



HILTFIELDS

In Season

- ◆ Apples
- ◆ Artichoke
- ◆ Beetroot
- ◆ Bilberries
- ◆ Blackberries
- ◆ Broccoli
- ◆ Butternut Squash
- ◆ Celeriac
- ◆ Celery
- ◆ Elderberries
- ◆ Fennel
- ◆ Kale
- ◆ Leeks
- ◆ Medlar
- ◆ Parsnips
- ◆ Pears
- ◆ Plums
- ◆ Pumpkins
- ◆ Quince
- ◆ Redcurrants
- ◆ Turnips
- ◆ Watercress



Chef Focus — Emily Roux

The Roux 'dynasty', as it is now known, shows no sign of abating. The youngest member of the family, Emily, branched out and opened her own restaurant in London earlier this year.

Unsurprisingly. Emily Roux, daughter of Michel Roux Jr and granddaughter of Michel Roux Sr, has been surrounded by food from day one. Born in 1991, her childhood was immersed in food always surrounded by a variety of flavours and ingredients. In an interview with The Telegraph, she commented on the fact that she had to try 'absolutely all of the ingredients' that the rest of the family were eating, which included frogs legs and snails. In addition to this, she spent much time at Le Gavroche, the restaurant owned & run by her father, and set tasks of peeling potatoes & carrots & chopping tomatoes. She attended catering college and went on to work at several famous & Michelin starred establishments around Europe including Alain Ducasse's 3* Louis XV in Monaco, before returning to work at Le Gavroche.

Earlier this year, she opened her first ever restaurant, Caractère, with her Italian husband, Diego Ferrari, who was the head chef at Le Gavroche, in London. The new restaurant is situated between some other famous eateries including The Ledbury and Clare Smyths CORE in Notting Hill. Unlike these others, however, Emily & Diego have designed their menu to be more playful with classical elements creating a mix of French & Italian dishes & offering a set menu for £39 per person.

The feel is a step away from the dining establishments both her & Diego have previously worked in but it has already been gaining much positive feedback being described as having 'expert precision' in the Financial Times.

Some dishes on the menu include: Crispy Veal Sweetbread, heritage tomatoes, pine nuts & thyme jus; Roast, Confit & Pureed Salsify, Pine Nut Praline, Coffee; Roast John Dory, Grilled Leeks, Squid, Foraged Leaves, Beurre Blanc, Steamed Cod, Roast Caluflower, Capers & Parsley Condiment; Roast Saddle of Lamb, Artichokes, Black Olives, Jus; Arlette Mill-Feuille, Blackberries, Diplomat Cream.

Chef Focus — Adam Handling

Adam Handling is the Chef and owner of the Adam Handling Restaurant Group which includes many restaurants & pubs across London & around the rest of the UK.

Adams flair for food began as a child & he puts his passion for global flavours down to his experience of moving around due to his dad's army career as he was growing up. He didn't want to go on to University so began his career at renowned hotel, Gleneagles, where he was the first ever trainee chef. He then went on to Fairmont's where he won Scottish Young Chef of the Year 2011. He went on to open his first independent restaurant in June 2016 in Shoreditch, London, winning Best Restaurant of the Year in the 2017 Food & Travel Reader Awards.

Following the success of his first restaurant, he went on to open several more including The Frog, Hoxton, Bean & Wheat – a sustainable cafe & bar, & a dedicated events venue, the Iron Stag, Hoxton. In 2017, he opened Frog in Covent Garden, adding his first bar, Eve, below it the following year, serving up favourite cocktails with unique twists & flavours created in it's drinks lab where he distills, carbonates & clarifies the various ingredients. In 2019, he added Adam Handling Chelsea at the Belmond Cadogan Hotel as well as Cadogans, which serves a an Afternoon Tea that blends nostalgia with modern techniques.

At just 30 years old, he has been awarded a myriad of awards including being named British Culinary Federation's Chef of the Year in 2014, which rocketed him to the forefront of the restaurant & food consciousness, Scottish Chef of the Year 2015, and Newcomer Restaurant of the Year in the Food and Travel Reader Awards 2015 and many more.

Adam's culinary style showcases his love of Asian flavours & techniques – particularly Japanese – to his kitchen. He prides himself on only using top quality, seasonal ingredients, & prepares them in a number of different, creative ways to enhance their unique properties & deliver exciting flavour. He also operates a zero waste policy across his restaurants where produce is shared & distributed amongst the different venues to create a variety of sustainably-focused dishes.

The Green Grocers

Recently, one of the lab visited The Green Grocers in Norwich. The cafe and shop is located in a small shopping quarter off Earlham Road just outside of the centre.

The independent shop, cafe & bakery is focused around ethical & organic produce & is the city's first & only zero waste store, which stocks a huge range of locally made goods including everything from cheeses, ferments, jams, wines, beers, fresh fruits & vegetables, & soft drinks. They also stock a huge selection of grains, pulses, seeds, nuts, cereals & rice which are in self serve hoppers allowing people to bring your own container, or weigh out your own in provided compostable paper bags.

The cafe is a fantastic, informal space offering a huge range of food & drink. Though the cafe does serve meat, it has a large range of vegetarian & vegan options offering breakfast, lunch, snacks & smoothies.



The menu includes:

- ◆ Cooked Breakfasts including the classic Full English; Full Vegan with sausages, mushroom, bubbles & squeak, spinach & tomato; Smoked Salmon & Scrambled Egg; or a build your own option.
- ◆ Open Sandwich of Cashew Cheese, Artichoke, Sun Blush Tomato, grilled vegetables & Basil Oil
- ◆ Mackerel Salad with Pesto Roasted Potatoes, Beetroot, Dill & Horseradish Dressing, & Soft Boiled Egg
- ◆ Falafel with Pitta, Raw Chilli Slaw, Tahini Dressing, Hummus, Tzatziki, Sriracha, Olives, Pickles & Sun Blush Tomatoes
- ◆ Daily Buddha Bowls such as Red Quinoa Coriander Salad, Beetroot Salads Mixed Leaves, Smoky Roast Butternut Squash, Purple Raw Slaw, Mixed Bean Dip, Honey & Ginger Marinated Tofu
- ◆ Curry of the Day – Aubergine & Butternut Squash Curry, Beetroot & Garam Masala Sauce, Lemon Rice with Spring Onions & Shaved Coconut

Every Thursday, Friday & Saturday, The Green Grocers hosts a Pizza Night with 12 inch artisan, homemade sourdough pizzas with a range of toppings including Spinach, Egg, Parmesan & Chorizo; Anchovy, Capers & Black Olives; Serrano Ham & Wild Rocket; Tiger Prawns, Hot Peppers & Gremolata, as well as a build your own option.

In addition to the food & drink, The Green Grocers have a refillable station to help reduce waste in other areas of living & stock Ecoleaf, Bio D & Ecover for BYO containers helping us move away from single use plastic.

Instagram: [the_greengrocers](#)

Twitter: [@TheGreenGrocers](#)

Dining Halls—2019's Foodie Paradise

The explosion of street food into our daily lives has been very influential over the last few years with the stalls offering a few, exceptional & regionally specific dishes from around the globe changing the way we eat day-to-day. Street-food offers us an experience from another area of the world & due to the relatively inexpensive nature of setting them up & the fact they're set up by people with cultural heritages from outside of the UK, they offer a food experience that we may not otherwise have been able to have. The growth of street-food has led to more Food Halls – a communal dining space serviced by multiple vendors – appearing on our high streets, which offer a great eating experience with culturally diverse cuisine, Instagrammable spreads & also entertainment.

We love them in the UK & they are spreading across the country from Brighton to Birmingham to Cardiff, to Manchester. Some of the best include:

- ◆ *Market Hall, Victoria* – situated beside the train station, Market Hall houses 11 kitchens with communal tables, a coffee shop & three bars spread over 3 floors. Food on offer includes Monty's Deli serving kosher style Jewish cuisine; Flank offering a nose-to-tail, open-fire cooking menu; Baozi Inn's Dim Sum & Cantonese dishes; Nonna Tonda's fresh, handmade pasta. The people behind Market Hall are also set to open up the biggest food hall yet in Oxford Street's old BHS building & will include 4 bars, 12 food vendors & a children's play area.
- ◆ *Big Feed, Glasgow* – Scotland's biggest indoor market features 12 different vendors weekly. On October 5th & 6th the vendors include Apecini with homemade Sicilian arancini; Gourmet loaded hotdogs from Firedogs; warming & comforting dishes from Bowl Food serving up Fries loaded with Pulled Pork, Lamb Curry, or Jerk Chicken.
- ◆ *Nottingham Street Food Club* – opened in 2017 to celebrate the diversifying food scene in the city, this is a weekly club with a rotating rota of local traders including Asian soul food from Homeboys, Mexican Street Food from Smokqued, & Gourmet Burgers from Secret Burger Club.

The markets are hailed as having a great impact on local economies & rejuvenating otherwise defunct & abandoned spaces. Street Feast's site in Lewisham was previously a disused market, Market Halls in Victoria was formal the site of nightclub Pacha that closed in 2014. By taking on empty spaces & creating a desirable place to be is only a benefit for the local area & community.

Miss Macaron—Socially Responsible Patisserie

'Responsible' is a key word for food in 2019, from both a consumer & businesses perspective. What we eat, how we eat it, where it's from, how it's produced are all key questions that we expect to have answers to from the people & places that we buy consumables & the impact it has on the world around us. As well as environmental responsibility, social responsibility is a really important aspect to many businesses as they give something back to the community in which they are. One such business is Miss Macaroon.

Founded by pastry chef Rosie Ginday, Miss Macaroon is a socially responsible patisserie that offers training to long-term unemployed young people. Rosie was inspired after meeting a young homeless man who she then supported. This chance meeting set her on a journey to develop a business that combines exceptional quality sweets, using her years of training in Birmingham & time spent at Michelin starred restaurant Purnell's, & provide opportunities for young people to break into the competitive industry.

The intense 10 week training course is offered to 18-35 year olds in the West Midlands who've experienced challenges to employment. Many have been care leavers, & the training provides not only the pastry chef skills but also offers time with a psychotherapist & counsellor in order for trainees to identify & build on their strengths & to increase confidence, something that many lack due to a lifetime of hardship which has led to low self esteem & feelings of worthlessness.

The patisserie specialises in macarons creating stunning & unique products in flavours that include: Dark Chocolate, Strawberries & Cream, Pistachio, Tonka Bean, Salted Caramel, Champagne, Passion Fruit & Mango, Peach & Green Tea, Blueberry & White Chocolate, & Salted Peanut. In addition to the flavours, Miss Macaroon offers 'Eat Your Face' macarons where images can be printed on the top. They also produce branded macarons for some of the worlds most famous companies including Karl Lagerfeld, Adidas, Pandora, & Ted Baker. The macarons feature the logo & corporate colours.



Macaron—the iconic sweet treat

Kalamansi



Kalamansi has a the skin of a lime but the flesh the colour of a mandarin

Citrus has been a key flavour trend with our interest in more citrus varieties growing significantly recently. Lemons, limes, oranges, clementines, tangerines, mandarins, & grapefruits are very familiar & considered cupboard staples, but now our thirst for more exciting, global flavours & the greater availability of unusual citrus fruits means we are adding them into our meals.

Known as one of the most important crops in the Philippines, the kalamansi, or calamansi, is the current shining star of citrus. It's indigenous to the Philippines, but is also popular in other Southeast Asian countries including Malaysia & Singapore. It's similar in shape to the mandarin with thin skin of the kumquat & the colour of a lime. It's flavour is distinctive, sour & sharp & slightly sweeter than lime.

It's also gaining popularity for its health properties. It's packed with vitamin C supporting our immune system, boosts the metabolism, helps remove toxins from the body, & reduces blood pressure.

In terms of usage, kalamansi is a very versatile fruit, but like lemon & lime, as it works well with meat, poultry, seafood, sweet dishes & in beverages. In regions of East Asia, kalamansi is served simply mixed with sugar syrup, poured over ice & topped with soda. It can replace the citrus in a margarita for an Asian twist on the classic drink, added to chilli sauces, or creamy curries, such as laksa, adding a very distinctive taste. Traditionally, it's used in the Filipino dishes of Aroz Caldo, a rice & chicken rice porridge & Pancit, rice noodles in a sauce with either pork, chicken, shrimp or vegetables.

Using regionally specific citrus, such as kalamansi, creates premiumisation, setting products apart from others on the shelf & creates a sense of something special & eye grabbing.

Fresh kalamansi is hard to find in the UK but Waitrose stock a juice & frozen kalamansi puree can be found at [Fine Food Specialist.co.uk](http://FineFoodSpecialist.co.uk).

Our Eyes On.....

- ◆ Everyone's favourite spiced rum, Sailor Jerry, has launched ready-to-drink cans. The new innovation is the first new product onto shelves for nearly two decades. The two-strong range includes 'Rum & Dry' and 'Rum & Cola'. The cans will launch first in Australia before spreading around the globe & will be tapping into the global thirst for convenience & exciting 'on-the-go' products.
- ◆ Waitrose have revamped their premium range changing from Waitrose 1 to Waitrose & Partners No.1 range & have re-launched with more than 200 new lines, some of which are brand new & others that have been updated & improved. To set themselves apart from other top-tier supermarket ranges, Waitrose have gone for a creamy grey colour instead of the more familiar black & include products that are "distinctly different from the core offering". Some new items in the range includes Wood-Fired Nduja & Burrata Sourdough Pizza, Wood-Fired Mushroom & Truffle Sourdough Pizza, Whole Perigord Walnut Sacisson Sec, Mexican Yucutan Honey, Venison Cutlets with Indian Spices with Mango & Turmeric Yoghurt, Coconut, Passion Fruit & White Chocolate Layer Cakes, & Single Origin Republic Milk Chocolate with Coconut & Lime.
- ◆ London based soft drinks company, Square Root, have launched a Pear & Aronia Berry Soda. The drink brings together the autumnal British Conference pear with Kentish Aronia berries from Tickleberries. Aronia berries are hailed for the health benefits, which include high levels of antioxidants & fibre, vitamin C & manganese, & have a distinctive sharp flavour. The drink retails at £1.80 direct from Square Root but is also available in retailers, cafes & bars.
- ◆ Heinz has teamed up with the famous Hummingbird Bakery to create a range of cakes inspired by the beans manufacturers products. The flavours include ketchup, beans, mayo, salad cream & tomato soup. The unusual flavoured cakes will launch on Friday 11th October & each branch of the Hummingbird Bakeries in London will be giving away the first 25 for free on a first-come-first-served basis. After these are gone, the cakes will cost £3.25 each. We're looking forward to the social media assessment of the cakes.
- ◆ Barry Callebaut have created a new chocolate, their first innovation since the ruby variety a couple of years ago. The new Whole Fruit chocolate claims to use the entire cacao, as opposed to just the beans, meaning the chocolate has significantly less waste products. Usually, 70% of the cacao is discarded in the chocolate making process & by using the whole cacao the chocolate is said to pack a more intense flavour too. The chocolate is expected to be hitting the shelves in multiple formats next year under brand

Sauce Ideas

- ◆ Curried Aubergine Dip
- ◆ Madagascan Style Cinnamon Curry Sauce
- ◆ Coconut, Passion Fruit & White Chocolate Sauce
- ◆ Dark Chocolate, Coconut & Lime Dip
- ◆ Mango & Turmeric Yoghurt Dressing
- ◆ Acacia Honey, Lime & Chilli Dressing
- ◆ Nduja & Mozzarella Pellet
- ◆ Gorgonzola & Leek Pellet
- ◆ Boozy Spiced Apple & Blackberry Compote
- ◆ Wild Mushroom & Wholegrain Mustard Gravy
- ◆ Dulse Beurre Blanc
- ◆ Tomato & Thyme Dressing
- ◆ Red Wine & Mushroom Sauce
- ◆ Fennel & Citrus Marinade
- ◆ Capers & Parsley Cream Sauce
- ◆ Artichoke & Sun Blush Tomato Pesto
- ◆ Salt & Vinegar Butter
- ◆ Pit BBQ Beans
- ◆ Texas Sauce
- ◆ Rum & Honey BBQ Sauce
- ◆ Apple, Cherry & Chilli Burger Relish
- ◆ Honey & Mustard Mayo
- ◆ Coriander Chilli Sauce
- ◆ Coconut & Green Chilli Yoghurt Dip
- ◆ Spring Onion & Green Chilli Chutney
- ◆ Indian Spiced Sweet & Sour Pickle
- ◆ Samba Hot Sauce
- ◆ Brazilian Vinaigrette
- ◆ Kalamansi Dressing
- ◆ Filipino Style Marinade



Don't Miss - November

- ◆ On Saturday 9th November, The Foraging Course Company are holding an event in North Norfolk's Holt Country Park. The course, which runs from 12pm-3.30pm, offers the opportunity to learn to identify some commonly growing foods to forage for, how to avoid poisonous ones, advice on where best to look for wild edible treats, an overview on foraging laws, safety & best practice, recipe ideas & samples. The course costs £37.90. Visit <https://www.eventbrite.co.uk/e/norfolk-holt-autumn-wild-food-foraging-course-walk-tickets-59234754746> for more information & tickets.
- ◆ November is World Vegan Month & is an opportunity to celebrate & recognise how far the vegan movement has come. The month long celebration aims to highlight how accessible & beneficial a vegan lifestyle can be & to encourage vegan-curious people to try out veganism & be inspired by recipes & ideas. There are also loads of events taking place throughout the month including Be The Future Vegan Market in Stoke Newington on 2nd November, Vegan Fairs in Southampton, Cirencester, Edinburgh, & Lewes. Visit www.thevegansociety.com for more information or use #WorldVeganMonth across social media for information & inspiration.
- ◆ Birmingham's one and only reggae brunch returns on Saturday 9th November. The event, held at a secret location, involves a whole hour of bottomless rum punch, a 3 course Caribbean meal with dishes including Sweet potato & pumpkin fritter, jerk chicken, & the reggae brunch show. The brunch will be accompanied by the resident DJ's playlist of reggae, calypso, soul, ska & more. It runs from 12-5pm & tickets cost £38 per person. Visit <https://www.designmynight.com/birmingham/whats-on/food-drink/the-reggae-brunch-birmingham-sat-9th-nov> for more.

Sources

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