, Sybil would have been preprared stuffed and roasted, piquant and quartered, or flattened whole with the base of a heavy frying pan (presumably after death, but I'm not entirely sure) and fried. Which makes murder at the paws of a cat named Claude really rather un-sophisticated, in culinary terms at least. How about a new column -

Readers' Tips for the Cooking and Serving of Small Furry Pets. Answers on a postcard, please!

Jane Pikett, Editor

tickle your tastebuds...

OUR CONTRIBUTORS...

ROSIE MCGLADE

This month,
Rosie in addition
to conducting
an interesting
experiment in the
culinary tastes of
Peru (see above
and p43) has been
mostly drinking
ginger beer courtesy
of an alsatian dog
named Fearless,
which is just as it
should be, apparently.

JANE PIKETT

Editor Jane has begun to fancy herself a Lady who Lunches (see p36, p17, p18, etc, etc). This is a tragic delusion, but one which her colleagues don't like to mention for fear of retribution in the shape of a silver spoon, flung with force across the office. Ouch!

GARY RAMSAY

Our taste tester is currently engaged in important work taste testing meat pasties. As a man of delicate constitution, this is a mission requiring a good deal of courage, but one which he has accepted gracefully. His record stands at six in one day. A brave man, indeed.

PETER SKELTON

Peter is our chief photographer, cook and bottle washer. He also often goes hungry because we usually eat all the food before he arrives. This month he has missed out on chilli squid, halloumi salad, pumpkin muffins and potted mackerel. Do we tell him? Erm, no!







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appetite

Welcome to **appetite** Club, home of fantastic added-value offers exclusively for appetite readers courtesy of some of the North East's finest food and drink producers, restaurants, cafes and delis.

It's easy to take advantage of these offers simply by using these pages or **www.appetitemag.co.uk** where you can find details of all our offers and special promotions.

Check the site for any further Ts&Cs applied to the offers here.



FREE DRINK at The Waterline

The Waterline on Newcastle Quayside is offering Appetite readers a complimentary glass of house wine or beer when they purchase any main meal.

Simply bring your copy of **appetite** or a printout of this offer from our Club pages at **www.appetitemag.co.uk** to the Waterline between 5.30pm–8pm on any weekday during October to claim your drink.

The Waterline offers an excellent selection of wines, cocktails and draught beers alongside a stylish, hearty British menu. It was recently renovated by sisters Georgina Powell, Andrea and Alex Marshall.

Offer available until November 30 2011, not valid with any other offer,

valid for house wines and selected beers only

The Waterline, 96 East Quayside, Newcastle, NE1 3DH, tel 0191 230 5531, www.thewaterlinebar.co.uk





both Newcastle and the North East.

mezzanine floor.

This offer ends November 30 2011

Terms and conditions apply.

The Spice Cube specialises in superb, authentic cuisine prepared by international chefs and presented in contemporary, open-plan surroundings with a chic

Please ask in the restaurant for details. The Gate, Newgate Street, Newcastle, NE1 5TG, tel 0191 222 1181, www.thespicecube.com

FREE COOKBOOK from Riverford Home Delivery

When **appetite** readers set up a regular order (weekly or fortnightly) for a Riverford Home Delivery fruit or veg box you will receive a copy of The Riverford Farm Cook Book by Jane Baxter (RRP £12.99) free with your second order. Every week, Riverford pick the best organic produce from the fields to fill its boxes. You can choose the one that suits your household, from one person to a large family, and the boxes can be ordered as a one-off or set up as regular weekly or fortnightly delivery. Riverford is also now delivering meat, and there are store cupboard staples also available through the website.

Riverford Organic Vegetables, Home Farm, Newby Wiske, Northallerton, North Yorkshire, DL7 9HB. tel 01803 762 059.

www.riverford.co.uk/homefarm

To claim the offer order online at www.riverford.co.uk or call 0845 6002311 and quote 'mfbook11'

FREE DESSERT at Fratelli

Family-run Fratelli Italian restaurant at Ponteland offers a taste of authentic cuisine in elegant surroundings and recently launched a new cocktail menu inspired by 1960s Italia to heighten the Continental experience.

This month we've teamed up with the restaurant's owners, Paul Bernardelli and Fabrizio Saba, to give our readers the chance to sample Fratelli's fine food for less with a free dessert when you order any main course.

All you have to do to claim this exclusive offer is take a copy of this magazine with you when you dine at Fratelli before November 30 2011 (excluding Saturdays).

Each magazine covers one person only and cannot be used in conjunction with any other offer, including Happy Hour. Offer is valid during all restaurant opening hours but excludes Saturdays and must be claimed before November 30 2011

Fratelli, Bell Villas, Ponteland, Newcastle, NE20 9BE, tel 01661 872 195, www.fratelliponteland.co.uk



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- Party Nights 4 Course Meal/Disco Thurs/Fri/Sat throughout December £19.95 pp
- Christmas Fayre Mon-Sat Lunch/Mon-Wed Evening 4 Course £14.95 pp
- Christmas Day 5 Course Dinner £42.95 pp
- New Years Eve 4 Course Extravaganza,
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www.michelangelos.org.uk





Cheese and wine are obviously perfect partners, so what better way to spend an evening than to learn how to match the best?

Northumberland Cheese Company and Michael Jobling Wine are getting together to present six hand-selected wines and local cheeses, plus the opportunity to try port and the new Blagdon Blue, which we at appetite can already vouch for. The event next month will be held at the Northumberland Cheese Company shop above its dairy in Blagdon near Newcastle.

Cheese and Wine event, November 17, 6.30pm-10pm, Northumberland Cheese Farm, Blagdon, NE13 6BZ, contact Harriet 01670 789 798 or email harriet@northumberland-cheese.co.uk

BLAGDON BLUE

Blagdon Blue is a soft and creamy mouldripened cow's milk cheese, streaked with blue veins but not over-powering on the palate. Each cheese is crafted using traditional handmade methods, using the



Blagdon Blue, available at The Northumberland Cheese Farm, Blagdon, farmers' markets and delis



Corbridge is made for mooching - and lunching and after a morning hard at work making ice cream Number Two son and I decided we deserved a treat (writes Jane Pikett).

Corbridge Larder has one of the best-stocked delis around, and as we sat down in the coffee shop to a Greek mezze platter (me) and an Indian deli platter (him) the only regret was that we'd finished off so much ice cream up the road at Vallum Farm Shop that morning, our eyes were bigger than our stomachs.

Both meals were marked by the quality of the produce, all of which you can buy in the deli, and were super tasty. A step up from the usual weekend fayre of beans on toast.

The Menu

Morning: Relax with coffee or tea with homemade scones, toasted teacakes and bacon sandwiches. Lunch: We like the special platters and salads, toasted paninis and sandwiches, and the varied ice cream menu.

Afternoon tea: There are plenty of cakes, scones and tray bakes to tempt even the most disciplined

Open: Mon-Sat 10am-4pm, Sun 10am-4.30pm. The deli opens an hour earlier in the morning and an hour later in the afternoon.

Corbridge Larder, 18 Hill St, Corbridge, NE45 5AA, www.corbridgelarder.co.uk







PUMPKIN POWER

Apple skittles anyone? Hallowe'en weekend is a big deal at Riverford on Home Farm near Northallerton. Riverford Pumpkin Day is legendary and free for children's activities including your, pumpkin carving, vegetable games (yes, really...try Beat the Beet), spooky picture painting and tractor rides.

For the grown ups, there are inspiring cookery and veg growing demos, and for everyone a first taste of organic Christmas food and drink plus homemade varieties of pumpkin soup.

Pumpkin Day, Sunday October 30, 11am-4pm, Riverford on Home Farm, Newby Wiske, Northallerton, North Yorkshire DL7 9HB, tel 01803 762 059, www.riverford.co.uk/homefarm



PUMPKIN MUFFINS BY JANE BAXTER FROM EVERYDAY AND SUNDAY - RECIPES FROM RIVERFORD FARM MAKES 14

INGREDIENTS

- 115g unsalted butter
- 175g dark brown muscovado sugar
- 115g golden syrup or honey
- 1 egg, beaten

225g cooked and mashed pumpkin or squash (to cook, peel and chop and sweat gently in unsalted butter till soft)

200g self-raising flour

pinch of sea salt

- 11/2 tsps ground cinnamon
- 1 tsps grated nutmeg
- 75g currants or raisins

METHOD

Preheat the oven to 200C/ 400F / gas mark 6. Place 12 muffin cases in a muffin tray. In a large bowl, cream the butter until soft. Add the sugar and syrup or honey and beat until light and fluffy. Stir in the egg and pumpkin until well mixed. Sift over the flour, salt, cinnamon and nutmeg and lightly fold into the mixture. Stir in the currants or raisins. Spoon the mixture into the muffin cases so each is two-thirds full. Bake in the centre of the oven for 12-15 mins until a skewer inserted in the centre comes out clean.

SCHOOL DINNERS WERE NEVER THIS GOOD

The head of one of Newcastle's top restaurants is heading back to school to teach kids how to cook, Punjabi-style. Bob Arora, chef proprietor of Punjabi restaurant Sachins, in Forth Banks, Newcastle, will educate students in the cooking of Indian food, passing on many of his trade secrets and demonstrating fresh, healthy ingredients.

"It's very important to get young people excited about cooking," said Bob. "I'm keen to show them that you can make something very straightforward and tasty, and best of all you get to know exactly what's in it."

Students at 10 schools across the region will observe the creation of dishes from scratch and get to sample the results.

For more info, see www.sachins.co.uk.

HAPPY BIRTHDAY

The New Exchange Brasserie and Bar is celebrating its first anniversary.

Owned by Neil and Mary Wilkins, who developed their craft in many of the world's finest restaurants including The Ritz, The Savoy, The Canteen, J.C Novelli, and W8 in London, The New Exchange Brasserie & Bar on Howard Street, North Shields, offers a range of menus throughout the day from light lunches to evening fine dining. The modern restaurant and bar, picturesque outdoor courtyard and function room caters for any event from small parties to large wedding receptions.

For 2012, The New Exchange is planning cookery demos and wine and cheese tastings, while plans for Christmas include party nights and the Alternative Christmas Party on December 10 which includes a pie and pea supper and music from Reely Rockin Ceilidh Band.

The New Exchange Brasserie and Bar, Saville Exchange, Howard St, North Shields, NE30 1SE, tel 0191 258 7866, www.newexchangebrasserie.co.uk

Great Brocksbushes Christmas Fayre

10am till 4.30pm each day
Thursday, Friday,
Saturday & Sunday
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Three huge marquees full of wonderful
things for Christmas.
Unusual gifts, food and wine



Corbridge, Northumberland NE43 7UB Tel: 01434 633100 • www.brocksbushes.co.uk acd@brocksbushes.co.uk





North East food blogger and private chef Maunika Gowardhan has been appointed to Tilda's new Taste Panel.

The Panel is made up of three mothers who are experts in food, nutrition and family life and aims to provide helpful advice on healthy and delicious meals.

Maunika is the Indian cuisine expert for the Panel and her well known-blog Cookinacurry includes many authentic Indian recipes, like this one...

CHOCOLATE AND BANANA RICE PUDDING

SFRVES 6

INGREDIENTS

1 pack Tilda steamed pure Basmati rice 500ml semi-skimmed milk, plus extra for serving (optional) 50g caster sugar

50g dark chocolate, broken into pieces

2 medium bananas, peeled and sliced

METHOD

Lightly massage the pack of rice to separate the grains. Tip into a non-stick saucepan and add the sugar and milk. Gently simmer for 20 minutes, stirring occasionally, until thickened. Keeping the pan on the heat, add the chocolate and stir until melted. Remove from the heat and add extra milk to loosen if needed.

The bananas can now be either stirred into the rice pudding or served on top. Serve hot or cold (as an alternative to bananas, us other fruits such as raspberries, strawberries, mango or pear).

Nothing's changed for 1300 years, except the bottle

Yorkshire-based Blue Keld Natural Mineral Water Company has launched its new Artesian natural mineral water. Blue Keld has a fascinating history dating back to Nordic times. The water flows from an artesian spring at the foot of the Yorkshire Wolds and is filtered through rocks over many years before naturally bubbling up to the surface. Refreshing!



www.bluekeld.co.uk

ONE OF A KIND

It's been a busy year for Ashley Arceri, son of the Newcastle restaurateur Ross Arceri who put Uno's, Louis, Scalini's and Rosco's on the North East dining map. Since July, Ashley has left his job in Monaco, got married, turned 30, and set up, with his dad, One Of A Kind, or 10AK, bar and restaurant on Newcastle's Dean Street. "When I was a kid, there was this wonderful gallery on Dean Street in Milburn House and I always thought what a fantastic venue it would be, so when the opportunity came up to take it over, I couldn't resist and went into business with my dad and partner Stephen Grieveson."

The result is a round-the-clock deli, pub, bar and restaurant, where you can arrive at 7.30am for coffee and breakfast, have lunch, cocktails, an a la carte meal, then listen to regular live music acts, dancing on the tables till the small hours. "We've gone for an eclectic look, inspired by some of those fantastic bars in New York. The atmosphere changes throughout the day," Ashley says.

HARBOUR VIEW FISH AND CHIPS, SEATON SLUICE

On a trip to the coast we discovered the Harbour View Fish and Chip Shop (writes Gary Ramsay).

The queue out of the door at 3.30pm on a Sunday afternoon was the first clue to the quality of the place.

The second was a polite notice on the counter advising customers that the current crop of potatoes hadn't been up to their usual standard, but they were in the process of rectifying the problem; there's customer service for you.

The third and final clue was the size of the freshly fried fish in the display unit behind the counter.

An order for large cod and chips and a jumbo sausage and chips later,

and we were sitting on the beach tucking into some of the best seaside food you could wish for. I've told a few people about it since,

most of whom it turned out already knew about it and were just as complimentary.

There's al fresco dining for you.

Harbour View fish and chips, 3 Beresford Road, Seaton Sluice, NE26 4DR, tel 0191 237 2478



DAVID KENNEDY DAILY OFFERS

MONDAY

3 NORTHUMBRIAN TAPAS & A BOTTLE OF LAGER OR GLASS OF WINE - £10.50

TUESDAY

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SUNDAY

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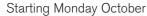
LUNCH: MON-FRI 12:00 - 14:00 | SAT-SUN 12:00 - 15:00

DINNER: MON-FRI 17:30 - 21:00 | SAT 17:30 - 22:00



CIDER WITH. **EVERYTHING**

The Head of Steam pub group is continuing its long-standing love affair with cider with a series of events throughout the autumn celebrating ciders and perries from small makers nationwide.



17, the LYH pub in Northumberland Road, Newcastle will be having a cider festival and on Tuesday October 18, starting 7.30pm, LYH will be holding a Meet the Cider Maker night with food and cider included in your £10 ticket and cheese samples from the excellent Northumberland Cheese Company.

LYH will also be doing a food tie-in that week with apple cidered chicken on the menu, cider pollock with mushrooms and perry pork loin steaks.

The Cluny in Newcastle's Ousburn is also boosting its popular cider offering now, while the Head of Steam, Durham will also have its usual vast array of bottled and draught ciders, hot cider with orange, and a Meet the Cider Maker event with Allan Robinson from Westons coming up. There will also be a selection of food specials on the pub's new menu including pork and apple sausage, roast pork and apple sauce and pork chops with cider gravy.

The Head Of Steam, Newcastle, The Central in Gateshead and Tilleys Bar in Newcastle are also joining in with cider specials. Sweet!

TARSET VALLEY SEVILLE **ORANGE AND LEMON** THICK-CUT MARMALADE

Hand-made by Charlotte Loyd near Bellingham, Northumberland, this is a king of marmalades. Rich and dark, it contains black treacle, which is now our own favourite ingredient when we're making marmalade at home. Well done Charlotte... we like!

Tarset Valley Seville orange and lemon thick-cut marmalade, £2.99, Corbridge Larder, Hill St, Corbridge, Northumberland, NE45 5AA

ICE-CREAM SCOOPS GOLD AWARD

Northumberland-based Spurreli Ice Cream has scooped a coveted Golden Fork Award for Best Speciality Food in the North of England. The Golden Fork, sponsored by Hider Foods, was awarded for Spurreli's Pure Sicilian Pistachio ice-cream from an original 7,481 product entries (yes, really) from no fewer than 1,600 individual competing companies in this year's Great Taste Awards. Spurreli was one of four nominations from the north of England by the Guild of Fine Food and its Sicilian Pistachio variety was awarded three Stars in the Great Taste Awards 2011 earlier this year. Cool!

Spurreli Boutique Ice Cream, The Old Chandlery, Coquet Street, Amble, Northumberland, NE65 0DJ, www.spurreli.com







BRING YOUR OWN

Laid-back Aussie-style has arrived in Morpeth, where Pepperpot café bistro is offering local produce cooked contemporary-style with the added benefits of BYO. Owner Bryan Scott, who recently returned to the UK after some years in the restaurant trade in Sydney's vibrant Darling Harbour, has brought an Aussie vibe back with him.

His local suppliers include Ingram Valley lamb, the Wallington estate and Morwick Dairy ice cream. Bryan, who describes himself as chief cook and bottle washer, is also committed to sourcing only local fish caught between Berwick and Hartlepool.

Pepperpot is small but perfectly formed with only 30 covers and Bryan's created that rare thing – a place where you can go with the kids for tea or in your best bib and tucker for a bite prior to the smartest party. Pepperpot, Oldgate, Morpeth, Northumberland, tel 01670 514 666, www.pepper-pots.co.uk

YES, CHEF!

The Duke of Wellington in Newton, near Corbridge, Northumberland, has appointed Andy Moore as head chef.

Andy started his career 20 years ago at 21 Queen Street in Newcastle and has also worked at the excellent Eslington Villa in Gateshead and the Black Bull in Moulton. He says he is looking to develop the menu and introduce some unique dishes at The Duke.

Duke of Wellington, Newton, Northumberland, NE43 7UL, tel 01661 844 446. www.thedukeofwellington.co.uk

Zeal Twist and Lock bottle stopper

The king of bottle stoppers, this adjusts to fit wine and beer bottles, plus most others, and genuinely seals in the contents, thus protecting from the air. Okay, we admit it, it's not often much is left in any bottle opened in the appetite office, but when

it is, this little gadget does the job. Zeal Twist and Lock bottle stopper, £1.99, Waltons cookshop, Middle St, Corbridge, Northumberland, NE45 5AT

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GET THOSE FESTIVE ORDERS IN

Yes, we know it's only October and the summer holidays feel like yesterday, but those in the know will tell you that if you want to eat local and high quality this Christmas, you need to place your orders round about now.

Blagdon Farm Shop, for example, is already taking orders now for its home-grown chickens and turkeys, game, venison and veg and you're well advised to get your Christmas brain into gear and order now before supplies start to run low.

Obviously, on farms like Blagdon where the produce is home grown, there's only a finite amount - and it's good, so it goes.

Blagdon is hosting a Christmas food tasting day on November 26 to get you in the mood for festive food and the farm will be showcasing and giving away tastes of its own produce and that of other local producers that day.

For more information on Blagdon Farm Shop at the Milkhope Centre, Berwick Hill Road, Seaton Burn, Newcastle, NE13 6DA, and the Christmas tasting day on November 26, tel 01670 789 924, www.theblagdonfarmshop.co.uk

THE PERFECT **CUPPA**



Ringtons has now opened its new training facility at its Newcastle headquarters, offering full barista and equipment training to the trade. Ringtons, which is probably best known for its door-to-door tea deliveries, is fast expanding its coffee empire, supplying some of the North East's leading restaurants and hotels with beverages and training under the Ringtons Beverage brand which supplies a vast range of coffees and teas, equipment, ancillaries, barista training and more.

Courses on offer at the new training facility include the Basic Barista Introduction, the Progressive Barista Course and a Latte Art Introduction

Ringtons Beverage brand customers include such noted names as Café 21, Fenwick, Marriott and Radisson and a full programme of courses are now being delivered at the new training room.

For more information, contact Ringtons Beverages, tel 08000 461 444, email beverages@ringtons.co.uk

CHESTERS GROVE GINGER WINE



own or as a mix with whisky. Make a whisky mac by mixing 1.5oz of Scotch with 1oz of Chesters Grove, which is made in the kitchen at Chesters Grove Garden Centre and Coffee Shop.

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VIVE LE BEAUJOLAIS

Bouchon Bistrot in Hexham is welcoming the arrival of Beauiolais Nouveau on the third Thursday of November with a special menu starting with Oeuf en Meurette or Saucisson Lyonnais en Brioche, followed by Boeuf Bourguignon with new potatoes or Moules au vin rouge avec frites, followed by desserts of Fondant au chocolat with poached pear or Assiette de fromages. Sounds good, which is presumably why Bouchon was winner of the UK Best Local French Restaurant in Gordon Ramsay's F Word. Three courses are £25.95 including a half carafe of Beaujolais Nouveau per Person. Bon appetit!

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urham and Newcastle are gearing up for their fab Christmas markets, both offering a range of fantastic gourmet treats and seasonal entertainment to get you in the mood for the festive season.

Durham's award-winning annual Christmas Festival returns on Friday December 2-Sunday December 4 with a range of festive entertainment in and around the World Heritage Site of the Cathedral and the Castle.

In addition to the city centre shops, it typically includes more than 200 traders operating

facebook

throughout the city centre across the weekend.

A huge craft and gift marquee on Palace Green features more than 160 stalls across all three days of the event and in the Cathedral Cloisters a Local Food Producers' Market runs on both the Friday and the Saturday.

In the Cathedral itself, services take place on both Saturday and Sunday and there is a St Nicholas Lantern Procession from the Market Place up to Palace Green on the Saturday afternoon, followed by a short service for children at the Cathedral.

Weekend entertainment on Palace Green, between the Cathedral and the Castle, includes reindeer on display, sleigh rides around Palace Green from Jingle the Pony, ceramic tile decorating, juggling, a falconry display, tours of the Castle and World Heritage Site and performances from local musicians.

For information, see www.durhamchristmasfestival.com Newcastle's Continental Christmas Market lends a travellers' twist to the festive season, offering gourmet ingredients and a very real taste of European cuisine. Just to get you in the mood for Christmas, there's currywurst from Germany, waffles from Holland, paella from Spain and crepes, sweet and savoury, from France. Yum!

Newcastle Christmas Market Nov 21-Dec 3, Grey's Monument, Grey Street and Grainger Street













Radio daze

Jane Pikett is treated to lunch by Metro Radio breakfast presenter Anna Foster

Anna Foster has just dropped roasted pine nuts all over the kitchen floor. Her mother, Felicity, is sweeping them up while Anna and I try to get Henry the dog (sorry, small pony) back into the house. He's quite excited. And very big.

Welcome to lunch at Anna's home in the County Durham countryside, where the crockery doesn't match (her lament; I'm honestly not the sort to notice), the food is delicious (despite her protestations that she is no great cook), and the company is so good I stay all afternoon.

Henry is a Weimeraner and, at two years old, still full of puppy love. Felicity is the sort of mother everyone should have and she takes Henry to her house round the corner so Anna and I can relax, which means wine, so that's nice.

Anna keeps apologising for the food, though I can't work out why; garlic roast vegetable and griddled halloumi salad with warm pitta bread, tzatziki, hummus, olives, home-grown tomato and basil salad, home-grown grated carrot salad, chilled Marlbrough Savignon Blanc. Sorry, but how delicious is that on a Tuesday lunchtime? And no kids! I mean, really, this is not work.

We even have pudding! Okay, it's bought, but Gu mini mango and passion fruit cheesecake

is so good you could easily get away with decanting it into your own dishes and passing it off as your own (clearly, I wouldn't dream of it).

By the time Peter the photographer arrives, we've eaten most of the salad, which is a bit embarrassing because he's hungry and has nothing to photograph. "Oh no, you have to eat something," says Anna, leaping up. "Eggs? Scrambled, yes?" He is persuaded.

"Scrambled eggs made with Lurpak, no milk," she says, stirring vigorously. The eggs are good and the photographer is happy, which is a good idea when you're having your photo taken.

Anna's a good sport. If you've heard her on the radio, you'll know she manages to be sparky no matter how early it is in the morning, though after seven years of getting up at 4.30am for work, she's ready for a rest and will hang up her Metro Radio headphones in March.

Her new slot is under wraps, but it can't fail to suit family life better. She describes home life as chaotic but fun, which will be familiar to anyone who works, has three school-age kids and a big dog. Mum and Dad around the corner are gems, their village has a good pub and Jamie, 13, Zara, 11, and Jasmine, nine, are blessed with a mum who cares what they eat ("no rubbish, apart from Friday nights when we eat in front of the telly) and a Dad (fireman Steven) who's a great cook.

Their grandparents also grow beautiful fruit and veg. "Thank God," says Anna. "There's nothing like home-grown food and I'm obsessed with getting fruit and veg into the kids."

Does she like her food? "I love food. I've been doing boot camp for a few months and managed to drop a couple of dress sizes. It's bloody hard; the hardest thing I've ever done, but it's worth it because it means I can eat!"

Mind, the regime demands she eats some strange stuff. Whereas pre-boot camp, breakfast never happened, it's now a protein shot at 8am. "A can of tuna or a chicken breast," she says, wrinkling her nose. "It works, though!" Carbs are also rationed so there is particular pleasure taken in our rule-breaking lunch.

Steven, who is young (42), fit and healthy, had a double heart bypass two years ago, which was something of a shock, so healthy food is very important. "Hence the obsession with fruit and veg," Anna says. "I wish I could be vegetarian, but I love bacon. I can't eat steak, though, because I talk to the cows in mum's field."

Anna loves to cook when she isn't stressed. "I wouldn't say I'm accomplished by any means, but what I do cook tends to turn out okay. Mind, baking scares the crap out of me and I have to cover my cakes in fudge or icing to disguise them. How do you get them to rise? I don't understand!" She claims to be a chaotic cook

KITCHEN CONFIDENTIAL

(though I see no evidence of it) but she likes to have people round for informal kitchen suppers; her winning staple being baked ham with gratin Dauphinoise potatoes and home-grown veg. "Easy, and everyone likes it," she says.

Curries are also a staple. In fact, mum Felicity spent her first 13 years living in India and has passed a talent for Indian cuisine to all four of her children. "We're a big food family and everyone is a better cook than me," says Anna, whose self-deprecation in the kitchen covers everything from the mess (minimal), the crockery (all white, so what's the problem?), and the food (delicious). Clearly, her siblings are domestic gods and goddesses beyond compare.

She's got some neat culinary tricks of her own (chocolate in chilli, sugar in curry...) and admits to a good hot chocolate brownie cake (Nigella) and banoffee crumble, which she suspects is Delia, but can't quite recall. Oh, and as mentioned, her scrambled eggs are excellent.

Probably because of her strange working hours, weekend breakfasts are a big deal in this house; the full cooked with local sausages, lots of toast and marmalade and good coffee. "I can definitely make a good breakfast," she says. "And if I didn't work, I have this image of me having a wonderful life like my sister-in-law in Italy, where everything she does is fresh and delicious, all very Nigel Slater and Delia. That's the kind of woman I want to be; in my dreams!"

Her huge fridge is crammed with good food - lots of home-grown veg, hummus, cheese ("I love cheese so much!"), lots of condiments. "Oh my God, I cooked with Jean Christophe Novelli last week. The mind boggles what he'd make of it," she says. "We were both presenting at Alnwick Food Festival and I ended up on stage with him, assisting with a fantastic apple tart thing. And he used packet puff pastry! He wrapped it round a whole apple with spices and baked it. I said it was fab, though if I'm honest there was too much cinnamon."

Anna says the food at her boarding school in North Yorkshire, which was run by her parents, was fabulous because her mother insisted on it. "Fab nursery food," she says. "Shepherd's pie, big roast dinners, and an incredible cornflake cake."

And the signature dish she's inherited from her mother? "There are many, but chocolate schnitzel cake is a favourite. You just melt butter, cream, cocoa and icing sugar in a pan, then add an egg and mix and then layer it with broken rich tea biscuits in a tin, then just leave it to set."

And the one she will pass down to her kids? "Nigella's chocolate brownies, and a family tradition for fajitas on a Friday night followed by a movie with big bags of Maltesers."







Favourite cafes and restauants? Blake's coffee shop in Newcastle for the fish finger sandwiches, Café Neon in Newcastle for the Greek mezze, the Punchbowl pub in Edmundbyers for fish and chips, and the Royal in Ocean Road, South Shields for Indian.

She insists there is always cheese in the house ("dolce latte, mature cheddar, halloumi - everything"), and Heinz baked beans, which she customises with balsamic vinegar, or curry powder, or a lump of Lurpak. There has to be Heinz ketchup, Mary Berry's salad dressing, wine (Shiraz and Chablis), beer (San Miguel), and tea. Anna is a big Earl Grey drinker. "I'll put the kettle on, shall I? Who wants the Cadbury's Flake mug and who wants the Tyne and Wear Fire Service one? The Weimeraner mug is mine."

The mugs emerge from a wall cupboard that is too high for the 5ft 1" Anna to reach, so she climbs up on the white Corian worktop. She and Steven added the contemporary black gloss



kitchen with its big silver Whirlpool fridge and black gloss table a few years ago. "I love it, even if I can't reach the wall cupboards," she says, "and even though nothing matches."

If it hadn't been for her love of food and her curves, she might have hoped for a career as a ballet dancer. "But can you imagine the diet? There's no way I could do that!" Or a classical singer. In fact, she is classically trained and does perform alongside a couple of friends. "We don't have a name or anything, which is a bit stupid," she says, "but we do quite well, and I absolutely love it.

"Oh, sorry, pudding! Now, I'm really sorry but it's bought and the spoons don't match. Do you think I should have tipped them out and put icing sugar on top and claimed I made them? Oooh, mind they're good, aren't they?"

They are. And several cups of tea later, we are still there, which is just as a working lunch should be, shouldn't it?



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LIGHTEN UP...

Here at **appetite**, we're clinging on to summer by the tips of our fingers, which is what inspired the following light, simple recipes. Enjoy!

MONKFISH AND FRUITS OF THE SEA BALLOTINE WITH SPRING VEGETABLES

SERVES 1 (MULTIPLY TO FEED MORE)

INGREDIENTS

185g monkfish
60g smoked salmon
150g rainbow trout fillet
1 beef tomato
300g potato purée
1 tbsp parsley (chopped)
pinch of salt and pepper
200g unsalted butter
150ml olive oil
150ml apple juice
2 drops lemon flavouring
1 tsp of agar agar

METHOD

Fillet and clean the monkfish, season with salt and pepper and wrap tightly in clingfilm, poach for 12 minutes then refresh in iced water.

Purée the trout fillet, wrap in clingfilm and set aside in the fridge.

Roughly chop the tomato and finely dice the black olive. Add the chopped parsley and season, then add to the potato purée. Unwrap the monkfish, pat it dry and coat it in smoked salmon. Add the trout purée and gently pan fry in olive oil and butter until golden brown.

TO SERVE

Cut through the monkfish diagonally and present on the plate. Whisk up the apple juice, lemon flavouring and agar agar until it foams up and pour over the fish.



GOAT'S CHEESE AND CARAMELISED RED ONION CHUTNEY TATIN

INGREDIENTS

1x100g Capricorn goat's cheese 75g ready-made red onion chutney Two pastry discs, cut from one sheet of ready-to-roll pastry A handful of watercress Sea salt and freshly ground black pepper

METHOD

Place ½ of the red onion chutney in a small rosti pan.

Cut each of the goat's cheeses in half by slicing lengthways.

Lay one slice of goat's cheese on the chutney in the pan. Season with salt and pepper.

Place one pastry disc over the cheese,





GOAT'S CHEESE AND CREAMED LEEK TART

INGREDIENTS

1x100g Capricorn goat's cheese 1 leek, sliced 75ml double cream 2 pastry tartlet cases Sea salt Freshly ground black pepper

METHOD

Place the cream in a pan over a high heat and bring to the boil.

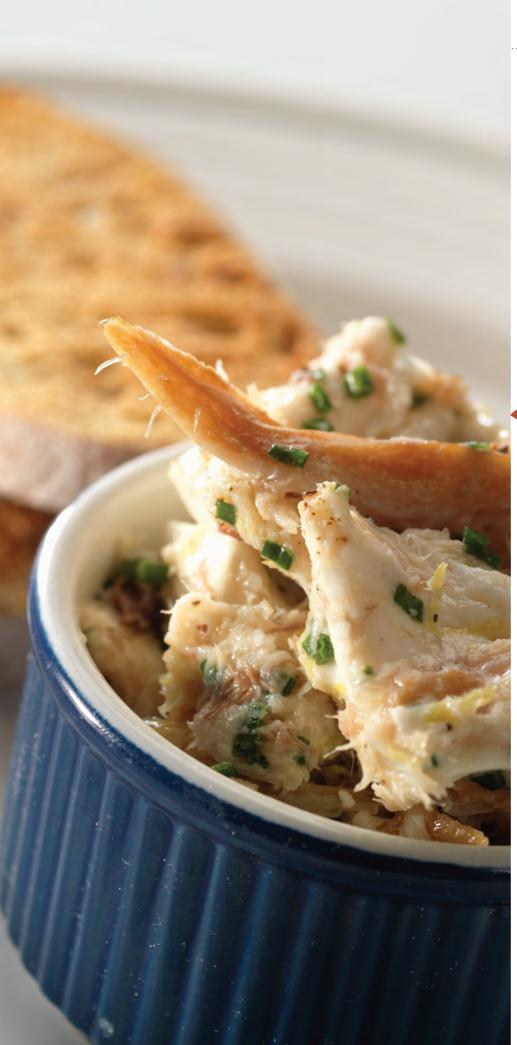
Add the leeks and simmer for five minutes, then season with salt and pepper.

Remove from the heat and add the goat's cheese, stir well.

Place the mixture into the pastry cases and bake in a preheated oven at 180C, 350F, gas mark 4 for five minutes or until golden brown.

Remove and allow to rest until cool. Garnish with a little deep-fried leek.

Recipe courtesy of Capricorn®



The early days of autumn demand a light touch in the kitchen...



POTTED SMOKED MACKEREL WITH GOAT'S CHEESE AND CHIVES

INGREDIENTS

2x100g Capricorn goat's cheese 90g flaked smoked mackerel 1 ciabatta loaf A handful of chopped chives ½ tsp horseradish sauce ½ lemon Sea salt Freshly ground black pepper

MFTHOD

Place the flaked mackerel in a bowl.

Dice and add the goat's cheese, season well with salt and pepper.

Add the chives and horseradish.

Cut a wedge from the lemon and set aside. Juice and zest the remaining lemon, add to the bowl and mix well. Divide into two ramekins.

Slice the ciabatta, cutting three small slices for each person, and lightly toast. Serve with the potted mackerel and lemon wedge

Thanks to Capricorn® for these recipes. You can vote for them on Twitter -@EthelTheGoat



JAMES TANNER'S PARMIGIANO-REGGIANO PORK CHOPS

INGREDIENTS

50g butter

1 tbsp olive oil

250g (1 large) Bramley apple, peeled, cored and chopped 750g potatoes, peeled and cut into chunks

4 free-range pork chops

Crushed sea salt and freshly ground black pepper

For the herb crust

150g Parmigiano-Reggiano cheese shavings

2 tbsp Dijon mustard

25g (1 roll) brioche

2 tbsp (handful) flat leaf parsley, chopped

1 tbsp rosemary leaves, chopped

Preheat the oven to 200C, 400F, gas mark 6. Place the apple in an ovenproof casserole, add 1 tablespoon of water, cover and bake for 15 minutes until just tender. Set aside.

Boil the potatoes for 15-20 minutes until tender. Drain well and mash with the 50g of butter. Season with crushed sea salt and freshly ground black pepper and fold in the cooked apple. Keep warm. Using a sharp knife, score the skin of the chops to help them crisp while cooking and season with crushed sea salt and freshly ground black pepper. Heat the oil in a large ovenproof frying pan. Add the chops and cook for 1 minute on each side to seal. Transfer the pan to the oven and cook for 7 minutes.

For the herb crust, break the brioche into pieces and place in a food processor and blitz for 30 seconds to reduce it to fine crumbs. Add the parsley and rosemary and blitz for a further 15 seconds. Place the

Remove the chops from the oven, brush with mustard. Lay the pork chops in the crust mix. Place on a baking tray, crust side up, sprinkle with Parmigiano-Reggiano cheese shavings.

To serve, divide the Bramley mash between warmed serving plates, top each portion with a chop.

Serve with a red Burgundy such as Bourgogne Pinot Noir, Bourgogne Hautes Côtes de Nuits or Irancy, or stay local with a pint of ale.



A new European Union campaign to persuade us to note the provenance of our food inspires a tase of the Continent, says Jane Pikett

According to a recent survey by the European Unionbacked food campaign, Discover the Origin, 79 per cent of Brits cook with European ingredients at least once a week, most of them incorporating European ingredients into traditional British dishes.

Given the millions of dishes of spag bol' consumed by students all over this land every evening, one has to say the survey's headline results are hardly earth-shattering, though they do illustrate the sea change in our eating habits over the last 30 years or so.

In response to this, the EU is backing a campaign to highlight foods and drinks that share the qualities of excellence, tradition, innovation and natural and fair production, raising awareness around five key European products: Parma ham, Parmigiano-Reggiano cheese, Burgundy wines, Port and Douro Valley wines.

Hence the arrival of a very welcome hamper on my desk containing samples of the aforementioned (it's a hard job, but...) and a very nice hardback book explaining the provenance of these foods.

I tend to hold the traditional view that charity should begin at home, and I have far more interest in the ham produced up the road than I do in the delicious variety from Parma. Having said that, we're all European now (apparently) and adding a taste of the Continent to traditional British cooking certainly creates a welcome Continental vibe.

In that spirit, that nice TV chef James Tanner has taken the traditional British pork chop and encrusted it in a delicious Parmigiano-Reggiano, brioche and herb crust.

Here it is (Ieft) - perfect served with a tasty red Burgundy or a good local ale. Enjoy!

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Still following his great-great grandfather's recipe and with his ancestor's dog taking pride of place on the company logo, Eldon Robson introduces Rosie McGlade to the botanical brewing sensation that is Fentimans

Eldon Robson was a keen cricketer as a boy and used old stoneware jars for bowling practise in the back garden of the family home in Whickham.

Today, the Fentimans office in Hexham has a collection of around 300 of those jars, each worth around \$50. One of Eldon's few

Fentimans-based regrets is that he didn't find less valuable practice wickets.

The half gallon jars, known as grey hens, were vessels for ginger beer in the early half of the last century - a tradition that survived till the dawn of the 70s - when Fentimans delivered them from horse-drawn and later motorised

soda wagons from its five northern factories. Then, as it is now, it was a soft drink for grown-ups, streets away from the sweet pops aimed at younger drinkers.

Fentimans' unique brewing process remains largely unchanged, bar the tweaks enforced by modern legislation, from the day great-great-









grandfather Thomas Fentiman started it, and like all good stories, it's not without its ups and downs. Ginger beer went out of fashion in the 1970s and 80s and production stopped, but Eldon, spurred by a friend's throw-away remark that he missed the ginger beer, took a risk in 1994 and brought the brand back into business.

"It was in my blood. I remembered going to the factory in Durham with my grandfather, who was running it then, and playing among the big bags of sugar, experiencing the aroma of ginger.

"We started off with the original ginger beer recipe, which was and remains our biggest seller, and took it to a consultant chemist to decipher and adapt it to meet the required modern standards," Eldon recalls.

It's a very special recipe, which was actually given to Thomas Fentiman in 1905 by a fellow tradesman as collateral for a loan which was never paid back, giving full ownership to the Fentiman family. "We've kept stringently to the principles of how it was made. I think the authenticity of Fentimans is what keeps our brand prominent."

In the States, Fentiman's Victorian Lemonade caused a stir last year when a boy noticed the alcohol content (just under 0.5 per cent), and the bottle was taken to the city of Maine chief of police. "They wanted to ban anyone under the age of 21 from drinking it," Eldon recalls. "What a load of hot air that was. But good publicity. I was on the BBC World News three times over that. People don't realise that all flavourings in food and drink contain tiny amounts of ethanol."

Fentimans' success tallies with a national ginger revival which has seen a mass influx onto the market of ginger beers - alcoholic and not. "Whereas before, we had the market



to ourselves," Eldon adds. Ginger beer is live, as are all the Fentimans brews. In the old days, it would get up to 1.5 to 2 per cent alcohol. "On a hot day it would keep fermenting, so you had to drink it within a week or the second fermentation started."

Fentimans drinks are made from herbs and bruised roots. "In the case of the ginger beer, we crush vast quantities of ginger root, which is boiled up in huge copper kettles," says Eldon.

Hollows - a 4 per cent alcoholic take on the ginger beer recipe, using the surname of a great aunt to distinguish it from the soft drink - was brought out a year ago. "There were a lot of daughters at one point in the family. They'd marry and old Thomas Fentiman would set them up with a cottage industry making soft drinks," says Eldon. "I've a huge collection of the old stone jars with various names from those times, and Hollows was one of them."

Hollows version is the only alcoholic ginger beer on the market, Eldon insists, which is botanically brewed from ginger rather than having a wine or hops base with ginger flavouring added.

Originally, there were five factories, in Durham, Gateshead, Sheffield, Leeds and Middlesborough. The dog that appears in the company logo is Fearless, the beloved Alsatian of Thomas Fentiman and twice winner of the Crufts obedience test in 1933 and 1934. There's a stained glass panel featuring Fearless in the Hexham HQ and an original plaque is still on the factory wall in Gateshead.

Following behind ginger beer, Fentimans Curiosity Cola and its lemonade varieties do well, with a new rose-flavoured variety bringing glamour to the stable. "I got the idea from a restaurant in London where they'd ground up rose petals as a condiment. All the drinks are our invention. We have a product development laboratory and I haven't run out of ideas."

A range of mixers includes a tonic water made with kaffir leaves and lemon grass (not too much quinine to avoid that metallic taste). "A lot of the expensive gins made now have very subtle flavours, and we've found this complements them well. We're now developing a light tonic and a ginger ale."

Will Fentimans stay in the family? Eldon is cautious. One of his two sons works in the film industry, but there is reason to hope - the other works in the business, so it could be brewing botanically for many generations to come.



The likes of Heston Blumenthal, Gordon Ramsay and Marco Pierre White may hold their share of contemporary culinary aces, but nearly three centuries ago it was women who were cooking their way to gastronomic success.

Some were household names with their own newspaper columns, best-selling recipe books and fine dining establishments patronised by the rich and famous, and one of the most highly regarded gourmet names of the late-1700s was Mary Smith of Wallington, Northumberland.

Her cookery book, published in 1772, ran to four editions over 30 years and she cooked for some of the nation's most powerful people during a career during which she was also sought out by genteel ladies eager to learn household management skills at the hands of one of Georgian Britain's consummate exponents of all things domestic.

Mary was housekeeper to the powerful baronet and MP Sir Walter Calverley-Blackett of Wallington at Cambo, Nothumberland and would have commanded the respect of high society.

Now in the hands of the National Trust, Wallington's Palladian mansion and grounds today offer a peaceful day out for visitors, but in the 18th Century it was very much at the centre of British political life. Sir Walter also enjoyed the magnificent Newcastle mansion Anderson

Place, which once stood between Grey Street and Market Street and was a prison to Charles I for the year prior to his execution.

It was here that Sir Walter would entertain the highest of high society on food prepared by the talented Mary and it may well have been here that she started to write down the recipes that were published in her book, The Complete House-Keeper and Professed Cook Calculated household advice. for the Greater Ease and Assistance of Ladies, House-Keepers, Cooks etc, etc.

The long-winded title obviously didn't put buyers off and it was a best-seller. Today, only seven copies of the various editions still exist in private collections, one of which is at Wallington itself. The well-thumbed pages and annotated margins of this leather-bound volume is evidence that generations of subsequent cooks at Wallington found the recipes and household advice useful and during the weekend of October 15-16 visitors will have a rare

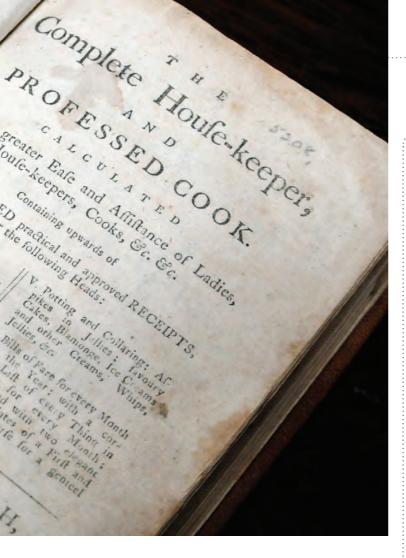
opportunity to see the book during the sixth Wallington Food and Craft Festival when a selection of Mary's dishes will also be on the menu in Wallington's Clocktower Café.

The book offers a fascinating insight into life on a large estate in the 18th Century, the recipes depending on local produce, much of it from the estate itself. There is game in abundance, homereared pork, beef and lamb, sweet desserts including an early recipe for trifle, tips on preserving, Christmas menus including turkey an early arrival from the American colonies - and

It is a remarkable snapshot of a time long gone; a period when domestic goddesses were revered and women from even the most humble backgrounds could rise to the top. Newcastle was at the time second only to London in terms of culinary talent. "Newcastle had very close links with London because of the coal trade and Newcastle's wealth and high society was second only to the capital," says food historian Peter Bears. "Newcastle would have been very fashionable and London recipes, spices and wines would have been readily available."

> Recipes from the North East were also making their way to the capital. "Newcastle produced

> > more cookbooks in the 18th Century than anywhere other than London," Peter says. "Mary would have been a very powerful woman, the senior member



of the female staff. She would have been a great asset to a big house and Sir Walter would have been much envied by his contemporaries.

"She would have been treated with respect, had a lot of influence, been in close contact with the lady of the house and would have expected to have been taken care of for the rest of her life by her employer."

Going into service, even for a young middle class girl, would have been considered a good move and while working for Sir Walter, Mary is likely to have been present at the great dinners held at Anderson Place. "She would have been working for Sir Walter at Wallington, but as the housekeeper and an adept cook she would have also worked at Anderson Place," Peter says. "At that time it was the largest house in Newcastle and was even reputed to be the finest town house in the country. Sir Walter also had important political connections, which means Mary must have looked after all the major statesmen of the day and people of means."

But for her cookbook, Mary wouldn't even be a footnote in history. Basic facts such as her date of birth and death, where she grew up and what she looked like are all a mystery. We do, however, know what her tastes in food were and it is a tribute to her that her memory should live on through the recipes she so painstakingly committed to paper 249 years ago.

Wallington Food and Craft Festival

The joint National Trust, Taste North East and Made in Cumbria Wallington Food and Craft Festival will see 65 food, drink and craft producers descend on Wallington at Cambo, Northumberland. There will also be professional cookery demonstrations, a children's food trail and the opportunity to meet visiting alpacas during the festival on October 15 and 16,10 am-5 pm. Admission charges to the garden and grounds have been reduced for the weekend to £2 for adults, children free. Normal admission charges apply for the house. For information, see www.tastenortheast.co.uk or www.madeincumbria.co.uk

MARY SMITH'S RECIPES

CHICKEN PIE

Clean and pick 3 chickens, cut into pieces, season with pepper, salt and mace. Sheet dish with light paste [sic], lay in chickens with a little force meat, a little butter and gravy. Close it up and bake for 1½ hours.



SPANISH CAKES

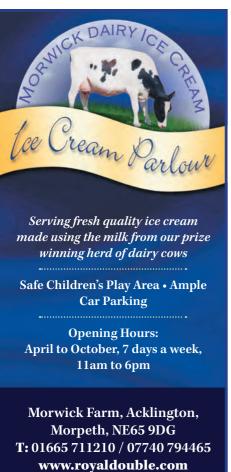
Put a pound of fine flour into bowl, add ½lb pounded loaf sugar and ½lb butter. Rub well together, add ½lb currants, yolks of 5 eggs, whites of 3 with some cinnamon, mace and nutmeg. Mix all lightly with wooden spoon. Flour a tin, drop mix in a little at a time. Bake in a moderate oven for 20 minutes.

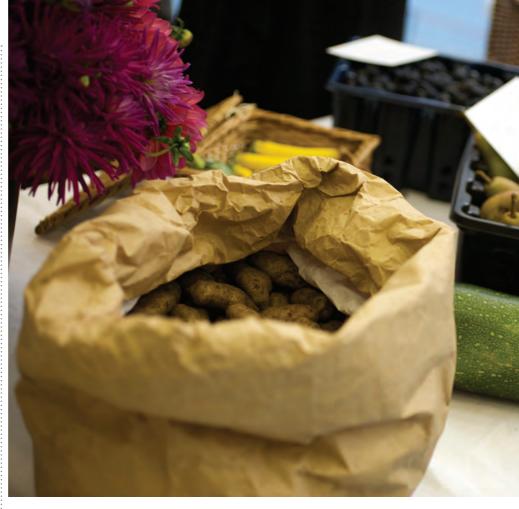
MINCE PIE MEAT

Boil a fresh beef tongue for 2 hours and skin it, mince it very fine; to one pound of this meat put one pound and a half of beef suet, two pounds of currants, one pound of raisins chopt [sic] a little, six apples chopt very fine, and as much sugar as will sweeten it to your taste; add one pound of citron and orange peel, a quarter of an ounce of cinnamon, cloves, and mace, mix together and one gill of brandy, and one pint of sweet wine - put it in a mug, and cover it over with paper.

Sheet your pans with light paste [sic], fill them up with the above meat, and a spoonfull of red wine; cover the pies, and bake. When you want to use your meat, put a spoon down to the bottom and take an equal quantity from the bottom and top.







thegrazer

Anna Hedworth's passion for cooking informs her other hobby, blogging about what she makes in her kitchen. Rosie McGlade meets one of Newcastle's hottest up-and-coming foodies

There's an obvious comparison between Anna Hedworth and the character Julia Powell from the film Julia and Julia. Both are incredibly keen cooks, both write blogs, neither of them started either activity for money, but for the love of it.

Anna's blog, The Grazer, began in February and is now getting around 1,000 hits a month, having started with an initial post about salt and pepper squid.

Since then, she's added scores of recipes, some taken from favourite books, some adapted, some original. She's also added sections about her allotment in Jesmond, Newcastle, anecdotes about people she meets, news about interesting shops and so forth. It's a treasury of information and ideas, with beautiful photographs and mouth-watering news and stories.

"I'd been working on a blog for the architecture and interior design company I work for, Xsite, and just thought I'd like to do something of my own," Anna says. "I love cooking and wanted a kind of archive, something more interesting than shoving bits of paper into cookery books. It's always been intended as quite a personal document."

Anyone who spends five hours making a venison stew, albeit a very special venison stew, can be forgiven for wanting to take its picture, and photographing her food is now as natural to Anna as eating it. "I photograph everything I cook. I'm constantly running in with plates of food from the kitchen and putting them on the white chair in the dining room, under the lamp, and taking their picture. My boyfriend gets fed up, but it has to be done."





Anna's boyfriend is also a very keen cook and the two of them spend hours in the kitchen. Each has culinary specialities that complement the other's strengths. "Some nights I'll just have a tin of beans, some nights pasta and pesto, but I'll make a big effort a couple of times a week, even if it's just an interesting salad. I don't put everything on the blog, just things that have turned out well.

"I've had people visit the blog from America, China, South Africa. You can see what word combinations people have searched under, and once when people were searching leek and goat's cheese risotto, I was third in the world Google listings. That felt pretty incredible."

Anna's favourite food writers include Elizabeth David and Richard Olney, who wrote the 1970 French Menu cookbook she adores. "I love reading about food, historical recipe books, all kinds of things. One of my favourites right now is Niki Segnit's Flavour Thesaurus, which is great for uncovering things that go together that you might not expect. A new one for me was anchovies and lamb, which worked really well for a Sunday shoulder I cooked recently. But it's





"... in-between planning markets, weeding and the day job I have still found time to slot in some time in my little kitchen. I made this salad last week for some friends. It is quick, fresh, healthy and delicious, a healthy take on a Waldorf Salad ..." (from Anna's blog)

the writing that's so nice, much more than 5oz of this and that, and I hope I've been able to convey that style in my blog."

Anna's passion for cooking started as a little girl, when she'd spend hours in the kitchen with her mum. "Since I started the blog, I know my mum's been cooking a lot more. It's funny how things work," she says.

It was during her salami phase earlier this year that Anna had an idea for a market for specialised food people in Jesmond, which finally took shape as The Autumn Graze in October at the Northumberland Club. The salami itself had been quite a performance, as you'll see from the post on the blog. "In fact it was a hell of a job," Anna adds, "but the finished product was delicious. I had to buy pigs' intestines, and try to get the pork and other ingredients in sausage cases which you have to soak first. I didn't have any equipment and used an icing funnel."

She made two kinds: red wine and walnut, and fennel, and hung them in her porch for a month to cure. "You have to weigh them. When they've lost 30 per cent of their weight, you know they're ready. They turned out so well that I wanted to start and sell them, but when I looked into food markets like Tynemouth or Monument in Newcastle, they all seemed too big."

So she created her own; a success she hopes to repeat twice a year. Does she ever

dream of getting paid for her services to food? "I do it because I'm interested in it. My ultimate ambition would be to turn it all into a book, but the blog gives you a kind of validation. Especially if it keeps on getting lots of visitors."

www.the-grazer.blogspot.com

BACON AND BROAD BEANS, BY THE GRAZER

Pod and blanch a handful of broad beans per person, drain and set aside. Chop four slices of unsmoked streaky bacon per person into small strips and fry in a dry pan until crispy and browning at the edges, then add the broad beans, the juice of half a lemon, some black pepper and cook for a minute longer. Pour the beans, bacon and lemony juice over toasted brown bread and finally add a large handful of chopped flat leaf parsley. It's beans on toast, only better!





Wine Words

Rosie McGlade discovers a wine shop that's also a venue for a foodie book club. What a great combination

It must have been scary opening a posh wine shop at the height of the economic gloom, I wonder out loud to Carruthers & Kent co-owner Mo O'Toole, sitting at what feels remarkably like a bar but is the counter of the shop.

There are no obvious three-for-a-tenner offers and business is going very well, Mo tells me. They brought a lot of customers from the old Oddbins further along the High Street in Gosforth, Newcastle, which is where Claire Carruthers, Mo's partner, worked for 13 years.

I feel like I've come in for a vessel of liquid gold the way wine is talked about here. I'd like a good bottle of red for under £10, I say hopefully. Mo is quick off the mark. In less than a minute, three possibilities are selected, their

almost mystic qualities praised along the way; one Portuguese, two from Chile, one of which, a carmenere reserve from the Maipo Valley, is £6.99 and which Mo promises carries chocolate notes, which sounds nice.

They say passion is infectious, and the wine is delicious in ways beyond my ability to describe, (didn't get the chocolate, mind) and maybe the story of the vineyard that accompanied its leaving the shelf helped, but that's no bad thing.

"Claire found herself out of a job and I wanted a change, so it was suddenly make or break time," Mo says of their situation a year ago. "People are obviously more cautious about starting up new businesses now, but these premises came up and we jumped.

"We used our friends on tasting panels and asked them how much they would be prepared to pay, with us buying all our wines from small producers. We start at £5.99 and have a range between £7.49 and £10. But the ones that we sell the most are between £10 and £20.

"We still have to pinch ourselves that we've done it. Almost all the things we wanted to do here, we've done. It's fantastic!"

And those things, I soon find out, are rather more interesting than what goes on at your average offie. There's a nice little deli at the back, selling breads and pates and cheeses, and upstairs a lounge with big red sofa, armchairs and coffee table; the venue for a foodie book club. "Claire and I both love food, wine and books, and it seemed sensible to bring those passions together," says Mo of the launch of their new Bon Viveur Book Club.

For the first six Club events they have invited Caroline Beck, the gardening and food writer and bibliophile, who'll lead discussions over a glass of wine, starting with Nigel Slater's food-based memoir, Toast. There'll be poetry teas later, with poets reading over cakes and prosecco, and wine quiz nights, where you do blind tastings and have to guess the bottle. "Claire loves that," Mo says. "It's a really relaxed way to learn about wine and she's fantastic at that sort of thing."

And their most popular wines at the moment? "I'd say South American wines are really good value for money, but recently Spain and Italy have been coming up. There are a lot of young people there who are going back to the old traditions, resurrecting old vineyards, and coming up with some really interesting wines. In Portugal also, and Greece," says Mo, with passion and enthusiasm.

Fine wine is very much alive and kicking, it seems, and felt to be a fitting partner for a good book. Something to celebrate indeed.



Events

Carruthers & Kent, 3A Elmfield Road, Gosforth, tel 0191 213 1818 www.carruthersandkent.com

Wine Fair: Sunday October 30, Carruthers & Kent Wine Fair at As You Like It, Jesmond, times to be confirmed.

Tastings: Six wine tasting sessions, to be booked together or individually, will launch in the New Year. Prices vary from £15 per person to £25, depending on the wines selected. Nibbles provided.

Bon Viveur Book Club: £5,

7-9pm, £5, includes glass of wine, discussions led by Caroline Beck:

December 2011: I Drink therefore

I Am, by Roger Scruton **February 2012:** Honey from a

David, by Artemis Cooper

Weed, by Patience Grey

April 2012: Red, White and Drunk All Over, by Natalie MacClean

June 2012: Writing at the Kitchen Table, the Biography of Elizabeth

August 2012: Raw Spirit in Search of the Perfect Dram, by Ian Banks.

Poetry tea: Sunday, November 20, 4-6pm, £10, including cakes, tea and Prosecco.

Pauline Beaumont of Poetry Kitchen brings together her love of words and cooking with a series of readings on gastronomic themes, and cake.

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So if you're looking for festive presents with a difference, want to stock up on our range of desserts to help over the holidays or want to order one of our fantastic Christmas cakes, please drop in or contact us using the details below.

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23-24, Gosforth Shopping Centre, Gosforth, Newcastle upon Tyne NE3 1JZ
Tel: 0191 213 6220 Email: office@caferosies.co.uk



the women from the ministry

If you like Jamie Oliver and you crave more confidence in the kitchen, Rosie McGlade has the very thing

Byker, Newcastle - a small community centre kitchen, chicken wrapped in bacon sizzling gently over a hob.

An eager group of cooks-in-training watch a cookery demo before having a go themselves, preparing their food on gas camping stoves.

Behind the sliding screen is a meeting of Slimming World, whose dieters will, no doubt, be picking up wafts of bacon, thyme and cheese. What is torture for them is supper-in-the-making on this side.

Jamie Oliver's Rotherham-based TV series, if you recall, started off a bit car crash, with young mothers unaware how to turn their cookers on, how to boil water, and serving a diet of takeaways and crisps to their offspring.

Then, of course, Jamie's enthusiasm got the better of all, and they were transformed into dedicated family cooks making healthy suppers daily. The Ministry of Food project upon which that series was

based is on-going and now in Leeds, Bradford, and Newcastle, where it has been greeted enthusiastically and where I am now.

Course leader Jackie Ware takes five classes a week at a number of venues around the city. All are popular and fill up quickly, with a maximum of 10 people on each 10-week course paying £5 per session (ingredients and recipe sheet included).

"It's not all about perfect dinners, but fun, tasty, balanced meals that can be done on

a budget," Jackie explains. "It's just

about teaching basic cooking techniques. And everyone gets stuck in a rut with cooking, so if it expands what you do by five or six meals, it's really helpful." There is a range of abilities

and ages here. Rosie is here with her daughter-in-law Mandy and granddaughter Nikita, 10, (pictured above) who does much of the hands-on stuff. "It's been great fun and

Nikita has got loads out of it," she says. "It's about giving people new confidence and it's fun and friendly. Even if you can cook already, it's great to have new recipes to try and you're far more likely to use them at home if you've tried them out in a class."

Nikita is delighted with the whole thing. "I can make an apple crumble at home all by myself now," she says proudly, as she takes the lead on the Parmesan Chicken and Crispy Posh Ham (the recipe of the night), showing particular enthusiasm for the bashing of the chicken. "I do a lot of cooking at home now; it's been really good. My favourites are the Chinese meal we made, and the pizza."

Week One of the course is quite basic, looking at different ways of cooking eggs, and is designed to build confidence. Week Two, and things heat up with a pea and mint soup and American-style pancakes and yoghurt dip, while in week Three, the participants move on to sausage fusilli pasta.

"You get a decent herb sausage, mix with

PARMESAN CHICKEN WITH CRISPY POSH HAM

2 skinless chicken breasts 2 sprigs fresh thyme 1 lemon 30g Parmesan cheese Salt and freshly ground black pepper 6 slices of prosciutto/ Parma ham/ streaky bacon

Lay the chicken breasts smooth and shiny side down on a board and score a criss-cross pattern with a sharp knife.

Pick the thyme leaves off the stalks and sprinkle evenly over the meat.

Finely grate the zest of a lemon on top and sprinkle evenly with finely grated Parmesan cheese and season with salt and pepper Lay strips of ham or bacon across the top, overlapping slightly until the whole thing's covered, then carefully turn the chicken over and continue to wrap the ham round the other side.

Now flatten the whole thing to about 1cm thick by covering with cling film and bashing with a frying pan bottom.

Remove clingfilm, drizzle a little olive or vegetable oil over the meat and rub in on both sides.

Brown both sides over a high heat in a frying pan, then transfer to the oven for 15-20 minutes at 190C, 375F, gas mark 5. Serve with lemon.

fennel seeds and lemon juice and a bit of butter, parmesan, chilli, garlic, oregano and white wine. It's many people's favourite," Jackie says. "We also make butternut squash muffins, which taste a bit like carrot cake, and are a good way of getting children to eat more vegetables."

In week four they move on to salmon tikka served with a naan bread, cucumber dip and salad. "They make their own dressing so you have to invest in things like balsamic vinegar, but it saves you in the long run. We advise just to buy one new herb or spice every week when you go to the supermarket."

In week five it's meatballs with pasta sauce. "So many people are impressed with how easy it is to make things as opposed to opening a jar that costs £2 and tastes nowhere near as nice," Jackie says. "Using the same basic recipe, they also make a burger."

Week six is dedicated to chilli and week seven to Chinese beef in black bean sauce with spring onions. "We use a ginger and chilli ready-made sauce, but idea is that if you add coriander and fresh lime it really peps it up."

Week eight is for pizza dough and tomato sauce made from scratch topped with Parma ham, rocket, lemon juice and basil and in week nine they make fruit crumble and the parmesan chicken with crispy posh ham. Then the last week is for mixed mushroom risotto. "I think it's one of those dishes a lot of people are scared to make, but all you need is patience really," Jackie says.

"And also in week 10, I demonstrate how to portion a fresh chicken into eight pieces - it saves money, there's no cutting through bones, you can use the thighs for a casserole, freeze some, and I explain how to make a nice stock as well, which you can use in the risotto or make soup with."

For more information on Ministry of Food courses in Newcastle, contact Vanessa Lawson or Laura Wallace, tel 07835 836 193 and for recipes see the website at www.jamieoliver.com/videos/watch/ministry-of-food

Winning Chef cooks up a storm this October

North East Chef of the Year Mark Percival will be wowing customers at Eslington Villa this October as he dishes up the menu that won him the coveted title earlier this year.

Mark will produce the exact menu that caught the eye of the judges in the competition organised by the North East Culinery Trade Association.

Don't miss this fantastic opportunity Thurs 27th October as tables will be limited.

Eslington Villa still remains a bit of a hidden gem, the hotel is privately owned and ran by Nick and Melanie Tulip and is set in beautiful gardens in a quiet leafy district of Low Fell.

The award winning restaurant is at the very heart of the hotel and they have a real passion for producing outstanding food. They believe in letting the food speak for itself and take a simple, classic approach to cooking, along with a few innovative and modern touches.



Hotel & Restaurant

Low Fell, Gateshead NE96DR Tel: 0191 487 6017

8 Station Road.

www.eslingtonvilla.co.uk









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Newcastle City Council



Jesmond Dene House, Jesmond, Dene Road, Newcastle, NE2 2EY, tel 0191 232 5133 www.jesmonddenehouse.co.uk



Jane Pikett and friend enjoy a little taste of heaven at Jesmond Dene House

I have always fancied myself as a Lady who Lunches. After all, I am female and I generally eat something around 1pm each day, though what I haven't yet achieved is my place within that privileged group who do little else.

I'm practising, mind. Just yesterday, I was in London with nothing to do apart from have a nice time, so I took myself to a beautiful fish restaurant in Richmond, all by myself, and bought myself lunch. With wine and everything. I was there three whole hours, and it was lovely.

Sarah Holmes is also pretty good at lunch. And tea. She is very good at tea. Cups of the stuff, all day long, but then she is the great-great granddaughter of Ringtons founder Samuel Smith, and she has recently joined the family business, so I guess tea comes with the territory.

So it was that we began our lunch at Jesmond Dene House, somewhat unusually, with tea (Ringtons, naturally) and cakes. These were actually helpful props for a late-morning photo shoot with Sarah (see the next edition of **appetite** for the results) and she in turn went on to provide very entertaining company while

we tried out the new bar menu. Now, here's a thing - why is lunch more filling than dinner? I can eat for six in the evening, but at lunch my capacity is much reduced. At Jesmond Dene House, they have this sussed with the new bar menu. There are plenty of hearty choices for the men (men can always eat at lunchtime, why is that?) including steak and chips, Aberdeen Angus burger, fish and chips and such like. For us more delicate creatures, there is also a selection of light bites including Lindisfarne oysters or wild mushrooms on sour dough toast.

I had the salt and chilli squid with aioli, which was simply cooked and served and absolutely perfect for the setting and the time of day. Sarah's gravlax with Avruga caviar, capers and melba toast was similarly superb, though she was almost beaten by the quantity, so I had to step in and help, which seemed the polite thing to do.

There is a range of salads, pastas, sandwiches and extras including chips (yes, we did, and yes, they were good), and there are restaurant puddings on the menu (no, we didn't, but if it weren't for the cakes earlier, we might have done).

At lunchtimes or early evenings, I am more likely to be in the bar than the restaurant, and Jesmond Dene House's new bar menu, which is served 11am-10pm daily, is refreshingly relaxed and very satisfying.

The beauty here of course is also the setting; there are few lovelier hotels with more friendly staff, and you always feel you've had a treat, whether you've had a bowl of olives and a glass of Coke or a Champagne afternoon tea.

Me? I think I'm definitely qualified to join the ladies who lunch club. Who's buying?

Duke of Wellington Inn



Durham City's Traditional Family Christmas Festival



Friday 2nd - Sunday 4th December 2011

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eason.

www.durhamchristmasfestival.com

*Entrance to Marquee £2.50 per adult, children free. FREE entry on Friday 2nd December. Entrance fee includes access (subject to availability), to tours of Castle and World Heritage Site. Wristbands can also be bought in advance from www.durham.ac.uk/shop











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Planning your Christmas works do? appetite presents a directory of great venues and offers a few hints to make your party go with a festive bang

Everyone has a funny story about a works Christmas party, most of them not to be repeated in polite company.

Of course, the Christmas bash doesn't necessarily have to include the boss bearing his backside or his PA declaring her undying love for him, though clearly they are much better when that does happen.

Mind, you should be warned that a work Christmas party is classed in law as a 'work activity, which means it is governed by the same legislation as the work place.

A guick trip around the internet reveals some pretty hilarious tips for employers, including carrying out a risk assessment on potential venues to check for 'trip hazards' (erm, hello?), warnings about inviting employees' spouses

and the necessity to extend the invitation to civil and same-sex partners (do people really need to be told that?), and a warning that, because employers are responsible for employees' actions after drinking alcohol, they should issue advice before the party, such as not driving. It seems the nanny state is alive and well!

Here at appetite, we take a more festive approach to Christmas parties and recommend you adopt a theme (after all, Christmas only happens once a year), and if you're in a small business, pair up with others to have a bigger do. Book early, put on some entertainment, push the boat out with the food and drink, and introduce party games to bring out the best in the shrinking violets. After all, you've got a whole year left to talk about it until next time!

Christmas Banquet available from 1st of December to 31st December Asiana Fusion Restaurant takes inspiration from the finest of pan Asian cuisine. You'll delight in our fusion of the many regional cultures and influences to be found in Asian food - the style and delicacy of Thai and Malaysian cooking, the famous culinary heritage of China, the diversity of tastes from the islands of Indonesia and the freshness and simplicity of Vietnamese dishes. FUSION RESTAURANT Echo 24 Building, West Wear Street, Sunderland SR1 1XD T: 0191 5100099 E: enquiries@asianafusion.co.uk www.asianafusion.co.uk



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LOCATION: 50-51 North Road, Durham, DH1 4SF • Telephone 0191 3709180 www.alishaandurham.com email: alishaan@hotmail.co.uk

CAFÉ SPICE



Situated in a leafly suburb of Sunderland, Cafe Spice offers diners the opportunity to sample the finest of Indian cuisine. All dishes are freshly prepared using the finest of ingredients. Whether you are dining out with family, friends or just having a quiet night out for two Cafe Spice is the ideal place to visit. Christmas bookings are now being taken. A lunchtime and Thursday/Sunday night special menu is also available from £6.95. Ample free parking.

Opening times: Monday to Saturday noon till 2pm, 5.30pm - 11pm. Sunday 5.30pm till 11pm.

LOCATION: 6 -7 Douro Terrace, Sunderland, SR2 7DX • Telephone 0191 5102002 www.cafespice2000.co.uk email: info@cafespice2000.co.uk

AVANTI RESTAURANT JESMOND



Avanti is a quirky, romantic, family run little Italian restaurant next to West Jesmond Metro station. From the red and white tablecloths complimenting the twinkling candles on every table, to the lively Italian music creating a warm friendly atmosphere. Jesmond's little gem, Avanti restaurant is family run Italian restaurant, open for over 10 years. Booking now for Christmas/New Year Parties. Happy hours offers excellent value, £4.90 pizzas or pastas, £7.90 for a 3 course meal.

Offer on Mon – Thurs 5.00 - 7.30, Fri - Sat 5.30 – 6.30 & Sunday 5.00 – 10.00

LOCATION: 52-54 Brentwood Avenue, Jesmond, NE2 3DH • Telephone 0191 2814240 www.avantinewcastle.co.uk email: info@avantinewcastle.co.uk

BOUCHON BISTROT



When the French sit down to a meal, they do so in full appreciation of their nation's dedication to the best quality food in the best possible circumstances. People travel to Bouchon Bistrot for the same reason – superb food, beautifully and lovingly prepared the traditional way by French chefs for whom the love of food is an all-consuming passion. At Bouchon, you can relax with the great tastes of France. What better way to savour the festive season?

Winner of Best Local French Restaurant in the UK, Gordon Ramsay's F-Word.

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

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With the open show kitchen diners are treated to

watching fresh breads and healthy kebabs being made before their eyes, the hustle and bustle and artistry of the streets of India is recreated in the Newcastle city centre.



LOCATION: 69-75 High Bridge, Newcastle Upon Tyne, NE1 6BX • Tel 0191 232 5133 www.dabbawal.com email: info@dabbawal.com

FESTIVE FAYRE

CHELSEA DOCKS



Chelsea Docks Bistro Bar, near Newcastle's Centre for Life, is now taking Christmas bookings. This contemporary diner caters for the city's breakfast, lunch, dinner and evening trade. The bistro has a wide range of all-day breakfasts, including a variety of sandwiches and eggs benedict. Their wide ranges of main courses include British classics like beer batter fish and chips, burgers, steaks and salads, alongside a range of Italian pizza.

The bar, serves a variety of teas, coffees and soft drinks, with a variety of beers, spirits and wines to better cater for the evening crowd.

LOCATION: 24 Scotswood Road, Newcastle NE4 7JB Tel: 0191 2329444 www.chelseadocks.com

MICHELANGELO'S



The Pieri's little corner of Italy, Hotel Michelangelo, is located between Blaydon and Ryton. With ample car and coach parking, Michelangelo's is an ideal venue for your Christmas/New Year Party. Our function room is versatile enough to accommodate large parties in style and smaller ones in cosy intimacy for Christmas or any special occasion. Ring for details of our Christmas Menu

Happy Hour available Mon-Sat until 7pm, All day Sunday. Children are always welcome. Outdoor Play Area.

Wonderful food in a relaxed atmosphere!

LOCATION: Michelangelo Hotel Stella Road, Ryton • Tel: 0191 4132921 www.michelangelos.org.uk

DAVID KENNEDY'S FOOD SOCIAL



Former North East Chef of the Year David Kennedy who previously ran the successful Brasserie Black Door, has launched a new restaurant concept in the city, with a focus on providing a relaxed, social aspect of dining out, aiming to bring people together to enjoy good honest british food with a twist, locally sourced and beautifully presented.

The same team in the kitchen and front of house from the Black Door accompanied David to ensure top quality food and service. Early week specials start from £9.95

Christmas bookings now being taken, 3 course set dinner menu for 8+ is £32.95 an A la Carte menu is also available.

Christmas Lunch - 1 Course £13.95, 2 Course £18.95, 3 Course £23.50

Opening Times: Lunch Monday - Friday 12 -2pm Saturday & Sunday 12 - 3pm

Dinner: Monday - Friday 5.30 - 9pm Saturday 5.30 - 10pm



LOCATION: The Biscuit Factory, 16 Stoddart Street, Newcastle upon Tyne, NE2 1AN Telephone 0191 2605411 • email: info@foodsocial.co.uk www.foodsocial.co.uk

PEPPERPOT



Christmas fayre at the pepperpot, offers a selection of locally sourced produce, cooked in our Mediterranean style. This year we will be featuring Wallington Hall beef, homemade pasta and selection of northumberland cheeses, amongst other seasonal dishes.

We look forward to welcoming you into our warm, friendly, informal, bistro. We are also morpeth's only bring your own wine and beer bistro.

LOCATION: 5 Oldgate, Morpeth NE611PY • Telephone 01670 514 666 www.pepper-pots.co.uk

BISTRO ROMANO



The modern Bistro Romano, nestled in the heart of Cleadon village has built its reputation on providing the best quality produce, good service and delicious food in a relaxed and friendly atmosphere since 1999.

As well as the a la carte menu, Bistro Romano also offer daily specials and traditional Sunday lunch.

Christmas bookings are now being taken.

Ample car parking at the rear of the restaurant.

LOCATION: 63 Front Street, Cleadon Village, Sunderland SR6 7PG Tel 0191 519 1747 • Fax 0191 537 1995

Also at The Cube, Metro Centre, (formerly Med Village). www.romanosrestaurants.co.uk

MARINA VISTA



Enjoy a fabulous Italian meal in our waterside restaurant, with stunning views overlooking the marina. We serve a range of contemporary Italian dishes as well as a traditional Sunday carvery. A selection of daily specials and a varied wine list ranging from classic dry whites to specialty robust and vibrant reds are available. Christmas and New Year bookings now being taken.

Open seven days a week: Mon - Sat 12pm - 2.30pm & 5.30pm - 10.30pm Sunday 12pm - 3pm & 5.30pm - 10.00pm

LOCATION: Marine Activity Centre North Dock, Sunderland, SR6 0PW T: 0191 510 0600 • E: info@marina-vista.co.uk www.marina-vista.co.uk

THE SPICE CUBE

MARTINO'S RESTAURANT



A haven of all tastes Italian and, not surprisingly considering its location, local fish is a favourite on the menu. Featuring a mouthwatering traditional range of pizza, pasta, meat and fresh local fish dishes, Martino's has a lovely view over the river and an attractive al fresco dining area. Bookings now being taken for Christmas. Lunch time special - 3 course lunch time special £3.95 12-2.30pm, 5.30-6.30pm. Steak night Mon-Thur, steak + bottle of wine - £15. 2 steaks + bottle of wine £25. Open Mon-Sat 12-2.30pm 5.30-11pm, Sun 12-7pm

LOCATION: 16 Union Quay, North Shields, NE30 1HJ • Telephone 0191 258 5929 www.martinos-restaurant.co.uk

Fine Indian Cuisine

LE RAAJ, designed by Richard Fletcher MA of Amamus Design, is a relatively new restaurant, specialising in Indian Bangladeshi cuisine with a modern twist. You can find it located on Chester Moor in a former Methodist Chapel on the A167 south of Chester le-Street.

Since Le Raaj opened in July 2010 it has steadily gained in popularity and respect. From its inception it has continued to receive rave reviews

"We've eaten at Le Raaj twice now. First time was mid week so we thought it would be quiet. First sight of the car park indicated otherwise. Considering this restaurant had only been open a few weeks this was surprising.

After a drink in the bar we were shown into the magnificent dining room. The décor is fantastic! Gold, cream and regal purple, rich paisley patterned carpet and starlights in the ceiling..

"Le Raaj is a real find. It has fantastic food in superb surroundings with a menu that won't break the bank."

"There is nothing I can fault about this restaurant; from the impeccable service, to the stunning décor and absolutely divine cuisine."

Because Le Raaj is owned by the same company who own Spice Lounge and Capital restaurants in Durham you can be assured of the same high standards of cuisine & service.

Le Raaj offers a contemporary yet authentic dining experience within a luxurious and refined setting. Open for lunch (except Fridays) & dinner every day.

Perfect for special occasions & parties "If you want to eat at Le Raaj you'd better book!"



Is an absolute gem: a haven of all that is great about India all wrapped up in a chic, contemporary package. The team at the reataurant have had a fabulous few months, scooping Best in the North East in the highly presigious and hotly contested British Curry Awards 2010 and Best Curry Chef in Newcastle and the North East. The Spice Cube specialises in superb, authentic cuisine prepared by international chefs and presented in groovy, open-plan surroundings with a chic mezzanine floor. Why not book for the Festive Season...

Christmas Menu's available Lunch 12.00-4.30pm Lunch £14.95 per person Dinner £21.95 per person



LOCATION: The Gate, Newgate Street, Newcastle NE1 5TG • Tel 0191 222 1181 Fax 0191 222 1182 www.thespicecube.com email: info@thespicecube.com





Welcome to The Diary, home of The Beautiful People at all the best foodie places. If you would like to see your foodrelated event featured on these pages, simply contact appetite editor Jane Pikett at jane@ offstonepublishing. co.uk with details. If we can include it. Jane will let you know and ask you to provide us with a set of photos and captions.

Varanda Opening Party

VIP guests enjoyed a sumptuous feast of authentic Indian dishes with a contemporary twist at the launch of the new Varanda Indian restaurant in Clayport Street, Alnwick.

Residents and business people were treated to a mouth-watering selection of delicacies at the venue which opened in October following a £100,000 investment by experienced North East restaurateur Martin Rohman.

For further information or to make a reservation for the restaurant tel 01665 603 278 or see www.varandalanwick.co.uk













Shark Club revisited

The new Shark Club at the Sandeman Signature Hotel opposite St James's Park invited former employees of S&N Brewery to see how their old workplace has shaped up.

For more information about Shark Club, see www.facebook.com/SharkClubNewcastle







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Poplar Tree Garden Centre, Shincliffe, DH1 2NG t: 0191 3847553

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

DURHAM INDOOR MARKET

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

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

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

HIGHFIELD HOTEL BAR & THAI RESTAURANT



101 Durham Road, Houghton le Spring, DH5 9QT

t: 0191 5120905 info@highfieldhoteldurham.co.uk www.highfiedhoteldurham.co.uk

HOLLATHANS CAFÈ BAR

6-9 Ashfield Terrace, Chester le Street, DH3 3PD t: 0191 3880090

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

LEONARDS COFFEE HOUSE

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

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

MARCELLO'S

Grey Horse, Hill Top, Dipton, Co. Durham. DH9 9JH t: 01207 571040

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

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16 Stoddart Street, Shieldfield. NE2 1AN t: 0191 2611103

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

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Unit 19/13 Grainger Arcade. Newcastle, NE1 5QF t: 07801 357314

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95 High Street, Gosforth, NF3 4AA t: 0191 2130033

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Don't miss the next edition of **appetite** - due out early November or subscribe via www.appetitemag.co.uk



LIFE ACCORDING TO PLUCK, A CITY CHICK...

There was a fox outside our chicken coup the other day, bold as brass, big as a tiger, 6.30 in the morning and perfectly light. Cheeky blighter.

Our neighbours had been watching from their upstairs window for a good 10 minutes while it sniffed around. Scared us half to death, I can tell you.

There's all sorts goes on out here, in our suburban garden. Sounds like the title for a song!

The fox, for example, that was supposed to have broken into the guinea pig hutch and stolen away with young Sybil wasn't a fox at all. They just said that, because it's not nice to think of one of your pets eating another, which is what did actually happen, didn't it, CLAUDE (the cat!)?

Luckily, the child had left for school as the gruesome event unfolded. The mother was looking down the garden, admiring us as usual, and thinking what a funny thing that the cat should have a white paper bag in its mouth.

Glasses are marvellous things, and on applying them, she realised, with the terrible clarity that 20/20 vision will bring, that it wasn't a bag at all, but little Sybil, our white guinea piggie, and the friendliest of the two. The hutch door had been left open, leaving little Scruff there all on her own while her sister was eaten up. It's horrific! We've never liked that cat. Came in that night with a stomach bulging, only to hear that he couldn't be blamed, it's in his nature, door should have been shut.

So having spent our days perching on the hutch to keep wee Scruff company, there are now two new cavies in the garden, great big things unwanted by their juvenile keepers and passed on here. The hutch door has been made more secure. I hope they do the same to our coup! As the nights draw in Mr Fox gets braver. Our neighbours can't be relied upon to remain on vigilant guard round the clock. Pray for us, reader.

STICKY TOFFEE PUDDING

INGREDIENTS

TOFFEE PUDDING

150g light brown sugar 50g butter 200g self-raising flour 1tsp baking powder 150g chopped dates 1/2 pint boiling water 1 tsp bicarbonate of soda 1 egg

SAUCE

100ml double cream 40a butter 40g dark brown sugar

GARNISH

4 sprigs mint 4 brandy snaps 300g caramel ice cream 100g clotted cream 1 punnet red currants icing sugar

METHOD

For the toffee pudding

Cream butter and sugar until smooth, add egg and mix well. Add the flour and the baking powder.

Soak dates in the boiling water with the bicarb and when soft add to the butter mixture.

Bake in a greased and floured baking tin for 40-45 minutes at 180C, 350F, gas mark 4 or until firm. Cut into four pieces.

For the filling

Whisk together the egg yolks and sugar until pale then add the cream. Heat the mixture to 37C then chill. Rest overnight.

To serve:

Garnish as in the picture with mint, ice cream, clotted cream, redcurrants and icing sugar.



DESSERTS Is there anything more

comforting to eat and bake than sticky toffee pudding? Perhaps, but we haven't yet found it. This one is served with brandy snaps and clotted cream, which sounds about right to us...

RECIPE The Butchers Arms, 38 Towngate Hepworth, Holmfirth, Yorkshire HD9 1TE, tel 01484 682 361, www.thebutchersarmshepworth.co.uk

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