

ISSUE 16

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June/July 2013

# appetite.

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AND A STRAWBERRY SENSATION... ALL CAKE LIFE IS HERE!



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*Appetite team hails the long-awaited arrival of summer with barbies and al fresco food. Enjoy it while it lasts..!*

Big news - the barbecue at **appetite** HQ has at last emerged from the longest winter in living memory. Yes, get the flags out, we have at last gone al fresco, and our many barbecues over the last month have starred some real gems, including Simon Walsh of Close House's truly amazing BBQ spatchcock chicken (p47 - the secret is in the soaking in brine for 24 hours in advance - trust me on this one), and some serious seafood from North Shields Fish Quay (p36-43).

It is my contention that there are few better gourmet creations than barbecued monkfish on a skewer served with barbecued aubergine, baby plum tomatoes on the vine and a cheeky glass of fizz, and the mere hint of barbecue smoke is enough to bring me running, glass in hand, whatever the weather.

And when we've not been barbecuing, the **appetite** team has mostly been baking and enjoying the new book from the delightful John Whaite, he of the Great British Bake

Off and very nice hair (more about that on p32) and a sensitive culinary soul who creates his recipes for his moods. Thus, his book treats the home baker to such gems as Plait of Worries Loaf and A Gaint Hug in a Barley-Filled Bowl, which is rather nice, I think.

He's coming to Northumberland to do a personal appearance at Vallum Farm on the evening of July 31, which should be rather nice; an opportunity to meet the man and get up close to that lovely hair.

I also landed the job of touring some of the region's finest afternoon tea emporia (I know, it's a tough job), and I am now so replete with scones, clotted cream and creme patissiere I may have to lie down in a darkened room for the rest of the year. Or at least until we next light the barbie...

Jane Pikett, Editor



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

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

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

Fame at last!

email [editor@appetitemag.co.uk](mailto:editor@appetitemag.co.uk)

**appetite.**  
TICKLE YOUR TASTE BUDS...

**Editorial 01661 844 115**  
Jane Pikett - [jane@offstonepublishing.co.uk](mailto:jane@offstonepublishing.co.uk)

**Advertising 01661 844 115**  
Joanne O'neil - [joanne@appetitemag.co.uk](mailto:joanne@appetitemag.co.uk)

Website [www.appetitemag.co.uk](http://www.appetitemag.co.uk)

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Unit One, Bearl Farm, Stocksfield,  
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Photography  
**Peter Skelton** [www.photo-psp.co.uk](http://www.photo-psp.co.uk)  
**Nicky Rogerson** [www.nrphotography.co.uk](http://www.nrphotography.co.uk)



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CLUB



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**Broom House Farm, Witton Gilbert, Durham, DH7 6TR,  
tel 0191 371 9697, [www.broomhousedurham.co.uk](http://www.broomhousedurham.co.uk)**

\* On production of this page from **appetite** or a print-out of this page from the Appetite Club pages at [www.appetitemag.co.uk](http://www.appetitemag.co.uk) until July 20, 2013

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**FREE DESSERT AT BOUCHON**

**appetite** readers are in for a treat at the fantastic Bouchon Bistrot in Hexham, where you qualify for a free dessert with every starter and main course. French-owned and run, Bouchon is a classic country bistrot (hence the classic French spelling, with a 't') with classic French menus devised by head chef Jérôme Cogné and owner Greg Bureau. Bouchon food is fresh and uncomplicated, created from the finest produce, served simply and in season in the traditional French country way in historic surroundings in the old tanning quarter of Hexham.  
**Bouchon, Gilesgate, Hexham, NE46 3NJ, tel 01434 609 943  
[www.bouchonbistrot.co.uk](http://www.bouchonbistrot.co.uk)**

\* Free dessert for each diner ordering a starter and main course from the a la carte menu Mon-Wed until July 20, 2013, quote appetite when booking, subject to availability



**FREE GLASS OF WINE AT OCEANS**

Oceans fish and chip restaurant on North Shields Fish Quay is offering a cheeky glass of house red or white with regular and large meals\*.

Oceans is famed for its great tasting, freshly cooked fish and chips to eat in or takeaway for lunch, afternoon tea or evening meal at a stylish riverside location. Birthday celebrations and events are catered for, and there's Heineken on tap.

**Oceans, North Shields Fish Quay, tel 0191 447 3009, open seven days a week www.oceans-fishandchips.co.uk**

\* Not in conjunction with any other offer, quote APO1, valid until July 20, 2013



**BUY ONE ICE CREAM, GET ONE FREE AT THE PARLOUR AT BLAGDON**

The Parlour at Blagdon, home of Poppy's Tea Room and Marcantonio's Ice Cream Parlour, is offering buy one, get one free on its gorgeous Italian ice cream\*, available in a range of delicious flavours. All ice cream is freshly made on site and is based upon the recipe first created in 1902 in Picinisco, Italy by Antonio Marcantonio, great grandfather of the present owners.

**The Parlour at Blagdon, Blagdon Smithy, Old Great North Road, NE13 6DQ tel 01670 789 935 www.theparlouratblagdon.co.uk**

\* Until July 20, 2013, on production of this page or a print-out of this offer from the appetite Club pages at www.appetitemag.co.uk

**A BUBBLY AFTERNOON TEA AT MALMAISON**

Malmaison, Newcastle, is offering **appetite** readers a complimentary glass of fizz with its decadent afternoon tea (£14.95pp). Afternoon tea at Mal is all about treating yourself in gorgeous, sumptuous surroundings whilst enjoying freshly baked scones, delicate sandwiches and delicious homemade cakes. A glass of fizz makes the whole experience altogether more indulgent! **Malmaison, 104 Quayside, Newcastle NE1 3DX, tel 0844 693 0658 www.malmaison.com**



\* Maximum party of six, valid until the end of August 2013 (exc Bank Holiday weekend), on production of this page or a print-out of this offer from the Club page at www.appetitemag.co.uk

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# FEED...BACK!

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

## THIS MONTH WE HAVE MOSTLY BEEN EATING...

...A lot of food at the Boiler Shop Steamer one sunny Saturday; a must-do every month for great food, music and a convivial crowd. Food and drink stalls include street food pioneers Dabbawal, Ouseburn Coffee Co, Masterchef forager James Burton, Electric East, Lulu Cooks Chinese, and many more. Held on the first Friday and Saturday of every month with music, street food, beer, whisky and cocktails, pop-up cinemas and boutiques, the event is organised by the brilliant Riley's Fish Shack and Wylam Brewery and the music is programmed by NARC magazine. **The Boiler Shop Steamer, Stephenson Works, Sussex Street, Newcastle, NE1 3PD, [www.theboilershopsteamer.com](http://www.theboilershopsteamer.com) On Facebook and twitter @steamerevent**



## PLUS!

We enjoyed fantastic monkfish scampi wraps courtesy of David Kennedy in the Vallum tent at Northumberland County Show. Unfortunately, this, plus coffee from the Ouseburn Cooffee Co, meant we missed most of the action in the main ring, but we was happy, like...



## AND...

...Pizza and amazing seafood (langoustine, oysters, prawns) at The Old Boathouse in the old RNLI hut on Amble Harbour followed by ice cream at Spurelli's and a long walk on the beach (note...happy kids!).



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50 Gins



GIN!

We are pleased to see the Old Turks hotel in High Bridge, Newcastle, has been transformed into a wonderful gin house. Pleased to Meet You is home to more than 50 types of gin and a range of local and international craft beers, cocktails, spirits and hand-pulled cask ales with good food, a daily Martini lunch (what a good idea!), the newly formed High Bridge Gin Club and lush coffee from the ubiquitous Ouseburn Coffee Co. **Pleased to Meet You, 41 High Bridge, Newcastle, NE1 1EW, open daily 11am-1am, www.ptmy-newcastle.co.uk**



At last... the long-awaited tea house from the brilliantly creative Quilliam Brothers is open for all things art, music, cinema and, predictably, tea. Located in a beautiful Victorian building on the corner of Barras Bridge Road and Claremont Road in Newcastle, the Teahouse has a café, small gallery and an even smaller

cinema area where you can enjoy the brothers' range of loose-leaf teas and other beverages with hearty food. Plus, it's open 7am-1am every day, so there's no excuse to miss it. **Quilliam Brothers Teahouse, Claremont Buildings, Claremont Rd, Newcastle, NE1 7RD, open seven days a week 7am-1am**

NO ACCOUNTING FOR TASTE.

**appetite** has a fan! We received an email from Joanne Lorraine, of Sunderland, telling us that her husband Stuart is such a fan he saves every copy of **appetite** for posterity. Yes, really, though we did wonder if someone was having us on when we first received her email, which read: "My husband reads it cover to cover and eagerly awaits in anticipation each new edition. He obtains three copies and leaves them at various locations in the house so he can always access it. I'm not allowed to put away the current edition from the sitting room into its own bespoke shelf in the kitchen until the new edition has been produced. I enjoy reading your magazine but he absolutely loves it. He also enjoys visiting the different farm shops and restaurants and is certainly an advocate of promoting them to others as well - Knitsley Farm followed by Blagdon are his local favourites." Stuart - we salute you!

nino's Jesmond



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# Girl About Toon

With Laura Emmerson



## IN WHICH OUR GAL OVER-INDULGES ON BUBBLY AND BASKETBALLERS



**Hurrah for summer, it's finally here and Girl About Toon is sporting a Tynemouth tan. The last few months have been a total hoot, with many an event invitation to the region's food and drink establishments, and here's a roundup of some of the best.**

Girl About Toon enjoyed the Fluid Group event at Newcastle's Bar Luga (arguably a little too much), complete with mini burger and bacon roll canapés washed down with lashings of bubbly. We propped up the bar with a trio of

giant Newcastle Eagles basketball players, who shared their nutrition and diet tips - chicken, turkey, and lots of steamed veg - and looked slightly disapprovingly at our fast-disappearing bubbly as they sipped Diet Coke (in training, it seems).

We've also been frequenting the monthly Boiler Shop Steamer events for delicious food stalls both local and from afar. Based at the beautiful Stephenson Works in the Toon, the food stalls, live music, liquor and ale bars make it a gastronomic heaven.

We particularly enjoyed the espresso martinis from the Ouseburn Coffee Company, along with foodie treats from Riley's Fish Shack and Electric East.

We also over-indulged at Sachins where the chingiri tandoori prawn starter was declared historic by Girl About Toon's other half.

Top marks also for the outstanding Arlo in West Jesmond for the eggs Florentine, the buzzy vibe, the funky décor, the lovely owner Lucas and his decorative touches, most of them, by the looks of them, from the wonderful vintage and reclaimed home and kitchenware emporium RE in Corbridge.

When not out feasting, we've mostly been foraging wild garlic, inspired by a superb asparagus, pea and mint risotto with wild garlic cream at Café 21 in Durham. Our own homemade wild garlic pesto (see above) is perhaps less subtle, but no less a success for that.

Now, after two months of over-indulgence, Girl About Toon is firmly on the wagon for fear of an early onset of gout or some other mishap of overindulgence. Watch this space...

## WILD GARLIC PESTO

### INGREDIENTS

bunch of young wild garlic leaves  
100 ml olive oil  
50g pine nuts  
50g finely grated parmesan cheese  
juice of half a lemon  
ground black pepper

### METHOD

Clean and finely chop garlic leaves and blend with olive oil and pine nuts in a food processor. Add lemon juice and parmesan, blend and season, pop in a jar and keep in the fridge for up to a month. Serve with pasta or gnocchi.



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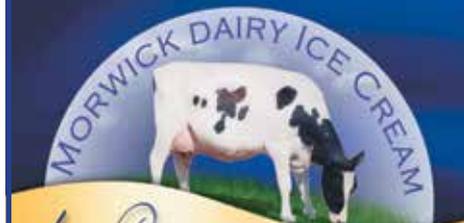
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# IT'S A DATE!



## Taste of the country

TV presenter Kate Humble and Great British Bake Off winner John Whaite are both heading to Hadrian's Wall country to launch their new books.

Both will make personal appearances and sign books at Vallum Farm near Newcastle in association with independent bookseller Forum Books in Corbridge.

The double coup was secured by Forum Books owner Helen Stanton, who will be co-hosting the nights at Vallum with Kate Humble on June 27 and with John Whaite on July 31.

The first event, to launch Kate Humble's first solo book, Humble by Nature, will include an author interview and audience Q&A hosted by BBC Look North weather presenter Hannah Bayman, plus field food from award-winning chef David Kennedy and drinks in a specially erected marquee.

Known for presenting wildlife programmes including Countryfile, Humble's book documents her move to the Welsh countryside with her husband and their accidental journey to become smallholders. It tells the story of how they save a nearby farm from being broken up and sold off, instead persuading council bosses to keep the farm working and to run a rural skills and animal husbandry school alongside it.

Highlights of the event at Vallum include a book signing and author Q&A hosted by BBC Look North weather presenter Hannah Bayman; Vallum Pork Field Food by former North East Chef of the Year David Kennedy; a special one-night-only Humble Honey Ice Cream by Vicky Moffitt of Vallum; and a licensed bar, all in a marquee on the Vallum Farm Paddock with 360 degree views of Hadrian's Wall country. Tickets for Kate Humble at Vallum are £6, including a welcome drink on arrival. Food tickets are £4 if booked in advance or £5 on the night.

**Tickets available at Forum Books, Market Place, Corbridge, NE45 5AW, tel 01434 632 931 www.forumbooks.co.uk; and at Vallum Farm, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 652, www.vallumfarm.co.uk**  
▪ John Whaite interview and recipes – page 32



## EAT! NewcastleGateshead

EAT! NewcastleGateshead celebrates its seventh year with a programme of eclectic foodie events from Saturday August 24–Sunday September 8.

Produced by NewcastleGateshead Initiative (NGI), this year's EAT! festival includes **Naked Feasts**, featuring a group of talented up-and-coming chefs cooking spectacular food in unusual and dramatic outdoor locations.

EAT!'s **Speakeasy Salon** will pop up in a secret location to serve up four days of masterclasses, demos, workshops and screenings led by chefs, artisans, experts, sommeliers and mixologists.

Due to popular demand, EAT!'s **Cake City** will return with amateur and professional bakers fashioning 100 landmark buildings made out of cake to create a giant edible map. Previous creations include The Sage Gateshead, Glastonbury Festival and the Olympic Stadium.

EAT! spills into the streets for **The Big EAT! Weekend**, with the new **EAT! Street and The Boiler Shop Steamer** featuring street food with chilli, chocolate, cider and seafood zones, local beers, music and cinema in the iconic former locomotive works of Robert Stephenson behind Central Station.

The festival also includes the Future Chef competition, Eat-Along Movies and Stories, Kids Cook School, FOUND Foraging and Fishing events, and a Festival Fringe.

**ART! NewcastleGateshead**, a crowd-sourced art dining experience, will also be launched during the festival.

**Full details of this year's EAT! festival will be available at www.eatnewcastlegateshead.com from July 2013**

## Brocksbushes Summer fayre



Brocksbushes Summer Fayre on Saturday and Sunday July 13 and 14 promises the chance to taste, sample and buy delicious food and browse gifts and crafts. Entry and car parking are free, and you can pick your own strawberries, gooseberries, raspberries, blackcurrants and currants from the fields.

**Summer Fayre, July 13-14, 10.30am-5pm, Brocksbushes Farm, Corbridge, Northumberland, NE43 7UB, [www.brocksbushes.co.uk](http://www.brocksbushes.co.uk)**

## NE1's Restaurant week

So many restaurants, so little time - NE1's Restaurant Week returns August 5-11, offering the chance to savour the delights of some of Newcastle's finest restaurants. The idea, which originates in New York, allows diners to try a host of restaurants offering special set price menus and the biannual NE1 Restaurant Week has been a huge success since its launch three years ago. This August, the seven-day event will welcome a range of newcomers to the fold with 45 restaurants expected to take part.

**For full details of all participating restaurants, menus and to download your vouchers visit [www.getintonewcastle.co.uk/restaurant-week](http://www.getintonewcastle.co.uk/restaurant-week)**



## Anyone for tennis?

The lovely people at the region's Head of Steam pubs are putting on a good show for Wimbledon, with specials throughout Wimbledon fortnight, Jun 24-July 7.

At The Central in Gateshead they're televising the main matches and serving strawberries and cream alongside Timmerman's Float - a half pint of strawberry beer with a scoop of vanilla ice cream on top. At The Cluny in Newcastle they're doing pitchers of Pimm's for £10, Timmerman's ice-cream floats, strawberries and clotted cream teas, and showing the men's final on the big screen; Tilleys in Newcastle is showing all the matches and there are strawberries and cream and Pimm's on offer, too. And At The Head of Steam in Durham, they're showing all the matches with Pimm's Summer Pitchers & Hendrick's Gin Tea Pots.

**Info at [www.theheadofsteam.co.uk](http://www.theheadofsteam.co.uk)**

## Hot news

The North East Chilli Festival returns in July following the big success of its inaugural event last year, which lured 10,000 visitors to Seaton Delaval Hall. The two-day festival brings together the great and the good of the UK chilli scene, local producers, chilli-related special events and an expanded street food area.

**North East Chilli Festival, Seaton Delaval Hall, July 6&7, early bird tickets at £4 available at [www.chillifest-ne.co.uk](http://www.chillifest-ne.co.uk) (kids go free)**

## Battlesteads Beer Fest

The third annual Battlesteads Beer Fest runs Friday 26-Sunday 28 July at the popular pub, hotel and restaurant in Wark, near Hexham. With beer, live music and food throughout the weekend, it's a lively event, and as an added attraction this year, the team at Battlesteads have worked with the Northumberland Sausage Company, also based in Wark, to produce new sausages, among them The Raging Norris, the hottest sausage in the world (probably!).

**For tickets, which cost £4, contact Battlesteads, tel 01434 230 209, [www.battlesteads.com](http://www.battlesteads.com)**



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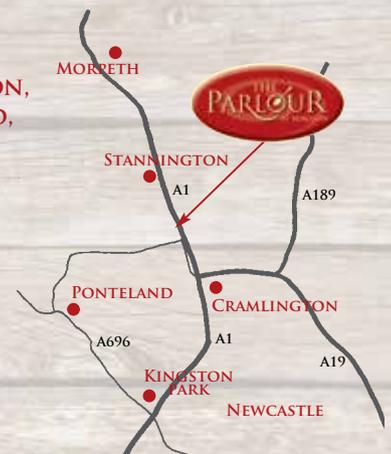
The Parlour at Blagdon is situated within The Blagdon Estate, just a stone's throw away from the Northumberlandia land sculpture. We offer idyllic rustic surroundings whether it's for lunch or afternoon tea, seeking inspiration for plants and gifts or sampling the heritage of Marcantonio's ice cream which is made on site for all to see.

**THE PARLOUR AT BLAGDON,  
OLD GREAT NORTH ROAD,  
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NE13 6DQ**

**TEL: 01670 789935**

@BLAGDONPARLOUR

THE PARLOUR AT BLAGDON



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[CONTACTUS@THEPARLOURATBLAGDON.CO.UK](mailto:CONTACTUS@THEPARLOURATBLAGDON.CO.UK)**

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## HAT TRICK FOR MICHELANGELO

The folk behind Italian favourite Michelangelo's have just launched their third restaurant in Prudhoe in the Tyne Valley. The menu, rustic décor and relaxed ambience echoes the Dipton and Ryton restaurants, and the new restaurant will also be open from noon until 10pm seven days a week. Expect some new menu updates in all three restaurants too, with a few old favourites returning to the menu alongside some new Mediterranean fayre.

For details, go to [www.michelangelohotel.co.uk](http://www.michelangelohotel.co.uk)



## NOT JUST FOR CHIPS!

A great source of potassium, fibre and vitamin C, sweet potatoes are also one of the most versatile vegetables around, as demonstrated by this sweet potato sorbet recipe (yes, really!). This unique way of enjoying sweet potatoes provides a refreshing and delicious treat or dessert, perfect for sharing during the summer months. Yes, it sounds all wrong, but it's great, we promise!

## SWEET POTATO SORBET

### Ingredients

200g sweet potato juice  
150g sugar  
200ml water

For the juice, peel some sweet potatoes and put through a juicer. Place the sugar in a heavy-based pan with the water and bring to the boil. Remove from the heat and stir in the juice. Leave to cool before churning in an ice cream machine.



## PROVEN SUCCESS

If you fancy a wee trip to the top of north Yorkshire, the second Clervaux Bakery and cafe is now open in Northallerton, following the success of its Darlington branch.

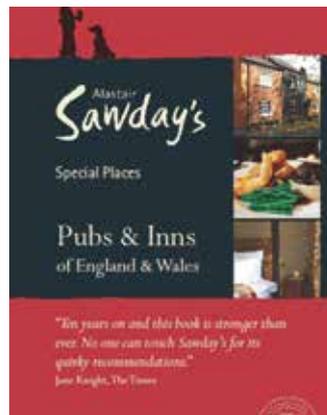
Clervaux is a social enterprise which provides young adults who have developmental and mental health issues with therapeutic work placements in its bakery, kitchen, café and the Clervaux Eco Farm at Croft on Tees. The bakery produces a range of delicious organic breads and foods and sources all its ingredients from responsible growers, farmers and producers.

**Clervaux Bakery, Coniscliffe Rd, Darlington and High Street, Northallerton, [www.clervauxbakeryandcafe.co.uk](http://www.clervauxbakeryandcafe.co.uk)**

## CONGRATS!

The Feathers Inn in Hedley-on-the-Hill, Northumberland, has been honoured for its commitment to local, seasonal and organic produce with an Alastair Sawday pub award.

The latest edition of Sawday's Special Places: Pubs and Inns of England & Wales, comprises 950 of Britain's best pubs with just 12 selected to receive an award. The Feathers gets a Local, Seasonal & Organic Produce Award for actively sourcing seasonal foods from quality local suppliers and menus promoting regional, seasonal produce.



**Feathers Inn, Hedley-on-the-Hill, NE43 7SW, tel 01661 843 607, [www.thefeathers.net](http://www.thefeathers.net)**

## Northumbria's Finest

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See our blackboard in the shop for details each day.

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**Market Place, Allendale Tel: (01434) 683858 (closed 1/2 day Tues)**  
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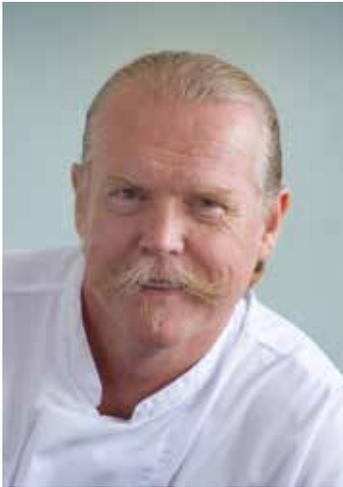
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**16-18 The Milkhope Centre, Berwick Hill Rd, Blagdon NE13 6DA**  
**T: 01670 789924 E: [enquiries@theblagdonfarmshop.co.uk](mailto:enquiries@theblagdonfarmshop.co.uk)**



## HE IS THE WALRUS!

Seaham Hall is re-launching after a £1.5m refurb and the appointment of double Michelin-starred chef Martin Blunos as culinary director.

Blunos – a colourful character best known for his walrus moustache and wicked sense of humour - has revamped menus at the informal Ozone restaurant while the new Blunos Sea Grill brings local seafood and such gems as lobster and chips.

**Seaham Hall, Lord Byron's Walk,  
Seaham, SR7 7AG, tel 0191 516 1400,  
www.seaham-hall.co.uk**



## MARTIN BLUNOS' MACKEREL AND BEETROOT

### Ingredients

#### SERVES 6

6 mackerel fillets  
2 tbsp rapeseed oil  
salt and pepper  
lemon juice

#### Beetroot:

5 medium beetroot  
2 cloves garlic  
1 small sprig thyme  
salt

#### Puree:

250g cooked beetroot (trimmings from the dice)  
200ml beetroot juice  
50ml white wine vinegar  
300ml Buckfast tonic wine (or red wine)  
salt

#### To serve:

mixed salad leaves  
finely chopped hard-boiled egg

### Method

**Beetroot:** Wash (don't peel) beetroot. Place in a loose foil parcel with garlic, thyme and salt, bake at 160C until tender, cool in foil for 30 mins, wipe skins away with your fingers, and dice evenly (keep all the trimmings for the puree).

**Puree:** Combine beetroot with juice, vinegar, wine and salt, marinate for 24 hours, then put on a medium heat until most of the liquid evaporates. When sticky, purée in a blender, then pass through a fine sieve. Now mix in the diced beetroot.

**Mackerel:** Heat oil in a large non-stick pan, score mackerel evenly through the skin, season, fry each side for 2 -3 mins. Remove pan from heat and squeeze lemon juice over the skin side of the fish.

**To serve:** Place a fillet on top of puree and garnish with mixed salad leaves and finely chopped hard-boiled egg.



## ICE CREAM FOR A QUEEN

Doddington Dairy Rhubarb and Crumble ice cream uses a strain of rhubarb called Victoria and Albert which dates from the 1830s. It's made in Northumberland by Neill and Jackie Maxwell (*pictured with daughter Frances*) with milk from their own cows and home-grown rhubarb.

**For suppliers, see [www.doddingtondairy.co.uk](http://www.doddingtondairy.co.uk)**



## ALL ABOARD

When flying out of Newcastle Airport, be sure to stop by the wine and deli counter to enjoy delicious pork pies and homemade charcuterie boards complete with chorizo, salami, pancetta and other meaty treats supplied by Dropswell Farm. Following their accreditation of the SALSA (safe and local supplier) award, their produce will be soon at the airport and other major retailers in the region as well as at the Dropswell farm shop and café.

**Dropswell Farm, Trimdon Village, Co Durham  
TS29 6NL, tel 01429 880 661,  
[www.dropswellfarmshop.co.uk](http://www.dropswellfarmshop.co.uk)**

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



# Veal-good factor...

*Even the most ethical meat eater is okay to eat British veal*

The mention of the word veal can spark heated debate, and over the years we've seen a lot of poorly treated calves that have been deprived of sunlight and kept packed in cages to ensure the ultimate tender meat.

But although this still occurs in Europe, in Britain there are measures in place to ensure our veal calves are ethically farmed. Moreover, if we did not farm these cattle and raise them for food, they would not live beyond four hours, and they deserve so much more than that.

So, it's important that we support the industry and in doing so, respect the animal. Veal is also rich in iron and low in fat and it has a simple taste and a wonderful capacity for taking on other ingredients. It is also extremely versatile and British veal is fairly easy to get hold of; just make sure it's traceable. The recipe here is incredibly simple and worth trying over the summer months; it's light, quick and easy. If you're opposed to veal, you can always try this with a butterflied chicken fillet. However, I urge you to try it. Provided it is ethically sourced (and British) there's nothing stopping you.

## FACTS

High-welfare veal is known as rose veal, as calves are not fed the restricted, low-iron diet that is needed to produce the traditional white veal meat. Some 250,000 young, male dairy calves are condemned as 'waste products' every year in the UK because they are rarely used for beef due to their low muscle tone. These animals are either shot at birth or exported to the Continent. CIWF and the RSPCA are encouraging consumers, retailers and restaurants to buy British veal to ensure a life for these calves.

## VEAL ESCALOPE WITH GARLIC CREAM MUSHROOMS

### Ingredients

#### For the veal escalope:

- 1 tbsp olive oil
- 25g butter
- 100g veal, flattened with a meat mallet or rolling pin
- salt and freshly ground black pepper

#### garlic cream mushrooms:

- 1 tbsp olive oil
- 1 tbsp butter
- 85g button mushrooms, quartered
- 1 garlic clove, crushed
- 1 tbsp grain mustard
- 2 tbsp clotted cream
- salt and freshly ground black pepper
- 2 tbsp chopped fresh chives

#### To serve:

- handful of fresh herb leaves

### Method

Preheat the oven to 180C/Gas 4. Heat oil and butter in a pan and season the veal with salt and freshly ground black pepper. Fry 1-2 mins on both sides or until golden-brown, then transfer to the oven for 4-5 mins or cooked through. Remove and rest on a warm plate.

For the mushrooms, heat the oil and butter in a frying pan and gently fry mushrooms and garlic for 4-5 mins or until mushrooms brown. Stir in mustard, cream and season with salt and freshly ground black pepper. Cook for a further 2-3 mins, then stir in the chives. Spoon the mushrooms onto a serving plate and place the veal on top with a handful of fresh herb leaves.

Tea & Tipple, Corbridge, Northumberland, NE45 5AT  
[www.teaandtipple.com](http://www.teaandtipple.com) Telephone: 01434 632886

## BERWICK FOOD & BEER FESTIVAL

supported by  
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September 7th-8th 2013,  
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Berwick Food Festival is a feast of culture, heritage and food – celebrating the thriving local food scene in North Northumberland and the Scottish Borders.

Highlights include Producers' Market, Beer Festival, Animal Farm, Children's Activities, Cookery demonstrations & Competitions, Film, Music, Street Food and more



Slow Food  
Berwick-upon-Tweed

Adults £2, Under 12s FREE - [www.berwickfoodfestival.com](http://www.berwickfoodfestival.com)

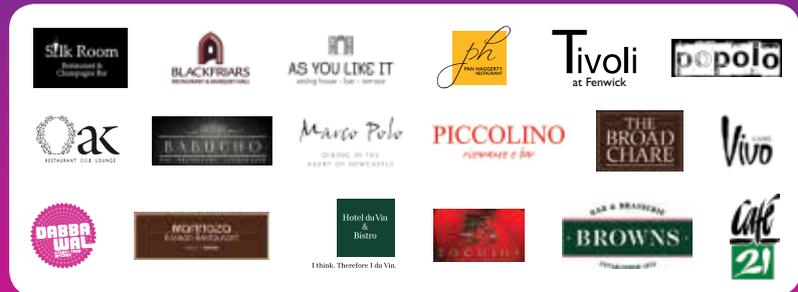


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\*£10 and £15 menus are restaurant specific.  
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★ *A chance to taste, sample and buy some of our delicious food products and delicacies, then browse among the exclusive collection of gifts and crafts.* ★

We will also have activities for the children and on Saturday there will be performances from the Prudhoe Community Band and Sunday The Hannon Murphy School of Irish Dance and the Haydon Bridge Calypso Band.

### PICK YOUR OWN

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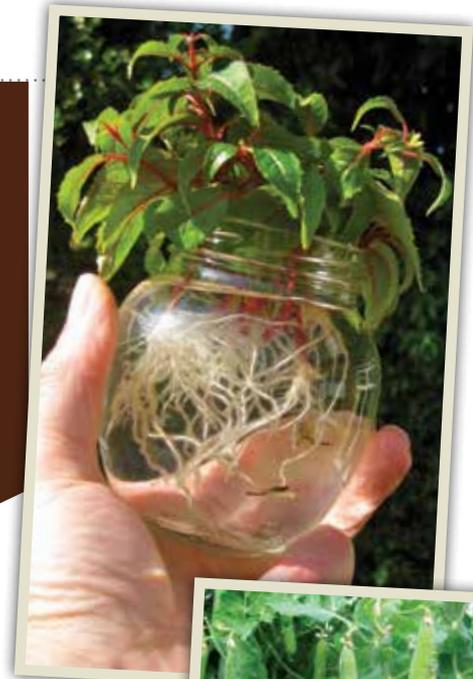
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DIG THIS

# DIG THIS



## Podding along with Alastair Gilmour

**There's a good chance the garden pea can claim to be our oldest vegetable.**

The earliest trace is from Bronze Age settlements in Switzerland around 3,000 BC and from there it spread to India and on to China and then the rest of us.

Nothing beats freshly picked peas, despite the attempts of food companies to convince us that frozen is better. "Fresh as the moment when the pod went pop" is marketing hooey, though as hooey goes, it has stickability.

The thrill of taking dried nodules, soaking them for a day or two then popping them straight into the ground to grow long, strong and vibrant never dims.

Watching pea greenery poke out of well-manured soil and reach supporting trellises or nets over a few summer weeks is one of the allotmentee's great pleasures, and they brighten any dish, from mince and tatties rustled up in the kitchen to pea puree with scallops in a Michelin-starred restaurant.

Sow seeds fortnightly and water well for a continual summer supply - the last thing you want is a glut, it's just a waste - and an autumn crop can be sown in July.

Once the pods are harvested, the plants can be spread on the compost heap and shelled pods can be used to make a smooth blended soup, sieving out the

stringy fibres before serving. Speed of picking is the secret, as within hours their sugars turn to starch and sweetness is lost. Do it as your last allotment job of the day and pod them straight away.

Pick them young, before they have developed large bumps, picking from the bottom up to encourage more growth further up the plant. Either blanch and freeze or cook as you fancy. You can't go far wrong with the classic Italian dish risi e bisi; rice and peas with prosciutto and a lather of Parmesan, traditionally made with the first harvest of spring.

As for goodness, green peas are a good source of bone-building vitamin K and manganese which boosts levels of folate, a micronutrient crucial for heart health and foetal development. Their significant store of vitamin C also supports your immune system, so it would appear the common or garden, everyday pea might not be so humble after all.

**PS** Allotment holders are great savers and barterers. Last month, I bought a bonny hardy fuchsia to fill a space in the garden. I cut off a dozen sprigs, nipped the bottom leaves off and popped them in a jar of water on the kitchen window sill. Feathery roots quickly formed and now they're ready to pot and be bartered with neighbours (see photo above). Canny, eh?

## Morpeth Market

### Every Wednesday Market Square

(opposite town hall)

Farmers Market - first Saturday of each month in the Market Square. **9am to 3pm.**

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

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Northumberland County Council

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[www.goatsontheroof.co.uk](http://www.goatsontheroof.co.uk) Fontburn, Morpeth, Northumberland, NE61 4PL



## BACK TO SCHOOL

Wynyard Hall Hotel in the Tees Valley is creating a cookery school and visitor centre with café, farm shop and deli. The new cookery school will offer day and residential courses in a range of international cuisines.

**For info, visit [www.wynyardhall.co.uk](http://www.wynyardhall.co.uk)**



## TAKE A BREAK

Coffee shop favourite Mister Woods is already popular on Tynemouth's Front Street and in North Shields, and is now set to grow further. Two new coffee shops will open in July/August in the Forum shopping centre in Wallsend, and on the Broadway in Tynemouth, where there will also be a gallery space showing the work of local artists.

**Mister Woods, Front Street, Tynemouth, tel 0191 257 5556, and Railway Street, North Shields, tel 0191 259 2559, [www.misterwoods.co.uk](http://www.misterwoods.co.uk)**



## CHARITY DATE

Josie's Dragonfly Trust, the North East-based charity which brightens the lives of children and young people living with cancer, has named Bouchon Bistrot in Hexham as the venue for its regular lunch club during 2013. The club, which features a meal and a speaker every second month, raises funds for the charity, which was established in 2007 by Josie Madeline Grove, 16, (pictured) in the last few weeks of her life. The trust now supports hospitals in the UK, providing Dragonfly Dreams and cash gifts which to date have raised more than £250,000.

**Josies Dragonfly Lunch Club, Bouchon Bistrot - June 21, August 30, October 25, December 6 2013 - tickets £25, including lunch, drink and tea/coffee, [www.josiesdragonfly.org](http://www.josiesdragonfly.org)**



**WE LIKE!**

## THE PARLOUR

The Parlour at Blagdon opened just over a month ago and is already doing a roaring trade. Based on the Blagdon Estate, it includes Poppy's Tea Room and Marcantonio's Ice Cream Parlour, which sells Italian gelatos made on site in a full range of classic and seasonal flavours. Visitors will soon be able to see the ice cream making as it happens through a large viewing window.

**The Parlour at Blagdon, Blagdon Smithy, Old Great North Road, NE13 6DQ tel 01670 789 935, [www.theparlouratblagdon.co.uk](http://www.theparlouratblagdon.co.uk)**



**Ken and Tracy** Holland's family veg business is renowned nationwide for its heritage and micro varieties. They supply many of the region's and the UK's best-known chefs, plus the Tea Room at Vallum and the new David Kennedy at Vallum Restaurant. The Vallum Kitchen Garden, poly tunnels and raised beds can be seen from Vallum's Tea Room and the Restaurant and if you pop by you may be invited to wander through the Kitchen Garden and rub shoulders with chefs who dropped by to pick their own. Ken is also growing director at Simon Rogan's L'Enclume in The Lakes. **North Country Growers, Vallum Kitchen Garden, Vallum Farm, Military Road, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 822, Twitter @northcountryken**



## Cooks' tours

*This month, Ken has mostly been getting ready for the arrival of the new chef's pod, now installed at Vallum Kitchen Garden*

It's been a busy few days installing the chef's pod at Vallum, handmade from beautiful reclaimed wood by Paul, Susan and the team at Trunk Reclaimed over in Bellingham, and the home of our forthcoming pop-up events featuring a host of amazing chefs including – wait for it – Simon Rogan of L'Enclume in the Lakes, Simon Walsh from Close House, Michelin-starred James Close from the Raby Hunt and of course David Kennedy, who is one of my best customers, his restaurant at Vallum being within a few yards of my garden here.

The pod is unique in that it offers chefs the opportunity to come and cook for small groups (up to 12) using what's growing right here in the garden surrounding the pod and on its living walls. This means we can be harvesting produce as the chef cooks, and they can harvest herbs and edible flowers as they go along so chefs will be using produce from yards, even inches away,

harvested within seconds of it reaching your plate. It's unique, and grabbing the attention of the growing number of chefs who are keen on using the freshest, most local produce.

This pod has been a long-held vision, hatched in conjunction with Paul and Susan at Trunk, who've had no real brief apart from our idea – a shepherd-style hut we can install in the garden and use for pop-up food events.

Their vision has resulted in a brilliant pod with wood reclaimed from the London Underground, the Tyne Bridge, and Swan Hunter shipyard.

It's got stable doors, so guests can look over the garden as they eat and the diners can even pick their own food. We're installing the kitchen next, and we'll launch our programme of pop-ups with some famous names in the culinary world in July. We work with some of the best chefs in Britain, and they're clamouring to be among the first to book their place – watch this space for names and dates.



### IN THE GARDEN

Everything is coming along beautifully at Vallum Kitchen Garden, where the forcing tunnels are doing so well, with everything grown in complete darkness, we've had to put in a second level (a mezzanine for plants if you like) to

accommodate them all. The forced peas and broad beans have taken up residence on the upper levels, while the baby shoots are doing better than we might ever have imagined on the lower level. I suspect we're going to end up needing a bigger tunnel!

### NICE TO SEE YOU

Among our many visiting chefs and growers this month, we've welcomed Ross Geach from the Padstow Kitchen Garden; a former Rick Stein chef and now a full-time grower on the veg plot first planted by his grandfather on the family farm. Ross is a talented grower and chef (a great combination) and he's been up to these

parts to pick our brains and help him hone his crops, most particularly his baby salad leaves. "I follow Ken on Twitter," says Ross [doesn't everyone?], "and I've learned loads from him, so it's amazing to come up here and find out more about the Vallum Kitchen Garden, which I reckon is unique." **You can find Ross on Twitter @PadstowkGarden**



R Turnbull & Sons' Daniel Turnbull with the Alnwick shop's two North East BBQ competition-winning products, which now go through to the Q Guild national final

## BBQ SIZZLE

North East members of the Butchers Q Guild served up sizzling successes in the regional finals of the Guild's national Barbecue competition.

R Turnbull & Sons in Alnwick bagged a brace of wins with its traditional pork sausage and beef and caramelised onion burger, and four golds for its smoky BBQ pork sausage, beef and horseradish burger, goose steak and dry-aged rib eye steak.

George Payne Butchers, Gosforth, was awarded a third for Highland rib eye steak and won four gold awards for its lamb & mint with redcurrant jelly, pork, chilli & red pepper sausages and beef steak burgers.

Blagdon Farm Shop, near Newcastle, struck gold with its pit master sausage, pride of the north burger and belted galloway rib eye steak.

## KING GABOR

Congrats to the new North East Chef of the Year Gabor Pusztai of the Duke of Wellington pub, which is just up the road from **appetite** HQ here in the Tyne Valley.

Hungarian Gabor, a veteran of Copenhagen's uber-famous double Michelin-starred Noma, has been at the Duke since December and is often spotted foraging in the nearby woods and fields for his ingredients.

"It's all about fresh ingredients and seasonal food," he says, adding that he plans to make more pies (perhaps the influence



of the move to Northumberland).  
**The Duke of Wellington,**  
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# The taste of summer

*This month, Jérôme Cogné is savouring the tastes of summer, so long in coming and all the better for the wait, he says*

**At last, we have some sun to warm our backs, and as I write I am anticipating the imminent arrival of the new season's first lamb - later than usual, and all the more anticipated for that.**

England has been my home for 13 years now, and I am proud enough of my adopted home to say that the quality of the lamb and beef we have here is frequently superior to that in France. Of course, French Charolet beef is excellent, but the best British Aberdeen Angus is better, and while French lamb from the Pyrenees is superb and very tender, in my experience English lamb - particularly Northumbrian - is as good, if not better. The grass here is so green, and the wetter weather definitely makes a difference to the meat.

I'll be serving my new-season lamb simply with a beautiful

spring vegetable mash. I will serve braised lamb shoulder wrapped in spring cabbage with a lemon thyme jus, and a rack of lamb on a ragout of white beans finished with wonderfully fresh pesto.

Last year we had the new-season lamb by the beginning of June, but like everything, it is late this year. The same goes for the strawberries and I'm going to make the most of them with my special strawberry soup; for me, the perfect summer dessert. Simply infuse sugar syrup with star anise, vanilla pods and lemon zest, then cool and pour on top of the sweetest strawberries (British, of course). Serve with ice cream and sable biscuits. The best strawberries I've ever tasted? They were from Tritlington Farm, Morpeth, near my home. Try them, and savour a real taste of summer!

YES, CHEF!



## HOMeward-BOUND

I love living in England, but I do miss the food markets of France. Every town and village, even the smallest, has a wonderful market and the range and quality of produce is incredible, with plenty of stallholders cooking wonderful food unhindered by the plethora of health and safety regulations which ruin markets in the UK, as British ex-pats in France will attest.

In July, I will holiday in the Dordogne, home of duck confit, foie gras, truffles and so much more. I can't wait to spend a week touring the markets and the restaurants, and I hope to return with more tastes of France to serve in Northumberland.

I will also enjoy the simple French picnic of salads, cold meats, bread, strawberries - and wine of course. The simple Piemontaise Salad is one of my favourite picnic dishes, with its hard boiled egg, tomato, new potatoes, silverskin onions and French baby gherkins; French because their acidity brings out the flavours of the dish.

The Nicoise is another French classic, dressed simply with olive oil and lemon juice to enhance the flavours of fresh tuna, green beans, hard boiled egg, red onion, olives (always Kalamata for the their flavour and size), and San Marzano baby plum tomatoes on the vine.

The French picnic will include saucisson, jambon blanc, peppered Andouille (pork intestine) and terrine. My own country house pate terrine is from a 100-year-old recipe made with white pork throat and pork belly, shallots, parsley, salt, pepper, eggs, that is all. The fat content keeps it moist, and I am sad to see that so many people remove all the fat from their meat, because it is the fat that carries the flavour. Don't be afraid of fat; there's a preoccupation with eliminating fat from cooking now, but the fat is where the flavour is. I prefer the rib eye steak to the fillet, because it has a bit of fat in it. With a rack of lamb, don't remove the thin layer that sits on top because that's the flavour. If you take it all off, it ruins the dish; why would you do that?

Finally, my picnic might include a cod terrine made to my mother's recipe, with cod poached in fish stock then flaked and mixed with brandy, tomato paste, eggs, salt and pepper, a little crème freche and put in a terrine and cooked in a bain marie. I serve it with mayonnaise with some Piment d'espelette, a powder made from dried tiny red peppers with an intense flavour to give the cod the little kick it needs to take it from good to great. Et voila - welcome to summer!

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**Coffee Shop: 0191 371 8382** Twitter @broomhousefarm

[www.broomhousedurham.co.uk](http://www.broomhousedurham.co.uk)

# TASTECLUB

Harriet Southall from TASTECLUB, the Club for everyone who makes, serves, sells and loves Great North food and drink, is here every month to give the inside track on the region's foodie news and events.

Join the club and visit the luxury gift store at [www.TASTECLUBHQ.com](http://www.TASTECLUBHQ.com), and follow @TASTECLUBHQ on Twitter for all the latest updates.

After what felt like a very long winter, summer is finally here (we think), and if you haven't already dusted off the BBQ then now is the time.

Of course, you need a selection of refreshing drinks to complement your BBQ food, and what could be better than a chilled, locally brewed beer? We asked our microbrewery members for their suggestions...

John Taylor, Brewery Manager at The Stables MicroBrewery, Beamish Hall ([www.beamish-hall.co.uk/stables](http://www.beamish-hall.co.uk/stables)) recommends a seasonal wheat beer. "We're brewing Wheat Corker, which is an ideal BBQ beer. Our Bobby Dazzler and Beamish Burn Brown Ale would also be good choices; we've improved the flavour by increasing the hopping levels on both and reducing the strength slightly on the latter."

One of our new members, Tyne Bank Brewery ([www.tynebankbrewery.co.uk](http://www.tynebankbrewery.co.uk)), has two ales perfect for summer. MD Julia Austin says: "Southern Star, our New Zealand IPA, has a bold fruity aroma and a crushed grapefruit flavour. Try our Silver Dollar American ale, too – it has a hoppy and bitter taste but with a summery citrus kick."

The brewery has also started offering bespoke beers for weddings this summer. Grooms and brides-to-be can try their hand at brewing their own beer at Tyne Bank and then serve it at the wedding, use as favours or gifts for groomsmen.

Sonnet 43 Brew House ([www.sonnet43.com](http://www.sonnet43.com)), based in Coxhoe, Co Durham, has just launched an online store selling bottles of beer, mini kegs and gift packs. Its lighter beers for summer include a wheat-style Blonde Beer and American Pale Ale, which has a strong, hoppy flavour.

Grace Noon from Sonnet 43 said: "We also have a new beer every month – Elderflower Blonde in June and Insular Art in July. The Insular Art takes inspiration from Lindisfarne Mead, capturing its signature flavours of herbs and honey."

"This was recently crowned the winner of the Battle of the Beers at Bishop Auckland Food Festival, which we were thrilled about."

Those are just a few of the refreshing beers brewed here in the Great North that you can enjoy this summer – a great excuse to make the most of the weather while (if) it lasts...

## £2 BEER FROM SONNET 43

Sonnet 43 Brew House is offering **appetite** readers a pint of beer for £2 at the following venues: The Lambton Worm, The Italian Farmhouse and The R Bar at the Best Western Roker Hotel.

**Offer available until mid-September: Just text the keyword 'SONNET' to 60 777 for your discount code.**

## KITCHEN KIT



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



## STAND AND DELIVER!

We are suckers for all things Denby (despite the fact that the editor of this magazine is the only person on the planet who can chip Denby's normally indestructible kitchenware). We want this cake stand from the Denby range at Debenhams, plus the salad plate, plus the dinner plate, plus, plus, plus... **Denby Monsoon tiered cake stand, £35, Debenhams, [www.debenhams.com](http://www.debenhams.com)**

## WEIGHTY MATTERS

Top marks for clever kit from the excellent Stangers Cookshop in Jesmond, Newcastle, with this groovy folding Triscale by Joseph Joseph. You can add and weigh with this digital scale, which means you can keep adding ingredients to the same bowl without having to bother with mental arithmetic. It weighs in gms, lbs, ozs, fl.ozs and mls and folds into the cutlery/utensil drawer. It comes in green and white.

**Joseph Joseph Triscale, £30, Stangers Cookshop, St George's Terrace, Jesmond, Newcastle, NE2 2DN, tel 0191 281 8563, [www.stangerscookshop.co.uk](http://www.stangerscookshop.co.uk)**



## MORE TEA?



Gastronomy has reached new heights with the introduction of Sage™ kitchen appliances tried and tested by none other than Heston Blumenthal. We are particularly taken with this tea maker, which caters for tea lovers who know that brewing tea at the wrong temperature can destroy flavour balance. The Sage™ Tea Maker™ (a bargain at £199.99!) is the world's first fully automatic tea maker and it brews for exactly the right time and at precisely the right temperature, keeping the tannins of the tea leaf intact. Simply select your chosen tea type and once the perfect temperature is achieved the leaves are automatically lowered into the water, and then back up again, to produce a delicious cup of tea. It's available at department stores and online. Unfortunately, you don't get Heston with it.



## ART ON A PLATE

Award-winning artist Mary Ann Rogers is setting a new place for her artwork with a new range of tear-off paper table mats featuring her gorgeous images of hares and hounds painted in the Tyne Valley. The packs of 50 disposable table mats are ideal for parties, balls, events and themed dinners. A3 in size, on a

cardboard backed pad, a set is £15.

Available to purchase at [www.marogers.com](http://www.marogers.com) or at **Mary Ann Rogers Gallery, West Woodburn, Hexham, Northumberland NE48 2SE, tel 01434 270216, during the summer exhibition June 24-July 15 11am-5pm**



## POPPING UP

Consett-based gourmet popcorn maker Corn Again has added Sweet Cinnamon Spice to its snack-size range, alongside Salty Sweet and Chilli & Lime. Corn Again only uses quality, natural ingredients, and you can pick up bags at Fenwick Food Hall, Country Whey, Rehills of Jesmond, Deli Espresso, Vallum Farm, Mister Woods Coffee Shop and The Deli Around The Corner.



## FOR ALL THE TEA SERVED IN CHINA

We love this ladylike pale green tea cup with a pretty pink rose design at the bottom of the cup and on the saucer, which is finished with an elegant gold scroll pattern inside the cup and gold edging to the rim of the cup and saucer. Perfect for a stylish afternoon tea!

**Green teacup and saucer £12.95, [www.lovefromrosie.co.uk](http://www.lovefromrosie.co.uk)**

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**Louis,**  
71 - 73 Osborne Road, Jesmond,  
tel 0191 281 4545, [www.louisjesmond.co.uk](http://www.louisjesmond.co.uk)

*Rosie McGlade takes one of her more demanding mates to Louis in Jesmond, for one of the best meals in Newcastle*



**To Louis, Jesmond, with The Brunette; she of high expectations and a life so full we're onto the cheese by the time I've caught up (I only saw her a few weeks ago), and the only person I know going to Turkey next week to a Kate Moss-rated sanctuary, where you have 'treatments', yoga, and discuss your morning coffee enema over a glass of water.**

It's unlikely she'll consume the calories in a whole week that we're about to put away tonight (my son tells me I actually look pregnant when I get home). I had my surprise 40th here - one of the nicest nights of my life - and Louis makes for a great special occasion venue.

They're investing a fortune in the best available ingredients and a magical-touch chef, Lee, while the waitresses are up with the nicest in town; friendly, helpful, professional, fun. If I'm brutally honest, The Brunette, an interior designer, makes a good point about refining the decor if they're going to stay tuned to this market - it's nice, and our little booth very comfy and cosy, so they could maybe do with a wow or two here, something bold, chic and a bit sexy. She asks them to dim the lights and lower the music, and

the atmosphere develops immediately. And the food really is super. For starters, we share Lindisfarne oysters (£12 for six), twice-baked Collingwood cheese and spinach soufflé with wild garlic and tomato confit (£6), and foie gras (£12).

The Brunette takes her reviewing responsibilities seriously. "The poached egg's wrong with this foie gras," she says, "and the toast's too thick. Apart from that, it's gorgeous." I disagree about the toast; it's been sautéed with black pudding, and forms the most heavenly combination with the meat. It is sensational, it really is. Also extremely good, is the soufflé, and they're both of them things you just wouldn't really do at home, so that makes it special.

There's a surprise melon sorbet palate cleanser, then the main course - belly pork (£16) beautifully cooked, and sea bass (£20), fresh, white, delicate and lovely, and a variety of prettily presented purees and interesting vegetables. Side plates (£2 each) comprise thick chips, perfectly homemade, and lightly grilled asparagus.

Onto the cheese plate, which The Brunette says is the finest and best-selected she's had in the North East, and she fancies herself an international diner. There's a warm melting raclette, an Isle of Mull cheddar, a punchy Durham camembert, and several other local delicacies. Easily enough for two at £12. Even Lee's special chutney gets her approval. The dessert assiette, a little bit of everything, is again beautifully presented and very well made.

There are things I've eaten tonight I'll remember for ages, which is the sign of an exceptional meal. And it's been good value for money; even the wine, a 2010 Vega del Rayo Rioja, is a nicely balanced treat and not bad at all at £21.95.

There's a cheaper early evening menu, with two courses for £16.95 and three for £18.95, which sounds excellent value, but overall theirs is a tough market these days. One thing for sure, this is a great time to go, where you'll have the nicest service, fantastic portions and the highest attention to detail.

Supper



# SUMMER SUPPER!

*Our Anna Hedworth, who blogs as The Grazer, is de-camping to the Farne Islands to run supper clubs with the National Trust, no less*

**T**his summer sees the start of a very exciting collaboration I have been planning for quite a few months now.

Earlier in the year an email landed from the National Trust; they had heard talk of my supperclubs and wanted to chat. Fast forward a few months and I found myself laying out a long table feast inside a 14th Century chapel on the Farne Islands, nervously waiting for 40 people to arrive for lunch.

Four very special Supperclubs will take place over the summer months on the Farne Islands and at Lindisfarne Castle. I've been menu planning, wandering round Lindisfarne Castle after hours and speeding over to the Farnes on a tiny boat testing out the plan on National Trust supporters. I'm happy to report they loved it; I know this because there was a round of applause and a lot of kind words.

This summer you could find yourself part of it all. Picture yourself on a private boat sailing over to the Farnes late in the

afternoon, arriving on the white sandy beach of Inner Farne to be greeted with aperitifs and tasty treats. You'll be the first people ever to have cruised over to the Farnes for supper, unless Grace Darling used to row over to picnic of course, but I think that unlikely.

I felt like I was moving house as I loaded my car with everything imaginable to host lunch - flowers, decorative glass, cutlery, crockery; I had half filled the car before I even got to the food. The interesting bit was loading it all onto a tiny speedboat at Seahouses and speeding over to the islands. I had visions of toppling in backwards, being hauled out and hosting lunch soaking wet and embarrassed. The next obstacle was unloading the boat while being attacked by squawking Arctic Terns pecking my head. It was certainly unique!

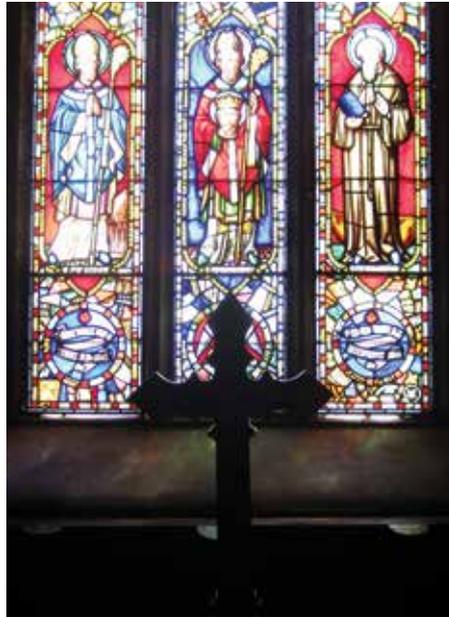
The setting is definitely the thing, and the evening will include a private tour of the island and its beautiful

beaches, the Lighthouse and its gardens, thousands of amazing birds, gazing back at Bamburgh Castle and the beautiful Northumbrian beaches.

At dusk find yourself sitting down to dine in the lighthouse gardens or the tiny chapel on the island, a beautiful long table loaded with platters of fresh seafood, lobster, langoustines, samphire salads, and slow-cooked Northumbrian lamb to feast on as you settle into your incomparable home for the evening.

Or you could find yourself driving over the causeway to supper at Lindisfarne Castle. Arriving on the battlements to canapés and aperitifs with views of the Farnes, Bamburgh and Dunstanburgh, followed by a tour of the castle, it's your private residence for the evening. Supper will be served on the battlements and your view for the evening is the sun slowly sinking over the Cheviots. Tempted? These will be very special evenings of beautiful food in unique settings. A summer must!

For more from Anna, go to [the-grazer.blogspot.co.uk](http://the-grazer.blogspot.co.uk)



## SEAFOOD NEEDS **e**MAYO!

Pound a clove of garlic to a smooth paste with some salt in a pestle and mortar, and whisk in an egg yolk. It will take on a mayonnaise type consistency even at this stage. Add a pinch of mustard powder and whisk again. Then begin to whisk in extra virgin olive oil, just a drip at a time at first, very slowly, and then a steadier stream. I use about 200ml of extra virgin olive oil when about half of it is combined add the juice of 1/4 lemon. You can use vinegar also, it's the acid that is needed, then add the rest of the oil. If the mixture splits at any point, thins or breaks down, you can fix it by beating a new egg yolk in a clean bowl and adding the split mixture little by little and all will come good. You can leave out the garlic, add more lemon, add chopped herbs or roast garlic, paprika, spices... anything really, to create a delicious dipping side for fresh langoustine, lobster, crab or prawns.

Now, just head to North Shields Fish Quay or the Grainger Market in Newcastle, and buy some giant cooked langoustines, crack them open and dip in this delicious mayo, which is a totally different experience to the white gloop in jars. Enjoy!

## BY THE SEASIDE



There are only 20 places available for each of the following dates

|                      |                    |
|----------------------|--------------------|
| Saturday July 20th   | Lindisfarne Castle |
| Saturday July 27th   | The Farne Islands  |
| Saturday August 3rd  | The Farne Islands  |
| Saturday August 31st | Lindisfarne Castle |

Tickets are £99 per person, including unique private access to the Farnes and Lindisfarne, a private tour of the castle and island, telescope tours of the coastline, history and nature talks from the National Trust, food introductions from The Grazer, welcome aperitifs, a three-course

meal with wines to match and coffee to finish.

**To book, contact Lindisfarne Castle, tel 01289 389244, or for more info, go to [www.nationaltrust.org.uk/lindisfarne-castle](http://www.nationaltrust.org.uk/lindisfarne-castle) or visit [the-grazer.blogspot.co.uk](http://the-grazer.blogspot.co.uk)**



# Blake's heaven



*An old stager can still captivate its clientele, as Alastair Gilmour discovers*

**If life teaches you some lessons, near the top of the list will be 'read the instructions'. Rules, directions and advice, however, go straight over some people's heads.**

The Ikea step-by-step guide is usually tossed aside with a grunt of, "there's only four bits to it, how can it go wrong?" Yet it does. The tin of gloss paint - "stir well before use" - is similarly dismissed. It's been slooping and glooping in the car all the way home from B&Q, so that'll do. Only it won't.

So when a sandwich is labelled "melt", perhaps it's a clue to how the filling is best enjoyed - but no, some of us go for plain "straight". Lunch-life lesson: when it says melt, get it toasted.

The display cabinet at Blake's Coffee House & Kitchen in Grey Street, Newcastle, is crammed with sandwiches and savouries - some of them "melts" and all of them making the choice really difficult. Parma ham, beef tomato and mozzarella sesame-seeded

buns yawn with a plumpness only marginally more voluptuous than their neighbouring sweet chilli chicken beauties.

Mexican bean melt is a long, cheesy tiger bread crammed with tomato, cheese and kidney beans which does a hat dance when warmed through, while the minted lamb roll is a straightforward but delectable contribution to the science of melt.

Blake's has been a Grey Street institution for the best part of 20 years with an emphasis on simple things done well. It has a jazz and blues vibe - Friday night is live blues night - emphasised by framed photos of Bob Dylan looking cool, Johnny Cash in pensive pose, soul daddies from the Seventies with mutton-chop sideburns, big hair and bigger collars, and entertainers from the days when musicians sang, strummed and smoked all in the same breath.

Blake's clientele is varied - office drones, shoppers, trippers, wanderers, regulars and one-off





sightseers merely popping in for a cuppa, but like many a coffee house since JK Rowling wrote Harry Potter over endless fill-ups, it attracts the long lingerers; the newspaper scourers and laptop tappers. Everyone adds to its liveliness. The chatter is animated and when the place busies as lunchtime approaches it ascends to a loud clatter that all-but drowns out the 'chchch-whoosh' from the espresso machine; the reassuring sound that tells you there's nothing instant in the cup.

The café's interior is pared back to simple dressed stonework, timber panelling finished in pastel greens, and a frieze of cheerful tiling. A full mix of furniture

styles regularly scrapes the bare floorboards.

Two raised areas at the huge windows are generally occupied by observers of Grey Street's ups and downs, although you can while away the time in similar but more continental fashion on the pavement with a glass of wine or beer, weather permitting. The wearing of sunglasses isn't compulsory, but it adds attitude to the Blake's savoir-faire.

New owners are slowly freshening the place up, though to be honest it doesn't need much. But there's a mountain of competition in this part of town, now that the banks, finance houses and insurance offices

have retreated to make way for restaurants such as Las Iguanas, Café Rouge, Browns and 9Bar. Pleased To Meet You has opened to high fives around the corner in High Bridge, prompting Fitzgerald's pub nearby to close in July for a six-week refit. And with Carluccio's about to open its doors just up the road, this slice of Newcastle has become a serious culinary parade rather than a quick route to the Quayside.

Blake's, though, is more everyday affordable than many of them with jacket potatoes starting at £3.75. Full English breakfast (£5.95), available till 2pm, is a combo of the usual suspects – Cumberland sausage, bacon, egg,

mushroom – while the Full Monty (£8.95) is doubly so.

Eggs come as royal, benedict or salsa (from £5.95) and again the choice is made all the more difficult with a menu of kippers, breakfast stotties and porridge.

Cheese, chive and red pepper quiche with salad has a bit of clack and we've got rather fond of milkshakes with Italian ice cream, which is a richly indulgent pick-me-up.

Blake's doesn't need to change too much; it's got bags of the character and wit that you can't magic up from a refurb. It's got value on its chalkboards and animation in its soul. Just melt into the atmosphere.



*Great British Bake Off sensation John Whaite is heading to Northumberland to launch his new book. Jane Pikett is charmed*

# FOOD FOR THE SOUL



**Here's a starter for ten – what was life like before The Great British Bake Off? If you can remember, you're a better woman than I, because I find it almost impossible to recall a time before**

**Mary Berry and her precision blow-dry, Paul Hollywood and those piercing blue eyes (number one cause of his marital breakdown, I'd say), and John Whaite, the 2012 winner and my particular favourite, for his lush hair as much as for his baking.**

The hair is wonderfully coiffed for the front cover shot of his new book, *John Whaite Bakes*, and I don't feel it's too weird to mention the fact when he's on the other end of the phone, though an earwiggling colleague points out later that commenting on a young male interviewee's hair is verging on *The Cougar*. I think she's jealous.

Whaite is a sweetie, too early in his career in the spotlight, or probably just too nice, to be all Diva-like. He's chatty, open, a bit guileless for someone who could find himself turned over anytime by tabloid hacks who just love to build you up to knock you down, but perhaps not, because as I say, he's lovely, so who'd want to be nasty back?

Anyway, for now he's the darling of tabloid and broadsheet alike; and what's not to like about this sweet, Manchester lad, who loves his mum and talks fondly of a childhood spent learning to bake with her, finding solace in cooking after his parents split when he was five, and continuing to find therapy in the preparation of food through a life which is at times blighted by depression. As I say, perhaps he's too open, but there is something beguiling about his honesty.

Of his well-documented depressive episodes, he says, "oh yeah, I'm a mess!" (he's laughing) "but you know, cooking is a therapeutic process; a great way to express

your feelings, weighing out the ingredients with your thoughts. Mind you, I'm also greedy, so it's not just the process of cooking, I do like to eat!" Ah yes, his relationship with food; *The Daily Mail* claims he was once 18 stone, though he says he was actually 16.5 stone at his heaviest ("and SO fat!"). He's skinny as a rake now, though ("well now I wrap myself in cling film every night, ha, ha!")

In reality, he says, he's pretty useless at grooming, regular telly appearances or no. "I go out and buy lovely products, use them once, and then forget about them, but then I'm not Kim Kardashian; people don't expect a baker to look that great, do they?"

Since winning *The Great British Bake Off*, John has written his first baking book, *John Whaite Bakes: Recipes for Every Day and Every Mood*, and he's currently writing his second. He is also studying towards a Patisserie Diploma at the prestigious *Le Cordon Bleu* in London, he takes part in regular demonstrations, talks and classes around the country, he runs workshops, he's on the telly a lot, he blogs, he's doing a book tour, which is what brings him to the North East in July, and he's big on Twitter and Facebook, which as any social media tart will tell you, can be a full time job in itself.

The day before we speak, he has put out Twitter appeals for places to lunch, cocktail, and dine in London because his family is down from the North West visiting him, which is rather nice, I think. He and his partner Paul, a graphic designer, only moved down there in January, basically because John is so in demand now. They're lodging with a friend's mum in Greenwich, which is lovely, he says, "and my friend's mum lets me take over her kitchen, which is so nice".

He says he's a workaholic, which is presumably how, during the filming for *Bake Off*, he completed his law degree at Manchester University (with a First) and clinched a high-flying City job. He says he "must have been drunk" when he opted for the legal profession, "or maybe I was just doing

## APRICOT & WHITE CHOCOLATE FLAPJACKS

### INGREDIENTS

**makes 16**

200g dried apricots  
225g salted butter, cubed  
120g light brown muscovado sugar  
150g runny honey  
zest of 1 lemon  
2 tbsp treacle  
400g rolled oats  
200g white chocolate

### METHOD

Preheat the oven to 180C/Gas 4, finely chop the apricots. Put the butter, sugar and honey in a pan over a medium heat and stir until melted and well mixed, then add the apricots, lemon zest and treacle and mix. Tip in the oats and stir into an oaty mush. Dollop into Swiss roll tin, greased and lined with baking paper and even out. Bake for 20–25 minutes, or until just darkened around the edges and golden brown in colour. Once cool, slice into 16 rectangles or triangles. Melt the white chocolate in a heatproof bowl over a pan of barely simmering water. Dunk one end of each flapjack into the melted chocolate, or drizzle the melted chocolate over the flapjacks. Allow chocolate to set.



**SWEET TOOTH**

what my parents expected. I don't regret it though, I enjoyed my degree and I enjoyed my job; it was a fantastic opportunity. I've found my niche now though." Born and bred in Manchester, he's fashion conscious, funny, and a high achiever who originally got a place at Oxford University but jokes he left because they didn't have an oven. He's always had a keen interest in performance and he has acting qualifications with LAMDA and RADA and is an accomplished dancer, public speaker and model in addition to being a baker, cook and blogger (at [www.johnwhaite.tumblr.com](http://www.johnwhaite.tumblr.com)).

As mentioned, food and its preparation feeds his soul as well as his body, and his book documents recipes to fit various moods. It tells the reader: 'John Whaite Bakes. He always has. Whether he is happy or sad, in love or heartbroken, on his own or with friends, he believes that whipping up his favourite dishes provides nourishment for both the body and the soul.' To stand out among his siblings and step-sibs as a child, he would make his

microwavable green sponge ("weird, but it was my party piece"). He began making cakes, gingerbread men - the usual fayre for young cooks who often get bored and leave mum to it half way through the process, returning only to lick the bowl - but he kept at it. "My mum remains the best cook of the two of us though," he says, and he cites her meat and potato pie as the signature dish of his childhood and his choice for his last meal on earth.

There is a chapter in the book called Seeking Sweet Solace, for lifting the mood with food. His recipes include A Giant Hug in a Barley-filled Bowl, The Lone Wolf's Baked Eggs ("for times when you're feeling a bit down in the dumps") and Plait of Worries Loaf.

Cooking, he says, has been a comfort blanket since he was a little boy, but there are also recipes in the book for every day and every mood, from times of loneliness, to nostalgia, and at the end a party chapter devoted to happy hours, cocktails and canapés.

His second book will focus on cooking

for occasions, so that, he says, he can write about Christmas. "I could do Christmas every day, I love it so much. I'll draw the curtains in mid-summer and watch a Christmas movie." His signature seasonal dish is his Boxing Day croissants - stuff croissant dough with turkey, cranberry and stuffing and bake - "simple, and amazing!" he says.

The fact that he looks about 12 doesn't guarantee trust for his recipes, but I can vouch for the fact that they are, in my experience, fool-proof, and what's good for Mary Berry has to be good for the rest of us, surely? Mind, he's fallible - among his most memorable moments on the show was almost slicing off his finger when he put it into a food processor (which was whizzing at the time) to check how his dough was doing. There was lots of blood and he had to miss the rest of the day. It is my fantasy that Mary - everyone's mother hen - nursed him back to full culinary health.

He has a lovely way about him, and he does a good line in off-beat culinary experiences,

## WHITE CHOCOLATE AND LEMON TARTLETS

for example, the online JWB Book Club, where you cook something from the book, then log on at the appointed hour to talk about it. Sounds like a date. He's not as soft as he looks, either - remember the high flying City job - and he runs corporate cookery days, marketed on his website thus: "John may look like a mild-mannered baker, but he has learned the fundamental skills of business. During the highly intense and pressured filming for the Great British Bake Off, John was able to organise his time efficiently enough to gain a first-class law degree. He demonstrated enough ability to wow the judges of the BBC competition, which he went on to win. He then secured a job as an asset financier for the Lombard Asset Finance, but John went on to follow his ultimate dream and wrote his first recipe book...John does not pride these successes on a selfless, introverted attitude; he believes that it is down to his ability to communicate, organise and influence others."

He describes the experience of being on GBBO as "a lovely time with lovely people and none of the nastiness you get on some other reality shows", but adds that it was also "an intense and very competitive experience".

Beloved, as mentioned, by all sectors of society, or so it seems, he is as comfortable on safe, mainstream telly as he is as a food columnist for the celebrity gossip bible Heat (they call him 'Hot John', which he thinks is hilarious). Search on Twitter and there is a photo of him, topless apart from a dickie bow, Chippendale-style. The picture prompted much Twitter praise from fans male and female; John just laughs when I say that perhaps he might have to become more media savvy. "No, it was just fun. I was working in a café and they asked me to do it for a ladies evening. It was fun. I can't take myself too seriously." The day we speak, he's been on ITV's This Morning making a spinach and potato pithivier. And when he's not on telly, making personal appearances, being a celeb and such like, what does he do? "I cook. I don't have a life outside food! Seriously, I'm the luckiest man alive."

**John Whaite is at Vallum Farm near Newcastle on July 31 to introduce his new book, JOHN WHAITE BAKES: RECIPES FOR EVERY DAY AND EVERY MOOD published by Headline priced £20. The evening event, hosted by Forum Books, Corbridge, includes In Conversation with John, book signing, food by David Kennedy, and a licensed bar. Tickets are available from Forum Books, Market Place, Corbridge, NE45 5AW, tel 01434 632 931 [www.forumbooks.co.uk](http://www.forumbooks.co.uk); and Vallum Farm, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 652, [www.vallumfarm.co.uk](http://www.vallumfarm.co.uk)**

### INGREDIENTS

**makes 12**

1 egg  
125g golden caster sugar  
1 tsp vanilla or almond extract  
250g plain flour  
125g salted butter, cut into cubes

### Filling:

200g finely chopped white chocolate  
50ml cream  
zest of 1 small lemon  
2 tbsp Limoncello liqueur

### METHOD

For the pastry, whisk the egg, sugar and extract in a bowl until the sugar has dissolved. Sift the flour in and stir with a wooden spoon until the mixture has a sandy texture. Add the butter, and 'cut in' using a butter knife or a pastry cutter until the butter is incorporated and the dough comes together. Remove from the

bowl and knead gently for a few seconds. Wrap in baking paper and chill for at least 30 minutes before using. Preheat the oven to 180C/Gas 4. Roll out the pastry to about 4mm thick, and cut out 12 circles using a cookie cutter. Line a 12-hole shallow bun tray with the pastry circles, pricking the base of each one. Cut out 12 squares of baking paper, larger than the holes of the tin, and line the pastry with them. Fill each square with ceramic baking beans or dried rice and bake for 12 minutes. Remove the paper and beans, and return to the oven to bake for a further 5 minutes. Allow the pastry cases to cool completely. Make the filling by placing the chocolate in a heatproof bowl. Heat the cream in a small saucepan until it is just hot enough that you can't hold your finger in there. Stir in most of the lemon zest and the Limoncello, then pour over the chocolate. Stir together until the chocolate has melted and you have a glossy ganache. Set the bowl over the saucepan and stir constantly until the chocolate is thick and glossy. Fill each cooled pastry shell to the brim and top each tart with lemon zest.

**TARTY TREAT**



# ON YOUR BIKE

*He calls it his eye-catching outlandish Heath Robinson food bike. It sums up the look of the weird and wonderful fish shack, if not the fabulous seafood Adam Riley cooks there, says **Rosie McGlade***

**Adam Riley can't be the only one who's taken to the North East coast with their loved one, looked out to sea, and wondered, 'how the hell do I get hold of the fish out there?'**

Too much of what we buy here, he says, comes from Atlantic waters and a good deal of what comes in from our North Sea is sold elsewhere.

So Adam has built himself a fish shack powered by a bicycle - like something out of Chitty Chitty Bang Bang - to serve as a vehicle for serving fresh fish, locally caught and landed at North Shields' wonderful Fish Quay.

It all began at the first Tynemouth Food Festival last year, though its origins, as we shall see, grew up alongside Adam.

"It was made as a one-off," he explains. "I fancied doing something for the food festival and my wife and I were always moaning about local fish going abroad, so the idea was to take fish landed here and make it accessible." ▶



ADAM RILEY

Riding the waves

Adam has been involved in food from the age of 12 when, growing up on the Isle of Man, he worked at a Swiss restaurant prepping lobsters, drawing pheasants and the like, until he was 18.

He's the son of Ozzie Riley, founding member of the innovative Dodgy Clutch outdoor events and theatre company. As such, he moved from the Swiss restaurant on the Isle of Man to art and design, making animated sculptures and structures for outdoor events and touring theatre.

There were the Enchanted Parks Christmas installations at Saltwell Park in Gateshead, where Adam created Medusa-like figures whose eyes lit up when you walked past. There were the life-sized puppets in Elephant, not a million miles away from the horses of War Horse, which toured internationally, including a stint on Broadway in 2010.

"I've always enjoyed something quirky, and I love good food and cooking," he says. "The month before the Tynemouth Festival, I'd been making sculptures and puppets from bicycle parts for a Jubilee parade, and I had this idea of getting a bike and fitting it with a fish mobile that turns around as you cycle. It progressed from there."

The fish shack contains a charcoal-fired BBQ and monkfish wraps are a particular favourite, as is Thai curry and barbequed lobster, the barbecuing concentrating the juices in the shell.

"We concentrate on a local, really small menu, but it seems to be working, and this year I've been able to juggle things to try and make a success of it."

He does a lot of weddings and events and is increasingly securing regular slots for the summer in and around the Tynemouth area. From July 13, the shack will be on the beach in King Edward's Bay every fine weekend from noon, with live music, braziers and an invitation to bring your own on a Saturday night. In August, there's a Heaven on the Haven weekend on the roof of Tynemouth Sailing Club, with an Argy Bhaji Night, a Kedgeree Breakfast, and a Lobster Night.



The popular shack

## FISH DISH

There's also the Boiler Shop Steamer at the Stephenson Works in Newcastle on the first weekend of each month, which Adam helped create and organise.

"The idea came from a guy I was working with in London, who had put together a little event in a warehouse there with a few food shacks and music, and which became really popular.

"It was partly to help get the Fish Shack a regular gig, but it's threatened to take over. We've booked the venue through until December. We're teaming up with the EAT! Festival in September, then there's the Urban Night Feast, and we're doing an Oktober Fest after that. There are some really great street food operators in Newcastle. I think we must be one of the best cities in the country for this sort of thing."

In the long term, he hankers after a rustic fish restaurant, with the same locally caught, simply cooked philosophy. "Almost on the beach, maybe in a shipping container or something like that, but with shelter and warmth. I've seen the sort of thing in Scotland, just a wooden shack on the beach. You could do cullen skink or chowders in winter and make it work all year round."

And with fish this good, it'll work, whatever the weather.



For more information on Heaven on the Haven, Aug 9 & 10, and other Fish Shack appearances

go to [www.rileysfishshack.com](http://www.rileysfishshack.com)

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# BY THE SEASIDE

*Rosie McGlade rolls up her sleeves for an introduction to preparing crab and sustainable fish dishes at a Tynemouth B&B, with top tips from host Sally Craigen. What a great way to spend a weekend*

**Dressing a crab is something you might want to do with friends, a bit like dressing up for a night out. It's fiddly and time-consuming, but it's fun done in company and inevitably leads to an occasion.**

White crab meat is expensive because of all this palaver, but you can buy cooked whole crab for not much more than a couple of pounds on North Shields Fish Quay, and once you know what you're doing - dead men's fingers are easy to identify and pull out, as it happens - it's not half as intimidating as you may think.

Sally Craigen is on a mission to educate us about the glories of the North Sea and the accessibility of the creatures therein. Fish, she says, is great value, good for you, quick to cook and delicious. You can also buy it in good conscience, choosing types that are plentiful, though you may not always have heard of them.

Her latest venture, having bought a beautiful B&B on Tynemouth's Front Street three years ago, are Taste of the Sea weekends, where guests are educated in sustainable fish and seafood, and offered myriad ways of preparing and cooking.

It's a blustery, rainy morning as we head to the Fish Quay; we might almost be on one of the fishing boats. Sally is keen to promote her current favourite fish, gurnard. Sales are down considerably and if we don't use it we'll lose it, she warns.

## Chiara Sambuca 2

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## FISH QUAY

Inside the fishmongers, the stars of the morning's catch are beautifully arranged on ice; massive-headed monkfish, haddock, plaice, sole and all the usual favourites, with a shoal of motionless gurnards, some orange, some red.

"They come in different colours depending on where they've been feeding," says Tony the fishmonger. He's very friendly and Sally and her guests get to go to the 6.30am wholesale market, normally out of bounds to the public.

There are boxes of the day's catch for sale for £5. A fiver! I buy one, with five haddock and five witch sole. Hopefully, by the time I get home I'll know what to do with them. There's another box bursting with 13 gurnards for £5 also.

Back to the kitchen, and first the crab, which we attack with nutcrackers and tiny prongs until all the meat is in a bowl. Sally's weekend guests will make crab cakes with it.

"I also do a lovely Thai curry where you prepare it [ie, take out the poisonous 'fingers', and the worst of the bones, etc] but you don't have to take the meat out. You eat it cooked with your fingers, which is messy, but very good," Sally says. "And it's wonderful with coriander and chilli in a spaghetti!" (Fry onions with garlic, add fresh chilli, mix in the white meat, add coriander and, if needed, a little more olive oil before adding to spaghetti, then serve with parmesan).

People don't seem to know gurnard, a Hugh Fearnley-Whittingstall favourite which is sustainable and tasty, says Sally, who shows me how to do it with chilli and orange and also pan-fried and served with samphire and crushed potato and onion.

It's amazing; just wonderful, and she is a great teacher. I come away thinking I must cook fish more often. What, dear reader, is not to love?



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A Taste of the Sea at Martineau House includes two nights' B&B, hands-on cookery lessons and meals at local venues.

## Recipe notes

### SALLY'S FISH STOCK

Add a glass of white wine to a pan containing bones, heads and tails, half a chopped onion, salt, half a dozen peppercorns and a bit of chopped carrot with bay, parsley or thyme. Boil for two mins, top up with water to cover it all and simmer for 30 mins before draining, putting the stock back in the pan and reducing. You can freeze any excess.



### ORANGE AND CHILLI GURNARD

Take a whole, gutted fish and score a few slashes in either side and fill with fresh red chilli and salt. Wrap in a double layer of foil and bake at 190C for about 15 mins. Serve with orange chilli compote made with 15g butter melted in a pan, to which you add two finely chopped shallots and soften, then a small red chilli (de-seeded and finely chopped) and two spears of chicory (sliced) and cook for another couple of minutes, then add the juice of one large orange, 1 tbsp lemon juice, 1 tsp sugar, salt and pepper and simmer, stirring occasionally, until the mix is moist rather than liquid (5-10 mins). Season and keep warm.



### SALLY'S PAN-FRIED GURNARD

Sally pan fries fillets of gurnard for just a couple of minutes per side in a hot pan with a little olive or rapeseed oil and serves it with lightly boiled or steamed samphire with a cream and chive sauce made with the fish stock, plus new potatoes crushed with fried onion and butter.



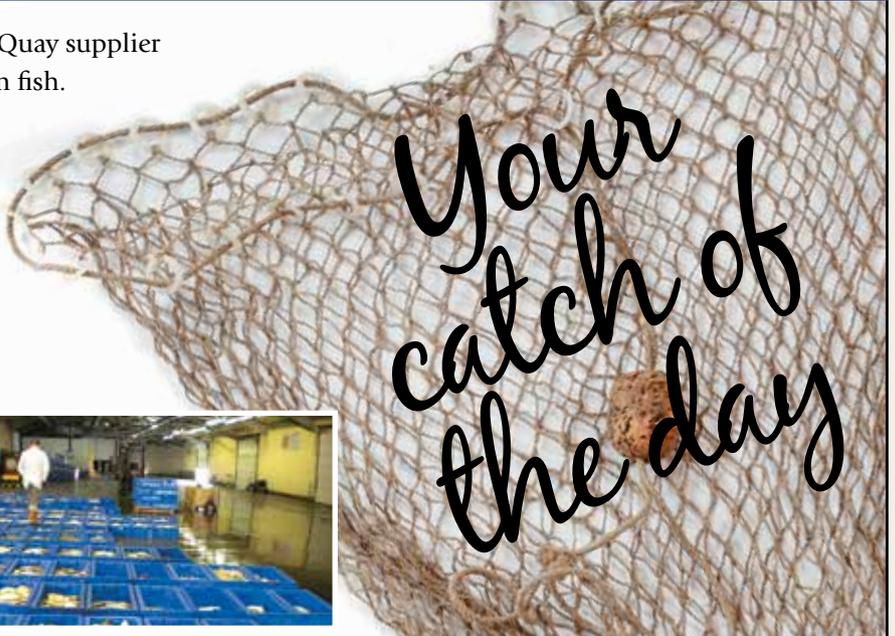
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# Summertime specials

TOP  
DISH



*Close House executive chef Simon Walsh treats us to some sizzling summer specials*

**Simon Walsh is prematurely grey. Still in his 30s, there is barely a hint of the once-ebony mop, but the salt and pepper grey suits him, and it is certainly not a reflection of culinary angst.**

"No, I just went grey early," he laughs, "and we like to keep things to an extremely high standard, but there is beauty in simplicity and we let the produce shine through in every dish." Simon and his talented team have revamped the menus at Argent D'Or restaurant at Close House, stripping away, as he puts it, the dishes to their purest form. "It's stripped back, more relevant, and lighter, which suits modern taste and the light and airy surroundings," says Simon. "The dining experience, though still sophisticated, is less formal, so people relax and linger."

Argent D'Or is about simply modern food with a British influence; fresh, seasonal and exciting, served in a glamorous, light and airy dining room

with beautiful views. "At the No.19 clubhouse, the atmosphere is relaxed, laid back and happy. We always insist that the produce is of highest quality, and the dishes at No.19 are fresh and wholesome. Our weekly steak and curry nights are hugely popular, and we're introducing BBQ nights for summer. While the produce is the same high quality in both restaurants, we enjoy different interpretations for the two different dining experiences. At Argent D'Or we are a little more technical in our approach, while we are a little more robust at No.19. We are particularly excited about The Orangery, which is now the perfect setting for private dining with beautiful views. Every event starts with a blank sheet of paper, which means every experience is unique, just as it should be."

**For details of BBQ nights and special events at No.19, and to book at Argent D'Or, contact Close House, tel 01661 852 255**



## BBQ SPATCHCOCK CHICKEN & SUMMER COLESLAW

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### INGREDIENTS

1 spatchcock chicken  
freshly ground black pepper  
olive oil

#### coleslaw:

200g shredded red cabbage  
1 banana shallot, finely sliced  
50g chopped flat leaf parsley  
1 pinch sea salt  
1 pinch freshly ground black pepper  
50ml olive oil  
½ lemon, juiced  
200g carrots, finely sliced  
garnish:  
pea and coriander shoots

### METHOD

**Chicken:** Place the chicken in brine for at least 3 hours and up to 12 hours (for a good brine mix 95% water + 5% salt solution). Soaking like this will help to keep your chicken lovely and moist during the cooking. After a minimum 3 hours, remove chicken from brine, dry with a piece of kitchen towel, rub with olive oil, and season with black pepper. Place chicken on the BBQ and cook until it's nicely coloured, turning it regularly. Then, move the chicken onto the higher shelf of the BBQ, close the lid and turn the heat down until meat cooks through.

**Coleslaw:** Toss all the ingredients in a bowl, add salt and pepper, olive oil and lemon juice. Leave to macerate for 5 minutes before serving.

**To serve:** Remove the chicken from the BBQ and serve it on a wooden board with the coleslaw garnished with pea and coriander shoots.



## DOUBLE WHAMMY

### THE WESTWOOD BURGER

When Close House golf attached tour professional Lee Westwood comes to play at Close House, he loves nothing more than a great homemade burger, which is why its creator, Simon Walsh, has named it after him. A fine partner to the two golf courses also bearing his name, we say...

#### INGREDIENTS

500g steak mince  
2tsp salt  
1 small onion, finely chopped  
1tsp tomato puree  
½ tsp mild curry powder  
½ tsp English mustard  
½ tsp wholegrain mustard  
a good grind of black pepper  
**Burger sauce:**  
100ml tomato ketchup  
100g French's classic mustard

#### METHOD

**Burger:** Gently fry off the onion in a pan over a low heat until soft. Now, mix all the ingredients together in a large bowl and then shape into burger patties. When you're ready to serve, simply cook through on the BBQ, turning regularly.

**Sauce:** Mix together the ketchup and mustard and serve in a pot on the side (perfect for dipping your burger!)

**Serve:** With crispy strips of bacon and melted cheese in a brioche bun.

## 5 MINUTES WITH SIMON WALSH

#### Best day of your career

The first time I met and worked with Albert Roux when I was 23. He's an iconic figure and nothing beats the privilege of working with him.

#### Worst day of your career

Catering for a marquee wedding of 200 guests, and getting to the site to find out the gas stove hadn't been delivered. Virtually all the food had to be cooked through the stately home's tiny domestic kitchen. We managed it, and can laugh about it now.

#### Most challenging part of your job

We have two restaurants and many different events at Close House with very different catering requirements, and juggling them all while ensuring we deliver to a very high standard is the biggest challenge.

#### Most satisfying aspect of your job

Making people happy through food! And working with amazing produce every day.

#### The person/thing/event, which has most inspired you

My first head chef Roger Narbett at the Lygon Arms in the Cotswolds. He won national head chef of the year, he was very inspirational then and still is now.

#### What does your sous chef say about you

Paul Johnson: "Simon's very easy going and lets everyone in the kitchen have their input. He has opened my eyes to new dimensions of the job and put me forward for North East Chef of the year, and I've met some great suppliers across the region".

#### Most famous/fascinating person you've cooked for

The England football team, when Alan Shearer and Michael Owen were on the team, during my apprenticeship with Roger, who was the executive chef for the team.

#### Who would you love to cook for

Tony Soprano.



## TURKISH DELIGHT

### SIMON'S SPICED LAMB KOFTAS WITH FLATBREADS AND CUCUMBER DIP

Enjoy some Turkish barbecued delight with these amazing lamb koftas and homemade flatbreads

#### INGREDIENTS

500g minced lamb  
1 onion, finely chopped  
2 cloves garlic, crushed  
1 tsp ground cumin seeds  
1 tsp ground coriander  
1 tsp ground turmeric  
1 pinch cinnamon  
1 tsp cayenne pepper  
2tbsp chopped coriander  
salt & pepper  
2tbsp olive oil

#### Flatbreads:

250g plain flour  
1 tsp fine sea salt  
1tbsp olive oil  
150ml warm water

#### Minty cucumber dip:

1 cucumber  
1 small clove garlic, crushed  
2 spring onions, chopped  
large handful mint leaves, shredded  
finely grated zest and juice of 1 lemon  
150g Greek-style yogurt

#### METHOD

**Lamb:** In a large bowl mix the minced lamb

with the onion and all the spices and coriander and season with salt & pepper. With wet hands, make 12 sausage shapes and place onto a tray to firm up in the fridge for 12 hours.

**Flatbreads:** Sift the flour into a large bowl, add salt, oil and water and form into a dough with your hands. Turn out onto a floured work surface and knead for about 5 mins until the dough feels smooth and elastic. Cover dough with a bowl and let it rest for 15 mins. When you are ready to cook the flatbreads, roll the dough into a sausage shape and divide into six balls. Roll out on a floured surface into 3mm thick rounds. Cover with a tea towel and rest for a few minutes before BBQing.

**Minty cucumber dip:** Cut cucumber in half lengthways, scoop out seeds with a teaspoon and slice. Combine cucumber and remaining ingredients in a serving bowl and season to taste with salt and pepper.

**To BBQ:** Lightly brush the koftas with olive oil and cook on a BBQ. Shake off any excess flour on the flatbreads and carefully lay on the BBQ or a griddle. Leave a minute or two, until the dough looks set, then flip over and cook for a further 30 seconds.

**To serve:** Place barbecued koftas on a platter and finish with a squeeze of lemon juice, some chopped mint and a sprinkling of sea salt. Serve with flatbreads and the cucumber & mint salad.



### SUMMER SEARED SHETLAND SCALLOPS

#### INGREDIENTS

16 extra-large scallops, cut in half horizontally

#### Celeriac puree:

400g peeled celeriac  
50g unsalted butter  
75g white onion, finely diced  
300ml whipping cream

#### Dressing:

100ml curry oil  
1 Granny Smith apple, peeled and diced  
65g golden raisins, halved  
50g super-fine capers  
30 coriander leaves, chopped

#### METHOD

**Scallops:** Heat two pans until very hot. At the last minute, season scallops with salt, add a little rapeseed oil to the pans and place the scallops seasoned side down (don't shake the pan). After 1 ½ mins, turn the scallops, which should be golden, and finish cooking for 30 seconds.

**Celeriac puree:** Shred celeriac on the course side of a grater. Melt butter in a pan, add onion and a pinch of salt and sweat off 'til soft. Add celeriac, season with salt, then add cream. Bring to the boil, stirring frequently, cover and simmer for 15 mins. Remove lid and cook for a further five mins. Transfer to a blender, blend to a puree, then pass through a fine sieve.

**Dressing:** Combine ingredients in a bowl, season and finish with a little grape juice.

**To serve:** Place a spoon of warm puree on each plate, arrange scallops around, spoon over dressing and finish with apple batons and coriander cress.

# Time for tea

**Afternoon tea is surely one of the most perfect experiences, particularly during the summer, and we recommend a regional tour of some of the best venues in the North East to keep you happily spoilt throughout the summer months.**

For those in the know, Debrett's sets out some rather lovely rules for the taking of afternoon tea, including the fact that when one is serving tea for a group, it should be served as a pot of loose leaf, alongside a second pot with hot water to dilute if necessary.

If a waiter places a teapot on the table without pouring the tea, the person nearest the pot should pour for everyone.

The tea should be poured first

and any milk, lemon or sugar added afterwards. Once you have stirred your tea, remove the spoon from the cup and place it on the saucer.

When drinking tea, hold the handle of the teacup between your thumb and forefinger. Do not hold your little finger in the air!

Don't dunk biscuits or pastries in your tea unless you are in a very informal setting, and don't make slurping noises - even if it is hot!

If you are served a scone with jam and cream, bear in mind that the most practical way of consuming it is to split the scone in half, spread the jam first, then add the cream on top. This is favoured in Cornwall, but in Devon the practice is to spread the clotted cream first. Who knew?



▲ Close House afternoon tea

**The Caledonian Hotel  
Osborne Road,  
Jesmond.**



**AFTERNOON TEA  
£19.00 for Two Persons**

A selection of freshly prepared finger sandwiches with freshly baked scones, preserves and clotted cream. A variety of cake and pastry delights with a choice of tea or coffee.

**SUNDAY LUNCH  
A choice of three roast meats with all the trimmings  
£9.50 Per Person  
or £12.95 For Two**

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To make a booking please call: 0191 281 7881

68 Osborne Road, Newcastle, NE2 2AT

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TAKE ADVANTAGE OF OUR SUMMER 2 FOR 1 OFFER



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Beautifully presented and served in the relaxing and traditional surrounding of our Grouse and Claret Bar. Enjoy a selection of freshly cut sandwiches, scone with preserve and a selection of Chefs mini cakes all served up with lashings of tea or coffee.

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## AFTERNOON TEA

### BROCKSBUSHES

At Brocksbushes Farm near Corbridge, the popular Tea Room makes a lovely setting for afternoon tea of sandwiches, scones and cakes served the traditional way for a fresh, home-cooked treat enjoyed any and every day of the week. The Tea Room menu suits every need from morning coffee to home cooked lunches and daily specials served with wine or beer, and the afternoon tea is a perfect excuse to stop off for an indulgent treat. There is seating inside for up to 100 and extensive seating outside the conservatory overlooking the fruit plantations and herbaceous borders. Disabled facilities include wheelchair access with parking adjacent to the Farm shop. **Brocksbushes Farm, Corbridge, Northumberland, NE43 7UB tel 01434 633 100, www.brocksbushes.co.uk**

### CLOSE HOUSE

At Close House, afternoon tea and Champagne afternoon tea is always a special occasion, starring seasonal delicacies such as gateau opera, salted caramel macaroons, gin and blackberry Bakewell slice, shot glasses with peach schnapps panna cotta and rhubarb compote. Afternoon tea changes with the seasons, and there are occasional special event versions, such as the chocolate special with tiny chocolate and raspberry Sacher Gateaus, double chocolate & Griottine trifles, bitter chocolate & orange tartlets & white chocolate & lime roulades, and the summer special starring Pimm's to drink, Pimm's jelly, strawberry tart and macaroons, complete with an elegant 1920s-style silver tea set. **Close House, Heddon-on-the-Wall, Newcastle, NE15 0HT tel 01661 852 255, www.closehouse.co.uk**



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## The Barn at Beal




Enjoy a sumptuous afternoon tea while taking in the beautiful views of Holy Island and Lindsifarne!

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The Barn at Beal Just off the A1 on the road to Holy Island  
[www.barnatbeal.com](http://www.barnatbeal.com)




  
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## Vintage Tea Room

The Green, Wallsend, NE28 7PA  
0191 263 7022  
[www.wallsendhall.co.uk](http://www.wallsendhall.co.uk)

## ESHOTT HALL

A boutique hotel designed to give the discerning guest a taste of country house living set within beautiful gardens and woodland in the heart of Northumberland.

Head Chef Chris Wood and his team are delighted to be recently awarded an AA Rosette for the highest standards of creative cuisine. Visiting the restaurant at Eshott Hall near Morpeth, is an experience in fine dining and the team uses only the freshest ingredients to create tempting seasonal menus not to be missed. Private dining and party reservations are also available.

**Eshott Hall, Eshott, Morpeth, Northumberland, NE65 9EN**  
tel 01670 787 454  
[www.eshotthall.co.uk](http://www.eshotthall.co.uk)

## LONGHIRST HALL

Set in 75 acres of woodland in the heart of Northumberland, Longhirst Hall is one of Northumberland's great old country houses and a majestic setting for a truly indulgent afternoon tea served in the beautiful lounge and Collingwood snug.

The afternoon tea includes a selection of delicate finger sandwiches, the chef's own selection of cakes and a scone served with cream and jams. It is best enjoyed with a simple cup of English Tea or, for a really special treat, with a glass of Champagne. The Decoro Spa is home to a range of relaxing treatments and, combined with afternoon tea, makes for a truly indulgent day out.

**Longhirst Hall, Longhirst, Morpeth, Northumberland, NE61 3LL**, tel 01670 795 000  
[www.longhirst.co.uk](http://www.longhirst.co.uk)

## MALMAISON

Afternoon tea at Malmaison, Newcastle, is all about indulgence in sumptuously sophisticated surroundings which add to the feeling of a special occasion, particularly when paired with a visit to the world of calming therapies and peaceful treatments that is Le Petit Spa at Malmaison. Malmaison afternoon tea comprises an elegant selection of delicate sandwiches and gorgeous homemade patisserie, and a glass of fizz makes the whole experience altogether more indulgent. Malmaison Newcastle is located on the Quayside and its sophisticated contemporary décor more than matches up to its beautiful riverside location, adding more indulgence to this very special afternoon out.  
**Malmaison, 104 Quayside, Newcastle, NE1 3DX**, tel 0844 693 0658, [www.malmaison.com](http://www.malmaison.com)



**THE BEST OF BRITISH**  
Experience Eshott Hall Country House Afternoon Tea at £12.50 per person, reservations essential.



Eshott Hall, Morpeth, Northumberland, NE65 9EN.  
Reservations, tel: 01670 787 454 [www.eshotthall.co.uk](http://www.eshotthall.co.uk)

## Indulge yourselves with afternoon tea at Longhirst.

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*Served daily*  
3.00pm-5.00pm

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Northumberland • NE61 3LL  
[www.longhirst.co.uk](http://www.longhirst.co.uk)



LONGHIRST

## THE BARN AT BEAL

Sumptuous afternoon tea is a real treat at The Barn at Beal, in a spectacular location overlooking Lindisfarne National Nature Reserve, its rare sand dunes and mudflats and important bird species including waders and geese.

The Barn features a coffee shop and restaurant serving the best of local produce from coffee and cake to a three-course meal with wine and it is renowned for its traditional afternoon tea with sandwiches, scones and cake. The Barn at Beal also features a gift shop, outdoor walks and trails, and a function room. The Smith family works with Natural England to ensure the farm works in harmony with its very special landscape.

**The Barn at Beal, Beal Farm, Berwick, TD15 2PB, tel 01289 540 044, www.barnatbeal.com**

## THE CALEDONIAN

Traditional afternoon tea is served daily with a selection of freshly prepared finger sandwiches, freshly baked scones, preserves and clotted cream and a variety of cake and pastry delights with a choice of tea or coffee - £15.95 per person, add a glass of Champagne £6.90. For alfresco dining, your choice of cuisine can be enjoyed on the heated outdoor terrace, perfect for taking in the vibrant buzz of Jesmond. Built in 1870, the Caledonian Hotel displays classic Georgian architecture. An extensive refurbishment has created a stylish contemporary interior. Wooden flooring, plush leather sofas and low level lighting feature in the public areas.

**The Caledonian Hotel, Osborne Rd, Jesmond, NE2 2AT, tel 0191 281 7881, www.peelhotels.co.uk/hotels/caledonian**

## WALLSEND HALL

At Wallsend Hall vintage tea room, afternoon tea is a very North Eastern affair and a tribute to some of the region's signature dishes. Hence, the Northumbrian High Tea includes a beautiful selection of finger sandwiches, panhaggerty pie, ham and pea pudding croquet with mustard mayo dip, Brown Ale cake, a mini cheese scone and a pot of tea or filter coffee, plus the option to enjoy a glass of Champagne.

Wallsend Hall occupies a beautiful location in its own grounds facing the village green and features a glorious ornamental garden with walks along the river and tree-lined pathways covering some nine acres of mature woodland. The Tea Room serves luxury afternoon teas and quality coffee with a variety of home-baked cakes, scones and pies.

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



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Lemon Tennis Ball  
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When travelling to Close House using a SAT NAV please use NE41 8BL



*Brocksbushes*

# AFTERNOON TEASE

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# BEE TROOT BOOSTERS



*Katy Foggin and Amanda Grieveson of Believe2Achieve, Newcastle, are feeling the beet*

**O**kay, this month we have mostly been eating beetroot, in season from July to the end of autumn but available almost year round, and tasty and healthy.

Not only is it great for boosting stamina and making muscles work harder, it also contains potassium, magnesium and iron as well as vitamins A, B6 and C as well as carbohydrates, protein, powerful antioxidants and soluble fibre. What's more, just three baby beetroot equal one of your recommended five portions of fruit and vegetables a day (source - [www.lovebeetroot.co.uk](http://www.lovebeetroot.co.uk)). It also:

**Reduces blood pressure and the risk of heart attacks and strokes** - because the high content of nitrates in beetroot produce nitric oxide in the blood which widens blood vessels and lowers blood pressure  
**Has powerful antioxidant properties** - Betacyanin, the pigment that gives beetroot its

colour, is also an antioxidant believed to help reduce the oxidation of LDL or "bad" cholesterol, in turn protecting artery walls and reducing the risk of heart disease and stroke.

**Has folic acid** - Beetroot contains folic acid essential for normal tissue growth and crucial to the development of baby's spinal cord during the first three months of pregnancy.

**Reduces risk of osteoporosis** - Beetroot contains the mineral silica which helps the body to utilise calcium, important for musculo-skeletal health and reducing the risk of osteoporosis.

**Stabilises blood sugar** - Beetroot is virtually fat free and low in calories. It has a 'medium' GI (Glycaemic Index) of 64, but an extremely low GL (Glycaemic Load) of 2.9 so it's converted into sugars very slowly so helps to keep blood sugar levels stable.

**Helps slow progression of dementia** - Claims a recent study by Wake Forest University in the USA.



Katy Foggin and Amanda Grieveson of Believe2Achieve in Newcastle share some 30 years' experience in health and nutrition. Believe2Achieve is the only clinic in the UK offering the combined benefits of Laserliposuction, personal training, massage and nutrition. Believe2Achieve, The Heaton Clinic, 52 Heaton Road, Newcastle NE6 1SE, [www.believe2achieve.org.uk](http://www.believe2achieve.org.uk)



## BEETROOT-STAINED SMOKED SALMON WITH BEETROOT AND WALNUTS

SERVES 2 AS A STARTER

### INGREDIENTS

250g vacuum packed beetroot, drained  
12 chives  
8-12 walnut halves  
1tbsp walnut oil  
½ tsp sherry vinegar  
sea salt flakes and freshly ground pepper  
120g smoked salmon  
2 tsp crème fraîche  
2 sprigs dill

### Method

Take one beetroot and slice it into thin rounds. Put the salmon on a plate, grind over a little pepper and lay the beetroot

over the top. Cover tightly with clingfilm, weigh down with a second plate, refrigerate for 4 hours min, 24 hours max. Cut the rest of the beetroot in half and slice into half circles about as thick as a pound coin. Slice chives finely, break walnuts into three or four pieces each. Mix beetroot, chives, walnuts, walnut oil and sherry vinegar, season with salt and pepper. Just before serving, peel the beetroot circles off the salmon and arrange salmon into a nest on two plates. Spoon salad on top and add a dollop of crème fraîche and dill.

## BEETROOT POWER SALAD

SERVES: 4

### INGREDIENTS

50g natural organic yogurt or soya yoghurt  
1 tsp fresh dill, finely chopped  
1 tsp horseradish  
2 tbsp fresh lemon juice  
**For the salad:**  
2 eggs, hard boiled or poached  
80g cooked beetroot, chopped  
60g yellow pepper, chopped  
2 tbsp sprouted beans and lentils (supermarket mix)  
40g mixed leaves, washed and drained  
6 walnut halves  
rock salt to taste

**Serve with:** 1 slice of rye toast topped with half a small avocado, black pepper and lemon juice or with hummus or tahini

### Method

Mix the dressing ingredients together. Boil the eggs. Place the leaves on a plate. Mix the beetroot, peppers and sprouted beans and place on the leaves. Cut the egg into halves and place on the beetroot mix with the walnuts. Top with the dressing and serve immediately.  
Toast the rye bread and add the topping of your choice.



## REGINETTE PASTA WITH BEETROOT & SOUR CREAM SAUCE

SERVES: 4

### INGREDIENTS

280g reginette pasta  
4 shallots  
2 cloves garlic  
1 pack cooked beetroot dipped in vinegar  
2tsp olive oil  
200ml low fat sour cream  
2 large handfuls rocket  
small bunch chives, chopped  
salt and pepper  
salad dressing  
parmesan shavings

### Method

Cook the pasta. Roughly chop shallots, garlic and beetroot, heat oil in a pan and sauté the shallots for 5-6 mins until softening, then add garlic and cook for 2 mins more. Take off heat, add beetroot and sour cream, blend mixture using a hand blender to a coarse sauce. Season. Pour warm sauce over drained pasta and toss. Dress rocket and scatter over each plate, topped with the pasta, sprinkle over the chives, remaining rocket and a few shavings of parmesan.

# SAY CHEESE!

TV's Fabulous Baker Brothers have lent their name to The Lake District Dairy Co. Quark – a naturally fat free dairy ingredient now available in original, lemon and vanilla and good for cooking and baking.

It's a healthy alternative to the likes of cream cheese, crème fraîche, mascarpone, ricotta, Greek yogurt, fromage frais, double cream and even soured cream and is high in protein, naturally fat free and low in salt and sugar – so much so that all its Guideline Daily Amounts are traffic light green.

When used in desserts like cheese cake instead of cream cheese, naturally fat-free

The Lake District Dairy Co. Quark noticeably lowers the fat and calorie content of the dish, making an after dinner indulgence more guilt free (e.g. a The Lake District Dairy Co. Quark strawberry cheesecake has only 292 calories per 339g serving, that's 180 calories less than with cream cheese).

Fabulous Baker Brother Tom Herbert says: "Quark's a great fridge staple, something you can use for loads of cooking occasions. The British Quark made by The Lake District Dairy Co that we've been using is also lusciously smooth and creamy, making it easy to use and mix into dishes and pretty irresistible."

## HONEY-DRIED PINK LADY APPLE CRISPS

SERVES: 4



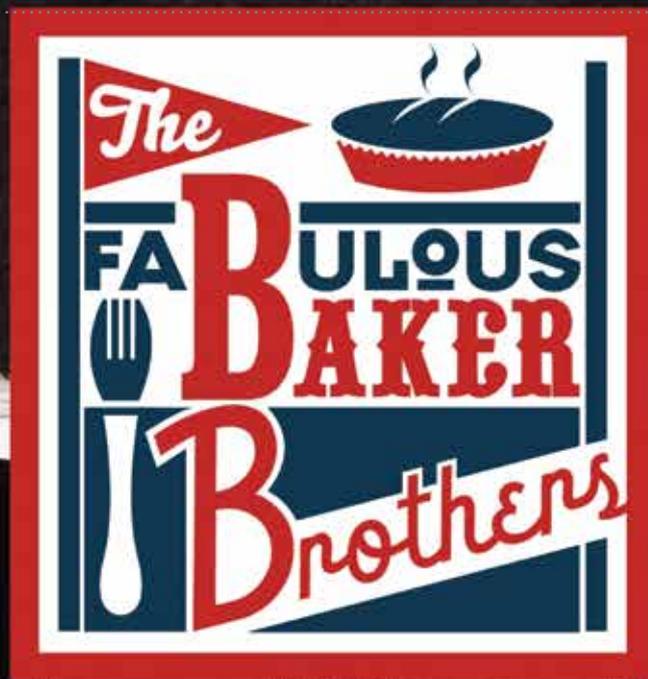
Always on the lookout for a healthy alternative to fat and salt-laden snacks, we've discovered a cracker with these delicious, honey-coated slices of dried apple. They're perfect when you need a sugar hit; the honey and natural sweetness of Pink Lady apples working together to create a yummy snack which satisfies and helps you to step away from unhealthy alternatives. Plus, they are stupidly easy to make. What's not to like?

### INGREDIENTS

- 2 tbsp runny honey
- 2 Pink Lady apples, unpeeled

### METHOD

Preheat the oven to 180C/ Gas4. Warm the honey in a small saucepan over a low heat until runny. Using a sharp knife, thinly slice the apples into rounds about 3 mm thick. Discard any pips (leave the core) then arrange on a wire rack placed over a baking tray. Brush one side with half of the honey. Bake the apples for 15 mins, turn over and brush the other side with the remaining honey. Bake for another 10–15 mins or until light golden and crisp. Lay out the apples on a sheet of baking parchment and leave to cool.





## QUARK BASIL AND TOMATO STUFFED CHICKEN

SERVES: 4

### INGREDIENTS

4 skinless boneless chicken breasts (600g)  
100g The Lake District Dairy Co. Quark  
2 tbsp chopped fresh basil  
2 tbsp sun-blush tomatoes, chopped  
1 tbsp dried breadcrumbs  
12 pancetta slices (or thin-cut smoked streaky bacon)

### Method

Preheat the oven to 180C/  
Gas 4. Mix together The Lake

District Dairy Co. Quark, basil, tomatoes and breadcrumbs. Place the chicken on a chopping board breast side down. Open out the fillet and spread a quarter of The Lake District Dairy Co. Quark mix over each chicken breast. Fold the fillet back over and wrap each with three pancetta slices. Pop into a non-stick baking dish and roast in the oven for about 25 mins or until the pancetta is golden and the chicken cooked through.

MARCO PIERRE WHITE  
STEAKHOUSE BAR & GRILL  
NEWCASTLE

# Thank Fizz It's Friday

(Bottle of champagne for £20,  
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Kick start your weekend and indulge with some of our champagne. Friday is all about the fizz and there's no better place to be than at our lively bar. You can expect a great atmosphere and service with a smile. As Marco says this is "affordable glamour" at its best.

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# DIARY

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## THE ITALIAN EXPERIENCE

The Martino's family of restaurants celebrated the opening of its third venue, Martino's Jarrow with a meal and entertainment from vocalist Gary James for invited guests who also raised funds to support Metro Radio's Cash for Kids charity.

**Martino's Jarrow, Civic Hall, 59-61 Ellison Street, Jarrow, NE32 3HZ, tel 0191 483 2690, [www.martinogroup.com](http://www.martinogroup.com)**



▲ Paul Baker, Gary James, Ruth and Carl Baker



▲ L-R JAM Marketing's Courtney Stevens, Nathan Mackley and Jackie Marston



▲ L-R Fiona Leng, Mayor Ernest Gibson, Mayoress Patricia Ridley, Wendy Donkin



▲ L-R Chris Bezuidenhout and Claire Gatens



▲ L-R Joanne Murray, Bridget McCulla, Jackie Brommiley and Trisha Scott



▲ L-R Chris Cross and Mayoress of South Tyneside Patricia Ridley

## CHECK OUT WHAT THE FOODIES HAVE BEEN UP TO



## COME DINE WITH BRIAN

Brian Moore of Metro Radio dined with 30 of his listeners at Martino's in Seaburn and raised money for Metro Radio's Cash for Kids charity.

**Martino's Seaburn, Dykelands Way, Sunderland SR6 8AA, tel 0191 529 5295, [www.martinogroup.com](http://www.martinogroup.com)**



▲ L-R Amanda Doyle, Brian Moore, Caroline Doyle



▲ L-R Angela Grant, Brian Moore, Kirsty Grant



▲ L-R Anne Askew, Brian Moore, Jackie Marston



▲ L-R Donna Stubbs, Brian Moore, Ben Stubbs



▲ L-R Paul Marshall, Brian Moore, Michelle Marshall



▲ L-R Sally Marshall, Brian Moore, Rachel Stubbs

# TOMLINSON'S

CAFE & BUNKHOUSE

Serving all of our homemade favourites...

## IN THE EVENING!

alongside some mouthwatering specials

Every **THURSDAY, FRIDAY** and **SATURDAY**

5pm-10pm (**HAPPY HOUR 5-6.30PM 10% OFF**)

plus... **Live entertainment**

**Alcohol licence**

**Seasonal local food**

Bridge Street,  
Rothbury, NE65 7SF

last orders 8.30pm

[info@tomlinsons-rothbury.co.uk](mailto:info@tomlinsons-rothbury.co.uk) t 01669 621 979

[www.tomlinsonsrothbury.co.uk](http://www.tomlinsonsrothbury.co.uk)

## Sunday Quayside Market

The Quayside, Newcastle upon Tyne

**Every Sunday 9am to 4pm**

- local cheeses, delicious cupcakes and world foods
- traditional stalls selling plants, clothing, sweets, ice cream and toys
- handcrafted quality local crafts
- original artwork, jewellery and fashion
- For more information please call us on 0191 211 5533



Email: [markets@newcastle.gov.uk](mailto:markets@newcastle.gov.uk)  
[www.newcastle.gov.uk](http://www.newcastle.gov.uk)

Newcastle  
City Council

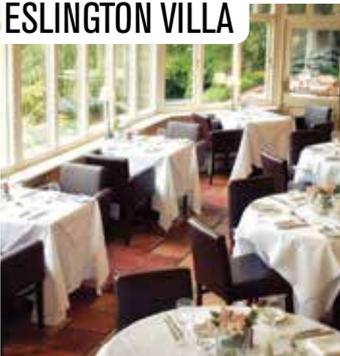
## ARGENT D'OR AT CLOSE HOUSE



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

**LOCATION:** Close House Hotel, Heddon on the Wall, Newcastle NE15 0HT  
Tel: 01661 852255  
[www.closehouse.co.uk](http://www.closehouse.co.uk)

## ESLINGTON VILLA



Eslington Villa is set in two acres of beautiful gardens in the quiet leafy district of Low Fell. The award-winning restaurant is open for lunch and dinner and the popular Sunday menu is served 12noon-9pm. An early bird menu is served Mon-Fri 5.30-6.45pm, 2 courses £13.95, 3 courses £16.95. Every Tuesday night, diners can enjoy any bottle of wine from the menu for half price, available on tables booked from 7pm onwards.

**LOCATION:** 8 Station Road, Low Fell, Gateshead, NE9 6DR  
Tel: 0191 487 6017  
[www.eslingtonvilla.co.uk](http://www.eslingtonvilla.co.uk)

## BOUCHON BISTROT



Bouchon Bistrot is home to superb produce lovingly prepared in French country style. Menus reflect the seasons and the best produce available. Head chef Jérôme Cogné is a magician in the kitchen, and regular customers return time and again for his signature dishes and the regular special events at Bouchon. Open for lunch and dinner Monday-Saturday. Lunch 2 courses £12.95, 3 courses £13.95; early bird 6pm-7pm £14.50/£15.50; evening a la carte served from 7pm.

**LOCATION:** 4-6 Gilesgate, Hexham, Northumberland, NE46 3NJ  
Telephone 01434 609 943  
[www.bouchonbistrot.co.uk](http://www.bouchonbistrot.co.uk)  
email: [info@bouchonbistrot.co.uk](mailto:info@bouchonbistrot.co.uk)

## ITS ALL GREEK 2 ME



It's All Greek 2 Me is a cosy, friendly restaurant on Whitley Bay's seafront with panoramic views across the beach and classic Greek meals including slow-cooked lamb, moussaka and stifado to enjoy alongside My Big Fat Greek Buffet every Sunday 5-9pm (£7.90pp), and a popular Early Bird Set Menu (£5.90pp for a starter & main course). Open Mon 12-5pm, Tues-Sun 12noon-11pm. Takeaway available.

**LOCATION:** Watts Slope, Whitley Bay, NE26 1BQ  
Tel: 0191 2510622  
[www.itsallgreek2me.com](http://www.itsallgreek2me.com)

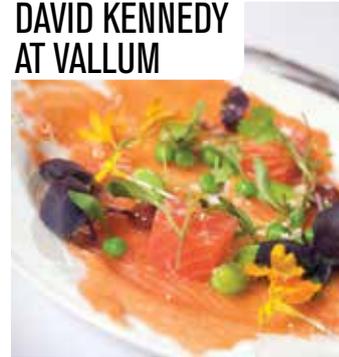
## COTTAGE KITCHEN



Home of honest cafe food, The Cottage Kitchen ensures that people who love flavour without fuss are well catered for. Daytime menus include hearty specials such as liver & onions, fish pie, mince & dumplings and steak & ale pie along with a legendary all-day breakfast, soups and sandwiches. Open for Sunday lunches, and a superb Sunday lunch takeaway service is available. Honest Cafe is also fully licensed with a selection of wines and beers.

**LOCATION:** 1-5 Countess Avenue, Whitley Bay NE26 3PN  
Tel: 07530 101186

## DAVID KENNEDY AT VALLUM



Renowned North East chef David Kennedy's latest venture at Vallum is attracting diners from across the region. His restaurant in Hadrian's Wall country offers outstanding food and breathtaking scenery, with a regularly changing menu that features top quality local and seasonal produce. His on-site deli stocks freshly baked breads, pies and desserts alongside artisan goods and kitchenware. For opening times and events, go to [www.vallumfarm.co.uk](http://www.vallumfarm.co.uk)

**LOCATION:** Military Road, East Wallhouses, Newcastle-upon-Tyne, NE18 0LL  
Tel: 01434 672 406  
[www.vallumfarm.co.uk](http://www.vallumfarm.co.uk)

## LOVE THAI



Loves Thai is the home of authentic food from southern Thailand. Customers return time and again for the warm welcome here in one of Newcastle's best locations. Loves Thai is renowned for its traditional Green curry, Pad Thai noodle and Tom Yum soup, and its signature dish is a speciality Pla Neung Manow comprising steamed sea bass with Chinese leaves, chilli, coriander, lemon and garlic. Loves Thai chefs pride themselves on menus

which please every taste, and dishes which comprise authentic ingredients using the freshest local produce, seafood and meat for a beautifully balanced combination which sets Loves Thai apart. The restaurant offers a two-course lunch special for only £6.95 and takeaway is available at 10% discount on menu prices. A Thai street food Lunch Express is also now available. Open Tues-Sun 11.30am-3pm and 5pm-11pm dinner. Closed Monday.

**LOCATION:** 32-34 Mosley Street, Newcastle NE1 1DF  
Tel: 0191 233 2828  
[www.lovesthai.com](http://www.lovesthai.com)

## THE LAMBTON WORM



The newly refurbished Lambton Worm is the brewery tap pub for the Sonnet 43 Brew House. Its new British gastro restaurant is quickly gaining a reputation for great food and for serving familiar British fayre with a modern twist, using the finest local ingredients. All the dishes on the menu have a suggested Sonnet 43 beer pairing, ensuring the meal and the drink you enjoy combine to create a unique taste experience.

**LOCATION:** North Road, Chester le Street, County Durham, DH3 4AJ  
Tel: 0191 3871162  
[www.thelambton.com](http://www.thelambton.com)

## MCKENNA'S



The food, atmosphere and excellent value for money make McKenna's at Northern Stage a must visit. Sandwiches and snacks, traditional English fayre and a long list of delectable tapas and mezze dishes are on offer in the main restaurant, while the stylish bistro upstairs offers two courses at £12.95 and three courses for £15.95. The main restaurant is open Tuesday-Saturday 10am-11pm and Monday 10pm-6pm, while the bistro opens every Tuesday-Saturday from 5.30pm.

**LOCATION:** Northern Stage, Barras Bridge, Newcastle-upon-Tyne, NE1 7RH  
Tel: 0191 2427242  
[www.mckennasatnorthernstage.co.uk](http://www.mckennasatnorthernstage.co.uk)

## MICHELANGELOS



Our intimate restaurants aim to reflect the true taste of the Mediterranean. All dishes are freshly made and inspired by traditional family recipes and regular visits to Italy. As well as serving exceptional food we pride ourselves on the friendly atmosphere, making our restaurants a great place to relax, share and enjoy each other's company. In addition to our a la carte menu current promotions include:- Early bird 3 course

special Mon-Sat from 12-7pm and all day Sunday- featuring potato skins or soup, selected pizza and pasta and ice cream or coffee for only £5.45, Sunday lunch- 3 courses for £13.95 and Roast of the Day from £5.95, Children's menu (up to 12 years)- only £4.45. NEW- La Taverna at our Ryton restaurant serving real Ales and Chicken and we're also delighted to announce that we are now open on Front Street in Prudhoe where we look forward to meeting you.

**LOCATION:** Stella Road, Ryton NE21 4LU Tel: 0191 4132921  
Hill Top, Dipton, Stanley DH9 9JY Tel: 01207 571040  
Front Street, Prudhoe, NE42 5AA Tel: 01661 834355  
[www.michelangelohotel.co.uk](http://www.michelangelohotel.co.uk)

## BISTRO ROMANO



For excellent service, comfortable surroundings and Italian cuisine, Bistro Romano's menu combines the best of Italian and international styles for innovative dishes. Daily specials are available alongside a varied a la carte menu. For the traditionalist, Romano serves a selection of Italian classics and home cooked Sunday lunches. There is also an excellent selection of wines and the Romano team promise a warm welcome in true Italian style.

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

## THE ITALIAN FARMHOUSE



For a true taste of Italy in the heart of Co Durham, The Italian Farmhouse features produce sourced nearby, including fish landed on the North East coast and beef reared on farms just up the road. When only Italian ingredients will do, they are imported from Puglia - the region that has inspired the dishes on the menu. The Italian Farmhouse aims to take its guests to the Mediterranean, with a good dose of Italian charm and mouth-watering cuisine – just like Mamma used to make...

**LOCATION:** South Street, West Rainton, Houghton le Spring, DH4 6PA  
Tel: 0191 584 1022  
[www.theitalianfarmhouse.co.uk](http://www.theitalianfarmhouse.co.uk)

## THE SUN INN



A cosy, traditional pub in Morpeth, The Sun Inn is known as a foodie destination, where all the produce is sourced fresh from great local suppliers. There is an extensive menu with classic roasts on Sundays and regulars return for the fresh dishes, made from scratch in the pub's kitchen. The pub is welcoming, the interiors and exteriors remain timeless and there is a range of speciality beers and fortnightly guest ales to be enjoyed in one of the cosy corners or in the beer garden.

**LOCATION:** High Church, Morpeth, NE61 2QT  
Tel: 01670 514153  
[www.suninn-northumberland.co.uk](http://www.suninn-northumberland.co.uk)

## UNO'S TRATTORIA



Uno's Trattoria is a firm favourite for its delicious Italian food, great value and bustling atmosphere. The outside seating is perfect for soaking up the sun, with views of the historic Quayside. Classic pizza and pasta dishes are served alongside a la carte specials and a great selection of wines. Open 12noon-11pm Monday-Saturday and 12noon-10pm Sundays. Uno's famous Happy Hour runs Monday-Friday 12noon-7pm and Saturday 12noon-5pm - all pizza & pasta dishes (excl. seafood) are £4.95.

**LOCATION:** 18 Sandhill, Quayside, Newcastle, NE1 3AF  
Tel: 0191 261 5264  
[www.unotrattoria.co.uk](http://www.unotrattoria.co.uk)

## DARLINGTON

### GOLDEN BROWN CAFÉ

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

### HALL GARTH HOTEL

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

### SARDIS

196 Northgate, Darlington, Co Durham, DL1 1QU

## COUNTY DURHAM

### 9 ALTERS COFFEE SHOP

19a Silver Street, Durham DH1 3RB  
t: 0191 3741120

### ALISHAAN

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

### ANCHOR INN

Whittonstall, Co. Durham, DH8 9UN  
t: 01207 561110  
www.theanchorinnwhittonstall.co.uk

### BEAMISH HALL

Beamish, Stanley, DH9 0YB  
t: 01207 233733

### BISTRO 21

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

### BRAMBLES FOOD HALL

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

### BROOM HOUSE FARM

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

### CENTRAL THAI

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

### CHESTERS GROVE

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

### CIAO CIAO

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

### CROSS LANE ORGANIC FARM

Cross Lane, Barnard Castle, County Durham, DL12 9JE  
t: 01833 630619

### DERWENT WALK INN

Ebchester, DH8 0SX  
t: 01207 560347

### DERWENT MANOR HOTEL

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

### DROPSWELL FARM SHOP

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

### DURHAM INDOOR MARKET

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

### DURHAM MARRIOTT ROYAL COUNTY

Old Elvet, Durham DH1 3JN  
t: 0191 3866821  
www.durhammariottroyalcounty.co.uk

## FINBARRS

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

### FLAT WHITE

21a Elvet Bridge, Durham, DH1 3AA  
t: 01789 951149

### GIOVANNI

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

### HARDWICK HALL HOTEL

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

### I. K. FISH

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

### KNITSLEY FARM

Knitsley, Consett, DH8 9EW  
t: 01207 592059

### LA COOKSHOP

9 Saddler Street, DH1 3NP  
t: 0191 3831722

### LEONARDS COFFEE HOUSE

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

### LE RAAJ

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

### LUMLEY CASTLE

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

### MELANZANA

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

### MUMBAI

Front Street Haswell Plough  
t: 0191 5260060

### THE PANCAKE CAFÉ

11 Crossgate, Durham, DH1 4PS t: 0191 3868070

### THE PLOUGH INN

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

### RADISSON BLU HOTEL

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

### RAVENDALE FOODS

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

### SOUTH CAUSEY INN

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

## GATESHEAD

### ARTISAN EXPRESS

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

### THE BRASSERIE, THE SAGE

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

### CAKES BY BECKY

11 Beechgrove Terrace Crawcrook, NE40 4LZ  
t: 0191 4538888

## COSTCO

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

### CELEBRATION CAKES

Jedburgh Court Team valley NE11 0BO t: 0191 4877171

### ESLINGTON VILLA

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

### GREENHOUSE BRASSERIE

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

### THE LITTLE COFFEE HOUSE

4, Princesway North Team Valley NE11 0NF  
t: 0191 4473304

### MICHELANGELO HOTEL

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

### R MARTIN & SON FAMILY BUTCHERS

38 Main St, Crawcrook, NE40 4NB t: 0191 4134037

### SIX THE BALTIC

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

### TAVISTOCK ITALIA

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

### VIP TEAS

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

### WALTER DIX

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

## NEWCASTLE

### 1 OAK

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

### ARLOS CAFE & BISTRO

36-38 Brentwood Avenue, Jesmond, NE2 3DH  
t: 0191 2814838

### THE BAGDON FARM SHOP



Milkhope Centre, Berwick Hill Road, Newcastle NE13 6DA

t: 01670 789924  
enquiries@thebagdonfarmshop.co.uk  
www.thebagdonfarmshop.co.uk

### ADRIANOS

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

### AVANTI

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

### THE BISCUIT FACTORY

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

## BILLABONG, CALEDONIAN HOTEL

68 Osborne Road, Jesmond t: 0191 2817881

### BRUGES

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

### CARRUTHERS & KENT

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

### CAFE 1901

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

### CAFÉ ROYAL

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

### CAFFE VIVO

29 Broad Chare, Quayside, NE1 3DQ t: 0191 2321331

### CAFFE Z

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

### CLOSE HOUSE HOTEL

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

### DABBAWAL

69-75 Highbridge Street Newcastle, NE1 6BX  
t: 0191 2325133  
www.dabbawal.com

### ELECTRIC EAST

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

### FIRENZE

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

### THE FRENCH OVEN

Unit 27 The Grainger Market NE1 5QF t: 07921 082953  
www.frenchoven.webs.com

### GEORGE PAYNE BUTCHERS

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

### THE HEALTH BOX

Alley 4, Grainger Market

### HOTEL DU VIN

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

### HOTEL INDIGO

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

### JESMOND DENE HOUSE

Jesmond Dene Road, Jesmond, NE2 2EY t: 0191 2123000

### THE KITCHEN@OSBORNES

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

### LINDSAYS TO GO

Alley 1, Grainger Market, Newcastle t: 0191 2612995

### LOUIS

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

### LOVES THAI RESTAURANT

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

## LUIGIKHAN'S RESTAURANT

358 Westgate Road, Newcastle, NE4 6NU  
t: 0191 2724937  
www.luigikhans.com

### MA'IDA

The Old Co-op Buildings Hexham Road, Walbottle NE15 9SR  
t: 0191 2670987

### MALMAISON

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

### THE MEAT MERCHANT

5 Hazelwood, Jesmond  
t: 0191 2121444

### MCKENNAS

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

### NE2 FOOD SOCIAL

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

### NO.28

27 - 28 Nelson Street, NE4 5SP  
t: 0191 2322005  
www.no28.co.uk

### NO.95

95 High Street, Gosforth, NE3 4AA  
t: 0191 2130033

### NEW RENDEVOUS

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

### NINO'S

The Gate

### NINO'S

1-2 Holly Avenue West, Jesmond, NE2 2AR

### OLIVE & BEAN

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

### OLIVERS

The Grainger Market Arcade, NE1 5QF

### PANIS

61-65 High Bridge Newcastle upon Tyne, NE1 6BX  
t: 0191 2324366

### PAN HAGGERTY

19-21 Queen Street, Newcastle upon Tyne, NE1 3UG  
t: 0191 221 0904

### THE PARLOUR

Blagdon, NE13 6DQ  
t: 01670 789935

### PET LAMB PATISSERIE

Unit 165, Grainger Market

### THE PLOUGH INN

Mountsett, Burnopfield, NE16 6BA  
t: 01207 570346  
www.plough-inn.co.uk

### PINK LANE COFFEE

1 Pink Lane, NE1 5DW

### PREMIER MEATS

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

### RADCLIFFE COFFEE HOUSE

14 Clayton Road, Jesmond NE2 4RP  
t: 0191 2813939

### RUMANA

261 Ponteland Road, Cowgate t: 0191 2866621

## ROSIES BISTRO

23-24 Gosforth Shopping Centre, Gosforth, NE3 1JZ  
t: 0191 2136220  
www.caferosies.co.uk

### SACHINS

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

### SAVANNAH CAFÉ

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

### SILK ROOM

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

### SOLOMONS

Thorn tree Farm, West Road, Denton Burn, NE15 7EX  
t: 0191 2742323

### THE STAND COMEDY BISTRO

</

**THE GRAND HOTEL**

Grand Parade, Tynemouth, NE30 4ER  
t: 0191 2936666  
[www.grandhotel-uk.com](http://www.grandhotel-uk.com)

**HALO**

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

**IT'S ALL GREEK 2 ME**

Watts Slope, Whitley Bay NE26 1BQ t: 0191 2510622  
[www.itsallgreek2me.com](http://www.itsallgreek2me.com)

**IL STAZIONE**

Station Buildings, Tynemouth Station, Tynemouth, NE30 4RE  
t: 0191 2583200  
[www.ilfornotyemouth.co.uk](http://www.ilfornotyemouth.co.uk)

**IRVINS BRASSERIE**

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

**GARETH JAMES CHOCOLATIER**

12 Front Street, Tynemouth, NE30 4DX t: 0191 2577799  
[www.garethjameschocolatier.co.uk](http://www.garethjameschocolatier.co.uk)

**LOLA JEANS BAR & KITCHEN**

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## STRAWBERRY, RICOTTA, LEMON AND CREAM TART

**SERVES: 4**

### INGREDIENTS

#### For the pastry

100g cold butter  
175g plain flour  
1 tbsp caster sugar  
1 egg  
a little cold water

#### for the filling

200ml double cream  
250g tub ricotta cheese  
zest of a lemon  
2 tbsps ground cinnamon  
250g strawberries  
(we used British Sweet Eve)

### METHOD

Rub the cold butter into the sifted flour until it resembles fine breadcrumbs. Mix in the sugar and the egg, adding just enough cold water to create a dough, but no more. Roll the pastry and use it to line a 20cm tart tin which has been greased with a little extra butter. Prick the base of the tart with a fork. Place the tart tin in the fridge for 30 minutes.

In a roomy bowl whisk the fresh cream till it forms soft peaks. Add the ricotta, lemon zest and cinnamon and mix well.

Pre-heat the oven to 180C/Gas 4. Bake the pastry tart case for 20-25 minutes, till crisp and golden. Cool on a wire rack.

When you are ready to serve the tart, spoon the ricotta and cream mixture evenly across the tart base.

Decorate the top of the tart with Sweet Eve strawberries.



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Set

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