



Chef Focus

German born chef, Thomas Frebel, has had a life long love of food. His childhood was spent picking fruits of trees and cooking them with family. His other passion was football, but after being unable to make that into a career, he became a chef in the hope of taking over his fathers bistros in his local town. This opportunity was removed, however, when his father sold the bistros leading Frebel to set his sights elsewhere. His passion and hard work led him to work at some of the best restaurants in Germany under chefs such as Heinz Weman, and Klaus-Peter Lund, then went to work at Noma, one of the best restaurants in the world, with Rene Redzepi. Here he honed his creative flair becoming the head of research and development.

In 2015, Frebel alongside Redzepi opened Noma Japan, their first pop-up in the country, which ran for 6 weeks in Tokyo's Mandarin Oriental Hotel. It was a huge success & Frebel found a Japan, it's culture, and ingredients a great source of inspiration leading to him leaving Noma and setting up his own restaurant in the country.

Inua, from the Inuit term for the life force that runs through nature, opened on the 9th floor of the Fujimi Building in Iidabashi in June 2018 after a 3 years of preparation. The restaurant puts local food at it's heart with foraged foods from the coastline and surrounding areas as the base of all dishes, but takes a Scandinavian approach to developing those ingredients to create something fresh & new. Dishes take inspiration from the Japanese culture as well as other areas of world utilising the skills of the staff who collectively are made up of over 15 nationalities, to create a truly unique dining experience. Recently he documented adding camembert mould to tofu & using koji, a Japanese fungus, to ferment various foods. The restaurant won the Arrival of The Year Award in the World Restaurant Awards 2018.

Local ingredients used on the menu include: fresh water crab, Ginger Flower, Adan Fruit, kombu, Caniselt or Japanese egg fruit, Atemoya – a subtropical fruit from the subtropical regions of Okinawa, bamboo shoots, made-in-house soba noodles, Kusaboke – wild quince.

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In Season

- ♦ Apricots
- ♦ Artichoke
- ♦ Aubergine
- ♦ Beetroot
- ♦ Blueberries
- ♦ Broad Beans
- ♦ Broccoli
- ♦ Carrots
- ♦ Chervil
- ♦ Chillies
- ♦ Chives
- ♦ Courgettes
- ♦ Cucumber
- ♦ Fennel
- ♦ French Beans
- ♦ Garlic
- ♦ Gooseberries
- ♦ Greengages
- ♦ Kohlrabi
- ♦ Melons
- ♦ Pak Choi
- ♦ Peaches
- ♦ Peas
- ♦ Radishes
- ♦ Spinach
- ♦ Strawberries
- ♦ Sweetcorn

The Victoria, Holkham

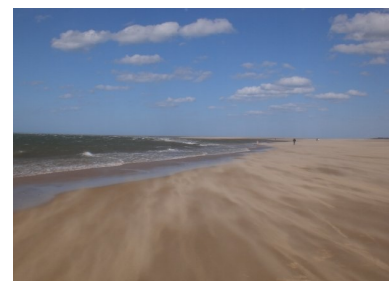
Recently, a member of the lab visited The Victoria Inn on the Holkham Estate on the North Norfolk coast. The Inn was built in 1837 to commemorate the year that Queen Victoria succeeded the throne and has since been considered one of the main attractions of the area. It's location, only a stones throw from the vast Holkham beaches which have featured in multiple films & TV series, & in the historical grounds of the Palladian ancestral home of the Earl of Leicester, make it a must-go on any visit to the county's coastline.

The inn oozes classic, high-end country with dark wooden beams, floors & walls, shooting trophies & paraphernalia lining the walls as well as taxidermy birds scattered throughout in a large, welcoming space with a formal restaurant & more informal snug & bar areas.

Seasonality is key at The Victoria with as much food on the menu coming from the local area. Where-ever possible, the meat comes from the estate itself – Holkham venison, from the herd of fallow deer, is famous locally – beef, lamb, pork, fruits & vegetables all come from local farms & seafood is sourced from local fishing boats. The drinks menu also reflects local produce as includes Adnams, Woodfordes, local spirits Archangel Gin, Blackshuck Gin, Wild Knight Vodka, and wines from Chet & Waverney Valley Vineyard in Norfolk.

The seasonal menu includes:

- ♦ Cured Monkfish, Lemon & Tomato Salsa Verde, Norfolk Salami;
- ♦ Pan Roasted Salmon with beetroot & Peanut Slaw, Sauce Vierge
- ♦ Chicken Supreme, Barley Risotto, Cured Norfolk Sausage
- ♦ Smoked Tofu & Cauliflower Curry with Cardamom Rice & Shallot Bhaji
- ♦ Smoked Chicken Salad with Sweet Mushroom Dressing.
- ♦ Pigeon Breast, Rosti Potato, Chorizo & Walnut Salad



The stunning beach at Holkham

The Roving Apothecary

Based in Teddington, Norfolk, The Roving Apothecary is a small, independent artisan producer specialising in spiced infused honeys and historical herbs and spices. Owners, Helen and 'Rumble' took over the company in 2013 from its original founder, 'The Wise Woman Jayne Milner' and have since changed it considerably, building on its foundations and expanding by adding a larger range of products and showcasing their use to inspire people to use somewhat 'forgotten' herbs and spices in their cooking.

Helen & Rumble's passion for experimentation & use of historical flavours is seen throughout their vast range of products. Their range of hard-to-find culinary herbs are all unprocessed. They also aim to help find the right product for specific eras of interest and all products are labelled with information of the history of the plant and its uses throughout the ages. In addition to their edible products, they also make hand-blended herbal teas, essential oils, and soaps.

The product range currently includes:

- ♦ *Medieval Spiced Honey* – with black pepper, long pepper, ginger, grains of paradise, cinnamon, mace, nutmeg, clove.
- ♦ *Persian Spice Honey* – black pepper, coriander, ginger, cinnamon, paprika, allspice, cardamom, mace, nutmeg, turmeric, clove, rose petals
- ♦ *Oriental Spice Honey* – black pepper, fennel, star anise, cinnamon, clove
- ♦ *Mulling Spice Honey* – cassia, orange & lemon peel, nutmeg, cloves, allspice
- ♦ *Berber Spice Honey & Vinegar* – black pepper, allspice, fenugreek, cloves, ginger, nutmeg, ajwain seeds, cardamom, coriander, cumin, chilli
- ♦ *Chilli & Garlic Spice Vinegar* – flavoured with cumin, crushed chilli & garlic
- ♦ *Pickled Garlic with Chilli or Peppered Garlic*



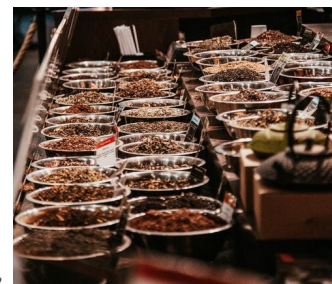
As historical enthusiasts, they sell their products at many historical re-enactments. Some dates this summer include: Tewkesbury Medieval Festival on 13th-14th July; Love Bedford Medieval Festival 27th-28th July; Herstmonceux Medieval Festival 24th-26th August, and many more. Their products are also available to buy online at www.therovingapothecary.co.uk

Bangladesh Cuisine

Britain's love of Asian food shows no sign of abating, in fact it just continues to grow with consumers wanting more regionally authentic flavours, dishes & ingredients available. One country that is getting a greater focus in the food world is Bangladesh.

Bangladesh lies to the east of India on the Bay of Bengal. The country is low lying with most of the land is made up of the Ganges and Brahmaputra river deltas, which are rich & fertile & where the majority of food is grown. The country has a mostly agricultural economy & grows a huge variety of fruits, vegetables & pulses including limes, aubergines, onions, plantain, okra, banana, lotus root, jackfruit, pumpkins, pigeon peas, mung beans, as well as various tubers, roots & leafy greens.

Food from the country is distinct from Indian and Pakistani food with an emphasis on strong spices, heat, and fish. Two key flavours give Bangladeshi cuisine a distinctive taste: mustard oil & panch phoron, a spice mix containing mustard seeds, cumin seeds, fennel seeds, fenugreek seeds, & nigella seeds. Chillies are used in most dishes adding flavour, colour & heat, and meals usually consist of rice, vegetable, fish & meat dishes, dal, salads & chutneys. A morning ritual that takes place in the country is nashta, a small snack eating at breakfast time, either sweet or savoury, & always served with tea. The country has a big street-food culture with vendors generally specialising in one item, such as Shingara (samosas), biryani, tikka kebab, or Pitha, made from rice grains filled coconut & spices.



A variety of spices are used in Bangladeshi cooking. A key spice blend is panch phoran.

Some key dishes from the county include:

- ♦ *Malai Maacher Kofta* – fish dumplings from the south-eastern region, made from raw minced fish flavoured with turmeric, bay, ground coriander, and poached in a coconut broth or curry.
- ♦ *Chingri Maacher Malai Kari* – fresh water prawns with coconut, mustard seeds, & chilli.
- ♦ *Shingara* – spicy, crumbly vegetable samosa made with ghee & enriched pastry.
- ♦ *Choto Maacher Bhaji* – chilli-fried fish with turmeric & cooked in mustard oil.
- ♦ *Chotpoti* – chickpea & tamarind hotpot, usually topped with fresh chillies & flavoured with umin & coriander.
- ♦ *Ras Malai* – a cheese-cake like dessert made with milk curds, cardamom, saffron, & pistachios.

DIY Cocktails

Meal box and ingredient delivery services have become the norm and are continuing to grow in popularity. Companies like Gousto, HelloFresh, Mindful Chef, Riverfood and many more have reinvented the way we cook in the week by removing the after work supermarket shop & the stress of trying to decide & organise dinner at 5.30pm. This approach to meals is now inspired a new range of drinks delivery services. Based on the same concept of choosing your favourite flavours & paying per box, a kit is delivered to your home for you to mix & pour allowing you to create 'expertly crafted' cocktails at home.



Some services currently on the market include:

♦ *Liquorette* was London's first cocktails delivery service that delivers cocktails in under an hour. The service offers classic cocktails with a twist, such as Strawberry Daiquiri, Room 1 – gin, Kummel, Londinio White & Soda, Nordic Spritz – Absolut Elyx, Lillet Rose, Suze, Soda, Prosecco, Glazed & Confused – Rye Whiskey, Salted Passion Fruit, Lemon, Vanilla, Soda, or offers the option of creating your own blend. All come with selected garnishes to create picture perfect party drinks. Prices start from £9 per serving.

♦ *Andpour* offer a subscription service for £39.50 per month delivering personalised cocktail kits to your door. Each kit includes ingredients & step-by-step instructions to mix 6 servings of a cocktail designed by mixologists based on your spirit & flavour preferences. Classic cocktails include Pornstar Martini, Negroni, Mojito, Espresso Martini, and many more.

The kits are already proving popular, particularly in London where delivery can be made in under an hour, allowing for finely made cocktails without the initial expenditure for all the ingredients that most people wouldn't normally be found in the cupboard. We're expecting to see more 'make-your-own' kits coming on the market this year.

Our Eyes On.....

♦ Aldi's own brand Grayson's Seville Orange & Persian Lime Gin was recently crowned the best in the world at this year's Spirits Business Masters. The gin, which retails at only £14.99, beat international brand Tanqueray's Flor de Sevilla Gin which retails for £25. According to the Wine & Spirit Trade Association (WSTA) UK gin sales and exports for 2018 were worth more than £2.7 billion & this award shows Aldi is riding this wave of popularity very well. We expect to greater diversity in the flavoured gin sector as brands and retailers continue to compete.

♦ Stokes have launched a new range of squeezy recyclable bottles in order to compete with the big brands on the shelves. The bottles, made from PET, is 100% recyclable & was developed as a response to the fact that most tomato ketchup in the UK sold is in squeezy bottles. The majority of their other products will remain in the glass jars but the their BBQ, Tomato Ketchup, Mayonnaise, and Brown Sauce will all be available in the new format, as well as a new REduced Sugar Ketchup which contains 30% less sugar than its conventional version. The products are available across retailers & cost between £3.45-£3.60.

♦ Plant-milks keep on diversifying & we are seeing new dairy alternatives gracing the shelves. The new variety is made from yellow split peas & Sainsbury's is the first supermarket to stock it. It's smooth, creamy texture is perfect for smoothies and lattes, it has 8 grams of protein per serving, provides a source of vitamin D & B12. The Mighty Society Pea Mylk comes in 4 flavours – original, unsweetened, vanilla, and chocolate – and contains 40% less sugar and 50% more calcium than cows milk, and costs £2 per 1l.

♦ Fentiman's have released two new additions to their ginger range - a Pink Ginger made with botanicals, ginger & orange extracts offering a fresh, lighter & summery alternative to traditional ginger beer, and Extra Spicy Ginger Beer bringing a greater intensity to the already punchy flavour, adding a new dimension to cocktails, such as Moscow Mule, or as a more intense soft drink. Both drinks are available across retailers.

♦ Wiltshire snack start up Wildlings is launching a range of lamb crackling. Made from British lamb, the crackling was inspired by arrosticini, a grilled dish from southern Italy. The range comes in two flavours, Mint, and Moroccan Spices. Wildlings was founded by Adam Wildling, a former head chef of kitchens around London. He created the brand with the idea to celebrate the whole animal & to use parts of animals that are usually discarded.

♦ Cadbury's have launched a Dairy milk with 30% less sugar than its standard product. The product was developed in order to respond to the obesity crisis and there are also plans for other products made by Mondelez International, including Oreo, Wine Gums and Jelly Babies. The reduced sugar Dairy Milk was developed to be as close as possible in terms of flavour & texture of the original with some sugar in the recipe being replaced with fibre to create a similar structure. The project took three years to come to fruition and involved a team of 20 scientists, nutritionists and chocolatiers before the right recipe was achieved.

♦ Innocent have launched new juices to their range. The fruit & veg based drinks are mixed with botanicals to create intense & exciting flavours. Visually, the brand have made these really stand out on the shelf. The range includes: Bolt From The Blue – guava, lime, apple, coconut water, blue spirulina to energise; Wonder Green – apple, pear, cucumber & matcha, good for the mind; Berry Set Go – raspberry, cherry, apple goji, guarana, to help psychological function; Citrus Shield – orange, carrot, mandarin, lemon & ginger to boost immunity. All the drinks have added vitamins B1, B2, B3, B6, E + C & are available across retailers.

Hangover Cocktails

A member of the team attended an incredibly entertaining morning taking part in a Hangover Cocktails Masterclass with Andy Clarke and Melissa Cole. The event, which took place in the unusual venue of an extravagant furniture shop, covered 4 cocktails developed by the duo in order to combat the hellish feelings of a hangover & appeal to various pallets.

The event began with exploring what a hangover is, why we feel so awful, & why 'hair of the dog' is said to help make us feel better – from the phrase 'hair of the dog that bit you', the theory goes that a bit of alcohol, the cause of the problem, can also cure the problem. It's suggested that drinking alcohol on a hangover raises the blood alcohol level which will get rid of the hangover symptoms & also increase endorphin production which can help mask the horrid hangover symptoms.

To kick the session off, Andy Clarke's first cocktail, the 'Wake Me Up' Citrus Zinger was a super fresh & zesty creation with Prosecco, Gin, Cointreau, Lemon Juice, Clementine Juice, Lemon Verbena smashed & placed as a garnish. Made in a large jug with ice it's perfect for sharing & to cool a summer hangover. The next was from Melissa Cole & unsurprisingly was beer based. Using Dutty IPA from the Tiny Rebel Brewing Company as a base, it was topped with mango puree & passion fruit puree, hibiscus syrup, a pink of hibiscus & a sprinkle of sumac to finish it off.

Andy Clarke's second cocktail was a twist on the classic & always-on-trend espresso martini. Red chilli flakes were tossed in icing sugar, toasted & cooled. These were then added to a shaker along with hazelnut syrup, vodka, espresso, Kahlua, Tabasco sauce & ice.

The final creation was the most polarising for the group as a hangover cure. Using a base of 7% chocolate stout & rum served with chocolate dipped smoked streaky bacon. The balance of sweet, smoky, salty & bitter from the stout blended well together but would be best avoided unless it was a mild hangover.

In addition to the cocktails, the duo added anecdotes & stories of their impressive careers & the inspirations for each drink & session ended with a Q&A. The session was the perfect cure to antics of the night before.



The duo discussed their careers and favourite tipples during the class.

Mezcal

The 3rd annual London Mezcal Week took place between 15th-21st July with over 40 brands showcasing 60+ different agave spirits including Mezcal, Tequila, Raicilla, Sotol, bacanora and other Agave distillates.

The difference between tequila and mezcal: Both are Mexican spirits made from agave. Mezcal can be made from any type of agave plants whereas tequila is specifically made from only blue agave. As well as these spirits primarily being produced in different regions of Mexico they are also distilled in different ways. Tequila is typically produced by steaming the agave inside industrial ovens before being distilled 2-3 times in copper pots. Mezcal, on the other hand, is traditionally cooked inside earthen pits that are filled with lava rocks and filled with wood and charcoal before being distilled in clay pots giving them their characteristic smokiness (although modern methods to recreate this process may now be used especially for mass production). Mezcal is generally considered to be a more diverse spirit than tequila due to the 40 or so different agave species which may be used and the artisan methods and differences used by small batch makers compared to tequila which is commonly produced using industrial techniques. This has even led to tequila being described as commercial lager to mezcal's craft beer.



In Mexico mezcal is generally consumed straight and was previously dismissed as cheap booze for the working classes but it has seen a rise in recent years abroad, especially in trendy bars. This rise in popularity though has fuelled a spike in mass production which threatens the unique characteristics of this drink as well as causing agave shortages.

In London and further afield little mezcal drinking dens or 'mezcalerias' have been springing up. Wahaca's Thomasina Miers opened a bar in Fitzrovia focusing on it, in less specialised bars mixologists have also been starting to use it as one of their spirits of choice such as Blacks private members club in London's Soho which uses it in 3 of its 8 cocktails currently available, including; 'Telenovela' which is a mix of cachaca, mezcal, passion fruit and habanero bitters.

Jaden Smith's New Venture

On Sunday the 7th of July, Jaden Smith launched a one day pop up vegan food truck on Skid Row in downtown Los Angeles. The truck named *'I Love You'* serves healthy vegan food for free to the homeless community.

Skid row has one of the largest populations of homeless people in the United States, L.A. itself has a homeless population of approximately 50,000. Whilst *'I Love You'* was only serving food for one day, Smith has stated that the temporary food truck will be "the first of many". By following @iloveyourestaurant you can keep up to date and follow where the truck may pop up next. You can also get a first hand look into the food truck from the shared photos, which show brown paper bags, and a selection of "I love you bowls" containing healthy vegan salad ingredients, as well as crates of 'JUST water' which is a sustainably sourced and environmentally friendly carton of water, supplied by a water company Smith co-founded in 2015. The Just Water company, as well as providing ethically produced water, also installs cheap water filtration systems in poorer areas.



Downtown LA—Where to find Jayden's new venture.

The food truck is not the first time the young rapper has contributed to the vegan food cause. Back in 2017, in partnership with impossible foods (an entirely plant based "meat" manufacturer), he created the 'impossible trio' at Umami burger, with \$1 from every trio of sliders benefiting American Red Cross hurricane relief efforts. The impossible trio included: 'The Impossible Slider' with caramelised onion, American cheese, miso mustard, house spread, dill pickles, lettuce, and tomato; 'Korean BBQ Slider' with a gochujang glaze, caramelised kimchi, sesame aioli, Korean ketchup, and scallion-cilantro salad; and U-BBQ Slider with American cheese, umami bbq sauce, tempura serranos, and smoked salt onion strings. Jaden Smith has an undeniable passion for healthy living, he says "from the first time I tasted the impossible burger, I knew I wanted to be part of the positive change that Umami and Impossible Foods were creating. They are at the forefront of food and technology and continue to move into the future of plant based diets. I'm excited to celebrate this social impact and bring the youth with me."

The Orchard Project

'Responsible' is a key buzzword for 2019 & this has come to encompass environmentally & socially responsible processes as well as consumer & industry responsibility. The importance of being 'responsible' in the food world has become vital which has led to some creative ways to minimise the impact on the environment by reducing waste & using friendly, low-impact processes, and also businesses that 'give-back'.

The Orchard Project is one such business-charity with responsibility at its heart. It's the only national charity that creates & restores community orchards. The aim of the project is to the orchards at the heart of communities & to stop the decline in orchards, which have been slowly disappearing since the 1950's, in order to preserve them for their rich biodiversity, history, heritage and, of course, fruit. The project encourages the community to get involved by donating their unwanted apples & encouraging them to help harvest the fruit. They also provide tools and training such as formative & maintenance pruning, grafting, and cider making, to help those who donate and care for the trees.



Thanks to The Orchard project, we'll be seeing a lot more thriving orchards across the capital city.

The fruit that is harvested is then sold & any surplus is turned into cider.

The project began producing apple juice & cider in 2016 & has since rescued over 13 tonnes of unwanted apples & pears which have all gone into their Local Fox Cider. It is made entirely from apples grown across London orchards using a mix of dessert & culinary apples to create a unique, tart & refreshing 'taste of London'. They regularly hold events in order to get people involved & inspire people in orchards & fruit growing including apple days, wassailing, juicing, cider making, film shows, orchard parties & harvest festivals. A full line up of events can be found on the website at www.theorchardproject.org and follow them on Instagram @theorchardproject & on Twitter @ProjectOrchard.

Don't Miss– August

- ♦ Over 500 beers from 80 breweries will be on tap at the London Craft Beer Festival next month. Grab a tasting glass and line your stomach at one of the amazing food stalls, including barbecue specialists Pitt Cue. 9-11th August. Find out more at londoncraftbeerfestival.co.uk.
- ♦ London Brunch Festival is taking place between 31st August – 1st September at The Truman Brewery. The event sees a number of rooms with every brunch food & drink that you could want. London's best brunch menus are being brought together for the event featuring speciality tea & coffee, Bloody Mary's, cocktails, smoothies, yoghurts, pastries, granolas, meat, & sweet treats. In addition there will be talks & workshops during the weekend from company founders & industry leaders. Visit www.londonbrunchfest.com for more info.
- ♦ The 12th-18th August is Afternoon Tea Week. The event celebrates the great British tradition, which has been having quite the renaissance in the UK, with hotels, tea rooms, restaurants & cafes across the country taking part to promote the quintessential British tradition. Use #afternoontea week across social media for inspiration and information.

Sauce Ideas

- ♦ Lemon & Tomato Salsa Verde
- ♦ Beetroot & Feta Dip
- ♦ Cardamom Onion Bhaji Dip
- ♦ Melon & Basil Dressing
- ♦ Salt & Vinegar Butter
- ♦ Lemon Thyme Curd
- ♦ Raspberry, Elderflower & Ginger Compote
- ♦ Cherry Amaretto & Chilli Glaze
- ♦ Sauce Gribiche
- ♦ Goats Cheese & Red Pepper Cream Cheese Pellet
- ♦ White Chocolate Salted Caramel
- ♦ Cinnamon & Vanilla Banoffee Sauce
- ♦ Persian Spiced Honey Glaze
- ♦ Five Spice Honey Marinade
- ♦ Green Chilli & Pea Chutney
- ♦ Beetroot, Cardamom & Chilli Chutney
- ♦ Broad Bean, Lemon & Ricotta Stuffing
- ♦ Fennel & Chilli Ragu Sauce
- ♦ Beetroot, Apple & Caraway Chutney
- ♦ Peach Bellini Curd
- ♦ Apricot, Ricotta & Chilli Pellet
- ♦ Drunken Cherry Jam Style Glaze
- ♦ Artichoke & Rosemary Pesto
- ♦ Rocket & Saffron Butter
- ♦ Edamame & Spinach Pesto
- ♦ Blueberry & Feta Pellet
- ♦ Blueberry, Vanilla & Lemon Compote
- ♦ Stout & Smoky Bacon Chocolate Sauce
- ♦ Miso Mustard Glaze
- ♦ Umami BBQ Sauce
- ♦ Smoked Salt Onion Ketchup
- ♦ Cider Ketchup
- ♦ Strawberry, Vanilla & Basil Compote
- ♦ Honey Ginger Buffalo Sauce
- ♦ Raspberry, Rhubarb & Gin Glaze
- ♦ Orange & Sea Buckthorn Gin Glaze
- ♦ Strawberry, Mezcal & Black Pepper Drizzle for Cheese
- ♦ Honey, Quince, Rosemary & Orange Compote
- ♦ Pecot Paste
- ♦ Peking Marinade
- ♦ Moroccan Mint Marinade
- ♦ Congolese Spiced Chocolate Sauce
- ♦ Spinach & Watercress Veloute
- ♦ Thai Ranch
- ♦ Soy & Buttermilk Marinade
- ♦ Strawberry Honey Balsamic & Black Pepper Dressing
- ♦ Black Olive & Goats Cheese Pellet
- ♦ Matcha Habanero White Chocolate Sauce
- ♦ Goats Cheese Caramel
- ♦ Carrot, Ginger & Mandarin Glaze
- ♦ Apple, Pear & Matcha Compote
- ♦ Cherry & Apple Chutney
- ♦ Guava, Apple & Lime Drizzle
- ♦ Chilli Espresso Martini Caramel
- ♦ Mango, Passion Fruit & IPA Glaze



Sources

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