



# HILTFIELDS

## Chef Focus — Rosie Healey

Rosie Healey has put eating in Scotland on the map. Featured in multiple lists & articles about the up-and-coming foodie outlets in the country, she has gained a great following & much critical acclaim in the industry.

After graduating from art school, Rosie started out working for Ottolenghi following a letter she wrote asking to work in his kitchens. Although she had no professional training & little experience, her drive & passion shone through & she was given an opportunity. Here, she worked her way up & developed a passion for modern Mediterranean cuisine & gained creative flair putting vegetables front & centre of dishes. Following her time with Ottolenghi, she returned to Scotland & set up Alchemilla bringing with her exciting flavours, ingredients & her love of tahini.

Alchemilla serves up unfussy, flavoursome Mediterranean inspired food. The premise is informal. After opening, Rosie stated in an interview that traditional fine dining doesn't fit with the culture of Glasgow & that honest, punchy food at a fair price suited the city. During her time at the restaurant, she brought the food as on par with the wine & drinks to the key focus. Her small-plates & unpretentious food gained glowing reviews, including one from Jay Rayner which described the food as 'fabulous to eat' with dishes on the menu including Kohlrabi, fennel & herb with Cauliflower & Zucchini; Salsify, Brown Butter, Capers & Parsley; Roasted Squash, Chilli Butter, Dukka & Herbs; Octopus, Potato & Paprika; Hispi Cabbage, Brown Butter, Salsa Verde & Anchovies; Smoked Haddock Carpaccio, Roasted & Pickled Peppers; and Chocolate & Walnut Cake. The menu changes frequently depending on seasons & ingredient availability. Earlier this year, Rosie left her post as head chef at the restaurant & is working on other projects. She has also featured in several publications, including Waitrose and BBC Good Food Magazine.

## The Ciderologist

Gabe Cook is The Ciderologist, an award winning global cider expert attempting to change the way the world thinks and drinks cider. His goal is to spread the love of cider far & wide.

Growing up in Dymock, a small village situated right in the heart of the UK's cider making country of Gloucestershire/Herefordshire border. Growing up, Gabe loved his local area becoming focused on learning about the natural environment. He went to study Geography at Leeds University but returned to his home village. Here, he built on his love of cider. Seeking out a local craft producer, he learned how to make the traditional farmhouse style. Here, in addition to the skills of making cider, he learned about the tradition, heritage & culture that is so intrinsically linked to the drink.

After completing a MA in Sustainable Development Advocacy, he went to work for Weston's to be their Assistant Cider Maker then on to Heineken as their Cider Communications Manager, and then to New Zealand to work with craft cider producer, Peckhams. After these global positions, he returned to his homestead. Here, he makes his own cider & perry, continuing to spread the word of cider to the world in his multiple current roles, which include being the Communications Officer of the National Association of Cider Makers, the Cider Ambassador for the cider-and-pizza group, *The Stable*, as well as featuring on Sunday Brunch as the resident cider expert & other programmes including This Morning. Ultimately, he is the de-facto 'go to' independent voice on all matters cider. He has even presented a bottle of cider to The Queen.

## In Season

- ♦ Apricots
- ♦ Artichoke
- ♦ Aubergine
- ♦ Beetroot
- ♦ Bilberries
- ♦ Blueberries
- ♦ Broad Beans
- ♦ Broccoli
- ♦ Carrots
- ♦ Cherries
- ♦ Chillies
- ♦ Courgettes
- ♦ Crab
- ♦ Cucumber
- ♦ Fennel
- ♦ French Beans
- ♦ Garlic
- ♦ Gooseberries
- ♦ Greengages
- ♦ Lettuce
- ♦ Mangetout
- ♦ Nectarines
- ♦ New Potatoes
- ♦ Peas
- ♦ Peaches
- ♦ Peppers
- ♦ Radishes
- ♦ Raspberries
- ♦ Redcurrants
- ♦ Rocket
- ♦ Spinach
- ♦ Spring Onions
- ♦ Strawberries
- ♦ Sweetcorn
- ♦ Tomatoes
- ♦ Wild Salmon



## Honey

Honey has been a staple food for thousands for years, cultivated and used by people globally, so it's hardly new. More recently though, it's popularity has rocketed with global consumption projected to reach 2.8 million tons by 2024. It's becoming one of the most varied and interesting artisan products on the market. Honey is made by bees from the nectar they collect from flowers which gets broken down into simple sugars then stored inside the honeycomb. To get to us, the honey is extracted then strained to remove any wax & particles then bottled or jarred. It's flavour & colour depends upon the nectar collected by the bees, for instance orange blossom honey is lighter in colour than wildflowers which have a dark amber colour. Globally there are many flavours of honey. Clover & heather honey comes from Britain; Eucalyptus from Australia; Leatherwood & Manuka from New Zealand; Orange Blossom from USA & Mexico; and Hymettus from Greece are some examples. Single origin honeys will have more prominent flavours because the bees take nectar from a single type of flower – such as orange blossom, heather or thyme – being distinct in the final product. This has placed honey firmly on-trend in terms of provenance & sets honeys apart from each other creating a more premium product. Regional differences can be identified between honeys even if they're harvested only a few miles apart. To create unique products, restaurants are installing their own bee hives, including luxury hotel St. Ermins, London, & Noma in Copenhagen. ITV's This Morning installed their own hives & won an award for their London 'Willoughby Honey'. The rise in honey's popularity is due to several reasons including the consumer desire for regionally specific & provenance products, the wellness movement resulting in a movement away from 'processed' products & an increase in use of sugar alternatives, as well as it's multiple health benefits, which are argued to include: antibacterial, antimicrobial, & anti-inflammatory properties which has led to honey being used in remedies for weight loss, digestion, acne-treatments, & many more. It is also incredibly versatile pairing well with fruits, vegetables, meat, poultry, & dairy.



Honey's versatility makes it an globally popular food

## Milk & The Environment

Food production is responsible for 25% of worldwide greenhouse gas emissions and there is great debate on how, on an individual level, we can reduce our carbon footprints and impact on the world around us. It's been explored extensively, and is a hot topic of discussion currently, that the production of animals for food has the most impact of all food types, estimating that it contributes to about 15% of the global greenhouse gas emissions. An action as simple as what milk you chose to drink can add up to be a significant amount of daily greenhouse gas emissions. In addition to the other issues such as the efficiency of our kettles & the level of water that we put in it, the milk can account for up to two thirds of the total footprint of the drink. A cup of coffee made with cows milk produces around 53g CO<sub>2</sub>; without milk it is 21g. Some have suggested that switching to plant-based milks will reduce the footprint to about 26g per cup, but there has been some dispute over this figure arguing that non-dairy alternatives require much more processing, therefore more impact.



Credit: Unsplash/matthew Henry

A 2018 study at Oxford University explored the carbon footprint of different types of milk – cow, soy, almond & oat, and found that producing a glass of cows milk has at least 3x more environmental impact than producing a non-dairy milk due to a combination of the amount of methane cows produce and the land and water required - a litre of cows milk need approx. 1050 litres of water to produce.

In comparison, soy milk, historically the most readily available alternative milk, produces two thirds less CO<sub>2</sub> per 200mls & uses a third of the water. However, the large land use required for soy production & the deforestation of rainforests for it's production have significant damaging consequences. Almond Milk produces around 0.14kg's of CO<sub>2</sub> per 200ml milk but requires large amounts of water & land to produce. One almond needs approximately 14.5 litres of water to produce & most almonds are grown in California, an already dry, arid state prone to drought. Oat Milk sits between soy and almond milk for CO<sub>2</sub> emissions, requires around 48 litres of water to produce 1 litre of oat milk, and uses 80% less land than dairy milk. However, although these figures are standardised, manufacturers differ in terms of their packaging, transport & efficiency of processing therefore the estimates made in the study can vary between different products.

In general, oat milk is notably more sustainable in terms of its production and more attention should be paid to seemingly small changes we can make that collectively can have far reaching consequences. The movement to including more plant-based products into our diets has really only just begun and as the world hurtles towards climate catastrophe, it's everybody's responsibility to make changes, no matter how small.



## Sainsbury's Meat Free Butcher

Sainsbury's has opened its first Meat-free butchers pop up shop in Bethnal Green. The Butchers was open for three days on the 21<sup>st</sup> of June in conjunction with World Meat Free week. The Butchers created the image of a 'traditional shop' with 'meaty' cuts, joints and sausages all 100% plant-based. The various cuts were all made from a individual or a combination of vegetables including jack-fruit, pea protein & mushrooms, & also offered advice to customers on how to prepare & cook the foods & suggested dishes as Sainsbury's identified that people are still daunted by the prospect of cooking with such ingredients. The Meat free butcher idea comes as Sainsbury's have seen a 65% increase in sales of plant based products year on year. Sainsbury's wanted to highlight how far vegan food has developed over the years and the huge range that is readily available now. Sainsbury's have recently reported from their *Future of Food Report* that they are predicting that a quarter of all British people could be going meat free by 2025 or identify as a flexitarian. Another prediction is that by 2050, cultured meat could be an everyday item and lab grown meat being sold across stores.



The future of meat?

## All Day Brewing

Recently, a member of the team visited a new craft brewery in the rural Norfolk countryside serving not only their small-batch beers, but also home-brewed kombucha, wood-fired pizza and loaded chips.

Craft beer is a booming sector with growth year on year & gives consumers

unique flavours with higher quality. There's been a notable rise in people drinking less alcohol overall, so when people do choose to drink they demand higher quality & a better experience. In addition, the heightened awareness of locality & knowing where our food has come from, the processes it has undergone to get to us & the impact our consuming has on the world around us places craft beer at the forefront of people's consciousness. As a result, more and more craft beer producers are appearing with innovators using the produce they have around them to create new & exciting products. Kombucha, hailed for its health properties, is also a relatively new food to reach Norfolk. It's hard to find across the county, but All Day Brewing are one of very few brewing their own in the region.



Located in the small rural hamlet of Salle just outside of Reepham, the brewery creates uniquely flavoured, hyper-local brews using foods, cultures & bacteria from the farm on which it is situated. The farm offers a huge range of fruits & herbs which are picked by hand including watermelons, peaches, raspberries, blackberries, wormwood, quince, medlars, and sweet gale. The beers available are all seasonal & include The Elderflower Ale, 5.5%, was fresh, zesty & one of the weakest on the menu. Other beers available included Belgian Orange, 9.3%, Quince & Wormwood Sour, 4.5%, Blossom Cider, 7.2%, & Barrel Aged Farmhouse Sour, 7.4%, & the Cucumber, Lime & Mint kombucha is incredibly light & fresh with mild fizz.



The menu offers a range of wood-fired pizzas & loaded chips including: *Basic Boleyn* – tomato, mozzarella, olives & basil; *Seasonal Special* – tomato, grilled courgette, mushrooms, vegan cheese, herbs; *Norfolk Wood Fruits* – tomato, poached garlic, mushrooms, red onion, mozzarella; *Southern Salle* – tomato, olives, artichokes, sun dried tomatoes, mozzarella; *Reepham Tiger* – tomato, ginger garlic tofu, red pepper, spring onion, chilli, cheddar, coriander, rocket & hot mango chutney. The chips come topped with either house-made kimchi, red onion, ginger tofu, vegan cheese & veganise, or house-made sauerkraut, ginger tofu, cheddar, spring onion, bbq & mayo, or simply seasoned with salt & chives. Everything can be enjoyed in the secluded courtyard only open on Fridays & Saturdays from 5-10pm.



## MasterChef: The TV Experience

Fans of the cookery show, MasterChef, can now try for themselves the creations of some of it's best known competitors.

Located in the Millenium Place Marina Hotel in Dubai, *MasterChef, The TV Experience*, has a menu made up of dishes devised by past contestants and champions of the cooking show including UK winners Saliha Mahmood Ahmed, Jane Devonshire, Simon Wood, James Nathan and Ping Coombes as well as global contestants Shaun O'Neale, USA winner, Tamara Graffenand & Mimi Baines, Australia finalists.

The seasonally focused menus are created by each chef during a week they spend staying at the hotel, cooking in the kitchen with the team and in collaboration with Head Chef Margarita Vaamonde-Beggs. Food for the dishes is sourced from both local and world-wide providers, with ingredients coming in from Europe, Asia, Australia and America to ensure authentic, global dishes.

Dishes on the menu have included:

- ♦ Truffle & Pea Soup with Parmesan Galette – James Nathan
- ♦ Mushroom Laksa with Quail's Egg – Ping Coombes
- ♦ Honey & Cardamom Glazed Quail with Bulgar Wheat Salad & whipped Walnut Relish – Saliha Mahmood
- ♦ Duck Leg Confit Taco – Shaun O'Neale
- ♦ Chocolate Mousse with Mandarin, Honeycomb, Whiskey Caramel & Jelly – Mimi Baines
- ♦ Chai Creme Brulee with Black Rice & Seaweed Puffed Rice – from the restaurant team

In addition to the menu items, the restaurant offers a 'Mystery Box' challenge where the diners choose 5 ingredients from a selection of 10 protein, vegetable & condiment options & the kitchen team have to create a main dish within 40 minutes. The ingredients in the Mystery Box change weekly & cater for both vegetarians and meat eaters.

Frances Adams, brand strategy director for the Endemol Shine Group which produced MasterChef, stated that the restaurant creates the opportunity for fans to "no longer watching from afar" and now can offer "world-class food in a setting that provides all the theatre of the show but with the delivers flavours too". Chefs invited to the restaurant showcase the range & diversity of food that can be seen in the programme and the setting has been deliberately designed to be as simple as possible to allow the focus to be solely on the food.

## Soul Cafe

Recently, a member of the team visited the Soul Cafe in King's Lynn's Tower Street. The quiet street in the town has been home to many new cafes, bars & restaurants over the last few years & Soul Cafe is definitely one of the highlights. The Caribbean-fusion restaurant blends bright, tropical flavours & concepts with local products & dishes also take inspiration from Africa, Asia & Europe to create a mix of food that has great appeal.

The large & open restaurant is simply decorated with dark wooden tables & chairs, deep sandy coloured walls & a very well stocked bar along the right wall. Along the left is the large open kitchen so diners can see meals being freshly prepared. Owned & run by Oliver Vati, originally from the French Caribbean island of Guadeloupe, and his Norfolk born partner, Helen Payne, the Soul Cafe is the combination of both of their passions. In an interview with Feast Norfolk magazine earlier this year, Oliver stated "food has always been my passion. I love to cook, I love to eat" and this really shines through in the food on the plates.

The menu includes: Chargrilled Jerk Chicken Wings & Pineapple Salsa; Sticky Pork Ribs with BBQ Sauce; Vegan Trio: roast pepper hummus, curried aubergine, guacamole, toasted tortillas; Yam Cakes with Creole



Topical Cocktails

Sauce; Crab & Sweet Potato Cakes with Aioli; Curried Goat with Rice & Beans; Caribbean Mixed Grill: Jerk Chicken, Sticky Pork Ribs, Grilled Lamb Chops, Callaloo, Plantain, Slaw, Pineapple Salsa, Jerk BBQ & Creole Sauces; Pan-Fried Parrotfish in Tomato Sauce, Rice & Beans. There is also a huge range of tropical inspired cocktails to sample including Rum Punch, Pina Coladas, Spiced Mango Margaritas, and more. In addition to the food, the Soul Cafe has music on Friday & Saturday nights where the tables are



The Caribbean Mixed Grill

pushed back to create a dance floor & Soul & Motown classics are played until the early hours. There are also monthly Tasting Nights, live jazz & soul singers, Flamenco, & a Local Artists exhibition area. Visit the website [www.soulcafeandrestaurant.co.uk](http://www.soulcafeandrestaurant.co.uk) & find them on Facebook.

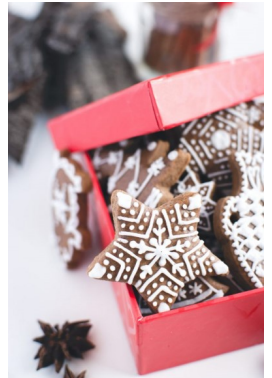


# Christmas 2019: What To Expect

It may only be August, but the food industry is already prepped and ready to go for this year's Christmas. The annual 'Christmas in July' press events for retailers have been and gone, magazines have tested & finalised the recipes going into the festive editions, and elsewhere preparations are underway for one of the busiest times of year. Some retailers have released range previews to wet our appetites & give us an inkling of what themes to expect over the festive period. Here's a summary:

♦ **Novelty** – bringing fun for all the family, novelty has been a big part of festive foods for some time but each year there are more impressive & surprising ways to bring some novel-takes to food & drink. All retailers have included some fun in their ranges, including Asda's super cute *Pip the Penguin* cake & raspberry & white candyfloss *Elf Ice Cream* coloured red & green; Novelty isn't just aimed at kids though, grown-up novel concepts are hitting the shelves in several forms including cocktail flavoured crisps, such as M&S's Bloody Mary and Prosecco & Mixed Berry flavours; this year we've got Smoked Salmon Macarons at Ocado, Black Forest Christmas Tree Chocolate Pots in Tesco, Watirose's Gold Chocolate Avocado, & Asda's 'After Dinner Cheese' which include a mint truckle & a chocolate orange truckle.

♦ **Visually Stunning** - gold leaf topped chocolates, gold and bronze dusted sweets, and even glittery crisps, sparkle is a key trend at Christmas. However, decoration isn't just about how it looks. Decorations this year will be more about quality, adding flavour & texture to food rather than just a pretty gimmick. Cakes topped with whole candied fruits & nuts, contrasting colours & elaborate edible cocktail garnishes will grace the shelves. Aldi's Exquisite Chocolate Bauble features a snowflake design filled with gingerbread white chocolate & a fruit & nut centre.



Impressive decoration, garnishes & toppings are key for 2019



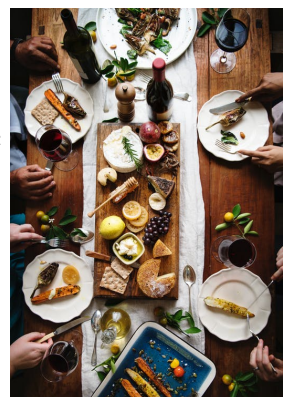
Tradition is strong at Christmas but we will see more diversification & exciting additions to our Christmas dinner.

♦ **Classics Re-imagined** - Christmas is all about family which is intrinsically linked to memories. Comfort food, traditional flavours and concepts, and foods that evoke happy memories. Familiarity is key, but that doesn't mean dull. Classic flavours updated, being used in new ways, or with an added modern twist, such as Booths British Chicken Cushion wrapped in bacon & stuffed with cranberry sausage-meat & Asda's 12 Pigs in Blankets Centre-piece in a food long & rest on a layer of stuffing offer fun alternatives to a traditional roast meat joint.

♦ **Globally Inspired** - food & drink traditions from around the world continue to join our own as a result of living in a multicultural society, the ease of global connections, & our current obsession for regional foods. In Britain we have adopted many flavours & concepts from other cultures, including stollen, glühwein, & glogg, into our Christmas routine, & this will be seen across retail. A fusion of flavours from other countries into more familiar British concepts will grow. Heston's Pistachio Stollen at Waitrose blends a German tradition with the on-trend nut & Fortnum & Mason feature Dutch Speculaas Sandwich Biscuits as part of their ranges.

♦ **Exotic & Exciting** - particularly for party food and drinks, Christmas is a time for experimentation and it's a great time to try out something different, add a talking point to a party, or have a standout concept. Asian inspired flavours have dominated in party food in recent years with greater regionally specific concepts appearing, and this is expected to continue with Vietnamese, Filipino, Korean, and Japanese flavours in addition to the already popular Chinese, Thai and Malaysian. Tesco's Thai Green Chicken Baskets & Booths Sticky Yakitori Chicken. Other areas of the world are featuring in party food also, particularly Mexican, European & African/Middle Eastern countries, which can be seen in Tesco's Barbecoa Beef Tacos, Aldi's Mexican Vegan Tacos, Waitrose's Moroccan Mushroom & Chickpea Pittas & their Chorizo Paella Pastry Shells. Tropical flavours are expected to be included in many cocktail concepts - passion fruit cosmopolitan, yuzu tonic for gin.

♦ **Inclusivity** – the massive rise in plant-based & vegan diets has challenged the traditional format of a Christmas dinner meaning more people now want vegan & vegetarian alternatives to turkey, party foods & sides. This has led to a surge in innovation & we are now seeing plant-based products across all aspects of festive feasts. All retailers are offering alternatives to classics, which include Tesco's Carrot & Thyme Tarte Tatin, Asda's Vegan Festive Wellington, Watirose's vegan En Croustade & Vegan Festive Ring made with apple & cranberry and mushroom & leek sausages, Fortnum & Mason's Vegan Hamper which includes all the festive extras such as biscuits, wine, cake & more, & Aldi's Vegan Party Food which features Mexican style tacos, BBQ jackfruit & chipotle tofu flautas.



Ensuring everyone is catered for no matter their dietary requirements is more important than ever.

## Mo's Eggs

This new London restaurant is more than just eggs, it's the culmination of one man's journey from war-torn Syria to Britain. Mo Rahemah, a political scientist, left Syria in 2016 leaving his parents & two younger sisters behind. His choices were limited - either join President Bashar al-Assad's army or be killed if he didn't. His treacherous journey from Syria led across Europe led him to be held in the notorious 'Calais Jungle'. Although cooking was just a means of survival during his time here, it ended up becoming his future. After a friend became ill in the camp, Mo cooked eggs, one of the few available food stuffs. His friend loved it & Mo began cooking his 'Jungle Eggs' for more & more people using food donations & bread baked in the camp at the Afghan bakeries. The food cooked during his time in Calais was more than just nutrients for him & the people he fed - it was a form of normality, created a sense of community, & allowed friendships to be created & to flourish despite of the awful circumstances people were in.

Once he arrived in Britain, Mo applied for asylum & during his wait he continued to cook for people & friends experimenting with recipes & ideas, many of which were inspired by his childhood & the food eaten in his home town of Ain al-Fijah, located in the mountainous region of Northern Syria. Once his asylum was granted he set up London's first Syrian brunch pop-up. This was hugely successful & are now a monthly event at the Lost Boys Pizza restaurant.

The pop-up recreates the way people eat in Syria. Food is served on long tables so people eat communally & dishes include: traditional, beetroot & avocado hummus with dipping vegetables, Syrian salad with feta, tomatoes, spring onions & pomegranate, khubz (bread), & Mo's 'Jungle' (with tomato, garlic, onions & spices) & 'Asylum' (chilli, tomato, parsley, cheese & spices) Eggs. The brunch is served with Syrian coffee, 'Eastern Promise Juice' & an optional Prosecco.

For more information or to book tickets visit <https://www.moseggs.co.uk/>, or see what Mo is up to on Instagram @mos\_eggs & Twitter @moseggs.

## Our Eyes On.....

♦ Aldi has launched a selection of new spirits ready for it's Spirit Festival. The discount retailer has had a winning-streak when it comes to it's spirits & these look set to be just as popular. *Crossbones*, the new own-brand rum, comes in dark & golden variants & have been created by 'master blenders' to create drinks that mix young and older rums. They have been aged in oak casks & have a 40%ABV. Alongside the rums are Rhubarb & Bramble Gin, Mystical Unicorn Gin Liqueur with flavours of candy floss & marshmallow, Tequila Villa Lobos, & Aldi's first Mezcal, Eterno Joven with a cost of £34.99 per bottle.

♦ The Leaf Life is the new CBD soft drink on the market. The three-strong range is the most recent launch from Bravura Foods, the UK-based sales, marketing and distribution company which already owns two house-brands & distributes ten other brands. The Leaf Life flavours include Laidback Lemonade, Relaxing Raspberry, and Mindful Mango & Passionfruit. The 250ml cans contain a 15mg dose of 'full-spectrum' CBD which are the most commonly used in medical treatments & they means that the hundreds of cannabinoids rather than others which are isolated from the plant. The drinks have no added sugar, no artificial sweeteners, colours or flavourings & come in at just 18kcal per can. They are set to hit health-food stores in the UK in September.

♦ Lewis Hamilton is opening a vegan burger restaurant in London with further plans to open 14 franchises across the world within two years. The Formula One champion is collaborating with hospitality company The Cream Group and Beyond Meat investor Tommaso Chiabera to launch *Neat Burger* which will open on Princes Street on 2<sup>nd</sup> September. The menu will consist of three core items: 'The Neat', 'The Cheese', & 'The Chick'n' as well as a plant-based hot dog, fries & tater tots.

♦ Sainsbury's have launched a revamp of their top-tier Taste The Difference range adding 10 new lines which include: Sausages & Mash with outdoor-bred pork sausages with double cream & butter enriched mash; Steak Chianti topped with red peppers, red onions & parmesan dumplings; Chicken, Bacon & Leek Pie topped with enriched mash; Steak & Peppercorn Sauce flavoured with a dash of brandy plus more. The products include classic dishes with premium ingredients & aim to deliver the best available.

## Don't Miss– September

- ♦ September is Organic September. The month-long campaign is designed to encourage more people to try organic as a way to promote & educate people about organic food & farming practices. This year, the campaign is focusing on the impact that going organic can have on climate change, the benefits to nature & wildlife & build healthy soils, & ultimately slow down climate change. Run by the Soil Association, Organic September also includes a huge range of information on how to grow your own, local organic produce & suppliers, events, restaurants & cafes, recipes and more. Visit <https://www.soilassociation.org/organic-living/organic-september/>
- ♦ The 12<sup>th</sup>-15<sup>th</sup> September sees The Tower of London Food Festival return bringing with it an incredible array of the best food the city, and beyond, has to offer. The weekend will see street food vendors, demonstrations from internationally renowned chefs including Jose Pizarro, Emily Roux & Esther Clark, & a huge range of producers selling everything from gin, coffee, cheese, pastries & doughnuts, sausages, tea, fruits, vegetables and more. Visit <https://www.hrpfoodfestivals.com/tower-of-london/> for more information.
- ♦ Brum's Big Fat Pizza Festival is taking place on Saturday 14<sup>th</sup> September at the Quantum Event's Centre, Digbeth, Birmingham. Now in its 4<sup>th</sup> year, the festival is the ultimate destination for pizza lovers covering everything from Margherita's to meat-loaded, to vegan, gluten free, and dessert varieties. The festival, run by Taste & Liquor, aims to promote independent traders from the UK all serving up their own creations. In addition, there will also be vendors providing sides & puddings, family entertainment, live music, DJ's, & bars serving cocktails, ales & ciders throughout the day. It runs from 12pm-8pm & tickets cost £7.50.

## Sauce Ideas

- ♦ Halloumi & Tomato Pellet
- ♦ Raspberry & Basil Curd
- ♦ Rose & Raspberry Compote
- ♦ Plum & Madeira Wine Sauce
- ♦ Blackberry, Mint & Elderflower Compote
- ♦ Cheddar, Jalapeno & Chilli Sauce
- ♦ Drunken Cherry Compote
- ♦ Caramelised Onion, Thyme & Black Pepper
- ♦ Jalapeno & Dill Salsa Verde
- ♦ Red Pepper Queso Sauce
- ♦ Hot Chilli Pickle
- ♦ Charred Courgette Tzatziki
- ♦ Tomato Za'atar Sauce
- ♦ Chilli, Plum Fennel Chutney
- ♦ Caramelised Onion & Maghreb Spice Chutney
- ♦ Fennel, Kalamata Olive & Chilli Butter
- ♦ Pomegranate, Mint & Parsley Dressing
- ♦ Hibiscus Syrup
- ♦ White Chocolate & Orange Sauce
- ♦ Mandarin & Whiskey Sauce
- ♦ Chai Vanilla Custard
- ♦ Saffron, Chilli & Coriander Butter
- ♦ Fragrant Thai Caramel Sauce
- ♦ Pea, Truffle Salt & Creme Freche Dip
- ♦ Apple, Pear & Yuzu Compote
- ♦ Pomegranate Vinaigrette
- ♦ Honey, Apricot & Cardamom Glaze
- ♦ Honey & Sherry Drizzle for Manchego
- ♦ Honey, Paprika & Thyme Drizzle
- ♦ Charred Corn Mayonnaise
- ♦ Sweet & Sour Aubergine Pickle
- ♦ Lemon, Orange & Rose Curd
- ♦ Tamarind Nuoc Cham
- ♦ Xnipec Salsa
- ♦ Roquefort & Caramelised Onion Pellet
- ♦ Turkish Garlic & Chilli Yoghurt
- ♦ Bread & Butter Pickle
- ♦ Txuleton Style Piquillo Pepper Sauce
- ♦ Wild Garlic Kimchi
- ♦ Wild Rocket Salsa
- ♦ Roquito Pepper Salsa
- ♦ Malaqueta Hot Sauce
- ♦ Louisiana Buttermilk Slaw Sauce
- ♦ Black Garlic & Dukkah Spice Butter
- ♦ Grilled Corn Jerk Salsa
- ♦ Hot Mustard & Dill Sauce
- ♦ Smoked Garlic & Pomegranate Glaze
- ♦ Honey & Aji-Amarillo Glaze
- ♦ Spring Onion, Mint & Coriander Chutney
- ♦ Coffee Spice Beef Marinade
- ♦ Anise & Tamarind Adobo
- ♦ Seaweed Hot Sauce
- ♦ Green Apple & Chive Mayonnaise
- ♦ Kari Sauce
- ♦ Syrian Tomato & Parsley Sauce
- ♦ Beetroot Hummus
- ♦ Creole Sauce
- ♦ Jerk BBQ Glaze
- ♦ Goat Curry Sauce
- ♦ Caribbean Pineapple Sauce
- ♦ Sticky Creole Marinade
- ♦ Bacon, Leek & White Wine Sauce
- ♦ Raspberry & Basil Cheesecake Pellet
- ♦ Coconut Sweet Chilli
- ♦ Turmeric & Lime Yoghurt Dip
- ♦ Salted Amaretto Caramel





## Sources

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