



FOOD LOVERS BUCKET LIST

BY **KENWOOD**

WELCOME

BUCKET LIST:

"Noun: a number of experiences or achievements that a person hopes to have or accomplish during their lifetime"

Oxford Dictionary

Food is something that so many of us talk about these days, especially here at Kenwood. We've a passion for all things food related; be it a simple ingredient turned into something tantalisingly tasty or the gastronomic magic conjured up in the kitchens of Michelin-starred restaurants across the country.

We also know that we're not alone – the Great British Public is constantly discussing food matters – from the latest shenanigans on The Great British Bake Off or MasterChef, to the pride they took in baking a cake or trying something new in their kitchen. In fact, for us Brits, food has become a subject that's almost as popular as the weather.

In our time-poor, pressured lives, great food and wonderful drink is one thing that can really lift us. But while you can talk with your friends about great foodie experiences, or hunt online for restaurant reviews, there's always the problem that you might be missing out. For there are only so many restaurants you can visit in a lifetime, let alone afford. And how many times have you been disappointed by a dinner, or a

drink, or even a cooking course that came recommended but didn't live up to expectations?

This is where The Kenwood Food Lovers Bucket List comes in. It's a list you can rely on, that's been carefully thought of and pored over by people you can really trust and depend on. It's a list that spans foodie experiences from simple things to cook at home, to tastes you need to travel to appreciate. All are suggestions that won't let you down, because they've already been tried and tested and then hotly debated.

The Kenwood Food Lovers Bucket List is the definitive list of 50 great foodie experiences that you really should try in a lifetime. It's a list to inspire and entertain you and to feed your mind, body and soul. It's the most delicious list of all time. So get reading, get planning and then get eating, sipping, digesting and just feeling really good about life!

Neal Jones
Managing Director, Kenwood



THE GREAT DEBATE

Compiling this list was no easy feat. With it came the weight of responsibility – every idea needed to be solid and reliable – and there was some firm decision-making needed.

But first, what was required was knowledge...so Kenwood assembled some of the finest foodie minds in Britain. An illustrious panel of experts who don't just know their onions, but their restaurants, their cooking courses, their home-spun recipes and their far-flung foodie facts.

As a food writer and editor of Waitrose Kitchen, I was invited to get involved, alongside chef and TV personality Simon Rimmer, restaurant critic Giles Coren, cookery school owner and chef Richard Bertinet, chef and finalist of the Great British Bake Off and former food buyer Miranda Gore Browne, as well as food blogger Danny Kingston.

A hungrier, more passionate and knowledgeable foodie group I cannot imagine. Amazing experiences

from the amateur to the professional were shared, discussed and pondered upon. All of our foodie dreams were dissected and challenged until hundreds of gastronomic ideas were edited to just 50.

And so the list draws from that wealth of experience, be it high-end dining, food buying or gastro blogging. It's our personal and professional views finely honed for nothing but your culinary pleasure.

William Sitwell

MEET THE PANEL...



SIMON RIMMER

Simon Rimmer is the chef and co-presenter of Sunday Brunch, the morning show which wakes the nation up on a Sunday with a mix of cookery, chat, current affairs and special guests. He has presented and cooked on many TV shows, as well as publishing seven successful books. Simon is also Chef patron of his two award-winning restaurants in Manchester; Greens and Earle.



WILLIAM SITWELL

William Sitwell is an award-winning editor, broadcaster and writer. A key figure in the food world, he is editor of Waitrose Kitchen magazine as well as a food and restaurant critic. He has been named Editor of the Year in awards from both the British Society of Magazine Editors (BSME) and the Association of Publishing Agencies (APA). His first book 'A History of Food in 100 Recipes' was published by Collins in April 2012 to great critical acclaim.



GILES COREN

Giles Coren is a writer, critic, columnist and television presenter. For the last seven years he has been The Times' restaurant critic and has written a weekly opinion column for them for many more years. In 2005 he was named 'Food and Drink Writer of the Year' at the British Press Awards. He also presented 'Food: Made in the UK' in 2011, and worked with Sue Perkins in 'Giles and Sue - The Good Life' as well as co-presenting the first series of 'The F-Word' with Gordon Ramsay in 2005.



RICHARD BERTINET

Richard Bertinet trained as a baker from the age of 14. His books: 'Dough', 'Crust', 'Cook' and 'Pastry' have won countless awards and are modern classics. Richard teaches sell-out classes at The Bertinet Kitchen cookery school, while his Bertinet Bakery sourdough was the Soil Association's Product of the Year for two years' running. Richard was named BBC Food Champion of the Year 2010.



MIRANDA GORE BROWNE

Miranda Gore Browne was a much-loved finalist on the first series of BBC2's The Great British Bake Off, where Mary Berry said that she reminded her of her younger self. Miranda thrives on putting baking at the heart of life. Her first cookbook, 'BISCUIT', was published by Ebury in 2012 and she is currently working on her second.



DANNY KINGSTON

Danny Kingston is a food adventurer, enthusiastic allotmentee, supper club host and writer of the entertaining and quirky epicurian blog 'Food Urchin'. He also writes for GreatBritishChefs.com - a recipe-based website that celebrates and champions the best chefs across the UK. Past credits also include writing for Delicious Magazine online and MSN Food.



1



BAKING CHOCOLATE CAKE WITH YOUR KIDS

Childhood memories are made over bowls of cake mix, fighting siblings for the right to lick the wooden spoon as the kitchen fills with the unmistakable sweet smell of freshly baked chocolate sponge. There are few things more straightforwardly satisfying than gathering the kids around the kitchen table to sift flour together, crack eggs and spatter chocolate everywhere, and every family needs a tried-and-tested cake recipe for birthdays, fetes or, simply, Sunday afternoons.

"There is nothing better than baking a chocolate cake with your children. The magic of taking a few simple ingredients and turning them into such a heavenly creation is what memories are made of... sitting back while the kitchen fills with the fug of baking chocolatiness to lick the spoons, the bowl and K Beater. There are times when my children have been so immersed in this exquisite pleasure that they have needed a hair wash afterwards."

Miranda Gore Browne, Great British Bake Off Finalist



TAKEAWAYS WITH POSH PLONK

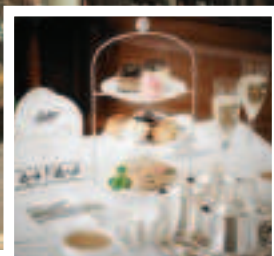
Everyone has their favourite takeaway for a too-tired-to-cook Friday night. Make it twice as tasty and more fulfilling by accessorising with a brilliant bottle of wine. A really good red with a curry, fizz with your fish and chips: something lovely to drink can truly transform the humble British takeaway and is a must-try.



2

AFTERNOON TEA AT BETTYS CAFE TEA ROOMS

BETTYS CAFE TEA ROOMS



A pianoman tinkling the ivories, the chink of dainty forks on fine china, finger sandwiches, clotted cream and scones: afternoon tea at Bettys in Harrogate invokes a gentler, less-rushed era. Built in 1919, it's a world away from today's bucket-sized paper cups, lame lattes and sad-old sandwiches in cellophane (www.bettys.co.uk).

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SULTANA SCONES

by Miranda Gore Browne
Makes approximately 16 scones

INGREDIENTS

- 680g self raising flour
- 3 teaspoons cream of tartar
- 1½ teaspoons bicarbonate of soda
- 1½ teaspoons salt
- 170g butter, diced and chilled
- 85g caster sugar
- 3 eggs, made up to 425ml with milk. Save a little of the egg mix to brush on top of the scones before baking
- 175g sultanas

METHOD

1. Preheat the oven to 220°C and prepare two baking trays with baking parchment. Chop the butter into small pieces and put on a plate, place in the fridge until you are ready to use it.
2. Attach the K-beater to the Kenwood Chef, then add all the dry ingredients into the large mixing bowl. Add the butter and switch the machine onto speed 2, keep the machine running until the mixture resembles fine breadcrumbs. Add in the sugar and sultanas, and mix until combined.
3. Break the eggs into a jug and top up to 425ml with milk, beat gently with a fork to combine. With the machine running, lower the speed to 1. Add the egg and milk mixture to the mixing bowl. Keep mixing until you have light dough.
4. Tip the dough onto a lightly floured surface and gently flatten with your hands to make a round of dough about 4cm thick. Use a round metal cutter (approximately 5cm) dipped in flour to stop it sticking, push straight down and do not twist or the scones will not rise properly. Carefully lift the scones onto a baking tray lined with baking parchment, ensuring they are well-spaced. Brush generously with the remaining egg mixture and put into the preheated oven. Bake for 5 minutes at 220°C then reduce the temperature to 180°C and bake for a further 15 minutes.
5. Remove from the oven and leave to cool on their trays for about 5 minutes, use a palette knife to carefully lift onto a cooling rack. Dust with icing sugar. Split and serve with homemade summery jumbly jam and clotted cream.

SUMMERY JUMBLY JAM

INGREDIENTS

- 450g granulated sugar
- 500g jam sugar
- 150g blackberries
- 150g raspberries
- 700g strawberries
- Juice of 2 lemons

METHOD

1. Put the sugar into a large ovenproof bowl and put into the oven at 125°C to warm gently, leave for about 15 minutes. Put a saucer into the freezer, this is useful for testing the jam (see step 3). Prepare the fruit but do not wash. Chop large strawberries in half.
2. Put half the warmed sugar and half the fruit into a large saucepan. Stir gently over a low heat for about 5 minutes. Use a potato masher to squash some of the fruit. Add the remaining fruit and sugar, stir until the sugar has completely dissolved then add the lemon juice. Bring to the boil and keep stirring over a high heat. The mixture should boil for about 4 minutes.
3. Take the saucer out of the freezer and use a teaspoon to drop the jam onto it. Leave for a few seconds then pull your finger through the jam. It is ready when the jam starts to set and goes a bit wrinkly. Remove from the heat and spoon into sterilized jars (jars can be sterilized on the hot wash of a dishwasher).

BELUGA CAVIAR

Fine Russian or Iranian Beluga caviar is one of life's little luxuries but demand for this soft salty roe (which comes from the mature female sturgeon of the Black and Caspian Seas) has meant severe over-fishing. Do your bit by buying farmed French caviar d'Aquitaine instead – it's guilt-free and just as delicious. Spread on thin toast or with sour cream on blinis – and never serve with a metal spoon, which alters the taste.

4

DINING AT CHEZ PANISSE

Alice Waters was cooking with locally sourced, organic ingredients long before it became de rigeur for chefs the world-over to list producers and food miles on menus. And for simple, earthy cooking, her Berkeley bistro – Chez Panisse (founded in 1980) – continues to set the standard. Failing a pilgrimage to California itself, the Chez Panisse Café Cookbook is packed with gorgeous recipes – its plum galette is one of the loveliest puds you'll ever make. (www.chezpanisse.com)

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EATING A HOT DOG AT A BASEBALL GAME

Retsina drinks like a dream on the shores of Greece, a Cornish pasty is to die for on the streets of Rock. And so it follows that nowhere does a hot dog taste as good, no matter how brilliant its chef, than at a baseball game in the States. Amid the roar of the crowd, the jingles that play on a home run, surrounded by pals, and above all thousands of baseball-mad Americans, the taste of a hot dog is truly sublime. And while you're at it get a good seat at the Dodger Stadium, Los Angeles, built into the mountain side with views of the Hollywood Hills. It doesn't matter if you don't know the difference between a run and a hit, this is one culinary/sporting experience you'll never forget.



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COFFEE AND CROISSANTS IN A PARISIAN CAFÉ

It may now be ubiquitous in every supermarket and service station up and down the UK but a croissant from any other source will never stand up to that bought from its spiritual home – a Parisian boulangerie. Get there at first light so your croissant au beurre will have only just emerged from the oven. The light glaze, the crisp, flaky shell and all-buttery, melt-in-the-mouth core – anything else is just poor imitation.



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FRESH BRITISH ASPARAGUS

The British asparagus season is short-lived, lasting a matter of weeks around May and June, but it's always worth the wait. Nothing quite beats cutting homegrown spears straight from the soil just as you've put on a pan of water to poach them. If you can't grow your own, buy the freshest you can find. Really tender asparagus requires no cooking at all and tastes incredible simply shaved into salads.

ASPARAGUS WITH BASIL HOLLANDAISE

by Danny Kingston
Serves 4

INGREDIENTS

- 16 asparagus spears, with the woody ends cut off
- 3 tablespoons white wine vinegar
- 6 peppercorns
- 1 bay leaf
- 2 eggs, yolks only
- 125g butter
- Small bunch of basil leaves and stalks, finely chopped
- Squeeze of lemon juice
- Salt and pepper

METHOD

1. Heat the vinegar in a small saucepan on the hob with the peppercorns and the bay leaf and reduce by half. Strain the peppercorns and the bay leaf from this reduction.
2. Place the egg yolks in a Kenwood food processor with the vinegar reduction.
3. Clean the saucepan and put it back on the heat. Gently melt the butter so that the butter clarifies and the milky solids fall to the bottom.
4. Switch the food processor on and slowly pour the butter in, on top of the egg yolks and vinegar reduction, with the motor still running. The sauce will begin to thicken and emulsify. Use all the clarified butter, stopping before the milky solids pour in. Stir in the chopped basil and season to taste with salt and pepper and a little bit of lemon juice. Keep warm.
5. Place a steamer, or saucepan with an open fan steamer, onto the hob. Add water and bring to the boil. Lay the asparagus down in the steamer and cover and steam for 4 minutes or so, until the asparagus is cooked through, but still retains some 'bite'.
6. Serve four spears on a warm plate and ladle a generous helping of basil hollandaise across the middle.

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COLLECTING AND COOKING FRESH EGGS

Here's how to raise a huge smile from a little pleasure – take the kids on a farm-stay, collect freshly laid eggs from a warm nest, set a pan over a simple fire and cook them to eat in the great outdoors. There's no better way to teach little ones where their food comes from.

"Our friends in Hereford keep chickens and, whenever we visit, the children always make a beeline for the bottom of their garden to visit Henrietta and Amber, who like to inquisitively scratch, peck and cluck about the place. When collecting first thing in the morning, the juggling of clumsy little hands sometimes results in scrambled eggs on paths and patios rather than in pans, but they are learning."

Danny Kingston, Food Urchin author



BREAKFAST AT THE WOLSELEY

Breakfast at London's buzzy, old-world brasserie The Wolseley is an institution. Prunes with orange and ginger, eggs Benedict, omelette Arnold Bennett, kedgeree, kippers with mustard butter, fishcakes with poached eggs – it's plush, please-all and provides a little bit of luxe to start the day. Forget just popping in, you'll need to book - and go for a balcony table so you can survey the grand old dining room from a bird's eye perch. (www.thewolseley.com)



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GRAND MARNIER AND MARMALADE BREAD AND BUTTER PUDDING

by Richard Bertinet
Serves 8

INGREDIENTS

- 1 small brioche loaf or 3 stale croissants
- 1 jar of marmalade
- 150ml Grand Marnier
- 100g sultanas

FOR THE CRÈME ANGLAISE

- 5 eggs
- 75g caster sugar
- 500ml full fat milk
- 1 vanilla pod

METHOD

1. Weigh or measure the sultanas, Grand Marnier and sugar. Place the sultanas in the Grand Marnier and leave to infuse.
2. Slice the brioche into 1cm thick slices. Separate the eggs and discard the whites. Split the vanilla pod in half down its length and scrape out (but do not discard) the seeds. Preheat the oven to 210°C.
3. Place the milk, vanilla pod and seeds into a heavy bottomed pan and bring to the boil. Combine the egg yolks and caster sugar in a bowl until they take on a mousse-like appearance and a pale straw colour. Pour the milk into the egg mixture and whisk well, to create the crème.
4. Return the crème to the pan and place over a medium heat. Using a wooden spoon, stir continuously in a figure of 8 until it thickens enough to coat the back of a spoon. To test, lift the spoon out of the crème and draw a line down the back of the spoon. If the line stays clean it is cooked. Strain immediately into a clean bowl and continue stirring for a few minutes.
5. Spread the sliced brioche with marmalade, cut in half diagonally to form triangles. Strain the sultanas, but do not discard the Grand Marnier. Arrange the triangles (points up) and sultanas evenly in an ovenproof dish making sure there are no gaps between the slices. When the dish is full slowly pour the crème over the brioche allowing time for it to absorb the liquid. Place in the preheated oven and cook for 20-25 minutes until golden brown.
6. To serve, warm the Grand Marnier in a small saucepan. Remove from the heat and set alight with a match or taper. Pour the flaming alcohol over the pudding and then sprinkle with a little sifted icing sugar. Serve with crème fraîche, vanilla ice-cream or any left-over crème anglaise.

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BREAD AND BUTTER PUDDING

Nothing serves up Proustian school-boy nostalgia quite like bread and butter pudding. Done well it has a crisp, nutmeggy caramelised topping, lovely custardy core and fruit soaked in a good glug of booze beforehand to pep the whole thing up. Make sure your bread's a bit stale before you set out for the best results – frugal cooking with leftovers at its finest.



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CORNISH CLOTTED CREAM

Where would a cream tea be without unctuous, thick clotted cream? Which do you spread on the scone first – the jam or the cream? If it's cream followed by a dollop of jam you've gone down the traditional Devonshire route, vice versa and you're born-and-bred Cornish.



"Cornish dairy farmers are in a class of their own. I've been going to Cornwall since I was a kid and I still get all excited about the clotted cream. With strawberries, on scones and especially with ice cream - when the clotted cream is on the table, nothing else matters. There is nothing else like it in the world."

Alex James, musician and cheese maker



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CATCHING AND COOKING A MACKEREL ON A BEACH

Catching your own mackerel to cook there and then on the beach is the stuff of every foraging foodie's fantasy. Construct a makeshift grill from shingle and driftwood and serve with a quality chilled white to toast the one that got away. Never will oily smoked fish have tasted so spanking fresh.



BARBECUED FRENCH RACK OF LAMB WITH A HERB CRUST

by Danny Kingston
Serves 4

INGREDIENTS

- 2 racks of lamb, French trimmed, should give 8 ribs each
- 50g butter
- 3-4 sprigs of rosemary, leaves picked
- 5-6 sprigs of thyme, leaves picked
- Large bunch of parsley, leaves and stalks
- 3 cloves of garlic, roughly chopped
- 200g of fresh, white, sliced bread
- 2 tablespoons mustard
- Salt and pepper

METHOD

1. First of all, get the BBQ going - a kettle drum BBQ with a lid is best. The BBQ is ready when the coals have turned white.
2. Meanwhile, prepare the herb crust by breaking the bread into pieces and place in a Kenwood food processor and pulse until you have fine crumbs. Then add the herbs and garlic and blitz for a further 30 seconds.
3. Heat the butter in a pan on the hob and season both racks with salt and pepper. Take the racks and sear all over in the pan and then leave to cool and rest for 5 minutes.
4. Place the racks into a roasting tin and, with a spoon or a brush, paint the mustard onto the fatty side of the racks. Then take the breadcrumb and herb mix and press onto the mustard, leaving an even coating.
5. Carefully, using tongs or an iron poker, push the coals to either side of the drum leaving a gap in the middle. Place the roasting tin with racks in the centre and place the lid on top. Depending how you like your lamb, roast for about 25 minutes (for medium rare).
6. Take out and cover with foil, leaving to rest for at least 10 minutes. Then carve and enjoy.

MARINATED BBQ'D LAMB

Firing up the barbie and cooking meat over charcoal is a British male rite-of-passage. Elevate your lamb chops to a cut(let) above by marinating first in coriander, or roll in herbs, oil, mustard and breadcrumbs for a crisp, flavourful crust. And don't be scared to leave a little bit of pink inside, no-one likes tough, overdone cutlets.

CRISPY CRACKLING

Perfect crackling is the home cook's holy grail. Here's a foolproof method: score the skin ensuring you don't go through to the meat, rub the skin with oil and salt, start in a scorching oven (as high as it goes) for half an hour then turn down to 190°C/fan 170°C and roast for 25 minutes per 450g/1lb. If you think your crackling needs extra oomph, turn the heat up high right at the end.



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CURING RAW FISH AT HOME

Fancy curing your own fish? It's actually a cinch; 'Gravlax' is Swedish for 'cured salmon', the 'cure' being chopped dill plus salt and sugar pounded with coriander seeds and peppercorns. Use this to sandwich together two salmon fillets, wrap tightly in clingfilm, chill and wait 48 hours before scraping off the marinade. Slice thinly and ta dah! Magic gravlax. Only one rule: freeze the fillets first then defrost to kill any parasites.

"Seafood is a big deal in Scandinavia and we love to cure, smoke and salt everything we source from the sea. Gravlax is a classic - silky salmon with lots of flavour from the dill, spices, sugar and salt. It's tasty just on good wholegrain bread or enjoyed as a meal with steamed new potatoes, crème fraîche, cucumber pickles and salad. Nutritious and delicious, what more could you ask for?"

Signe Johansen, Norwegian chef and author



COOKING CURRY FROM SCRATCH

Making a curry from scratch is a real revelation. Once you've taken the time to pound, grind or whizz up your own curry paste, be it balti or Thai green, nothing from a jar will ever quite hit the same mark. And your kitchen will smell incredible from the moment you start toasting fragrant cumin and coriander seeds or slicing up ginger, galangal and lemongrass.

LAMB VINDALOO

by Simon Rimmer
Serves 4

INGREDIENTS

FOR THE PASTE

- 1 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 clove of garlic
- Pinch of turmeric
- 50ml malt vinegar
- 50ml warm water
- 25mm piece ginger
- 8 red chillies

FOR THE MARINADE

- 1 teaspoon black peppercorns, crushed
- 3 green chillies
- 100ml malt vinegar
- 50ml red wine
- 2 teaspoons sugar
- 8 cardamom pods
- 8 cloves
- Pinch of salt

FOR THE CURRY

- 500g lamb shoulder
- 1 onion, finely sliced
- 200g potatoes, cubed
- Oil for frying

METHOD

1. Combine all the ingredients for the curry paste and blend in a Kenwood food processor until smooth.
2. Combine all the ingredients for the marinade in a bowl, add the lamb and marinade for at least 2 hours or better still, overnight.
3. Heat the oil in a large saucepan. Fry the onion until soft, add the paste, and cook for 5 minutes. Add the lamb and the marinade to the pan (you may also need to add some water).
4. Cover and cook for at least 40 minutes on a medium heat. Add the potatoes and cook for a further 20 minutes until soft. Serve with plain boiled rice and garnish with coriander.



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GROWING YOUR OWN VEGETABLES

It's becoming a bit of a cliché but growing your own really is worthwhile. We don't all have an allotment or garden big enough for a veg patch but even a simple windowsill is a mini herb garden waiting to happen. If you don't want to grow from seed there are plenty of starter kits around to do the initial bit for you. Just replant, grow and watch the savings stack up. The very freshest food you can cook up in the kitchen.



DINING AT RACINE

Henry Harris is a British chef with a strong French accent and his monumentally popular Racine restaurant is a tranche de Paris in the middle of Knightsbridge. All the bistro classics are good but you can't beat an order of fish soup, rabbit and Valrhona chocolate ice-cream. Try to nab table 19 on the left as you enter – it's the best in the house and lets you sit next to each other while people-watching over filet au poivre.

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CHOCOLATE FONDANT PUDDING

Chocolate fondant pudding – there's nothing more satisfying than cutting into its soft sponge and watching that rich molten centre ooze out. Easy to get wrong, impossible not to inhale in seconds, the subject of many a MasterChef triumph and disaster. Practice yours until it's perfect.

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CHOCOLATE FONDANTS

by Felicity Cloake
Makes 2

INGREDIENTS

- 60g unsalted butter, cut into cubes, plus extra to grease
- 1 tablespoon cocoa powder
- 60g dark chocolate, broken into pieces
- 1 egg and 1 egg yolk
- 60g caster sugar
- 1 tablespoon plain flour
- Salt

METHOD

1. Pre-heat the oven to 200°C and put a baking tray on the middle shelf. Grease the inside of two small ramekins or pudding moulds. Put the cocoa in one and turn it to coat the inside, holding it over the second mould to catch any that escapes. Do the same with the other mould.
2. Put the butter and chocolate into a heatproof bowl set over, but not touching, a pan of simmering water and stir occasionally until melted. Allow to cool slightly.
3. Vigorously whisk together the egg, yolk, sugar and a pinch of salt with a Kenwood hand mixer, until pale and fluffy. Lower the speed of the hand mixer and then add in the melted chocolate and butter, and then the flour. Spoon into the prepared moulds, stopping just shy of the top. At this point the mixture can be refrigerated until needed, or even frozen, as the puddings will not wait around once cooked.
4. Put on to a hot baking tray and cook for 12 minutes (14 if from cold, 16 if from frozen) until the tops are set and coming away from the sides of the moulds. Leave to rest for 30 seconds and then serve in the ramekins or turn out on to plates if you're feeling confident. They're great with clotted cream or vanilla ice cream.



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FRESH SEAFOOD BY THE SEA

Minibreaks by the sea are made for crab sandwiches or platters of seafood to share while boats bob up and down on the water and gulls soar overhead. Cromer crabs are a speciality and The Jetty Café in Cromer (www.thejettycafe.co.uk) does an award-winning crab salad. Or, for a brilliantly no-frills seafood platter, eaten off Formica tables and downed with a pint of pale ale, try the Company Shed in West Mersea (www.the-company-shed.co.uk).

"There can be fewer food pleasures in life better than sitting by the Normandy coast with a decadent platter full of fruits de mer. Sweet baby crabs, oysters, langoustines, cockles and more, all washed down with a decent bottle of Sauvignon Blanc. Even better when served with a little Gayette, which helps to cleanse the palate so that the individual taste of each oyster can be savoured."

David Everitt-Matthias, Michelin star chef



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FRESH HONEYCOMB

Cut straight from a hive, fresh honeycomb is a real treat. Honey like this in its most natural state can be eaten just as is but is, of course, delicious melted on hot toast. For a more unexpected pairing, pop it on a cheese plate and enjoy with savoury cheese and biscuits. As you start to try different honeys, collected from across the UK, you'll be amazed at the variations in flavour.



"Probably one of my favourite sweet things is honeycomb. It's got everything, crunch, colour, a fantastic subtle honey flavour and of course it's really sweet also. I think it's best crushed up and sprinkled over vanilla ice cream"

Ash Mair, award-winning chef

CHOCOLATE ÉCLAIRS

Crisp light choux, oozy Chantilly cream and best-quality chocolate, there aren't many pleasures more immediate than devouring a delicate éclair. Except of course eating one you've made yourself. Learn how to do it and improve your popularity index in an instant.

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CHOCOLATE ÉCLAIRS

by Miranda Gore Browne
Makes 12 small éclairs

INGREDIENTS

FOR THE CHOUX PASTRY

- 50g unsalted butter, diced
- 150ml water
- 60g strong plain flour
- 2 large eggs, beaten
- 1 teaspoon caster sugar

FOR THE CHOCOLATE GANACHE

- 225g dark chocolate, broken into small pieces
- 225ml double cream

CREAM FILLING

- 300ml double cream

METHOD

TO MAKE THE CHOUX PASTRY

1. Preheat oven to 200°C. Put butter and water in a medium saucepan over a low heat. Stir occasionally with a wooden spoon as the butter melts.
2. Meanwhile, sift the flour and sugar onto a piece of folded greaseproof paper. When the butter has melted, turn up the heat and bring the mixture to the boil. Remove from the heat and very quickly shoot the flour and sugar into the saucepan. Beat the flour mixture into the liquid with a Kenwood hand mixer to mix all the ingredients together. Stop beating when you have a smooth dough that comes away from the sides of the saucepan. This should take only a few seconds.
3. Pour a little of the beaten egg into the flour mixture and beat it in well. Keep adding and beating in the egg, a little at a time, until the dough looks thick, smooth and shiny and still holds its shape well. You may not need the last two or three tablespoonful's of egg.

4. Spoon the mixture into a piping bag and cut off the end to give about 1cm hole. Prepare baking trays with parchment, sprinkle with water and bang off excess. Pipe logs approximately 11cm long and well spaced as they double in size (leave at least 5cm between the logs of choux pastry).
5. Bake at 200°C for 10 minutes. Then increase the heat to 220°C and bake for a further 15-20 minutes. Once out of oven, slit the éclairs with a knife to let out the steam and place on a wire rack to cool.

TO MAKE THE GANACHE

1. Put the cream and broken chocolate in a heatproof bowl over a pan of simmering water. Stir gently and remove from the heat once the chocolate has melted. Stir to combine the chocolate and cream and beat until shiny. Leave to set a little at room temperature.
2. Either dip the éclairs into the ganache, letting the excess glaze drip back into the bowl or put the ganache into a piping bag, snip off the end and pipe a line of ganache down the middle of each filled éclair.

TO MAKE THE CREAM FILLING

1. With the Kenwood hand mixer, whisk the cream until thick, slice each éclair in half longways and pipe the whipped cream inside.



SET LUNCH MENU AT LE GAVROCHE

Two Michelin stars automatically means a three-figure bill, right? Well you'll certainly need deep pockets to dine à la carte at Mayfair's Le Gavroche. Which is why, at £52, the fixed price lunch is actually a bit of a steal. Three courses of knock-out food from MasterChef Professional judge Michel Roux Jr, a half-bottle of wine plus water and immaculate service: it's a fast-route to smugness for in-the-know foodies. (www.le-gavroche.co.uk)

"£52 (last time I looked) for three courses, wine, water and coffee, with an amuse-bouche and terrific breads, in one of the last of the great, seductive old dining rooms in London, is just the spanking value that it has been for years and years. It really is one of the best-kept secrets in the restaurant world."

Giles Coren, food critic



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GREENGAGES

Greengages are part of the European plum family. They take their name from Sir William Gage, credited with introducing them to Britain from France in the early 1700s. They've fallen out of favour but plucked from a tree when ripe and rich, there are few fruits more magnificent.



BLACKBERRY PICKING

Who can resist picking ripe blackberries from a laden hedgerow, stumbled upon during a family walk, plump and warm from a British summer sun? Any the kids don't cram messily into their mouths there and then can fill a crumble or cobbler and round up your Sunday roast in rustic splendour.



26

BLACKBERRY, APPLE AND HAZELNUT CRUMBLE

by Miranda Gore Browne
Serves 4-6

INGREDIENTS

FOR THE CRUMBLE TOPPING

- 125g unsalted butter, cold and cut into small cubes
- 150g plain flour, sifted
- 50g light brown soft sugar
- 50g golden caster sugar
- 200g jumbo oats
- 50g roasted hazelnuts, roughly chopped

FOR THE FRUITS

- 1 large Bramley apple, peeled and roughly chopped into small pieces
- 2 tablespoons golden caster sugar
- 400g blackberries

METHOD

1. To make the crumble topping, place the sifted flour, jumbo oats and butter in a large bowl and rub the butter in by hand until it looks like breadcrumbs – do not overwork. Add the sugar with a knife until mixed in. Mix in the roughly chopped hazelnuts.
2. For the fruit filling, peel and chop the apple then place in crumble dish, add the blackberries and sprinkle over the sugar. Mix together with your hands to combine. Spread the crumble topping over the top and bake straight away.
3. Place the crumble on a high shelf in the oven and bake it for 30-35 minutes at 180°C until the top is golden. Serve with vanilla ice-cream or clotted cream.



27

DINING AT L'ENCLUME

To dine at Simon Rogan's L'Enclume is to eat at one of the finest restaurants in the land. A paean to the natural larder of the surrounding Lake District, the ever-evolving tasting menu takes deliciously old-fashioned sounding foraged ingredients (lady's smock leaves, meadowsweet) then uses them in brilliantly creative, futuristic dishes (oyster 'pebbles', say, followed by sea buckthorn with basil chocolate). The presentation, kitchen-kit wizardry and sheer imagination are dazzling and – most importantly – everything tastes divine.



VISITING JAMAA EL FNA SQUARE

After dark Marrakech's Jamaa El Fna Square becomes both a stage and one of the world's great meeting places. Sure, the riot of snake-charmers, acrobats, monkeys and musicians panders to tourists – but this is also where the city's dwellers congregate before grazing their way around stall-upon-stall of sizzling street food. Pick a cart busy with locals, sample all manner of fragrantly spiced skewers and pastries, then retreat to a café balcony for a bird's-eye view and mint-tea digestif.



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HOMEMADE MAYONNAISE

Once you've made your own mayonnaise and thrilled to the miracle of egg yolks, oil and vinegar transforming into the proper, cheerful sunshine-yellow stuff, anything bought in a jar will be an anaemic substitute. If you're whisking by hand, bring plenty of strength and patience to the task – rush adding the oil to the beaten eggs and it'll curdle. Make it easier on yourself by using a Kenwood blender.

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AÏOLI

by Richard Bertinet
Serves 4-6

INGREDIENTS

- 2 egg yolks, at room temperature
- 1 teaspoon Dijon mustard
- 4 tablespoons vegetable oil
- 10 tablespoons extra virgin olive oil
- Juice of $\frac{1}{2}$ a lemon
- 1 large clove of garlic, crushed into a paste
- Salt and pepper

METHOD

1. Put the egg yolks and the mustard into a Kenwood blender and process on a slow speed.
2. With the machine still running, remove the filler cap (the small cap in the middle of the lid).
3. Add the vegetable oil, a dribble at a time, until it thickens. Add the olive oil in the same way. When all the oil is added, the mayonnaise should be quite thick.
4. Add the garlic and the lemon juice and season to taste. Keep covered in the fridge until needed.



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WOODLAND GLADE PICNIC

Did you know that half of the world's bluebell woods are on British soil? Fill a hamper with elderflower cordial, egg and cress sandwiches, sausage rolls and scones and find your nearest wild wood. Among the iconic purple flowers, you'll experience a magical moment of peace and perhaps the prettiest picnic you'll ever have. Enter your postcode at the Woodland Trust's Visit Woods website and get a list of bluebell woods closest to you. (visitwoods.org.uk)

"A long walk through fields and along winding footpaths past oil seed rape and hedgerows still wet with Spring rain leads to a wood where the sun shines through the gaps in the canopy of new leaves and the ground is a blue carpet. The intoxicating scent and spellbinding colour of the bluebells is arresting. We find a large flat tree stump and spread out the simple picnic we have carried on our walk."

Miranda Gore Browne, Great British Bake Off Finalist



LEARNING TO JOINT A CHICKEN

Why buy a couple of skinless, boneless chicken breasts when you can learn to joint a whole chicken and get two breasts, two thighs, two drumsticks, wings and a carcass for stock? It's easy when you know how and there are countless online step-by-step guides just a click away. Once you've mastered jointing, get roasting so you can perfect the art of carving.

31

BAKING YOUR OWN BREAD

More and more people are rediscovering the joy of baking homemade bread. And why not, when a bit of flour, salt, water, oil and yeast can produce a humble loaf in next to no time and fill your kitchen with such incredible aromas? The fun really starts when you begin experimenting – move on to sourdough and rye or make little bread rolls stuffed with leftover nibblets of prosciutto and hard cheese. Warning – it's addictive.



32

FOUGASSE

by Richard Bertinet
Makes 3 fougasse

INGREDIENTS

- 500g strong bread flour
- 350g (350ml) luke warm water (weighing is more accurate)
- 10g yeast (fresh if possible) or 5g dried yeast
- 10g salt

METHOD

1. Preheat the oven to 220°C.
2. Dissolve the dried yeast (if using) in a little of the water.
3. Attach the dough hook to the Kenwood Chef, and add all the ingredients to the mixing bowl.
4. Switch the machine to speed 1 for 1 minute to mix the ingredients together. Then increase the speed to 2 and run the machine for 5 minutes.
5. Cover the mixing bowl with a tea-towel and place the bowl to rest in a draft-free area for up to one hour. Turn out gently onto a well-floured work surface. Be careful not to deflate it, but expect it to spread out to cover a square of your work surface. Generously flour the top of the dough and cover with a clean tea towel to rest for 5 minutes.
6. Using the flat edge of a plastic scraper, cut the dough into two rectangles, and then cut each piece again into three roughly rectangular pieces. Make 1 large diagonal cut in each piece of dough making sure you cut right through to the work surface, but not through to the corners. Make 3 smaller diagonal cuts on each side of the central one. Gently open out the holes with your fingers and shake off the excess flour.
7. Lift onto a lightly floured baking tray and slide onto the hot baking stone or tray in your oven. Bake for 10-12 minutes until golden brown.

LUNCH AT THE WALNUT TREE

Just outside Abergavenny, The Walnut Tree Inn goes for a no-nonsense approach – no airs and graces, no service charge, no guff, just great food. Shaun Hill's seriously good value set lunch (two courses, £22) might include John Dory and potato rasam followed by hake with a herby mushroom crust. It's a serious dining room but refreshingly free of frippery, which is why it's been a stalwart on the British fine dining scene since the Sixties. (www.thewalnuttreeinn.com)



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COOKING A PERFECTLY TIMED SUNDAY ROAST

A fantastic piece of meat is the foundation of any great roast, right? Well sure, but get your timings wrong and it matters not how much you shelled out for your Aberdeen Angus fore rib because your Yorkies will be burnt, your greens limp and cold and your spuds rock hard. Hone your timings so that it all comes together perfectly - you've got four Sundays a month to practice. And don't forget to rest the meat.

34

MAKING YOUR OWN SOUP

Making homemade soup is instantly soothing, can be all-out luxurious or pat-on-the-back thrifty and offers as many variations as there are days in the year. Velvety butternut squash as autumn leaves fall, chilled gazpacho on summer's hottest day, broth flecked with fiery chilli and ginger to ward off winter colds. Minestrone, mulligatawny, French onion, Yankee chicken noodle: every nation has its soup - and any fool can make one. All you need is a pan, a stock and whatever's to hand.

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FRENCH ONION SOUP

by Jean-Christophe Novelli
Serves 4

INGREDIENTS

- 50g unsalted butter
- 1 tablespoon olive oil
- 1kg red onions, thinly sliced
- 1 sprig fresh thyme, stalks removed
- 2 bay leaves
- 3 teaspoons caster sugar
- 750ml dry white wine
- 350ml hot vegetable stock
- 1 tablespoon lemon juice
- Salt and pepper

FOR THE CROÛTONS

- 1 baguette
- 1 garlic clove, peeled
- 180g Gruyère cheese, sliced
- Freshly ground black pepper
- Pinch paprika

METHOD

1. Melt the butter in a large saucepan with the oil and gently cook the onions for about 6–8 minutes or until softened.
2. Add the herbs and seasoning, sprinkle over the sugar and cook for a further 5 minutes or until the onions are melting and glossy.
3. Pour in the wine and raise the heat. Bring back to the boil and simmer to reduce for 10 minutes. Add the hot stock, bring back to the boil and simmer for 25 minutes.
4. When you are ready to serve the soup, preheat the grill. Slice the baguette diagonally and dry-fry in a heavy-based pan without oil or butter. While it is toasting, rub a clove of garlic on the bottom of the pan to infuse the bread. When the baguette pieces are golden brown, top with the sliced cheese, grind over the pepper, sprinkle with the paprika, and grill for 2–3 minutes (or microwave for 10 seconds) until the cheese is bubbling.
5. Just before serving the soup, add the lemon juice and stir. Ladle into hot bowls and top with the cheesy croûtons. Serve immediately.

EARLY MORNING BREAKFAST AT CARNEGIE DELI

Manhattan landmark Carnegie Deli has been making what many consider NYC's best sandwiches since 1937. You can order a towering overstuffed pastrami on rye at pretty much any hour of the day (it's open from 6.30am to 4am). But the real beauty of the place? You never know who might be next to you nursing a bagel or matzoh ball soup. Tourists, celebs, politicians, Carnegie Deli loves them all – and knows their midnight cravings. (www.carnegiedeli.com)

"The first time I went to New York, I was up with the usual 4am jetlag and wandered out of my mid-town hotel to look for something to eat. But after a hapless and hungry half hour of nothing but closed restaurants, I saw the sidewalk ahead bathed in the light of the Carnegie Deli. Inside, huge jars of free pickles on the tables, pastrami sandwiches a mile high, bustling customers and restless counter staff... it was like walking onto the set of a Woody Allen film. Quite unforgettable."

Giles Coren, food critic



MAKING YOUR OWN MARMALADE

Homemade Seville orange marmalade is a ritual – the industrial-sized pan and thermometer, the sterilised jars, the glorious smelling fruit. It's no rush-job: you'll be shredding peel the night before and scratching your head over ratios of sugar to liquid before you've even begun on boiling, skimming and eventually ladling into jars to set. But the reward! A little pot of bottled sunshine, yours to give to brighten someone's morning. Is there any present more lovely?

"A taste memory of my childhood is biting into my dad's thickly buttered toast with my mum's homemade marmalade on top of it. Marmalade is my breakfast luxury and I think there is no better present to give someone than a pot of marmalade you've made yourself, be it orange or lime or something more adventurous like ginger. Whether true or not, I like the Mary Queen of Scots story about the origin of its name "Marie est malade" and for me marmalade will always remain the best tonic to start everyday with."

Emilia Fox, TV and film actress



MAKING HOMEMADE ICE CREAM

Making your own ice cream is unexpectedly easy and super-satisfying – the beauty being that you can create your own flavours as you go. Start with a simple vanilla then blitz up your own raspberries and swirl through the basic vanilla custard for raspberry ripple. Once you've mastered that, grown-up rum-and-raisin-esque flavours with glugs of booze or bespoke Willy Wonka sweet-packed concoctions for the kids are just a freezer box away.

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"The taste of honeycomb/cinder toffee is divine, a real taste of childhood, I even like the 3 hours it takes to pick the bits out of your teeth. Well, it's only very recently that I learned how to make it and now I can't stop, much to the delight of my dentist. If you've tried making ice cream before and been disappointed by the results because it's too 'icy', well this is a creamy winner...the secret ingredient is vodka, which has a lower freezing point and stops those ice-crystals forming...now where did I put that toothpick?"

Simon Rimmer, TV Chef and restaurateur

HONEYCOMB ICE CREAM

by Simon Rimmer
Serves 6

INGREDIENTS

- 75g caster sugar
- 30ml golden syrup
- 30g bicarbonate of soda, sifted
- 600ml double cream
- 1 can condensed milk
- 45ml vodka

METHOD

1. To make the honeycomb, in a pan, warm the sugar and syrup until the sugar melts, then turn up the heat until it starts to form a caramel. The longer you leave it the more caramelly it becomes, but don't leave it too long as it'll burn. You want it golden.
2. Now add in the sifted bicarbonate of soda and stir well, then pour onto a greased tray and allow to cool.
3. For the ice cream, whip the cream using the whisk attachment on the Kenwood Chef until it becomes 'quadruple' cream. Fold in the vodka and condensed milk and whisk until firm. Now break in the honeycomb and mix well.
4. Pour into a container and freeze for at least 8 hours. This really is one of the most delicious ice creams ever and there is no need to churn.



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TAPAS IN SAN MIGUEL MARKET

You can stop by Madrid's wrought-iron Mercado de San Miguel at dawn for freshly squeezed juice and pan (bread) as the stalls set up. But the good stuff really happens after dark when, lit up like a beautiful beacon, it transforms into a mass of tapas bars with the sole purpose of communal eating. Pick up a glass to refill with sherry on the way round then graze on first-rate croquettes, olives and jamón. It's buzzy and brilliantly informal. (www.mercadodesanmiguel.es)

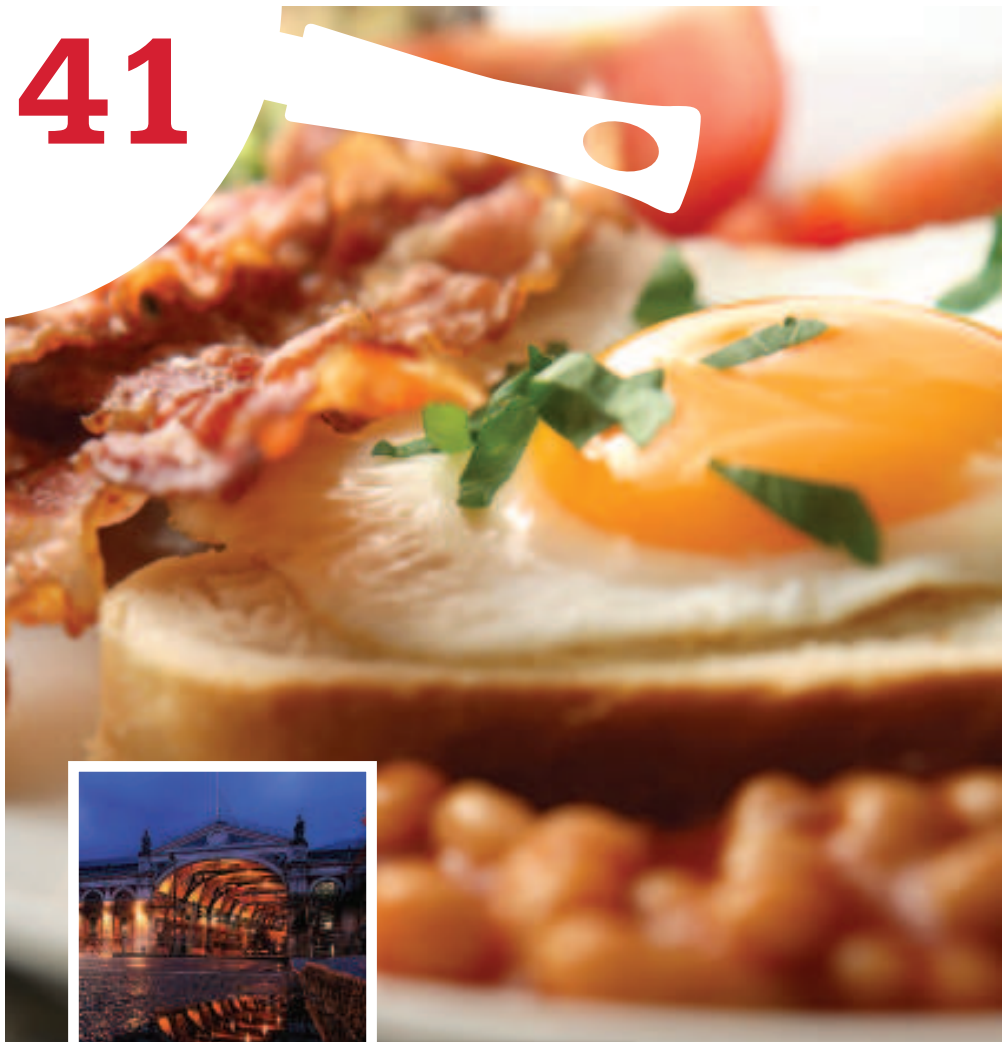


PORK PIES

A proper pork pie has never known a plastic wrapper or service-station forecourt and, given the faff required to make it, ought really to be carried somewhere scenic in a picnic basket and eaten with respect. Show me a British male who doesn't like meat and pastry – a pork pie unites the two in a crisp lardy case hiding dense, spiced piggy meat. Artisan pies offer endless variation – a traditional Melton Mowbray may only be labelled as such if it comes from the Leicestershire town of the same name.

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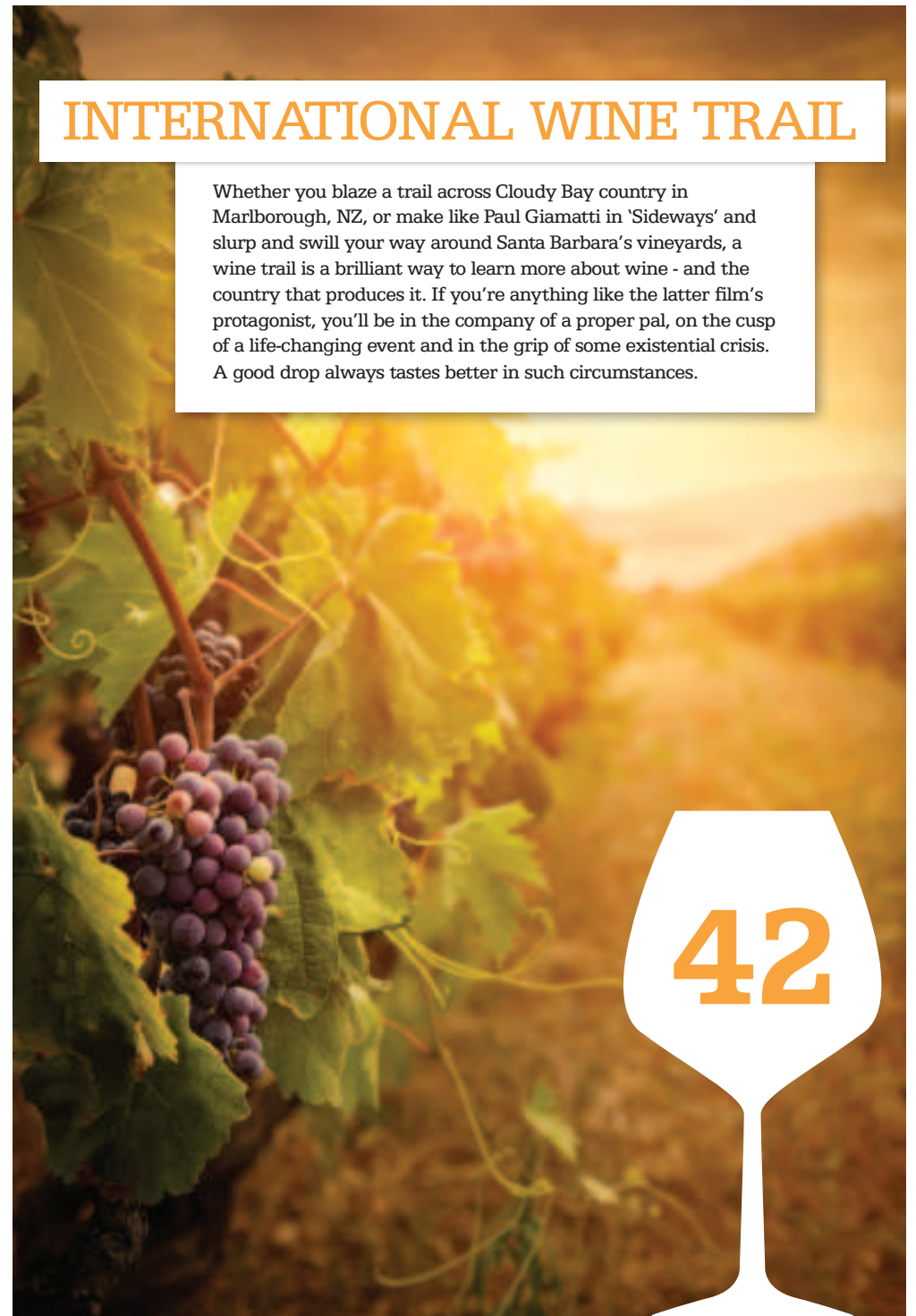
DAWN FRY-UP AT SMITHFIELD MARKET

Breakfast with the crack-of-dawn butchers of London's Smithfield meat market is a secret city experience for devotees of a Full English. At dawn, as weary workers hose down the cobblestones, cafes come to life peddling sugary tea in Styrofoam cups and plates laden with eggs, mushrooms and the all-important meat. Never will sausages be so fresh. For novelty value, the Fox & Anchor pub opens at 7am offering market porters a pint to put their shift to bed.

INTERNATIONAL WINE TRAIL

Whether you blaze a trail across Cloudy Bay country in Marlborough, NZ, or make like Paul Giamatti in 'Sideways' and slurp and swill your way around Santa Barbara's vineyards, a wine trail is a brilliant way to learn more about wine - and the country that produces it. If you're anything like the latter film's protagonist, you'll be in the company of a proper pal, on the cusp of a life-changing event and in the grip of some existential crisis. A good drop always tastes better in such circumstances.

42



BRITISH ALE WITH A SCOTCH EGG

Scotch eggs are suddenly trendy. And rightly so. Done well they are all crisp coating, nicely seasoned sausage meat and inner egg cooked just-so – not too runny, please, you want to be able to slice into it and admire the perfect layers before gobbling it up. Best enjoyed with a pint of British ale. If you're feeling confident you can try making your own.

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CHORIZO SCOTCH EGGS WITH PEPPER CHUTNEY

by Simon Rimmer
Serves 6

INGREDIENTS

- 6 hard boiled eggs, cooked for a maximum of 6 minutes
- 175g sausage meat
- 75g finely diced chorizo
- 1 tablespoon chopped parsley
- 1 tablespoon finely chopped chives
- 75g breadcrumbs
- 75g polenta
- Oil for frying
- Plenty of salt and white pepper

FOR THE PEPPER CHUTNEY

- 1 red onion, sliced
- 4 red peppers, finely sliced
- 1 clove garlic, sliced
- 8 gherkins, chopped
- 1 tablespoon capers
- 100g demerara sugar
- 100ml red wine vinegar
- 1 birds-eye chilli, finely chopped

METHOD

1. Mix the sausage meat, chorizo, herb, chives together and season generously. Divide into 16 pieces and press flat.
2. Flour each egg, then egg wash and wrap the meat around. Deep fry at 180°C for 4 minutes, turning regularly.
3. Combine the polenta and breadcrumbs. Roll the eggs in the breadcrumb mixture. Deep fry at 180°C for 4 minutes, turning regularly.
4. To make the chutney, fry the onion, garlic, chilli for 3-4 minutes to soften. Add the peppers, and cook for 2 minutes. Add the sugar and vinegar, boil for 10 minutes, and take off heat. Finally add the capers, gherkins, season and cool.
5. Serve the chutney with the Scotch eggs and a little pretty salad garnish.

44



SUSHI AT TSUKIJI FISH MARKET

Each morning hundreds of different species of fish pass through Tokyo's Tsukiji fish market, the world's biggest wholesale fish market. Thrill to the sight of mass tuna auctions from 5am before pulling up at one of the bars (try Daiwa) to eat probably your earliest-ever plate of sashimi – surely your freshest. Don't miss the shops on the market's borders – brilliant for picking up chopsticks, dainty bowls and bags of sushi rice. (www.tsukiji-market.or.jp/tukiji_e.htm)

"Sushi is one of my favourite things. It's the texture of the fish with the sweet rice that is such a great combination - with a bit of hot wasabi and soy sauce it's every one of my favourite flavours all together. Just describing it now has made me want it!"

Liz McClarnon, musician and Celebrity MasterChef winner



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TAKEAWAY FISH 'N' CHIPS

What could be more British than fish and chips? I stand by the conviction they taste best eaten out of paper. Ideally you'll be sat on a harbour wall and, for the sake of our overfished seas, eating something MSC-certified. Everyone thinks they know the purveyor of the country's best fish 'n' chips – but you can't beat The Watch House in St Mawes (www.watchhousetmawes.co.uk), Seniors in Blackpool (www.seniorsfishandchips.co.uk), and the Aldeburgh Fish and Chip Shop (www.aldeburghfishandchips.co.uk).



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GUINNESS AT THE STAG'S HEAD, DUBLIN

It's not all myth, propaganda or ad-man gimmickry – a properly pulled pint of Guinness really does taste better in the Emerald Isle. My favourite spot is The Stag's Head in Dublin, which is centuries-old, once a stomping ground for James Joyce and used in many a movie from 'Educating Rita' to Albert Finney's 'A Man of no Importance'. So what's the secret with the black stuff? It's about patience, the angle and the time it takes to pour - remember that ad with the surfer? The Stag's Head should know. They filmed a Guinness ad right there at the bar. (www.louisfitzgerald.com/stagshead)



DINING AT THE SEAHORSE

On the banks of the river in Dartmouth, Mitch Tonks' Seahorse restaurant is just lovely. Much of the (predominantly fish) menu is cooked in a charcoal oven – you might get garlicky scallops roasted in their shell or bream in a herby parcel. It's one of the warmest places I know and the £20 set menu is a belter. After dinner, cross back over the Dart on a little passenger ferry, harbour lights twinkling all around. Magical. (www.seahorsrestaurant.co.uk)



47

WILD BRITISH STRAWBERRIES

It's said that Henry VIII once paid as much for a bucket of wild strawberries as he did for Holbein to paint a portrait of Jane Seymour. Silly Henry, a bit of foraging and they'd have been free. Discovering a patch of these beauties in a field or meadow is a real treat. Much smaller than anything you'll find in the shops, they're tiny and magical with an intense sweetness.



48

STRAWBERRY MESS

by Danny Kingston
Serves 4

INGREDIENTS

- 500g British strawberries
- 175g caster sugar
- 250ml double cream
- $\frac{1}{2}$ teaspoon vanilla extract
- 4 ready-made meringue shells, coarsely crumbled (although you can make your own)
- Mint leaves to garnish

METHOD

1. Wash your strawberries, setting a few aside for presentation later. Hull and quarter the remaining strawberries and place in a bowl and sprinkle with 1 tablespoon of the caster sugar. Turn the strawberries over in the bowl with a spoon, making sure the strawberries are thoroughly coated, then set aside and leave to macerate for 30 minutes.
2. Whip the double cream using the whisk attachment on the Kenwood Chef until it starts to thicken. Add the remaining sugar and vanilla extract and continue to beat until soft peaks form. Fold the quartered strawberries into the cream then gently fold in the meringues.
3. Spoon into four glasses or serving bowls. Cut reserved strawberries in half lengthwise and arrange on top of cream as a pretty garnish with perhaps a sprig of mint.

A glass decanter of whisky and a glass of whisky on a tray with a haggis.

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TOASTING A HAGGIS WITH WHISKY

Bagpipes, Robbie Burns, cock-a-leekie soup, neeps and tatties and plenty of single malt – toasting a haggis on Burns Night is an institution of Scottish life and a night laden with charm for everyone else. It's a real ceremony complete with keynote speeches, poetry and music. Traditional haggis comprises sheep's liver, lungs and heart minced with onion, oatmeal, suet, stock and spices, packed into a casing and boiled. It tastes significantly better than it sounds.

A close-up of a skewer of grilled chicken satay over a charcoal grill.

STREET FOOD IN ASIA

Kuala Lumpur's street food is the real deal. Malaysia's cultural melting pot mixes Malay with Chinese and Indian and KL's sprawling food markets (try Chinatown's) are the most authentic way of eating your way around it all. Behind trestle tables and row-upon-row of makeshift grills, hawkers knock out incredible chicken satay, chilli crab, rotis, nasi (rice) dishes and beef rendang – you'll be staggered by the sheer scale of it all. Pull up a plastic stool and order a curry or couple of skewers. The flavours will be deep and the recipes passed down through generations.

A white fork graphic.

50

FOOD LOVERS BUCKET LIST

BY **KENWOOD**

After tickling your taste buds with this list of 50 delectable food experiences, here's a checklist to print out and stick on the fridge so you can keep track of your very own culinary quests.

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> 1. BAKING CHOCOLATE CAKE WITH YOUR KIDS | <input type="checkbox"/> 14. MARINATED BBQ'D LAMB | <input type="checkbox"/> 28. VISITING JAMAA EL FNA SQUARE | <input type="checkbox"/> 40. PORK PIES |
| <input type="checkbox"/> 2. TAKEAWAYS WITH POSH PLONK | <input type="checkbox"/> 15. CRISPY CRACKLING | <input type="checkbox"/> 29. HOMEMADE MAYONNAISE | <input type="checkbox"/> 41. DAWN FRY-UP AT SMITHFIELD MARKET |
| <input type="checkbox"/> 3. AFTERNOON TEA AT BETTYS | <input type="checkbox"/> 16. CURING RAW FISH AT HOME | <input type="checkbox"/> 30. WOODLAND GLADE PICNIC | <input type="checkbox"/> 42. INTERNATIONAL WINE TRAIL |
| <input type="checkbox"/> 4. BELUGA CAVIAR | <input type="checkbox"/> 17. COOKING CURRY FROM SCRATCH | <input type="checkbox"/> 31. LEARNING TO JOINT A CHICKEN | <input type="checkbox"/> 43. BRITISH ALE WITH A SCOTCH EGG |
| <input type="checkbox"/> 5. DINING AT CHEZ PANISSE | <input type="checkbox"/> 18. GROWING YOUR OWN VEGETABLES | <input type="checkbox"/> 32. BAKING YOUR OWN BREAD | <input type="checkbox"/> 44. SUSHI AT TSUKIJI FISH MARKET |
| <input type="checkbox"/> 6. EATING A HOT DOG AT A BASEBALL GAME | <input type="checkbox"/> 19. DINING AT RACINE | <input type="checkbox"/> 33. LUNCH AT THE WALNUT TREE | <input type="checkbox"/> 45. TAKEAWAY FISH 'N' CHIPS |
| <input type="checkbox"/> 7. COFFEE AND CROISSANTS IN A PARISIAN CAFÉ | <input type="checkbox"/> 20. CHOCOLATE FONDANT PUDDING | <input type="checkbox"/> 34. COOKING A PERFECTLY TIMED SUNDAY ROAST | <input type="checkbox"/> 46. GUINNESS AT THE STAG'S HEAD, DUBLIN |
| <input type="checkbox"/> 8. FRESH BRITISH ASPARAGUS | <input type="checkbox"/> 21. FRESH SEAFOOD BY THE SEA | <input type="checkbox"/> 35. MAKING YOUR OWN SOUP | <input type="checkbox"/> 47. DINING AT THE SEAHORSE |
| <input type="checkbox"/> 9. COLLECTING AND COOKING FRESH EGGS | <input type="checkbox"/> 22. FRESH HONEYCOMB | <input type="checkbox"/> 36. EARLY MORNING BREAKFAST AT CARNEGIE DELI | <input type="checkbox"/> 48. WILD BRITISH STRAWBERRIES |
| <input type="checkbox"/> 10. BREAKFAST AT THE WOLSELEY | <input type="checkbox"/> 23. CHOCOLATE ÉCLAIRS | <input type="checkbox"/> 37. MAKING YOUR OWN MARMALADE | <input type="checkbox"/> 49. TOASTING A HAGGIS WITH WHISKY |
| <input type="checkbox"/> 11. BREAD AND BUTTER PUDDING | <input type="checkbox"/> 24. SET LUNCH MENU AT LE GAVROCHE | <input type="checkbox"/> 38. MAKING HOMEMADE ICE CREAM | <input type="checkbox"/> 50. STREET FOOD IN ASIA |
| <input type="checkbox"/> 12. CORNISH CLOTTED CREAM | <input type="checkbox"/> 25. GREENGAGES | <input type="checkbox"/> 39. TAPAS IN SAN MIGUEL MARKET | |
| <input type="checkbox"/> 13. CATCHING AND COOKING A MACKEREL ON A BEACH | <input type="checkbox"/> 26. BLACKBERRY PICKING | | |
| | <input type="checkbox"/> 27. DINING AT L'ENCLUME | | |

FOOD LOVERS BUCKET LIST

BY **KENWOOD**

The Kenwood Food Lovers Bucket List is intended to inspire the nation to try out new food experiences, discover different flavours and feed its passion for great cuisine. Many of the top 50 experiences can be easily enjoyed at home with the help of a few trusty kitchen appliances:



KENWOOD CHEF

The Kenwood Chef is a kitchen marvel that revolutionised the lives of cooks up and down the country when it was first introduced in the 1950s. Since then, this ultimate kitchen machine – which can mix, blend, whisk, slice, dice, grind, mince and a whole lot more – has kept up with modern trends and innovations, continuing to make home cooking simple and easy.



KENWOOD KMIX
STAND MIXER

A must-have for any modern baker – this powerful, stylish and colourful mixer makes light work of whisking, mixing and kneading ingredients to create light-as-air sponges, fantastic bread and many other great dishes the whole family will love.



KENWOOD KMIX
HAND MIXER

Taking up little space, a Hand Mixer is the ultimate in compact convenience when it comes to preparing cakes, meringues or batters. The speedy whisks will beat up ingredients in a matter of moments and the wide variety of bright, fun colours adds a touch of style to the kitchen.



KENWOOD MULTIPRO
SENSE FOOD PROCESSOR

No kitchen should be without a Food Processor – they are ideal for chopping herbs and vegetables, rustling up salsas and sauces or simply blitzing soup. The Kenwood Multipro Sense Food Processor comes with smart technology which includes in-built weighing scales.



KENWOOD KMIX
TRIBLADE HAND
BLENDER

For smaller culinary tasks such as blending soups or puréeing baby food, the compact Kenwood kMix Triblade Hand Blender is an essential kitchen accessory.

SPECIAL THANKS

Many people were involved in the creation of this booklet:

CONTRIBUTORS

- William Sitwell
- Simon Rimmer
- Giles Coren
- Richard Bertinet
- Miranda Gore Brown
- Danny Kingston
- Alex James
- Signe Johansen
- Ash Mair
- Felicity Cloake
- David Everitt-Matthias
- Ash Mair
- Jean Christophe Novelli
- Emilia Fox
- Liz McLarnon
- Martin Johns

PHOTOGRAPHY

- Mick Gell
- Kenwood
- Joff Lee Studios
- Bettys Cafe Tea Rooms
- Thor 2013
- Amanda Marsalis for Chez Panisse
- British Asparagus

- The Wolseley
- Photo by Jean Cazals from CRUST by Richard Bertinet (Kyle Books)
- Rodda's
- www.lovepork.co.uk
- Becky Dewdney-York 2013
- Lucy Pope
- Racine
- Le Gavroche
- Ruby Slippers in Italy
- L'Enclume
- Visit Morocco
- The Walnut Tree
- Knorr
- Noel Murphy
- Carnegie Deli
- Spanish Tourist Office
- Dickinson and Morris
- City of London Corporation
- Japan National Tourism Organisation
- National Federation of Fish Friers
- Diageo/The Stag's Head
- The Seahorse
- Wendell Smith
- Visit Scotland/Scottish Viewpoint





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