



HILTFIELDS

In Season

- ◆ Asparagus
- ◆ Basil
- ◆ Broad Beans
- ◆ Broccoli
- ◆ Chervil
- ◆ Chives
- ◆ Cucumber
- ◆ Elderflower
- ◆ Globe Artichokes
- ◆ Lambs Lettuce
- ◆ Loveage
- ◆ Mint
- ◆ New Potatoes
- ◆ Pak Choi
- ◆ Radishes
- ◆ Rhubarb
- ◆ Sorrel
- ◆ Spinach
- ◆ Spring Onions
- ◆ Tarragon
- ◆ Turnips

Chef Focus

Considered the King of Swedish cuisine, Niklas Ekstedt has cemented himself as an international celebrity chef, the go-to on the food of his home country, and for putting Swedish food on the map.

Born in Sweden, Ekstedt studied catering in school and at the age of 18 moved to Chicago to train at the world renowned Charlie Trotters, considered at the time to be serving the best food in the world. Eighteen months later, he went to the internationally acclaimed El Bulli in Spain to develop his skills further focusing on hyper-modern technologically focused food. He returned to Sweden and at the age of 21 opened his first restaurant, Ekstedt specialising in 'stunt gastronomy'. His success caught the eye of producers and he became a hit on Swedish TV with his show Niklas Mat (Niklas Food). In an interview with The Times, he stated that the move to TV wasn't really for him and cancelled his show, sold his restaurant and moved to a wood cabin in the Stockholm archipelago. It was here he revisited his love of foraging and hunting for his food and traditional cooking methods.

In 2012, Ekstedt returned to restaurant life with the opening of *Ekstedt*, a restaurant with no electricity or gas - everything is cooked over fire and in cast-iron pots, using a variety of Scandinavian woods in his cooking to create unique flavours for the ever-changing, hyper-seasonal menu which has included Reindeer baked on glowing embers with smoked ox marrow; Sweetbreads cooked in hay; and Juniper smoked pike. The restaurant is hugely successful, winning a Michelin star in 2013.

Since returning to the restaurant scene, Ekstedt has also penned three books: *Scaninavian Classics*, *From The Fire*, and his most recent published in 2018 *Happy Food: How Eating Well Can Lift Your Mood and Bring You Joy* which explores the connection between native cooking skills and wellbeing. He also recently appeared on the BBC on Classic Mary Berry,

Chilli of the Valley

Wales' food scene is constantly evolving and diversifying and it's not surprising considering it has some of the best produce found anywhere in the British Isles and rich cultural food producing history. On a recent trip to Wales, a member of the lab came across Chilli Of The Valley. Not necessarily the type of food that comes to mind when one thinks of Wales, but amongst all the foods sampled, the sauces from Chilli Of The Valley really stood out. The sauces are made in Merthyr Tydfil in the Welsh Valleys by father and son duo, Arwel and Dan Reed, who share a passion for all things spice. Their combined love of heat led them to develop a range of sauces using their favourite ingredient to cater for all palettes ranging from mild to extreme. All chillies used in the products are grown by Arwel & Dan including Jalapeno, Scotch Bonnets, Trinidad Scorpion, Bhut Jolopias, and the current world record holder, the Carolina Reaper. All the sauces are made in small homemade batches and use as much local produce as possible in addition to the home-grown chillies. Many current hot sauces on the market are overly acidic and have minimal chilli flavour making them bland but hot creating a very disappointing condiment for any chilli lover. Chilli Of The Valley sauces stand apart from others on the market with distinct flavour profiles with different spicing and ingredients that compliment and promote the natural flavour of the chilli. Their sauces have something for everyone and include:

Jarlic - jalapeno based green sauce with strong garlic kick, mild in heat.



Black Garlic & Chipotle Ketchup - mild, sweet and sour with a rich balsamic background flavour.

Maerdy Gras - classic Louisiana hot sauce with a vinegar base & rounded chilli flavour.

The Slam - made to celebrate Wales's Grand Slam success in this years Six Nations, the sauce is a classic chilli & pepper base with notes of apple, lime & ginger.

50 Shites of Brown - a rich chocolate Naga chilli sauce with roasted garlic & cacao, a personal favourite.

Fuego Sagrado - not for the faint hearted, this blends together some of the worlds hottest chillies including Trinidad Scorpion, Brown Scorpion, Fatalii & Naga.

Drunken Marsman - fruity & boozy, made with whole oranges, scotch whisky, Habanero & Carolina Reaper.

Phwoar Koff & Dai - the ultimate in hot sauce, this one comes with a health warning due to its extreme heat, boosted by the added 9,000,000SHU chilli extract.

They also make limited edition and one-off sauces. Visit www.chilliotv.co.uk for more information and find them on Facebook.

Summer Eating Trends 2019

Summer brings with it fun, sunshine, and lots of food and drink to look forward to. Using a range of sources, below are some key trends that we expect to see this summer across all sectors of food and drink.

Mushrooms – they grow quickly, they're delicious, versatile, and contain lots of nutrients, which is why we will be seeing a lot more of them this summer. Mushrooms have been a key food focus over the last few years due to the rise in local, seasonal & provenance food, their versatility as both a 'meaty vegetable' (Derek Sarno is a big fan using them in many Wicked Kitchen at Tesco meals) & as a seasoning (Tom Kerridge famously used porcini powder to replace salt when during his dramatic weight loss programme). They're across nearly all restaurant menus in familiar & unfamiliar guises – classic risottos, pastas, enriched gravies, but also in a Field Mushroom, Goats Curd & Hazelnut breakfast bowl at Dela, Bristol.

West African Flavours – the newly found love for this region's cooking is expanding. The intense flavours, interesting ingredients & hearty 'comfort food' style dishes are becoming key favourites. Some foods & flavours will be seen this summer including: plantains - their robust texture, versatility for cooking, ease & pairing with multiple flavours makes it a great addition to summer eating as they can be eaten in multiple formats; Ginger, usually considered a winter spice in Britain or frequently seen in Asian cuisine adds a great kick of flavour & spice; & spices including Baobab, Hibiscus, Nutmeg, Scotch Bonnets will all feature.

Vegan BBQ – charring leaves & roasting roots will dominate this summer with a range of veg gracing the grill as well as more 'meat-free' or 'mock-meat' burgers & sausages. All retailers are selling vegan/plant-based sausages – Aldi's Spiced Cauliflower Sausage; Heck's 'Super Green Sausages' made with spinach, ginger, chilli & mint; as well as accompanying punchy & innovative sides, sauces & spicing.

Cooking Over Fire – of course, summer food wouldn't be summer food without the classic charred & smoky flavour produced by BBQs. The 'Cooking over Fire' food trend has elevated our barbecuing practices. We are building our own barbecues, using different types & blends of wood to create unique & punchy flavours, & getting super creative with our sides taking inspiration from around the world.

Seasonal Seafood – Waitrose suggest that our seasonal consciousness will extend beyond fruit & veg to seafood. The focus on seasonality for environmental purposes has been part of consumer consciousness for many years, but seafood has not usually been a focus – think farmers markets which have taken the focus on locally farmed & produced veg, fruit & meat – but only eating in-season fish & seafood minimises impact on fish stocks, reduces carbon-footprint from long transport, & ensures fresher produce. Summer seasonal fish include plaice, lemon sole, sardines, mackerel, gurnard, crab, lobster & mussels.

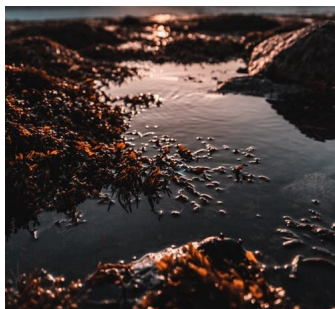
Seaweed – continuing to gain in popularity, seaweed offers a great range of nutritional benefits, such as high fibre, iron & protein as well as many other vitamins & minerals, it also packs some serious flavour. The UK has many varieties growing around the coastline, each region usually with a unique type offering provenance & regional difference. We've seen it used in Itsu Crispy Seaweed Thing, Welsh company The Mermaid's Larder sell a range of dried seaweeds to add as a seasoning, & The Cellar, in Anstruther, Scotland, are curing fish using seaweed foraged from the local beach.

'Forgotten' Herbs – nostalgia, comfort & seasonality are all buzzwords we've heard continuously but herbs aren't normally associated with these categories. We're now leaving parsley, rosemary & basil behind in favour of old favourites such as sorrel, loveage, lemon verbena, & piney hyssop to add striking flavour & visuals to dishes.



African ingredients, such as hibiscus flowers, are being used more widely in our foods. The bright colour & strong sour flavour set it apart from other flavours.

Mushrooms have been a firm favourite for eons with their earthy, meaty, rich flavour, unique texture & versatility, their popularity keeps growing.



Seaweeds, including dulse, are featuring more & more on menus. It's metallic flavour & nutritional benefits keep it atop the wellness & foraging trend.

Loveage, with its distinctive, almost celery like flavour, is one 'forgotten' herb that is making a comeback. It pairs well with many vegetables, particularly potatoes & squash, & is used to flavour stews, soups & casseroles.



Stout: The Fastest Growing Beer

Stout is the most recent beer to get the consumer boom in the UK. After years of falling sales, 2018 saw a 13% increase in demand – nearly twice the growth of lager.

According to Berghoff Beer Blog, stout, as we know it today, is quite different from its beginnings. Dating back to the 1600's, the word 'stout' referred to any dark, strong beer, which were generally full-bodied varieties of 'porters'. Porters originated in London & were popular due to their strong flavour, long life & relative in-expense. These eventually made their way over the Ireland leading to St. James' Gate developing a porter that led to the Guinness we now know & love today. The first beer developed by Guinness was strong at 7.5% & was called their 'stout porter'. This was shortened to 'stout', the name we use today to refer to creamy, strong, dark beers. Stouts popularity remained high until the beginning of the 20th century due to the arrival lager which subsequently became the most popular beer & has dominated the market ever since. The recent popularity increase of stout has been linked to several factors – craft beer fans are now looking beyond IPAs & classic ales for something different; the interest in beer created by the craft beer movement has raised the profile of most beers in the UK & as more people get into the drink, they're more likely to explore other similar concepts; and the indulgent variety of flavours, some of which have included vanilla, butterscotch, cherry, chocolate, & chilli, makes it a diverse & exciting area of beer to explore. Hugh Murray, Tesco's stout buyer, recently stated that 'younger audience drinkers are looking for beers with great character and exceptional flavour: those that challenge' & stout delivers.

Some stouts we've seen on the market include: American brewer, Tailgate, Peanut Butter Milk Stout; Tenby's Harbwr Brewery Chocolate Orange Stout; Wander Beyond's Raspberry Crash Imperial Stout at 10.2%; Titanic Plum Porter; Brooklyn Black Chocolate Stout; 8 Wired Flat White Coffee Milk Stout, and many more.



Our Eyes On.....

In the ever changing world of food & drink, we love to keep an eye on new products, menu's & concepts released onto the market. Here are some things we've seen launched recently:

♦ Coca-Cola are adding to their broadening range of products with Signature Mixers. The four-strong range will be hitting the shelves by the end of June & have been designed specially to go with dark spirits. Building on Coca-Cola's status as a key mixer for rum, brandy & whisky, the new mixers have re-imagined the classic coke flavour. The range includes: Smoky Notes with Ylang, ambrette seed, dried fruit & spices; Spicy Notes is citrusy with ginger, jalapeno, rosemary & jasmine; Herbal Notes with lemongrass & dill seed; and Woody Notes with patchouli, yuzu & basil. The design of the bottles set them apart from standard Coca-Cola with a Hutchinson style glass bottle, a silhouette similar to the first ever Coca-Cola bottle.

♦ KFC have launched a vegan burger to keep up with the meat-free demand. 'The Imposter' burger will be available in selected stores from the middle of June & will be available for 4 weeks. The 'meat-free' burger fillet is made with Quorn & breaded with the same flavour recipe that is used in the regular KFC breading, then topped with iceberg lettuce & vegan mayonnaise. The Imposter will then potentially be rolled out across the rest of the UK if the trial is considered successful.

♦ Monster has ventured into coffee with their new Espresso Cans in Vanilla Espresso and Espresso & Milk. Their move into Ready To Drink iced coffee comes at an optimum time as, according to Coca-Cola commercial development president, RTD coffee is expected to double in the next 10 years. Unsurprising as our taste for coffee continues to rise with more coffee shops opening everyday across the country. The coffee-energy blend from Monster claims to be the first RTD coffee which has the same caffeine content as a hot coffee & contain 3 shots of espresso. The cans retail at £1.99.

♦ Nando's have expanded their menu introducing new sides and salads to add to their vegetarian and vegan range. The new dishes feature in both regular and Fink sides and include Saucy Spinach cooked in spicy tomato & coconut sauce with chickpeas; Grains n' Greens; Roasted Sweet Potato & Butternut Squash; Long Stem Broccoli; and Watermelon & Feta salad which features grilled slices of watermelon with black olives, cucumber & feta.

Activated Charcoal

Functional' has been a concept in food for a while now, where ingredients are added for not only their flavour (and also not even their flavour) but for the other benefits they have, which go above and beyond their nutritional value & generally include health & medicinal properties. Some examples include: turmeric, for it's anti- inflammatory properties & supposed benefits for the liver; ginger, for aiding digestion; probiotics, for their high levels of gut-friendly bacteria; as well as many others. Activated charcoal is one such 'functional' food that we have seen a lot of over the last few years.

An emerging trend in 2016/17, charcoal was used to create the striking Instagrammable creations of black ice-cream, burger buns, waffles & drinks, we have since seen it appear in multiple formats. Burger King were one of the first big names to add charcoal to it's products introducing the Kuro Burger into Japan stores in 2012; Italian chef Molini Spigadoro added the powder to his pizza crust back in 2014 which was then recreated by Waitrose 2 years later. M&S also launched a Charcoal & Apple Shot into stores last year.

Activated charcoal is typically made from carbon-containing material, which can include bamboo, coconut & wood, heated to high temperatures creating charcoal which is then oxidised which 'activates' it meaning it can then absorb a variety of substances onto its surface. This property has led to it being used in multiple ways: as a treatment for poisoning or overdose & for filtering chemicals from gases in industry for example.



The ever Instagrammable Charcoal

The claimed benefits of activated charcoal are down to it's ability to absorb other substances making it a powerful detoxifier with multiple positives when consumed. There has been some evidence to suggest that activated charcoal may improve kidney function & reduce internal damage of the digestive tract in those with chronic kidney disease. This characteristic has meant it has become popular with wellness & health food personalities & bloggers promoting it's inclusion as part of a diet to reduce bloating, digestive irritation & cleanse ones system. However, there are no formal studies that have scientifically supported these claims, & some suggest that charcoal can have negative impacts including the absorption of vitamin C & it's ability to interfere with other medications, potentially having serious consequences on peoples wellbeing. We expect to continued use of activated charcoal, but hopefully with the increased use there will be more conclusive

Aecorn Aperitifs

'Alcohol-free' is definitely a buzzword for 2019 and grown-up booze-free beverages are becoming more common place. The sector has diversified enormously in the last couple of years with the launch of more 'grown-up' soft drinks.

The most recent addition to the sector comes from the creators of Seedlip and is the worlds first alcohol free aperitif. Getting it's name from the 'aperitif tradition' of herbal remedies from the 17th century, Aecorn is the old spelling of acorn.

Seedlip has helped pave the way for non-alcoholic drinks whilst maintaining brand integrity and produce products that still evoke the same excitement and that are 'special' enough to enjoy as one would a glass of fizz or a gin and tonic.

The new Aecorn range was spearheaded by Claire Warner who joint Seedlip early in 2018 and wanted to diversify the category more. She developed the product alongside Emma Murphy, previously the director of London Wine Week and founding member of DrinkUp.London, so together the team is set for big things.

The three strong brand is produced from English grapes and aromatised with herbs, roots and bitter botanicals. The range includes:

- ♦ *Dry* – dry, floral & herby with notes of sage and chamomile, black tea, quassia and oak.
- ♦ *Bitter* – complex & citrusy with grapefruit, bay, orange, quassia, honeycomb and oak.
- ♦ *Aromatic* – notes of cherrywood, vanilla, kola nuts, clove, cassia and oak.

The aperitifs are to be served chilled on their own or over ice topped with sparkling water and they pair well with multiple foods.

Visit www.aecornaperitifs.com for more information or see Instagram @aecorn_aperitifs.

2019's Favourite Fruits & Vegetables

Fruit and veg have never been more on trend. The rise of foraging, root-to-flower eating, plant-based diets, consumers greater awareness and concern for health & wellness has led to a greater love of a wider range of fruits and vegetables and more availability of exotic and unusual produce. Social media, blogging as well as cooking programmes such as Great British Menu has also ignited a greater interest in somewhat forgotten or 'old fashioned' fruits and vegetables which have been absent from wider consumer consciousness for sometime by using them in new and exciting ways.

Below are some fruits and vegetables that we have seen appear across restaurant menus and media that we expect to see more of over the rest of the year.

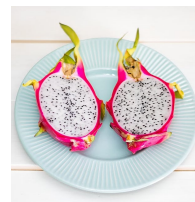
♦ **Kohlrabi** – part of the cabbage family, it has a mild & sweet flavour likened to a turnip with a crunchy texture. It has a mild flavour & is incredibly versatile lending itself to pretty much any cooking process, and can be eaten raw. Jason Atherton pairs kohlrabi with Scallops, Pear & Black Olive at the Pollen Street Social.



♦ **Turnip** – this previously unfashionable vegetable is great at soaking up other flavour & very versatile lending itself well to being roasted, pureed, pickled, fermented, & sautéed. It's also considered very Instagrammable, particularly golden turnips. Sat Bains features the vegetable on his restaurant menu alongside Smoked Eel, Apple & Seaweed, and award winning Moor Hall in Lancashire, turnip is cooked with Crab, Anise Hyssop & Sunflower Seeds.

♦ **Mugwort** – this age-old plant is commonly associated with treating digestive problems, joint pain & is a traditional way of inducing childbirth, but today is having a resurgence in food. The young shoots, flowers, stems & leaves are all edible with an aromatic & bitter flavour. Le Champignon are using it to cook venison & accompany it with baby turnips and smoked apple puree and Welsh chef Chris Harrod got through to the final of The Great British Menu last year with his Mugwort Smoked Beets with Black Pudding & Caramelised Onion.

♦ **Dragon Fruit** – visually stunning making it instantly a hit on social media, it has also become hugely popular for it's multiple nutritional benefits which include being high in Vitamins C, E & B, fibre & phosphorus. It's got a somewhat indescribable & has been likened to kiwi, pea & watermelon. Ching He Huang pairs dragon fruit with lychee in an exotic take on pavlova.



♦ **Kumquats** – citrus fruits are having boom with our demand for different for more exotic & exciting citrus flavours have diversified those available. We've moved away from simple limes, lemons, orange & grapefruit we are now looking at bergamot, yuzu, kalamansi, and kumquat. Sometimes called Chinese oranges, kumquats are sweet, zesty, tart, & fresh & can be eaten whole. Ottolenghi is a fan using the fruit in puddings, cocktails, and savoury salads including his Feta, Fennel & Barley salad with Caramelised Kumquat. Bohemia in Jersey also puts Sea Buckthorn on their Kumquat dessert.

♦ **Celeriac** – the king of the ugly veg, celeriac has been popular for some years & it continues to grace menus around the country. It's celery-like flavour is more rounded, creamy & has been described as 'nutty' almost. It pairs particularly well with apple, smoky flavours & withstands cooking but is eaten raw, famously put in American style remoulade.

♦ **Swede** – first grown in Sweden, these roots were only used for cattle feed but eventually gained popularity at the dinner table due to their cheap & easy production. The last couple of decades saw swede fall out of favour but it's having a resurgence being used in classics such as stews, casseroles, mashed, roasted, in gratins and now in cakes as one would use a carrot.

Don't Miss– July

♦ Foodies Festival is taking place across various locations this summer and the next one is being held at Tatton Park in Cheshire on 13th & 14th July. The festival's are an absolute must for any food lover with cooking demonstrations from MasterChef 2019 winner Irini Tzortzoglou & finalist David Crichton; Little Miss Meat Free, Katy Beskow; 'The Wholefood Warrior' Eva Humphries; and TV Chef & author Valentina Harris, as well as cooking masterclasses, tasting sessions, street-food, local producers, live music, and lots more. Visit <https://foodiesfestival.com/tatton-park-festival/> for more information.

♦ Latitude festival is back for another year Henham Park, Suffolk, from 18th-21st July. Georgina Hayden, author of *Stirring Slowly* & Taverna, and Felicity Cloake, Guardian columnist, will be taking to the stage alongside many other chefs & food personalities. The street-food line up is bigger & better than any before with a huge range of global cuisine on offer all weekend. Visit www.latitudefestival.com for a full line-up.

♦ Street Life Food & Craft Beer Festival is taking place over 27th & 28th July at Alexandra Palace from 12pm-10pm. The weekend will feature over 30 of London's top street food vendors, craft beer bars, cocktails, Pimms as well as DJ sets & live music acts & sets curated by radio stations.

Sauce Ideas

- ♦ Bloody Marie Rose Sauce
- ♦ Fennel Aioli
- ♦ Wild Mushroom, Sage & Parsley Crumb
- ♦ Soy, Honey & Cider Glaze
- ♦ Cherry, Kirsch & Vanilla Compote
- ♦ Pear & Elderflower Glaze
- ♦ Onion Bhaji Chutney
- ♦ Grape & Ale Chutney
- ♦ Herb, Lime & Caper Butter
- ♦ Red Wine Cranberry Gravy
- ♦ Pear & Parmesan Pellet
- ♦ Charred Peach BBQ Sauce
- ♦ Umami Ketchup
- ♦ Ancho Elote Salsa
- ♦ Vegan Chipotle Crema
- ♦ Plum & Pineapple Asian BBQ Sauce
- ♦ Rose & Raspberry Syrup
- ♦ Loveage Aioli
- ♦ Charcoal & Chilli Butter
- ♦ Charcoal, Apple & Yuzu Marinade
- ♦ Raspberry Stout Marinade
- ♦ Ginger & Citrus Blackened Rum Syrup
- ♦ Black Garlic Aioli
- ♦ Tiger Milk
- ♦ Porcini Aioli
- ♦ Sweet Chilli Miso Dressing
- ♦ Charred Lemon & Parsley Gremolata
- ♦ Vanilla Stout Butterscotch
- ♦ Buttermilk Jerk Marinade
- ♦ Chilli Bacon Mayonnaise
- ♦ Yuzu Chilli Mayonnaise
- ♦ Zhoug Aioli
- ♦ Kung Pao Glaze
- ♦ Smoked Tomato Ketchup
- ♦ Persian Sour Cherry, Mint & Yoghurt Dip
- ♦ Iraqi Spiced Sticky Plum & Chervil Glaze
- ♦ Curry Cheese Burger Pellet
- ♦ Curry Mango Mayonnaise
- ♦ Smoky Bacon Crumb
- ♦ Chinese Mushroom Sauce
- ♦ Roasted Pepper & Fennel Romesco
- ♦ Jujeh Sauce – for chicken kebabs
- ♦ Tandoori Masala Marinade
- ♦ Achari Tikka Marinade
- ♦ Mexican Chipotle & Cumin Ahgoada Sauce
- ♦ Salted Rum Banoffee Sauce
- ♦ Chu Hou Sauce
- ♦ Yuzu Truffle Salted Soy Glaze
- ♦ Aji Amarillo Glaze
- ♦ Kofte Spice Paste for Kebabs
- ♦ Vanilla & Chilli Jerk Ketchup
- ♦ Ginger, Jalapeno & Rosemary Glaze
- ♦ Cola, Yuzu & Basil Marinade
- ♦ Lemon Verbena & Vanilla White Chocolate Sauce
- ♦ Milk Stout Glaze

