

Foodies

ISSUE 118 • MARCH 2020
SCOTTISH EDITION | FREE

A CELEBRATION OF FINE FOOD AND DRINK

30

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EAT, DRINK
& PLAY

**SWEET
SMILES**

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mum this
Mother's Day

PLUS

Scottish
wedding
special

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a romantic
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Blythswood
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STEIN**

French love affair



**AINSLEY
HARRIOTT**

Back to his roots

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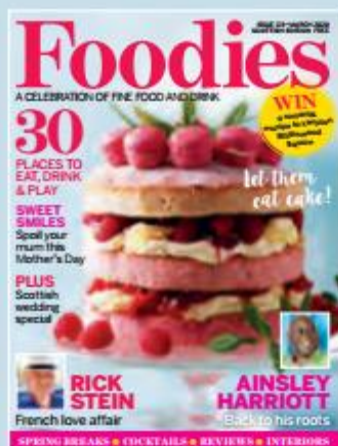
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New horizons

AS THE WEATHER IMPROVES and spring is finally in the air, we find ourselves emerging from hibernation with our minds turning to travel. Whether you're craving the exotic shores of the Caribbean or the winding backroads of France, what we eat can give us a taste of adventure and get us in the mood for sunnier shores.

This month we caught up with Rick Stein, whose series *Secret France* sought out the hidden corners where proper French cooking still reigns supreme.

He shares some of his favourite recipes from that journey, starting on page 14.

Meanwhile, Ainsley Harriott's been seeking his roots, and particularly the food that his parents grew up with in the Caribbean. From classic jerk chicken to a zingy fish dish, you'll find clever ways to bring a spot of sunshine into your dinnertime.

If you're looking for a holiday closer to home, we have spring breaks in some of Scotland's most beautiful rural hotels, and spa getaways for couples.

This is also the time of year when people start planning their weddings, and we've got you covered there, too. Turn to page 44 for the full story on unique and creative venues you might consider for your own trip down the aisle.

And, let's not forget, Mother's Day is right around the corner. Show your mum some love with our shopping guide, or even bake her a beautiful cake to celebrate. We caught up with Hannah Miles of *Naked Cakes* to find out how to make a showstopper whatever

your level of baking experience.

Whether you're a traveller or a homebody, there's no excuse not to get adventurous in the kitchen, so get cooking!

Sue Hitchen, Editor



'What we eat gives us a taste of adventure'



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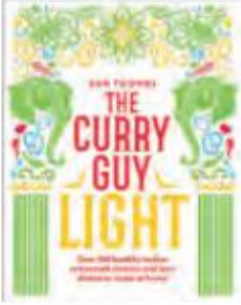


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Cooking the books



The Curry Guy Light Dan Toombs, Quadrielle, £15

One of the top experts on British Indian cooking, Dan follows his *Easy* and *Veggie* books

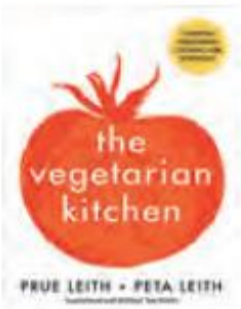
with a new set of lighter recipes.



Rage Baking Katherine Alford & Kathy Gunst, Simon & Schuster, £18.99

Trump-era activists are finding an outlet in the kitchen, as Alford and

Gunst whip up over 50 recipes and chat with politically-minded bakers.



The Vegetarian Kitchen Prue Leith & Peta Leith, Pan Macmillan, £25

GBBO's Prue Leith teams up with her veggie niece Peta to create over 100 recipes celebrating vegetarian food.



Living on the Veg

If Veganuary got you inspired to continue with a vegan diet, or even go vegetarian or flexitarian, *Living on the Veg*, the show from the BOSH! boys, will continue to provide inspiration well into spring. Henry and Ian, the social media stars turned TV chefs, have been called "the vegan Jamie Olivers," and their show was immediately caught up in controversy when Waitrose advertised meat and dairy products in the breaks. Special guest Prue Leith helps to cook up an impressive mushroom Wellington.

Living on the Veg, ITV, Sundays, 10.30am



What's on



A PLAY, A PIE AND A PINT

Glasgow,
2 March

The spring season of

lunchtime plays is underway at Òran Mór, and what better way to watch theatre than with a tasty pie and pint in hand? This month you can catch *Daniel*, a tale about fatherhood, *Pairing Off*, which follows a secretive butcher called Murdo, and *The Beaches of St Valery* about a betrayal at Dunkirk, amongst others.



VEGAN CHEESE MAKING MASTERCLASS

Glasgow,
14 March

Join Aimee

Jackson and Francesco Accolla, chefs and founders of Nutcrafter Creamery and Zilch Deli, in learning how to make cultured, raw vegan cheese. This two-hour workshop introduces the basic concepts of vegan cheesemaking, from growing cultures to easy ageing techniques you can do at home. Tickets are £35.



GERMAN FINE WINE TASTING

Edinburgh,
19 March

Master of Wine
Rose Murray

Brown leads you through a guided tasting of Mosel vs Rhine wines at the Royal Scots Club. Wines from the Mosel Saar Ruwer will be matched alongside the wines of Mittelrhein, Rheingau and more. Learn about Germany's wine regions and how to decipher their wine labels. Tickets are £45 including 13 samples.

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ROLLING OUT THE BARREL

Doddie Weir and fellow Scottish rugby legend Chris Paterson visited Diageo's new Edinburgh headquarters to pick up a cask of Glenkinchie single malt whisky. The company has donated the cask to raise money for Doddie's MND charity. myname5doddie.co.uk



SWEET DREAMS

Whittard are adding extra indulgence to your bedtime hot chocolate, with their pudding-themed new range. The Rhubarb & Custard flavour is already on the shelves, with Banoffee Pie to follow this month. whittard.co.uk



NEW
LAUNCH

PUT A RING ON IT

Just months after opening their shop in Bruntsfield, Bross Bagels have just launched a new outlet in Stockbridge. The shop opened last month and is featuring a unique creation made especially for the neighbourhood. brossbagels.co.uk

A TOUCH OF CALM

Le Creuset have just launched the latest colour in their range of covetable kitchenware. Meringue is a neutral, soft ivory with a subtle ombré, and aims to evoke feelings of relaxation and serenity in the kitchen. lecreuset.co.uk



CLEAN AND FRESH

Made in Chelsea's Spencer Matthews has come up with a fresh take on low-alcohol gin, with the launch of the Clean Liquor Co. With thirty times less alcohol than a traditional gin, you're sure to have a clear head in the morning. cleanliquor.com



CATCH
OF THE
DAY



PIER INTO THE FUTURE

The Pierhouse Hotel & Seafood Restaurant have announced a new head chef, with Michael Leathley joining from Glasgow's A'Challtinn. He says, "From the lobster creels at the end of our own pier, to the finest venison from Lochaber, our dishes respect the abundance of local produce." pierhousehotel.co.uk

THE BIG SHEESE

Kettle Chips have teamed up with Bute Island Foods and the BOSH! boys to create a vegan twist on one of the nation's favourite flavours. Sheese and Red Onion crisps are on the shelves in Morrisons and across the country now. kettlechips.co.uk



GINGER BAR NONE

Border Biscuits have turned their bestselling chocolate gingers into a bar. The Scottish favourite is now available to put in your pocket and take with you wherever you go, whether that's the office or to the top of Calton Hill. borderbiscuits.co.uk



WASTE NOT

Campaign group WRAP have announced some good news on food waste - there's been a reduction of half a million tonnes over the past three years, enough to fill the Royal Albert Hall ten times. Find out how to get involved at wrap.org.uk.



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wildandwolf.co.uk, £35

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tch.net, £3



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audenza.com,
£48

Angel wing mirror, flora
furniture.co.uk, £65



Katie Alice crockery
kitchencraft.co.uk,
from £8

MUM'S THE WORD

It's time to give back and treat
your mum for all the love she's
given you over the years



Ceramic mug, gisela
graham.com, £7.50

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poundland.co.uk, £1



Sophie Allport cushion
sophieallport.com, £49



Lavender scented candle
petitsrituels.com, £36



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giselagraham.com, £6



Heather crystal vase
dartington.co.uk, £45



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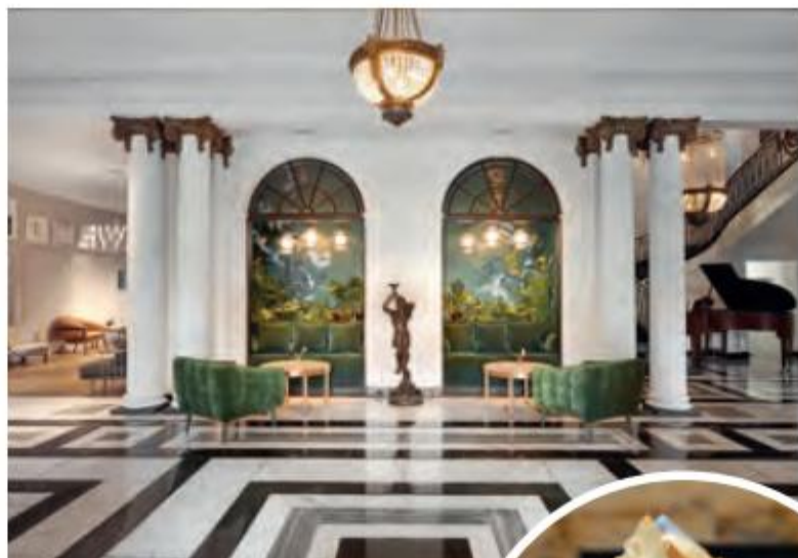
Edinburgh Science Festival returns with a new batch of freshly baked *GastroFest* events. Whether you're a vegan or exploring the option, gluten free and wanting to know more, a sucker for cocktails, a lover of cheese or a whisky wunderkind, there are plenty of events to tickle your tastebuds. Samples of food, drink and fun, all included in your ticket price.

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AS YOU'VE
NEVER
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BEFORE**



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WIN



Win a romantic getaway for two at Kimpton Blythwood Square

Surprise your loved one with the ultimate romantic break to the historic Kimpton Blythwood Square. Set right in the heart of Glasgow but hidden away overlooking leafy private gardens, the hotel is a sophisticated haven that has been given a modern makeover but still retains its vintage glamour.

The lucky winner and their partner or friend will win an overnight stay in one of the Kimpton Blythwood Square's luxurious rooms, which feature comfy beds, marble bathrooms

and curated artwork, as well as a three-course meal in Bo & Birdy. A modern brasserie with strong Scottish roots, Executive Head Chef Gillian Matthews has put together a seasonal menu that

might include dishes such as Loch Fyne smoked salmon with crab rarebit and watercress or tea-smoked Gressingham duck breast with heritage beetroot and pomegranate molasses. In the morning, breakfast is just as carefully thought out.

Once ensconced in luxury, our winner may wish to book into the full-service spa with its thermal suite, or try a cocktail or two in The Salon, the hotel's bar. Alternatively the hotel is the perfect spot if you're taking in a show at the King's Theatre, the Pavilion or the Theatre Royal.

TO ENTER

For your chance to win this great prize, answer the following question:

What is the brasserie called at Kimpton Blythwood Square?

To win, enter at foodies.co.uk

Terms & Conditions: The prize is valid until 31st December 2020 and the winner will be drawn on 2nd April 2020. The stay must be booked in advance and dates are subject to availability. The prize comprises a one-night stay for two people, dinner at Bo & Birdy, and breakfast. Additional charges may apply for use of the spa, thermal suite and cocktail bar. Usual check-out and check-in times apply – see website for details. Entrant and guest must be 18+. The prize is non-transferable and there is no cash alternative. The editor's decision is final.

HOT CUISINE

Has French cooking lost its magic? Certainly not, says Rick Stein; you just have to travel a little further off the beaten path

Like many people, I have a romantic attachment to France that goes back to childhood. I owe my love of food and restaurants to early trips to Brittany, getting off the ferry from Plymouth and driving in spring through fields of artichokes to Le Conquet near Brest. France was the first place where I really began to understand the enormous power of cooking to change my life, but also I was in love with the country.

Perhaps, though, France, with memories like these, is just a state of mind. I think today we're living in nostalgic times, because of so much rapid change and a sense that things were better in the past. Of course, we all know deep down that is rarely true; we were all just younger then and things felt better.

Nevertheless the idea that things are not as they once were with food in France prevails, not just in this country, but in other parts of the world influenced by French cooking. These days many people believe that the food in France is just not as good, that the baguettes in the *boulangerie*

are not what they used to be, or that the menus in restaurants are samey. I see overpriced, over-elaborate food everywhere, absurdly delicate plates of little twists of chives, cubes of tomato, smears and foams.

It's understandable. The cost of labour is high. Many blame the 35-hour week and the fact that overtime has to be paid for those working longer, but we are both First World countries and we should be paying good wages. Few customers, however, are prepared to pay the price of producing simple French food made *au maison*. The consequence is that serving what I would call Michelin-style food is almost the only way to prosper.

On my show *Secret France* for the BBC, I was lucky enough to make a trip meandering through the back roads of France. It was partly for nostalgic reasons and partly to answer the question, 'Is French cuisine still alive and well?'. With a few reservations, I hope you'll see that yes, indeed it is, but more importantly there's plenty of evidence that the cooks of the next generation are not standing still. ●

'France was
the first place
I really began
to understand
the enormous
power of
cooking to
change my
life'



Lentil, beetroot & goats' cheese salad

Salade de lentilles, betterave et chèvre

In line with a general feeling that *salades composées* are an important part of a French restaurant menu, I came up with this recipe. It's a melange of the kind of things I like to find in a salad.

Serves 2 as a main course or 4 as a starter

175g small beetroots, washed but not peeled
2 tbsp olive oil
1 shallot, finely chopped
1 garlic clove, finely chopped
100g Puy lentils, rinsed
1 fresh thyme sprig
Small handful flat-leaf parsley, chopped
1 ripe pear
100g goats' cheese log
2 small handfuls rocket leaves
4 walnut halves, roughly chopped
Salt and black pepper

For the dressing

2 tbsp olive oil
1 tbsp walnut oil
1 tbsp Banyuls or sherry vinegar

- Preheat the oven to 190°C. Put the beetroots on a baking tray and roast them for up to an hour, depending on size. They should be tender to the point of a knife when done. Leave them until cool enough to handle, then peel off the skins and cut them into wedges. Set aside.
- Heat the olive oil in a pan and sweat the shallot and garlic over a medium heat until softened. Add the lentils, 300ml of water, thyme, half a teaspoon of salt and plenty of black pepper, then simmer for 23 minutes. You may need to add a little more water, but the object is for it all to become absorbed. Leave the lentils to cool down, then add the chopped parsley.
- Core and slice the pear, leaving the skin on. Cut the cheese in half horizontally or into 4 slices, depending on how many you are serving. Preheat the grill and grill the cheese on one side. Mix the olive oil, walnut oil and vinegar to make the dressing. Put the lentils in a wide dish, then top with some rocket leaves. Nestle beetroot wedges and pear slices among the leaves and top with the grilled goats' cheese and dressing. Sprinkle over the walnuts and serve at once.

'This is a
melange of
the things I
like in a
salad'



Chicken in Riesling

Coq au Riesling

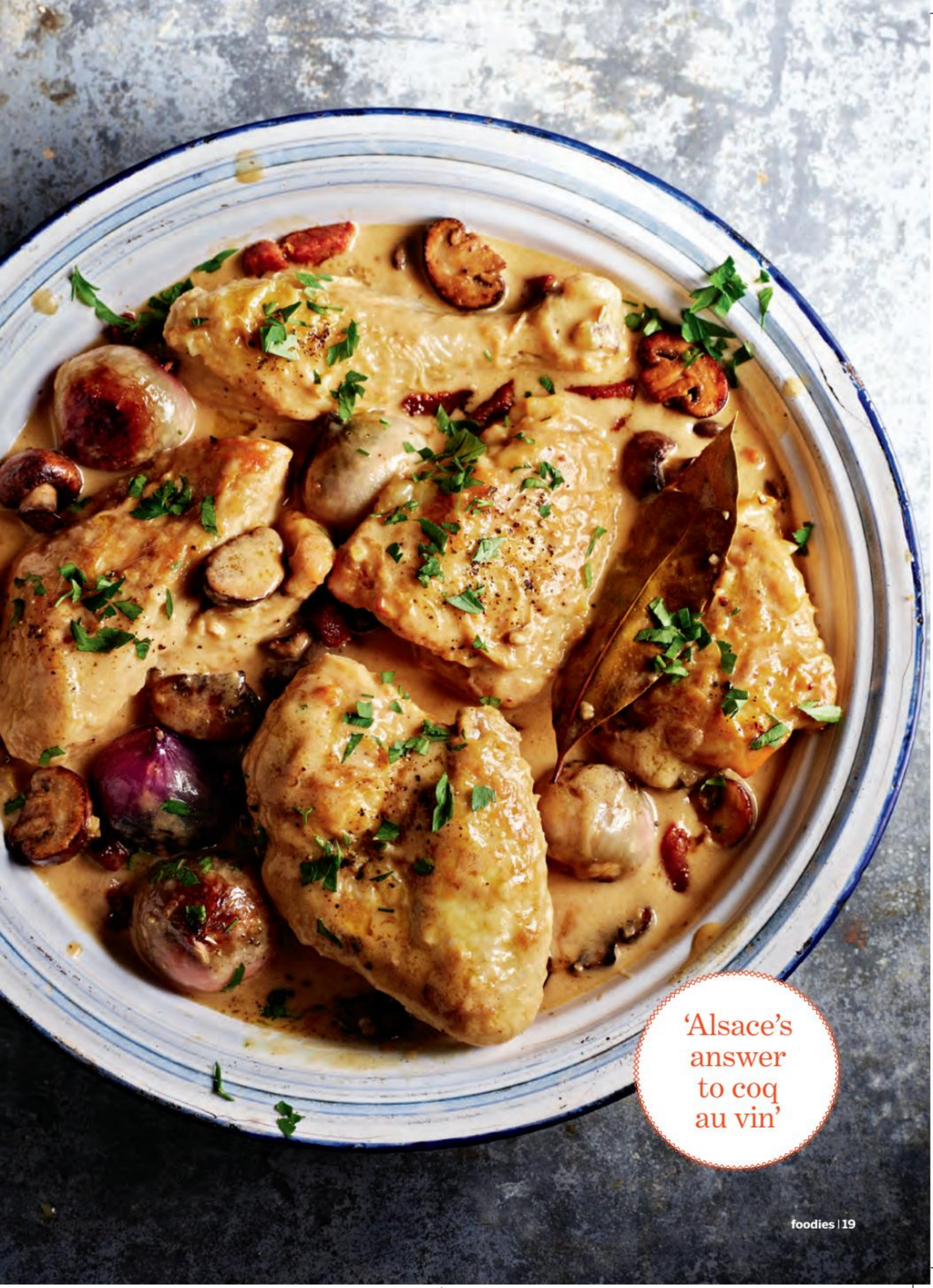
Alsace's answer to coq au vin. The chef, food writer and designer Richard Cawley describes coq au vin as 'love in a lorry' and once you've heard that it slightly takes the romance out of this time-honoured French dish. In fact, I've never been entirely happy with coq au vin because the 'vin' bit always seems rather pale. I think if you are going to make a red wine sauce, make it deep and red, or everything can take on a rather mauve hue. Coq au Riesling, on the other hand works, much better because white wine with some cream and lots of parsley just looks much more appetising. The acidity of Riesling can be a rather surprising joy in Alsatian cookery.

Serves 4–6

2 tbsp vegetable oil
70g unsalted butter
12 shallots, peeled but left whole
3 cloves garlic, finely chopped
160g smoked bacon lardons
250g chestnut mushrooms, wiped and halved if large
1 free-range chicken (about 1.7kg), jointed into 8 pieces
1 tbsp plain flour
500ml medium-dry Riesling
350ml chicken stock
1 bay leaf
2 thyme sprigs
100ml single cream
1 egg yolk
Small handful flatleaf parsley, chopped, to garnish
Salt and black pepper

- Heat half the oil and butter in a shallow flameproof casserole dish and fry the shallots, garlic and bacon lardons until the shallots have started to colour. Add the mushrooms and fry for a couple more minutes. Transfer everything to a bowl with a slotted spoon.
- Add the remaining oil and butter to the casserole dish. Dust the chicken joints with flour and brown them in a couple of batches. Put all the chicken back in pan and add the wine, stock, herbs and the cooked shallots, lardons and mushrooms. Season with a teaspoon of salt and plenty of black pepper. Bring to a simmer and cook for about 20 minutes, uncovered. Pass everything through a colander set over a bowl and keep the chicken, lardons and vegetables warm.

- Return the strained liquid and juices to the pan and reduce a little. Take the pan off the heat. Whisk the cream with the egg yolk and a ladleful of the reduced cooking liquid, then pour this into the pan with the stock. Place over a medium heat until the sauce has thickened, but don't let it boil. Put everything back into the pan and let it warm through. Check the seasoning and garnish with chopped parsley.



‘Alsace’s
answer
to coq
au vin’

Fig & frangipane tarts

Tartes frangipane aux figues

The idea for these little tarts comes from the delightful southern town of Uzès. At dinner one night, I had a fig tart and was intrigued by the fact that it had this delicious *moelleux* texture in the centre. On leaving, I asked for the recipe and was told, sorry, they bought it in. Sadly, this happens so much in French restaurants – the cost of staff I'm afraid. What I took to be subtlety was probably simply that the tart had been cooked from frozen and was still slightly underdone in the centre. This is a proper version and quite delicious. I favour crème fraîche with these.

Makes 6 x 10–12cm tartlets

For the shortcrust pastry

170g plain flour, plus extra for rolling
100g cold unsalted butter, cubed
Pinch of salt
1 egg yolk
1–2 tbsp ice-cold water

For the filling

100g butter, at room temperature
100g caster sugar
2 eggs, beaten
½ tsp almond extract
100g ground almonds
9 figs, quartered
1 tbsp flaked almonds

To serve

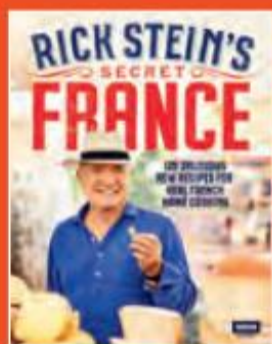
1 tsp icing sugar
6 tbsp crème fraîche

- For the pastry, put the flour, butter and salt in a food processor and pulse until the mixture resembles breadcrumbs. Transfer to a bowl and add the egg yolk mixed with a tablespoon of cold water to make a smooth but not sticky dough. Add the extra water if required.

- Put the dough on a floured work surface, roll it out and line 6 loose-bottomed 10–12cm tartlet tins. Chill for about 30 minutes. Preheat the oven to 200°C.

- Line each tin with a circle of baking parchment or foil, add baking beans and bake blind for 10 minutes. Remove the beans and paper, then put the tins back in the oven for a further 5 minutes. Turn the oven down to 190°C.

- While the pastry cases are cooking make the frangipane. Beat the butter and sugar together in a bowl until you have a smooth paste. Gradually whisk in the eggs and almond extract, then stir in the ground almonds and mix well. Divide the mixture between the pastry cases and arrange 6 fig wedges on top of each tart. Scatter with some of the flaked almonds and bake for 20–25 minutes until golden. Dust with a little icing sugar and serve warm or at room temperature with some crème fraîche.



Extracted from *Rick Stein's Secret France* (BBC Books, £26).
Photography by James Murphy





Congratulations on winning Scottish Restaurant of the Year at the AA Awards.

W: It's an amazing achievement by the whole team. This really puts Sugar Boat on the culinary map and brings attention to Helensburgh.

S: It was a real shock to me. After we opened the letter telling us we had won, it still took a while to sink in. We have been working hard since opening the doors less than three years ago, trying to produce good food and an all-round great experience at Sugar Boat so it feels really good to be acknowledged by a guide as big as the AA.

Will, you co-founded

some of London's best loved, Michelin-starred restaurants, including Arbutus and Wild Honey. Was it nostalgia for your early days working in Cameron House that brought you back to Argyll?

W: I've had amazing success but the time was right to move out of London. I've holidayed on the West Coast of Scotland since I worked here in the mid '90's and felt there were great opportunities to be had. Add to that, it's a stunning part of the world and Helensburgh is a delightful coastal town – there were many reasons.

When the boat comes in

When restaurateur Will Smith of Wild Honey and Arbutus left London, he chose Helensburgh as the base for his new restaurant, Sugar Boat, and brought head chef Scott Smith with him

What drew you to the restaurant business?

W: From my teen years I worked in my local pub behind the bar. I realised that to someone who worked hard, the chance of climbing the ladder at a young age was real. I love that I can lead, motivate and drive a business – something with the only restriction being myself (and the bank!)

S: I started washing pots in a small Hotel in Oban when I was still in school

for a bit of pocket money and I never left. I love the kitchen.

What is the philosophy behind Sugar Boat?

W: A warm, relaxed and hospitable environment. Great food inspired by the classics, great wines and beers and top notch coffee. We really are a place where people come to sit, relax and enjoy the scenery.

S: The philosophy behind the food is quite straightforward: keep it simple and keep it tasty, use flavours that everybody knows and is comfortable with but also try and do something a little different with them.

30 Colquhoun Square,
Helensburgh G84 8AQ,
sugarboat.co.uk

Where do you find inspiration?

What is your favourite ingredient at the moment?

W: Scott and his 'nduja – ha! Scott creates this most amazing potato and ox shin *boulangère* which we serve with Scottish bavette steak. It's sensational.

S: I love 'nduja, it's become a real problem, trying not to put it in everything. But sea kale is coming into season. I love it roasted in a bit of brown butter with a pinch of sea salt.



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Living ROOTS

Escape the winter weather with Ainsley Harriott, as he travels the Caribbean exploring the food of his childhood

Both of my parents were born in Jamaica. My father, Chester, travelled to London in the early 1950s on a music scholarship and mum came to study nursing. Looking into my family background a few years ago, on the TV show *Who Do You Think You Are?*, opened my eyes to my heritage. Jamaica's national motto – 'Out of many one people' – really rang true. The experience was interesting and emotional, but importantly I came away with a real understanding of the Jamaican, Barbadian, St Lucian and Scottish connections of my family. I feel much closer to my Caribbean roots.

Food is an integral part of Caribbean life. I have wonderful memories of helping my mum cook and experiencing the patience and love that went into food. Our house was always busy with family, visiting relatives and friends. They were welcomed and brought with them laughter and music. We would all sit down to enjoy Mum's delicious Caribbean spiced food and it was always a generous and shared experience. Seeing all those happy people enjoying food together is probably the reason I became a chef.

Caribbean cuisine is diverse. Culturally the islands are a melting pot of identities that influence the cuisine of each region. Originally, the islands were inhabited by the Caribs and the Arawaks, both Native American tribes. The Caribs introduced chilli peppers and spice to cooking, and the Arawaks used green sticks, called *barbecoa*, to grill their food – the origins of the modern barbecue. Later came colonists and the migration of Western Europeans, Africans and Asians to the islands. Today you can taste the history of the islands through the flavours of East India, China, Europe, South America and Africa, all playing their part in the multicultural society of the Caribbean.

I hope you enjoy these recipes and they bring you a wider understanding of Caribbean cooking. Although there are regional differences, there is a common element – a love of real food and a passion for sharing. So get cooking and don't forget to turn up the music and feel the vibe! With the aromatic spices and exotic flavours, I promise you will be taken on a tropical journey with every mouthful. Yeah boi, dat sound good! ●

A man with a joyful expression is seated against a vibrant blue corrugated metal wall. He is wearing a light green short-sleeved button-down shirt, white shorts, and a straw hat with a colorful band. His hands are clasped in his lap, and he wears a blue watch on his left wrist. The scene is brightly lit, suggesting a sunny day.

‘Get cooking
and don’t
forget to turn
up the music
and feel the
vibe’

Ainsley's ultimate jerk chicken

'Jerking' is all about maximising flavour. The great thing about jerk cooking is that you can use either a dry rub or a wet marinade, which means that you can use the wonderful flavours in such a variety of dishes, from meat or fish, to vegetables or grains. Traditionally, the mix will include allspice and Scotch bonnet chillies, but the spices can be adapted to taste. This is my ultimate jerk marinade with spatchcocked chicken. If you prefer, you can use four chicken breasts with the skin on and cook on the barbecue for 15–20 minutes.

Serves 4

1 x 1.5kg chicken,
backbone removed and
spatchcocked (ask your
butcher to do this)
Mixed salad or coleslaw,
to serve

For the jerk marinade

225g onions, peeled
and quartered
2 small Scotch bonnet
chillies, halved and de-
seeded
50g fresh root ginger,
peeled and roughly
chopped
3cm piece of fresh
turmeric root, peeled
and roughly chopped
(or use 1 tbsp ground
turmeric)
½ tsp ground allspice
15g fresh thyme leaves
120ml white wine
vinegar
120ml dark soy sauce
Sea salt and freshly
ground black pepper

- First, make the marinade. Place all the ingredients, except the seasoning, into a food processor and pulse until smooth. Season with a little salt and a generous grinding of black pepper.
- Cut slashes into the smooth side of the spatchcocked chicken so that the marinade can penetrate the flesh and place the chicken in a shallow dish. Pour over the marinade and rub well into the meat. Cover and chill for at least 2–3 hours, or preferably overnight, turning every now and then.
- Preheat a barbecue with a lid and take the chicken out of the fridge to come up to room temperature. [Foodies note: we tested this recipe using a wire rack over a foil-lined baking tin in a 200°C oven and it also works well.]

- Cook the chicken on the hot barbecue with the lid down for 40–50 minutes, turning occasionally and basting with any leftover marinade, until the juices run clear when the thickest part of the thigh is pierced with a thin metal skewer.
- Remove the chicken from the heat and rest for a few minutes, then serve with a simple mixed salad or a traditional crunchy coleslaw.

'This is my
ultimate jerk
marinade with
spatchcocked
chicken'



Tamarind rainbow trout with ginger & spring onions

Tamarind is a fruit both sweet and sour in taste, which is used in a variety of ways in Caribbean cooking. Here, it adds a delicious tang to this fish dish – the aroma when you open the bag is really lovely. It also works great with snapper or salmon fillets. As you've got the oven on, why not make some simple sweet potato wedges to accompany the fish ... just toss the wedges in olive oil, season with salt and pepper, and pop onto a roasting tray to roast for 20 minutes.

Serves 2

4 garlic cloves
2 long green chillies, de-seeded and finely chopped
Small handful of coriander stalks, washed and chopped (leaves reserved for garnish)
Pinch of salt
2 tbsp tamarind paste
1 tbsp sugar
Juice of 1 lime
2 x 350g fresh whole rainbow trout, gutted and cleaned
4cm piece of fresh root ginger, cut into fine strips
3 spring onions, sliced on the diagonal
2 tbsp olive oil
1 red chilli, sliced, to garnish (optional)

- Preheat the oven to 200°C. In a pestle and mortar, pound together the garlic, chillies, coriander stalks and salt to a smooth paste. Add the tamarind paste, sugar and lime juice and mix well.
- Score both sides of the trout with three deep cuts down to the bone. Smear the paste inside the trout cavity and all over the outside so that it is well coated.
- Lay out two 30cm square sheets of heavy-duty foil on the work surface and place a sheet of baking parchment on top of each. Divide the ginger strips and spring onions between each piece of parchment, piling them in the middle, and lay the marinated fish on top.
- Drizzle with olive oil and fold the foil and parchment loosely around the fish to enclose them in bag-shaped parcels (not too tight – you need a little air to be able to circulate). Firmly crimp the edges of the foil parcels to seal them well and place on a baking tray.
- Bake in the oven for 15–20 minutes or until cooked through. Check at 15 minutes, carefully opening the bag (be careful of the steam). The fish is cooked if it is opaque all the way through and easily flakes away from the bone when tested with a knife. If not, return to the oven for a further 5 minutes.
- Remove from the oven and serve immediately, garnished with the fresh coriander leaves and a sprinkling of sliced chilli (if using).

‘This recipe also works great with salmon or snapper fillets’



Lime-glazed pineapple with passion fruit vanilla cream

The pineapples in the Caribbean are sublime. If you've been lucky enough to try an Antigua Black pineapple you will know what I am talking about – they are said to be the world's sweetest pineapple and they are just delicious. This is a simple, tasty recipe that lets the pineapple take centre stage; the size of the fruit will dictate the size or number of the servings.

Serves 6

1 medium ripe pineapple
100g apricot jam zest and juice of 1 lime
1 tsp whole black peppercorns

For the passion fruit vanilla cream

2 large passion fruit
150ml double cream
25g caster sugar
½ tsp vanilla extract

- Without removing the skin or top of the pineapple, slice lengthways all the way through the pineapple (including through the leaves of the top) to create 6 wedges and remove the core.
- In a small pan, heat the apricot jam, lime zest and juice and peppercorns over a medium heat for about 3–4 minutes until the jam has melted. Set aside.
- To make the passion fruit cream, cut each passion fruit in half, scoop out the pulp and pass through a fine sieve into a bowl, pushing the pulp down firmly to release all the juices. Reserve 1 tablespoon of the seeds.
- In a separate bowl, whisk together the cream, sugar and vanilla extract, then slowly add the passion fruit juice to the cream until well combined. Gently stir in the reserved passion fruit seeds. Place in the fridge to chill.

- Meanwhile, preheat a barbecue or a chargrill pan until hot. Cook the pineapple wedges on the grill or chargrill pan until char marks appear, 2–3 minutes on each side. Brush with the apricot and lime glaze and rotate a couple of times, so that the glaze caramelises all over the surface of the pineapple.
- Remove the pineapple wedges and serve with the passion fruit cream.

‘Antigua Black pineapple is the world’s sweetest and just delicious’



Extracted from *Ainsley's Caribbean Kitchen* by Ainsley Harriott (Ebury Press, £26). Photography by Dan Jones



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Spring forward

Put the spring back in your step with a mini break at one of these great getaways around the country

BALBIRNIE

Balbirnie Park Golf Club, Markinch, balbirnie.co.uk

Built in 1777 in the heart of the Kingdom of Fife, Balbirnie is full of snug corners and open fires – you'll feel like you've been whisked away to the pages of a historical novel. All the rooms are individually designed, but for the full romantic experience, three of the rooms have four-poster beds. Until the end of February you can book bed and breakfast accommodation for £145 per room.

BARLEY BREE

6 Willoughby St, Muthill, Crieff barleybree.com

Wine expert Alison Bouteloup and her French-trained chef husband Fabrice, have turned a 19th century inn into a modern restaurant with rooms. The charming stone building at the heart of the pretty conservation village of Muthill has just six rooms, so you're assured of personal service. Until the end

of March, you can book a three-course dinner, bed and breakfast for two people for £399 for two nights.

BRIDGE OF ORCHY

Bridge of Orchy, Argyll bridgeoforchy.co.uk

Just two minutes' walk from the Caledonian Sleeper line, Bridge of Orchy is the gateway to Glencoe with five Munros on the doorstep. Perfect for walkers or people wanting to discover the spectacular landscape of the Highlands, one of the hidden secrets of the hotel is the food. Chef David Hetherington appeared on *MasterChef: The Professionals* in 2012 and was named Provenance Chef of the Year by the Scottish Food Awards just last year.

KNOCKDERRY

Shore Rd, Cove, Helensburgh knockderryhouse.co.uk

Set on the banks of Loch Long, it's hard to imagine a more

Pretty in pink at Roman Camp





Keep it local at
The Torridon



picturesque hotel than Knockderry. Featuring stained glass by Daniel Cottier, the house is a treasure trove of original features waiting to be discovered. Named Fine Dining Hotel of the Year 2018 at the Scottish Hotel Awards, Knockderry is running a special offer for a three-course dinner, bed and breakfast from £189 per night.

MACDONALD FOREST HILLS RESORT

Kinlochard, Aberfoyle
resorts.macdonaldhotels.co.uk/resorts/

Whether you're planning a tour of the Trossachs or just want a tranquil place to unwind, Macdonald Forest Hills Resort makes an ideal base. The resort has beautiful views of Loch Ard and is surrounded by scenic trails and waterfalls. For those looking to enjoy some pampering, it also boasts four-star leisure facilities including an Elemis spa, large swimming pool, steam room and sauna. Guests can save 20% on spring getaways between 1st April and 25th June.

ROMAN CAMP COUNTRY HOUSE HOTEL

Off Main Street, Callander
romancamphotel.co.uk
Built in 1625 for the Dukes of Perth, Roman Camp has been a hotel since 1939. Clad in playful strawberry pink, the hotel sits in 20 acres of

gardens by the banks of the River Teith. It has its own private fishing beat with salmon as well as sea and brown trout. Stay for two nights or more and receive a free upgrade to a superior room or suite with dinner, bed and breakfast from £109 per person, per night.

TAYCHREGGAN

Kilchrennan, By Taynuilt, Nr. Oban
taychregganhotel.co.uk

With its position on a peninsula jutting out into Loch Awe, it's easy to see why a drover's inn was built here in the 17th Century to take advantage of the views. It's been so



Bridge of Orchy

Forest Hills Resort spa



renowned for its appeal throughout history that the difficult-to-please Samuel Johnson rested here on his journey with James Boswell, and he reported that he enjoyed his stay. The rooms are country-comfy and some feature four-poster beds, while the restaurant's 'Keep It Local' campaign sees ingredients like wild garlic and their own kitchen garden produce on the menu.

THE TORRIDON

By Achnasheen, Wester Ross
thetorridon.com

Feel the spirit of spring with a gin escape at The Torridon, a five-star hotel and inn tucked away in the Highlands. Learn about Arcturus gin on a personally guided walk around the blossoming Gin Garden with head gardener Tom, warm up in the library with a gin afternoon tea featuring Isle of Ewe smoked salmon wraps and homemade jam scones, then try various serves in the bar. The package, which also includes one night's accommodation and breakfast, costs from £127.50 per person.



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Say it with flours

This Mother's Day, treat your mum to a proper afternoon tea with a cake that will knock her socks off

Macaron cake

This pretty cake would not be out of place in the window of a fine French patisserie store, filled with fresh berries and topped with sugar macarons.

Serves 12

For the cake batter

340g butter, softened
340g caster sugar
6 eggs
340g self-raising flour, sifted
3 tsp baking powder
3 tbsp buttermilk or sour cream
Pink food colouring

For the macarons

130g ground almonds
180g icing sugar
3 egg whites
80g caster sugar
Pink food colouring

For the filling

450g clotted cream
300g strawberries, hulled and sliced
2 tbsp strawberry jam
300g raspberries
2 tbsp raspberry jam
Icing sugar, for dusting

- Begin with the macarons. Put ground almonds and icing sugar in a food processor and blitz to a powder. Sift into a bowl, returning any pieces that do not pass through the sieve to the blender. Blitz, then sift again.

- In a clean mixing bowl, whisk the egg whites to stiff peaks, then, continuing to whisk, add the caster sugar slowly until the meringue is smooth and glossy. Add the food colouring paste, then add the nut powder, one-third at a time, folding in with a spatula. It's important to get the meringue to the right texture; it needs to be folded until it will not quite hold a peak.

- Spoon the mixture into a piping bag fitted with a large, round nozzle. Pipe 3cm circles on to baking sheets lined with silicone mats, spacing them out well. Leave the macarons on the sheets for 1 hour, so that a skin forms. Meanwhile, preheat the oven to 160°C.

- Bake the macarons for 20–30 minutes until firm, then let cool completely. Turn the oven up to 180°C. Grease and line three 20cm round cake tins with baking parchment.

- For the cake batter, use an electric whisk to mix the butter and sugar in a bowl until light. Add the eggs and whisk. Fold in the flour, baking powder and buttermilk or sour cream.

- Spoon one-third of the cake batter into one of the cake pans. Divide the remaining cake batter into two bowls and colour one portion pale pink and the other portion a deeper pink. Transfer to the remaining pans.

- Bake for 25–30 minutes, until the cakes spring back to the touch. Let cool in the pans for a few minutes, then turn out onto a wire rack to cool completely.

- Trim away the edges of the cakes. Place the deep pink cake on a serving plate and spread with a layer of clotted cream. Top with the strawberries, then spoon over the strawberry jam. Top with the pale pink cake and cover with more cream, most of the raspberries and then the raspberry jam. Top with the plain cake and dust with icing sugar.

- Sandwich 8–10 pairs of macarons together with a little of the cream. Decorate the cake with macarons, raspberries and edible leaves.

If you don't feel ready to tackle macarons, make it easy on yourself and buy them from a shop or online



Naked brownie stack

These decadent brownies are rich and chocolatey and look so pretty piled high on a cake stand decorated with dried berry pieces or petals.



Makes 24

250g butter
350g plain chocolate, chopped
5 eggs
200g caster sugar
200g soft dark brown sugar
200g plain flour, sifted
200g white chocolate, chopped
1 tbsp rose syrup

To decorate

Unsweetened cocoa powder, for dusting
Freeze-dried raspberry and strawberry pieces or edible dried petals

- Put the butter and plain chocolate in a heatproof bowl set over a pan of simmering water, making sure the bottom of the bowl does not touch the water. Stir occasionally until the chocolate and butter are melted and you have a smooth glossy sauce. Leave the mixture to cool.

- Preheat the oven to 180°C. Grease and line a 38 x 28-cm baking pan with baking parchment

- In a large mixing bowl, whisk together the eggs and both sugars until the mixture is thick and creamy and has doubled in size. Pour in the melted chocolate mixture and whisk again. Add the flour, chopped white chocolate

and rose syrup and fold in gently using a spatula.

- Spoon the mixture into the prepared baking pan and bake in the preheated oven for 30–35 minutes, until a crust has formed on top but the brownie still feels a little soft underneath. Let cool completely in the pan, then turn out and cut into 24 squares.

- Decorate the brownies with a dusting of cocoa powder and some freeze-dried raspberry and strawberry pieces or edible dried petals. Stack the brownies on a cake stand or plate to serve.

- The brownies will keep for up to 5 days stored in an airtight container.

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Mini Victoria layer cakes

One of my favourite cakes is a classic sandwich cake. In fact, I don't know anyone who will refuse a slice of Victoria sponge! These cakes are my mini version, and are elegantly topped with rose buds and sandwiched together with cream and jam. The rose buds are for decoration only and should not be eaten. If you want to serve an edible decoration, top with crystallized rose petals instead.

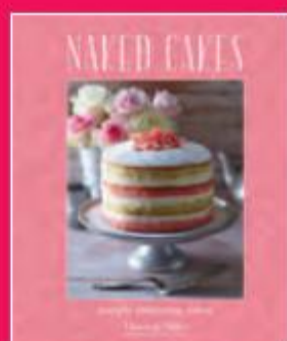
Makes 8

115g butter, softened
115g caster sugar
2 eggs
115g self-raising flour,
sifted
1 tsp baking powder
1 tbsp buttermilk or
sour cream

1 tsp vanilla extract
300ml double cream
4 tbsp raspberry jam
Icing sugar, for dusting
8 food-safe, pesticide-
free mini rose buds

- Preheat the oven to 180°C. Grease eight 6.5cm cake rings and place them on a greased baking sheet.
- Use an electric whisk to mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated.
- Fold the vanilla into the cake batter and divide the mixture equally between the prepared cake rings. You can do this either by spooning the batter in, or by putting the batter in a piping bag and piping it in neatly. Bake in the preheated oven for 15–20 minutes, until the cakes are golden brown and spring back to the touch. Leave the cakes to cool in the rings for a few minutes, then remove by sliding a sharp knife around the inside of each ring. Transfer the cakes to a wire rack and leave to cool completely.

- When you are ready to serve, whip the cream to stiff peaks using a whisk. Spoon the cream into the piping bag with a round nozzle. Cut each cake into thirds horizontally using a large serrated knife. Spoon a little jam onto the bottom third of each cake and then pipe a swirl of cream on top. Top each with the middle slice of cake and a little more jam and cream. Finish each cake with the top and dust with icing sugar. Pipe a little cream on the top of each in the middle and fix a rose in place. The flowers are for decorative purposes only and should be removed as you cut the cake. Never eat floral decorations unless you are certain it is safe to do so.
- Serve straight away or store in the refrigerator until you are ready to serve. As these cakes contain fresh cream, they are best eaten on the day they are made, although they will keep for up to 2 days in the refrigerator.



Recipes from *Naked Cakes: Simply Stunning Cakes* by Hannah Miles, Ryland Peters & Small, £14.99. Images by Steve Painter



'You can replace the cream with classic buttercream if you prefer, although I find fresh cream gives a lighter, less-sweet finish to these little cakes'



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- | | | |
|---|--|---|
| ① | Tomato sugo with garlic, oregano and evoo | 5 |
| ② | Tomato sugo with mozzarella, fresh basil and evoo | 6 |
| ③ | Tomato sugo with capers, olives, anchovies, mozzarella, garlic and evoo | 7 |
| ④ | Spianata spicy salami from Calabria with tomato sugo, mozzarella and evoo | 8 |
| ⑤ | Prosciutto cotto (Italian cooked ham) with mushrooms, tomato sugo, mozzarella and evoo | 8 |
| ⑥ | Roasted red peppers with spinach, tomato sugo, mozzarella, ricotta and evoo | 7 |
| ⑦ | Fresh Tuscan Fennel sausage with sugo, mozzarella and evoo | 8 |
| ⑧ | Mushroom, spinach, mozzarella, ricotta, oregano, garlic and evoo (no tomato) | 8 |
| ⑨ | Grilled aubergine with tomato sugo, garlic and fresh Parmesan | 7 |

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doughmansland.com

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TRY: One of their daily specials, or as many of them as you like – thanks to their insanely hot oven, their pizzas are fired in just 90 seconds.

PAESANO

94 Miller St, Glasgow
471 Great Western Rd, Glasgow
paesanopizza.co.uk

Paesano claim the title of the first authentic Neapolitan pizza in Glasgow, and offer just nine core pizzas, which they have perfected, alongside specials.

TRY: Their Spianata spicy salami from Calabria with tomato sugo, mozzarella and evoo.



PIZZA PUNKS

90 St Vincent St, Glasgow
pizzapunks.co.uk

Unlimited toppings and anarchic ideas run rampant at Pizza Punks, where you can stack your pizza as high as you like with Irn-Bru pulled pork, pickled gherkins and even mac n' cheese.

TRY: Staff favourite the ExtraVeganZa with BBQ sauce, vegan mozzarella, BBQ pulled jackfruit, red peppers, jalapeños and olives.

PIZZA FOODIES FOCUS



PIZZERIA 1926

85 Dalry Road, Edinburgh
pizzeria1926.com

The sister restaurant of Locanda di Gusti, Pizzeria 1926 concentrates on genuinely authentic Neapolitan pizza. The inspiration behind the name and the decor is the formation of the Naples football team in 1926.

TRY: Pizza frita, which is filled with ciccoli (soft curled pork crackling), fresh ricotta, fresh provola (smoked buffalo mozzarella) and a touch of tomato, then deep-fried like the original Naples street food.

NOVAPIZZA

42 Howe St, Edinburgh
novapizza.co.uk

Entirely vegetarian and vegan, Novapizza takes a healthier approach without compromising on taste. Tucked away on Howe Street, the regular customers filling the tables show how good it is.

TRY: Focaccia al Salmone with cream, fresh rocket, black olives, mayonnaise, lemon, veggie salmon and veggie Parmesan.

Borthwick Castle
(and below)



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North Middleton, Gorebridge

Borthwickcastle.com

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FOR THE GLAMOROUS BRIDE

FONAB CASTLE HOTEL

Foss Rd, Pitlochry
Fonabcastlehotel.com

Dramatic Highland views of Ben Vrackie and Loch Faskally make a stunning backdrop for a wedding at Fonab. The hotel takes advantage of the magical setting with lots of windows letting in natural light and contemporary but luxurious interiors. The 3AA Rosette dining will have your guests' mouths watering. Head down early and take advantage of the on-site spa - ideal for a mini hen do the day before and to get everyone looking perfect for the big day.





Fonab Castle



the whole day, with ceremony, catering, music, florists, photographers and local suppliers. Take over the whole site with a close group of friends, or have a secret, just-the-two-of-you ceremony with campfire, lanterns and an eco hot tub for bathing under the stars.

FOR THE FUN COUPLE

TREEHOUSE AT THE LODGE ON LOCH GOIL

Lochgoilhead, Cairndow
TheLodge-scotland.com

Voted Britain's Best

Restaurant with Rooms at

the 2019 AA Awards, The Lodge on Loch Goil not only boasts top foodie credentials but also one of the most unusual places that you can get married, in the form of a wooden treehouse overlooking the loch. The treehouse has room for up to 24 people, but there are also lots of other beautiful rooms for the ceremony and reception, including the stately dining room, the terrace, the relaxed conservatory or even on the shores of the loch. The property is exclusive-use with accommodation

FOR THE INTIMATE OUTSIDERS

ROULOTTE RETREAT

Bowden Mill, Melrose

Roulotteretreat.com

It's easy to see why Roulotte Retreat is the number one choice for couples planning an elopement or an intimate wedding. The seven individually-styled Roulottes and one authentic gypsy caravan are spread over a wildflower meadow near the River Tweed in the picturesque Borders countryside, and help is on hand to organise

Roulotte Retreat



for up to 50 guests and an in-house wedding planner to keep everything running smoothly.

FOR THE TRUE GLASWEGIAN

WEST BREWERY

Glasgow Green, Glasgow

Westbeer.com

For couples who want amazing photos in front of a proper Glasgow landmark and easy access to tasty beer for all their guests, WEST Brewery is the ideal choice. Set within the converted Templeton Carpet Factory with its extraordinary Venetian Gothic style facade, the interior is pure industrial chic, and the impressive copper kettles make a popular spot for pictures. The team are on hand to make sure every aspect is perfect.



Fingal



Make it official

THE LOVING CUP

The quich was used throughout Scottish history, as heads of clans would show they trusted each other enough to drink from the same cup. It also has its place in wedding ceremonies for the same reason, and a wee dram can definitely help to settle the nerves. dewars.com

OATHING STONES

Based on an old Celtic tradition, oathing stones were traditionally held

by two people making a promise, as it was believed that it would set the oath in stone. elbricrafts.com

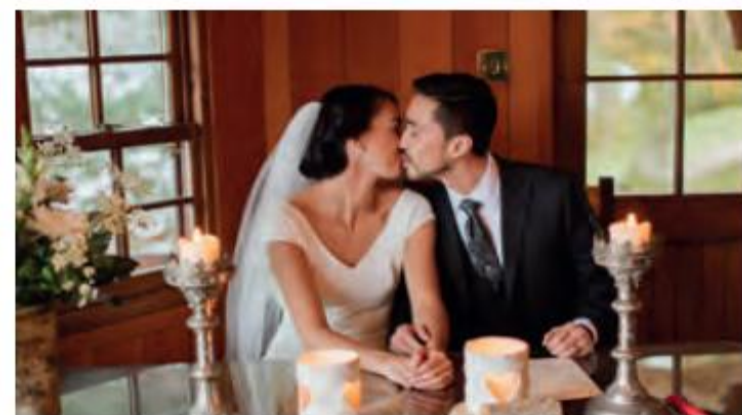
UNITY CANDLE

A more recent idea but increasingly popular, lighting a unity candle symbolises two flames becoming one, as the couple light the wick together from their separate candles.

arran.com



PHOTOS: DAVID GRANT, SIOBHAN AMY PHOTOGRAPHY



Where Wilderness meets Luxury

The Lodge on Loch Goil is a remarkable restaurant with rooms & wedding venue of great class and style, it has romantic charm and country house elegance, built in 1864 between the shores of Loch Goil and a majestic backdrop of mountain scenery, we offer bespoke weddings from 2–50 guests, romantic indulgence breaks, private dining & corporate retreats.

Life is a fantasy hideaway where else can you exchange your vows and stimulate endless imagination than our treehouse especially on your wedding day. Our in-house and highly experienced wedding and events team will organise every detail of your day...

At The Lodge on Loch Goil we create memories to last a lifetime .



The Lodge on Loch Goil, Argyll, Scotland PA24 8AE
 t. +44 (0) 1301 703 193 e. events@thelodge-scotland.com
thelodge-scotland.com



Creative DESIGN

Fashion designer Malene Birger gives us a glimpse inside her Lake Como home and shares how travel shaped both her approach to her kitchen and her design philosophy



For Malene Birger, to travel is to live and grow. A successful fashion designer from Denmark who is known for her sophisticated bohemian creations, Malene co-founded the labels Day Birger et Mikkelsen in 1997 and By Malene Birger in 2003. And she also has a passion for interior design – so much so that she has moved multiple times in her lifetime and has gone to great lengths to make each new home her own. She has lived everywhere from Greece to Southeast Asia, and many have been featured in the two interior design books she has authored.



COLOUR POP

A splash of mustard ties together the rooms in Malene's home

‘Working with colours my whole life did not inspire me to add too many colours in my home. I feel calmer in my black and white interior’

COLLECTION OF TEXTURES

Simple, clean furnishings like the monochromatic table and chairs are leant warmth by a variety of Malene's collected items from around the world



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hamlynsoats.co.uk

As she is in constant motion, her style develops and is highly influenced by the places she visits. Recently, with her move to Tremezzo, Italy, on the shores of Lake Como, Malene began learning about and collecting items created by influential Italian designers from the 1960s to the 1980s. Her home includes a mix of furniture and objects from that period, along with textiles, art, rugs, and other items she has found from around the world. What creates the cohesiveness within the space is her use of a neutral palette.

"Working with colours my whole life did not inspire me to add too many colours in my homes and spaces. I feel calmer in my black and white interior." The only exceptions are the yellow walls and a dark brown hallway.

Malene's lake house is a warm and welcoming space to spend time. When she is home Malene relishes comfort and makes others feel at home as well. The day her home was photographed, she created the perfect lunch with Danish cheese and bread,



From *Travel Home: Design with a Global Spirit* by Caitlin Flemming and Julie Goebel (Abrams, £30.00). Pictures ©2019 Peggy Wong



Italian meats and tomatoes fresh from the vine. There is nothing more beautiful than that moment in time—sitting around her kitchen table and talking design. While the house and country she is living in may change, she always strives to cultivate the same inviting feeling no matter where she might be.

GET THE LOOK



Display cabinet, £1,365
shimu.co.uk



Pineapple jar,
£249, sweetpeaandwillow.com



Glass pendulum, £39
cultfurniture.com



Gold milk jug, £25
audenza.com



Retro pendant, £390
skinflintdesign.co.uk



Brass finish sculpture, £57
artisanti.com



Wall art, £45
made.com

Abstract II, £125
made.com





Time to taste

Our top restaurant picks to try this month

OTRO

Being welcomed into the elegant interior of Otro is rather like discovering a secret that's been right under your nose. Set proudly on Coates Crescent, with high ceilings and huge windows, the interior, painted a chic dark teal, nonetheless feels intimate.

We're visiting this evening to try the flexitarian menu, which launched earlier this year. It's set out in an innovative way: all the vegetarian and vegan options for starters and mains in one section, fish in another, and meat separate again. It makes it very easy to find what you're looking for depending on your diet. As we decide what to have,

we sip a Zesty Martini, made with pineapple and ginger and conjuring up the warmer shores of the Caribbean. The restaurant has a comfortable bar area where you can have an aperitif or a digestif if the fancy strikes you.

For starters I choose one of the vegan options, the pulled king oyster mushroom tacos with avocado and aubergine, which were tangy and zesty, with lots of barbecued flavour. My dining companion's 'nduja sausage with

burrata, aubergine and

mint is possibly our favourite dish of the night, however.

Served simply with artisan crackers, the spicy, paprika-rich 'nduja melts

unguently on the plate alongside the cool, fresh burrata.

Next come the mains, mine a generous bowl of creamy spelt risotto with wild mushroom, wild garlic and topped off with a crispy poached egg, my companion's a perfectly grilled lamb rump with fermented turnip, Cockburn haggis and kale.

Although full and satisfied, we couldn't resist trying the ridiculously indulgent dark chocolate cremeux with salted caramel ice cream as well as the light, clean Yorkshire rhubarb with lemon posset. The whole night is utterly delicious.

22 Coates Cres, Edinburgh EH3 7AF, otrorestaurant.co.uk

Caroline Whitham





GLORIOSA

Gloriosa is the latest venture from chef Rosie Healey, formerly of Alchemilla, offering up continental wines and the tastes of the Mediterranean. We peruse the menu over some of Gloriosa's signature focaccia, pillow-like cubes of salty, garlicky goodness, and moreish roast pecans. The dishes here are made for sharing, perfect to graze from in the company of a peppery Cotes du Rhone.

The presentation of the food is simple yet striking: it's clear that a lot of thought has gone into the dishes here. We opt for two cold and two hot dishes from a menu that has something for everyone. The smoked haddock carpaccio is perfectly zingy, with fennel seeds and flowers delivering bursts of flavour right up until the last morsel. A salad of Jerusalem artichoke is satisfyingly sweet and earthy, with hefty shavings of parmesan providing a savoury contrast. Next arrives a steaming dish



of parpadelle amatriciana, cooked to a perfect al dente bite, enveloping nuggets of crispy, savoury pig cheek within. Our final main dish covers all the taste sensations, with bitter chicory, tangy pickled clams, savoury salt cod and sweet sultanas.

Despite all of the wonderful, complex flavours that we enjoyed, the dish that left the greatest impression was the simple panna cotta – elegant, rich and served with a deeply flavoured caramel sauce. It's the best I have ever eaten.

1321 Argyle St, Glasgow G3 8AB, gloriosaglasgow.com

Gary McIntyre



CHEZ MAL

The 'Good/Bad' menu at the newly opened Chez Mal Brasserie invites you to embrace both the devil and the angel on your shoulders. We decided to go full out 'Bad' and settled into the comfortable banquette seating in the very cosy dining area, while enjoying lovely views of St Andrews Square.

My calamari starter was wonderfully meaty and thinly coated with a light batter, and the accompanying sauce gave a real kick of chilli which perfectly complemented the seafood.

The braised beef short rib cottage pie had been slow-cooked in Guinness and was wonderfully tender and full of flavour, and the glazed carrots were honey sweet and delightfully sticky.

The signature sticky toffee pudding was light and dripping with sweet pecan sauce and a wonderfully extravagant dollop of ice cream. Two courses £19.95, three courses £24.95.

Malmaison Edinburgh City
malmaison.com
Sue Hitchen



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Alexandria, Loch Lomond
cameronlodges.com

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MAR HALL

Earl of Mar Estate, Bishopton
marhall.com

The Stay Together package at Mar Hall includes a three-course dinner, bed and breakfast, day access to the Garden Spa, a light buffet-style lunch and full use of the leisure facilities. Wander around in your fluffy robe and slippers to your heart's content and book in for a massage, facial or any other treatment you fancy. Ask about upgrading to a lodge with a private hot tub and views of the river and hills.

STOBO CASTLE

Stobo, Peebles
stobocastle.co.uk

Known as the ultimate spot for a relaxing girls' weekend, Stobo also offers couples retreats, providing a range of treatments in their beautiful spa that are ideal for romance and reconnection. Try the

Serail mud room for two, where the combination of radiant heat and the application of body and face muds creates a rejuvenating yet relaxing experience. The highly effective muds nourish, detoxify and invigorate the mind and body, with a salt scrub to follow, completing the experience.

DALHOUSIE CASTLE

Edinburgh, dalhousiecastle.co.uk

Make time to relax, unwind and reinvigorate body and mind with a one-night spa getaway. You'll be treated to champagne and chocolates, a 30-minute spa treatment, dinner in the restaurant, a castle bedroom, full Scottish breakfast, and use of the aqueous spa facilities. The spa offers therapeutic and beauty treatments using products from the holistic spa brand Ytsara.



The holistic spa at Dalhousie Castle

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THE MAJESTIC ONE



BAILE MHOIREIL
roccofortehotels.
com, £47.50

Made in collaboration with Edinburgh's Old Curiosity Distillery, The Balmoral's first gin is a herbal delight with rosemary, dill, sage and lemon verbena among other botanicals. It's named for the Gaelic version of the hotel's name, which is said to mean 'Majestic Dwelling'.

THE TRAVELLER'S ONE



ONE SQUARE GIN
marriot.co.uk

Only available in the bar at the Sheraton Edinburgh, One Square Gin has been distilled locally by Pickerings and features 15 botanicals from around the world including Mediterranean liquorice and orris root.

THE SPICY ONE



DEVIL'S STAIRCASE
pixelspiritsltd.co.uk,
£39

You're more likely to be in heaven than hell with this Highland gin from Loch Leven. Warming botanicals lead the way, with nutmeg, coriander and cardamom adding a spicy zing and a lingering finish. The suggested serve is with an orange twist or ginger beer.

THE SMOKY ONE



DARNLEY'S SMOKE AND ZEST

darnleysgin.com,
from £29.95

Part of the distillery's Cottage series, this gin is made with Fife-grown barley smoked over wood chips. The malty, smoky flavour is balanced with a burst of citrus, with orange and grapefruit notes.

THE TROPICAL ONE



PORTER'S TROPICAL OLD TOM GIN

portersgin.co.uk,
£34.25

Porter's cold distil their botanicals to retain their light and fresh flavours. Here you'll find passion fruit, guava, almond and white tea alongside the classic juniper.

THE LIMITED ONE



GALLOWAY GIN

craftydistillery.com,
£40

Only 500 bottles of the 2019 Galloway Gin release have been bottled, and if you're looking for gin that's 100% Scottish this is the one for you. All the botanicals are locally foraged, including something new for this year.

THE MUSICAL ONE



THE GAEL

thegael.co.uk, £40

Big winners at the Scotland's Speciality Food Show Awards, where it took home Silver in the Drinks category, this new gin is distilled five times from malted barley and includes Scottish heather as one of the botanicals. Inspired by the folk tune by Dougie MacLean, it's a true classic.

THE JUNIPER ONE



ORO GIN

orogin.co.uk, £38

The gin-lover's favourite, Oro Gin has a superb dry finish and a true Scottish gin flavour. The result of careful experimentation and balancing by the Dumfries distillery, the botanicals are complex, with floral, vanilla and spice notes as well as a traditional juniper finish. Oro Gin makes a classic G&T.

THE LANGUEDOC WINDING ROAD

Jean Michel Gauffre has been a leader in the Edinburgh restaurant scene for over twenty years, so what's calling him home to France?



What are you up to at the moment?

I've got a heavy schedule for 2020, between my work at La Garrigue, the wine tours and our new vineyard in Faugeres.

What was the inspiration behind your wine tours?

Well, it kind of started as a dare by some clients from La Garrigue who were keen to visit the Languedoc and wanted to know more about the area and its terroir.

They fell in love with the region and asked me to do a second one at a different time of the year, then suggested to me that I should be doing more and it eventually turned out to be a good sideline, and a good excuse to go back home more often.

What happens on a typical tour?

Every tour is different, depending of the time of the year. There might be a cruise and wine tasting on the Canal du Midi, days of "vendanges" with picnics in the vineyards, visiting some Cathar castles, a day in the Aveyron to see the Millau bridge and a visit to the cellars of Roquefort, or a boat trip on the Etang de Thau to see the oyster production.

What kind of food can guests expect?

Three meals a day! A traditional French breakfast with croissants, brioche fresh seasonal fruits, cheese, ham, then lunch and dinner.

From a picnic in a vineyard to a family lunch with the wine grower, a barbecue with friends or a lunch or dinner at one of

the best local restaurants, sampling the local products at a weekly market. It's always fresh and local.



Where do you stay?

We stay in a renovated farm, part of a vineyard in the hills above Bedarieux. Christian and his wife Seraphine have created a stunning gîte with en suite facilities, landscaped gardens and a swimming pool. They're charming hosts, providing us with some great food and plenty of wine.

Do you have a favourite vineyard?

Over the years I have developed friendship with some of the area's best wine makers and they all have something different to offer, but all have a contagious passion for their work.

What's special about Languedoc?

The landscape, mountains, rivers, valleys, history, people, climate and products! Its terroir is unique and varied, from clay, to pebbles, to shale, to basalt, from the cool climate of the haut Languedoc to the warm seafront and the microclimate of the Gassac valley, giving the growers plenty of scope to grow a diversity of vines unique in the world. But please don't take my word for it: join me and decide for yourself.

Tour dates 2020

19 - 26 April
24 - 31 May
14 - 21 June
12 - 19 July
6 - 13 September
1 - 8 October (fully booked)



Contact: 07760 761170
jeanmichel@languedocwinetours.co.uk

ABSOLUTELY FIZZING



Celebrate Mother's Day with a bottle of extraordinary Italian bubbles

The sparkling wine market is an exciting one, constantly growing, and Prosecco is still very much at the forefront of this. In the UK we're responsible for consuming a third of all Prosecco produced, but don't forget that Italy makes all sorts of fizz. So, here's a quick whistle-stop tour.

Maria Cristina Falanghina Vino Spumante Brut NV
£10.50 www.bellissimovino.co.uk

Produced from the ancient Falanghina grape in the south of Italy, this has a lovely charming elegance with delicate fruit characters and hints of apricot kernels followed by a long crisp, dry finish. It was a clear favourite amongst the panel of tasters trying these wines. Bellissimo Vino is a relatively newcomer to Edinburgh and offers same-day free delivery if you order 6 bottles or spend £45.

La Gioiosa et Amorosa Prosecco DOC Brut, NV
£10 Majestic, Morrisons, Tesco

Coming from Treviso, this is classic and hugely popular Prosecco is produced in an attractive eye-catching bottle with an unforgettable bright label. Renowned as the "joyous" Prosecco, La Gioiosa is packed with plenty of generous fruit flavours, primarily with the signature pear characteristics Prosecco is renowned for. A definite crowd pleaser.



INSIDE SECRET FRANCE

If you want to discover all the hidden corners of the Languedoc with a local, Jean Michel Gauffre of Edinburgh's La Garrigue restaurant is offering tours throughout the summer and autumn. His friendly tours give an insider look at the region's wine and food, staying in a family gite on a local farm, visiting vineyards and cellars, and sampling everything the region has to offer.

languedocwinetours.co.uk



Tesco Finest Franciacorta DOCG Extra Brut NV
£15 Tesco

Franciacorta has a fascinating history. Coming from Brescia in Lombardy, it's produced by the same traditional bottle-fermented method as Champagne and bears Italy's top DOCG status. Franciacorta is still relatively unknown and it's definitely worth keeping an eye out for. Most of the producers are boutique in style so sadly we don't often get to see much of it. This is Tesco's own label and not only great value, but it's also excellent quality.

Conegliano Valdobbiadene Prosecco DOCG Extra Dry NV
£6.99 Lidl

This comes from Prosecco's highest quality region, up in the hills where it's slightly cooler. The region produces lovely elegant fruit and yields are lower, meaning that the fruit tends to be more concentrated. A touch more sweetness than the other sparkling wines above, this has plenty of the classic pear characteristics together with elegant citrus characters and a long finish. At this price it's an absolute steal.

www.orkneygincompany.com



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Introducing The Gael Signature Scottish Gin

Quality - Five times distilled for a pure taste and premium quality

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Cultured - Inspired by the internationally acclaimed Scottish fiddle tune The Gael

Tasting Notes:

We use malted barley and a blend of traditional botanicals with a hint of Scottish heather. The result is a moreish gin with a light citrus nose, following through with juniper, cardamom and a warm finish. If you like keep things simple, The Gael tastes amazing over ice with or without a cracking tonic and cocktail fans will love our signature serves.

The Tune:

The Gael is an iconic fiddle tune, written by Scottish singer-songwriter Dougie MacLean, it was originally commissioned for The Loch Ness Visitor Centre and subsequently featured in the soundtrack for the movie The Last of the Mohicans. The score makes an eye-catching backdrop for our bottle.

Where to buy:

For a full list of stockists (inc. international), to order a bottle or to find out more please visit www.thegael.co.uk

70cl £40 per bottle, 20cl £18.50 per bottle



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Ask at your local bar for an Oro.



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Blooming great

Make Mother's Day special with a pretty floral cocktail



AVIATION ROYALE

25ml gin

**10ml freshly squeezed
lemon juice**

1½ tsp maraschino liqueur

Dash crème de violette

Well-chilled Champagne, to top

Maraschino cherry, to garnish

- Pour the first four ingredients into an ice-filled cocktail shaker and stir well.
- Strain into a chilled Champagne coupe and top up with Champagne. Garnish with a maraschino cherry on a stainless-steel cocktail stick and serve.

Lovers of tequila will be wowed by this
classy, slightly unusual
combination of tequila, elderflower,
grapefruit juice and Cava



JALISCO FLOWER

15ml tequila blanco

20ml elderflower liqueur

35ml pink grapefruit juice

**Well-chilled Prosecco or Cava,
to top up**

**Edible flower, such as nasturtium
or violet, to garnish**

● Put the tequila, elderflower liqueur and pink grapefruit juice in a cocktail shaker and add a handful of ice cubes. Shake well and strain into a chilled margarita glass.

● Top up with Prosecco or Cava and garnish with an edible flower.



From *Bar Cart Style*, stylist Emily Henson, Ryland Peters & Small, £9.99. Images by Catherine Gratwicke



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Foodies

THIS MONTH'S HIGHLIGHTS

THIS MONTH WE'RE DRINKING...

Garden Cosmo

40ml Edinburgh Gin
25ml Edinburgh Gin Rose and Pomegranate Liqueur
Squeeze of lemon
Dash of grenadine

● Shake together with ice and strain into a coupe glass.
onesquareedinburgh.co.uk/bar



TOP TIP

Off to see Anton and Erin from *Strictly Come Dancing* at the Usher Hall, Edinburgh on 21st March? Shake your snake hips with a Snake cocktail at Badabing beforehand.

LAUNCHING THIS MONTH

MCLAREN'S ON THE CORNER

The old Bank of Scotland on Holy Corner has become a family-friendly restaurant and bar split over several floors. Brought to life by the team behind Cold Town, Badger & Co and Kyloe, among many others, the new Morningside venue dishes up everything from breakfast to late evening drinks. McLaren's offers build-your-own burgers; a pie of the day, steaks, fish on the bone and a dessert called the Pornstar



Alaska. In Morningside? Good Lord! Pass the smelling salts.
8 Morningside Rd, Edinburgh EH10 4DD, Tel: 0131 370 3322
mclarensonthecorner.co.uk

KA PAO

The Ox and Finch team made a splash when they launched in Finnieston in 2014. Influenced by the cooking of South East Asia, their new venture in the Botanic Gardens garage on Vinicombe Street is creating just as many waves. From roast duck red curry to haggis stir-fried with pepper and greens, the menu is full of surprises. The drinks menu is just as inventive. Make ours a Sesame Old Fashioned.
26 Vinicombe St, Glasgow G12 8BE, Tel: 0141 483 6990,
kapaogla.com



THE GROW ROOM

Drinks and dishes which feature cannabidiol (CBD) have enjoyed a lot of attention lately. A non-psychoactive – and completely legal – component of cannabis, CBD's fans claim it can help everything from anxiety to cancer. Glaswegians can try it for themselves in this new bar tucked away at the back of Tabac on Mitchell Lane, where the Grow Room sells cocktails infused with CBD oils. Stick that in your rig and vape it. Or rather don't.
10 Mitchell Lane, Glasgow G1 3NU Tel: 0141 572 1448

Out & about

Looking to feature? Contact press@foodiesfestival.com



MALMAISON EDINBURGH CITY launched with a huge party to celebrate. Guests enjoyed lashings of food, drink and music



MARTIN KEMP dropped into Cold Town House for an evening's fun



JASON ATHERTON visited Ondine to celebrate the restaurant's tenth anniversary





BURNS NIGHT at the Scottish Cafe & Restaurant was an elegant affair with a playful twist or two



THE NATIONAL WHISKY FESTIVAL showed off the best of the best



RAMEN RAMEN, sister to Maki & Ramen, launched in Glasgow with traditional drumming





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zen-lifestyle.com



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www.onesquareedinburgh.co.uk/bar

