



# HILTFIELDS

## *In Season*

- ◆ Apples
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Celeriac
- ◆ Chestnuts
- ◆ Clementine's
- ◆ Cranberries
- ◆ Horseradish
- ◆ Jerusalem Artichokes
- ◆ Kale
- ◆ Parsnips
- ◆ Pomegranate
- ◆ Salsify
- ◆ Satsuma's

## *Chef Focus — Gareth Ward*

Gareth Ward is regularly cited as one of the most exciting chefs currently working in the UK. Based in the Wales countryside his Michelin-starred restaurant Ynyshir has a menu full of rich flavours combining Japanese techniques with wild welsh ingredients to provide something truly unique. The chef dry-ages meat for up to 300 days himself, preserve seasonal ingredients and serves these alongside Japanese – inspired sauces and dressings.

Growing up in County Durham Gareth fell into cooking after being pushed by a family member to go work in kitchens as there would always be a job in it. He described himself as a bit of a dropout, and also as a fussy eater, however he enjoyed the discipline of the kitchen and discovering new ingredients. He had a natural talent and was encouraged by a chef he worked with in his first kitchen to look into Michelin starred cooking so he could hone his talents.

He secured a position at Hambleton Hall in Rutland where he spent the next 5 years learning all of the classics and how to cook to a Michelin star standard. Moving on from Hambleton Hall, Ward moved to Seaham Hall when it became the North East's only Michelin-starred restaurant before spending 3 years at Sat Bains. It was here where he learnt to think about food, flavours and how to build a dish and create a menu. Following on from Sat Bains he felt ready for his first head chef role and moved to Ynyshir and gained his own Michelin-star. Due to its remote location Gareth knew it need to have something new to convince people to make the journey and has since developed his own style to create a 20 course tasting menu with a lot of time taken to create each ingredient, preserving everything they can. From the aged beef to wild garlic which is turned into pickles, vinegars, powders and oils to the birch water harvested from local trees and boiled down to create a syrup. Due to the number of courses on the menu Gareth did away with rich stocks and jus and instead likes using miso and soy based dressing to create interesting seasonings. It's these dressing alongside persevering and fermenting techniques with gives his food a Japanese influence.

The restaurants ethos is 'ingredient led, flavour driven, fat fuelled and meat obsessed' which gives you a good indication of what you'll be getting!

## Visited—Iceland

Recently one of the lab team visited Iceland whilst one of the most beautiful unique places on the planet with so many places to see including the Blue Lagoon, picturesque landscape carved out by its active and inactive volcanoes, waterfalls and of course the Northern lights (if you are lucky enough!). It has quite the unique foodie background, with help from Rick Steins Long Weekend TV series which has helped to get Iceland slightly obscure food on the map. Iceland is renowned for its fresh fish and for some of its more unusual national dishes, which are definitely not for the faint hearted or weak stomached! In years gone by Iceland's resources were few and far between due to the island being in the Arctic Circle meaning that in their climate it was hard to grow fresh produce due to the harsh weather and lack of sunlight. This limited Icelanders to mainly fishing and hunting. Iceland have not changed their diet hugely since the Vikings settled over a thousand years ago, with today's most popular dishes in Iceland being lamb, fish and Icelandic Skyr. If you want to eat like a local then these are a few dishes of what Iceland is known for:

**Skyr**- Skyr is a thick cream dairy product that's described as cross between yoghurt and cottage cheese. Its is made from pasteurized skimmed milk and cultured bacteria. Icelanders will normally serve Skyr with a tart berry jam and cream.

**Fermented Shark**- Fermented shark is no longer a regular Icelandic staple in peoples diet due to its horrific smell and taste but in years gone by this was a traditional dish due to how to make food survive the harsh winters. A word of warning its not for the faint hearted. Shark can be poisonous when fresh so therefore people would dry it, pickle or smoke it. Worst of all some would soak shark in urine and place it under ground to ferment but fortunately that is no longer practiced and if found on a menu it is fermented with vinegar. The dish can still be found on menus across Iceland if you are feeling brave, it is common served with a shot of black death (unsweetened schnapps that apparently helps to aid the strong flavour and aroma of the shark).

**Seafood**- Iceland being an island is renowned for its fresh seafood but also its smoked fish. Seafood is a huge staple in Icelanders diets and it also has helped their economy flourish as fishing is the largest export of the country. The most common fish are salmon, cod, and haddock. Also langoustines and lobster, which are highly recommended with grilled with garlic and parsley butter despite their price. You will find many fish and chip shops across Reykjavik selling deep fried cod (beautifully fresh) or you can find more traditional fish dishes including mashed fish stew or mussel stews with salted cod flatbreads or take a trip to the local supermarket and pick up some Harofiskur- a fish jerky made with wind dried cod or haddock.

**Rye bread**- Icelandic rye bread is on all menus, it is a huge staple for Icelanders. Rye bread is a soft dark spongy bread that tastes almost cake like due to the sugar added to the dough. Apparently according to locals the best rye bread you can find is made by Sigurour Rafn Hilmarsson, a icon who comes from a little town called Laugarvatn, the bread is geothermally cooked as the dough is placed in a pot and put underground, this process takes a day. There are thousands of toppings but I personally enjoyed possibly the most traditional; Smoked salmon, mustard and dill. A classic but delicious, even better sprinkled with lava salt!

**Lamb-** Where ever you look, you either see sheep or horse roaming freely around all the hills and terrain. (Some you wonder how did they even get there?!) So naturally lamb is one of the most traditional meats to be consumed in its entirety including the head, also horse but we wont go into that! Icelanders say that Icelandic lamb marinate themselves with their free range diet of Iceland with drinking the purest glacier water and seaweed and angelica berries. Traditional lamb dishes include Kjotsupa- lamb soup, this is on most menus and lamb stew. Again another dish for not the faint hearted is a sheep's head cut in half then singed to remove all of its fur and hair, then boiled with the brain removed, it can also be cured in lactic acid.

**Ice cream-** Sounds a little odd as you would normally eat ice cream on a warm summers day or in a warm climate but no Iceland love their ice-cream! There are ice cream parlors in most towns across Iceland. Its apparently a common treat after a swim in a geothermal pool. Soft serve ice cream is one of the most popular choices served with a soft shell dip which most commonly made with chocolate then covered in sweet treats and fruits of your choice.

### ***Visited—Fridheimar Icelandic Tomato Greenhouse***

Whilst in Iceland I paid a visit to Fridheimar, a tomato greenhouse. Due to Iceland's long dark winters, Iceland would struggle to grow any fresh produce without the use of greenhouses. However Iceland have the solution, Iceland have an abundant supply of geothermal water, which provides heat to the greenhouses. Iceland creates a huge amount of green electricity from hydro and geothermal power plants. Making it energy efficient for the artificial lighting needed to grow tomatoes all year round at such a northerly latitude. The farm has a borehole 200m from the Greenhouse, about 100,000 tons of water is used each year, it flows into the borehole about 95c. As for the cold water supply for irrigation, it is the same source as the family's own water supply. From harvesting, washing and packing, the tomatoes are in the supermarket within four hours!

Fridheimar is a family run business, run by Knutar and his wife Helena and children, the farm was purchased in 1995. Since then they have combined their different areas of expertise of agronomy, horticulture and horses and turned Fridheimar into a successful growing enterprise. New greenhouses have been built with new technology to grow successful yields of tomatoes all year round in the most green and sustainable way, recently they have started to grow Piccolo tomatoes as well as other varieties. Fridheimar built an equestrian centre in 2007 and tourist services. Horse shows for tourists and greenhouse visits began. In 2013 the Tomato Café open and The Little Tomato shop was opened.



## ***Fridheimar Icelandic Tomato Greenhouse Continued...***

In the main greenhouse amongst all of the green vegetation lies a beautiful little café that makes delicious homemade food & drink made from the fresh tomatoes grown just a few step away from you.

In the café on the Menu you can expect to find:

- ◆ Fridheimar tomato soup served with sour cream, home baked bread, cucumber salsa, butter and fresh herbs
  - ◆ Fresh mussels cooked in their special tomato seafood sauce
  - ◆ Green tomato and apple pie a la Fridheimar with whipped cream
  - ◆ Homemade tomato ice cream a la Fridheimar
  - ◆ Mouthwatering cheesecake with jam of green tomato cinnamon and lime
  - ◆ Fridheimar tomato beer- Brewed with full ripe red tomatoes
  - ◆ Tomato Schnapps- A hollow tomato filed with Icelandic birch schnapps
  - ◆ Bloody Mary- Homemade tomato drink with vodka and a drop of Tabasco
  - ◆ Healthy Mary- Made from green tomato, lime, honey and ginger, served with sparkling water
  - ◆ Happy Mary- Green tomato based with one part Hendricks gin, two parts healthy Mary and glass filled up with bitter lemon
  - ◆ Fridheimar Kaffi- Drambuie whiskey liqueur, coffee and tomato syrup. Topped with whipped cream
  - ◆ Tomato Espresso Tonic- Espresso, tonic, green tomato drink then optional drop of Hendricks gin
  - ◆ Fridheimar Latte- Coffee latte- coffee latte with piccolo and strawberry syrup
- You can also purchase some of tomato goodies from the shop or online, including:
- ◆ BBQ sauce with green tomato and dill
  - ◆ Cucumber salsa
  - ◆ Dessert sauce with green tomato and vanilla
  - ◆ Dessert sauce with Piccolo and strawberries
  - ◆ Green tomato jam with cinnamon and lime

## ***Beer & Cider Trends 2019***

This year the trend for craft beer and premium beer and cider has only continued to rise (by over 10%). People are buying into smaller companies and opting for more varied packs of both beer and cider.

Although growth in the lager market is far below that of craft and premium beers and cider, it is currently one of the fastest growing categories.

Low and no alcohol beers and ciders, as well as gluten-free beer, has been one of the biggest trends of the year, growing by over 30% each year. The rise is thought to be down to the change in drinking habits of the younger generation who are actively looking to moderate their alcohol intake and choose healthier options.

There has also been a slight increase in food pairings with beer and cider with some retailers doing cross-category promotions with their food and drinks, however this is likely to be an area shops will be continuing to work on.

2020 is predicted to be a big year for beer and cider, especially throughout the summer with the football European Championships running and some of the biggest games due to be played in the UK.

## ***Our Eyes On***

- ◆ Galaxy has gone vegan with a trio of new chocolate bars. The range which includes Smooth Orange, Caramel & Sea Salt and Caramelised Hazelnut flavours launched in Tesco on the 18<sup>th</sup> November, with stocks due to follow in Amazon and Ocado. The free-from bars are also getting extra eco points for their recyclable and compostable packaging. Galaxy are the first of the major milk chocolate brands to launch a range of vegan alternatives to dairy milk chocolates. The vegan bars are made with a hazelnut paste and Couverture chocolate.
- ◆ Waitrose is set to expand their trial of removing 10p plastic bags from stores in favour of pricier 50p and 75p ones made from tougher plastic in the new year. The new, more durable bags which have been trialled at their Oxford shop, are recyclable and made from 100% recycled material. The aim is to encourage more people to bring their own bags and help reduce the huge amount of plastic waste created by the UK each year, with supermarkets last year selling 1.5 billion bags for life, clearly showing that they are not being treated as a bag for life with many being thrown away or living in a cupboard at home.
- ◆ M&S have seen sales increase in the last few months following a change in direction for the shop. They are now said to be targeting the family shopper by lowering prices on core items like bread and milk, focusing more on lower prices and higher volume, alongside the reputation they have for quality. Their new ranges such as Plant Kitchen, Cook With and Best Ever have also been popular additions, and with trials of new store formats and Ocado's switch from Waitrose to M&S later this year we look forward to seeing what else the future holds for the chain.

## ***Sources***

**Visited** – [www.fridheimar.is](http://www.fridheimar.is)

**Chef Focus** – [www.greatbritishchefs.com/chefs/gareth-ward](http://www.greatbritishchefs.com/chefs/gareth-ward)

**Beer and Cider Trends 2019** - [https://www.thegrocer.co.uk/alcohol/the-story-of-beer-and-cider-in-2019/600380.article?utm\\_source=Weekly%20Shop%20\(The%20Grocer\)&utm\\_medium=email&utm\\_campaign=2019-12-23&c=](https://www.thegrocer.co.uk/alcohol/the-story-of-beer-and-cider-in-2019/600380.article?utm_source=Weekly%20Shop%20(The%20Grocer)&utm_medium=email&utm_campaign=2019-12-23&c=)

**Our Eyes On** - [https://www.thegrocer.co.uk/new-product-development/galaxy-goes-vegan-with-trio-of-plant-based-chocolate-bars/599391.article?utm\\_source=Weekly%20Shop%20\(The%20Grocer\)&utm\\_medium=email&utm\\_campaign=2019-11-18&c=](https://www.thegrocer.co.uk/new-product-development/galaxy-goes-vegan-with-trio-of-plant-based-chocolate-bars/599391.article?utm_source=Weekly%20Shop%20(The%20Grocer)&utm_medium=email&utm_campaign=2019-11-18&c=)

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## Don't Miss

- ◆ Veganuary will be starting again next month. In 2019 more than quarter of a million people took the pledge to give up meat and animal products for the start of the new year. The non-profit organisation also works with brands, restaurants and supermarkets and help them to create, launch and promote new vegan items, particularly in January but also the rest of the year. This includes Gregg's sell-out sausage roll, Pizza Hut's jackfruit pizza, and Marks & Spencers' Plant Kitchen range. Don't miss some of this years innovations; Gregg's will be following last years success with a new Veganuary launch – a vegan steak bake, KFC are launching a vegan chicken burger complete with the classic KFC herb and spice mix and a vegan mayo after a successful trial 6 months ago which saw the product sell out in just 4 days with demand 500% higher than predicted, and Waitrose will be doubling their vegan range with many 'first to market' products such as crumbed fishless goujons made from banana blossom, the purple flower that grows at the end of a bunch of bananas which is already used widely in south-east Asia and Indian cooking as a vegetable but with it's flaky texture makes it a great substitute for fish.
- ◆ In 2013 by UK charity Alcohol Concern established Dry January. Each year millions aim to ditch the booze for January to kick start new health goals, avoid hangovers and save a bit of cash. With many studies showing the benefits of temporarily abstaining from drinking alcohol, it's a great time to undo some of the damage done throughout the festive season.
- ◆ The 25<sup>th</sup> January sees the annual Scottish Burn's Night celebrations in memory of Scotland's most famous poet. The celebrations often involve a Burn's Night Supper including haggis, in reference to Burn's poem *Address to a Haggis*. The haggis is traditionally served with neeps and tatties (turnips and potatoes), and some Scottish whiskey of course!

## Sauce Ideas

- ◆ Miso Butter
- ◆ Shitake Mushroom and Seaweed Crumb
- ◆ Wasabi Dip
- ◆ Katsu Curry Sauce
- ◆ Hoisin Sauce
- ◆ Soy Brine
- ◆ Shitake Ketchup
- ◆ Wild Garlic Dressing
- ◆ Miso Treacle Glaze
- ◆ Yuzu curd
- ◆ White Chocolate and Seaweed sauce
- ◆ Seaweed Salted Caramel
- ◆ Shitake Mushroom and Dark Chocolate Sauce
- ◆ Garlic and Parsley Butter
- ◆ Tomato Seafood Sauce
- ◆ Sweet tomato, Cinnamon and Lime Compote
- ◆ Tomato BBQ sauce
- ◆ Tomato and Strawberry Glaze
- ◆ Beer Barbecue Sauce
- ◆ Stout Marinade
- ◆ Beer and Cheese Nacho Sauce
- ◆ Beer and Mustard Burger Sauce
- ◆ Vegan Mayonnaise
- ◆ Whiskey Cream Sauce
- ◆ Sticky Fig and Port Chutney
- ◆ Pear, Orange and Ginger Dressing
- ◆ Apricot Jerk Glaze
- ◆ Sage and Onion Crumb
- ◆ Cinnamon Toffee Sauce
- ◆ Ponche Navideño Sauce

