

# food

food  
insider's  
guide

Issue 167

## MAGAZINE

Where to eat, stay and shop in the South West

Winter 2019 | FREE

# 2019 BUCKET LIST

YOUR YEAR SORTED

TRENCHERMAN'S  
AWARDS

*in pictures*

EATING  
OUT

IN FALMOUTH,  
EAST PORTLEAMOUTH,  
LEWDOWN, SOURTON,  
FALMOUTH AND  
LITTLE PETHERICK

*Eat  
drink  
& be  
married*

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WHAT  
THE  
*glass  
expert*

WISHES  
YOU KNEW

[www.food-mag.co.uk](http://www.food-mag.co.uk)



# Days of Luscombe



LUSCOMBE  
*Devon England*



# Hello

This month we visited Gylly Beach Cafe - read all about it on page 43



**H**ello 2019! We ended last year on a high at the **Trencherman's Awards** (see what went down on page 32) and then got to plotting and planning what would be on our **2019 Bucket List**.

There are so many delicious opportunities for the year ahead, but only room for 12 must-dos, so turn to page 12 to discover what made the cut.

Our lofty aim this issue is to inspire your foodie adventures over the coming year and we've kickstarted 12 months of good eating by chowing down at **Old Mill Bistro** (page 45) lording it up at **Lewtrenchard Manor** (page 39), swooning over the views at **Gara Rock** (page 37) and exploring

what's new in **foodie weddings** (page 24). We've also found out **which glasses we should be using** (have you been making the same mistakes? Find out on page 22) and got the goss from **Salcombe Harbour Hotel's** head chef Jamie Gulliford (page 66).

The frocks will be donned again for the **food Reader Awards** which take place at **The Greenbank Hotel** in Falmouth this month. We'll reveal your winners in our March issue.

Until then, let's start as we mean to go on. Forks at the ready ...

Jo. **JO REES**, editor  
@rees\_jo

## MEET THE **food** TEAM

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**COVER** Andrea Santos' dessert at Trencherman's Awards by Guy Harrop.

**THANKS** to our clients for supporting the magazine which supports the South West's food and hospitality industry.

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**WINNERS** of the competitions in the November issue were Tamasine Brailey, June Cole, Denise Davies and Gareth Thomas.

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# THE INSIDER

Be in with the in-crowd. Sign up for the fortnightly **food** e-newsletter at [www.food-mag.co.uk](http://www.food-mag.co.uk) and get the low-down on openings, events and offers



## Korean kitchen

Hitting the new year with intentions for a healthier lifestyle? A great place to begin is with healthily delicious Korean cooking and Caroline Hwang's new cookbook, **Korean Food Made Easy**, is a perfect starting point.

£17.99

Published by Murdoch Books  
[www.murdochbooks.co.uk](http://www.murdochbooks.co.uk)

## Quince charming

Family-run company **Somerset Membrillo** produce Spanish-inspired delicacies with fruit from their old quince tree. Their award-winning Bullace Butter is perfect paired with soft cheese.

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[www.somersetmembrillo.co.uk](http://www.somersetmembrillo.co.uk)





## Fiery flowers

If you like a tickle of heat with a kick of flavour, add a few edible **wasabi flowers** from Dorset to your maki rolls (and other dishes). They've just come back in season so grab 'em while they're hot.

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[www.thewasabicompany.co.uk](http://www.thewasabicompany.co.uk)



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NEED TO KNOW



# SEITAN

Facon, tofurkey and chickenless nuggets – mock meats often sound like quorn-y tribute acts. But what about seitan (pronounced say-tan)? Is it fiendishly faux or a heavenly wholefood?

### WHAT THE HELL IS IT?

Vegans craving a dirty great quarter pounder slathered in "cheese" (cashew and nutritional yeast, natch) might be tempted to fill it with a slab of seitan but what the devil are they actually eating?

Often dubbed 'wheat meat', the chewy substitute is wheat gluten which has been extracted from flour by a kneading, rinsing and boiling process.

The meat substitute has been used for centuries in China and Japan and is popular with those following a macrobiotic diet.

### PURE PROTEIN OR FIENDISH FAKE?

As it's made from grain, seitan isn't a full protein substitute and needs to be complemented with pulses. Coeliac sufferers and those with wheat intolerance might wish to avoid it.

### HEAVENLY AMBROSIA?

Actually, it's pretty flavourless. While different prep methods can change the texture from slightly chewy to lightly puffed, its most useful quality is its ability to absorb flavours of sauces and stews.

Seitan freezes well, can be kept in the fridge and is best used within a few days after opening.





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**2019**

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Fad diets are out, self care is in and we can't think of many better ways of showing yourself a little love this winter than by delving spoon first into this toffee apple crème brûlée at **The Water's Edge Restaurant** in Falmouth.

The irresistibly silky dessert from head chef Bobby Southworth is just one of the perks of treating yo'self to a Cornish Winter Getaway at The Greenbank Hotel. Others include exploring the harbour town without the crowds, tucking into fluffy scones by the fire and taking advantage of thoroughly tempting out-of-season room rates.

■ [www.greenbank-hotel.co.uk](http://www.greenbank-hotel.co.uk)

# DROOL





Want to know where's great to eat out and what not to miss this month?

YOU'LL WANT TO  
GET THIS LOT  
ON YOUR

WINTER

# HIT LIST

1

Kick off your foodie year by taking part in the first of the **Trencherman's Guide's** ([www.trenchermans-guide.com](http://www.trenchermans-guide.com)) splendid series of fine dining events. **The Idle Rocks** (this year's Best Dine and Stay winner) will host the inaugural feast on March 10 in St Mawes. Three courses, with matched wines, will be carefully crafted by **Michael Caines** of Lympstone Manor ([www.lympstonemanor.co.uk](http://www.lympstonemanor.co.uk)), **Hywel Jones** of Lucknam Park ([www.lucknampark.co.uk](http://www.lucknampark.co.uk)) and **Guy Owen** of The Idle Rocks ([www.idlerocks.com](http://www.idlerocks.com)).





Don't miss out on the new year collab between **The Lamb at Longdown** and the **Devon Food Movement** ([www.devonfoodmovement.com](http://www.devonfoodmovement.com)). The Lamb's chef proprietor Dolton Lodge and Devon Food Movement's founding chef Luke Fearon will treat diners to a feast of hyper-local food in Longdown near Exeter on January 18.

Signed yourself up for **Veganuary**? It doesn't have to mean ditching fine dining for a month. Head chef Jamie McCallum at **The Painswick** in Gloucestershire ([www.thepainswick.co.uk](http://www.thepainswick.co.uk)) is putting on a plant-based three course supper on January 18.

Swing by Bristol's Passenger Shed on January 19 when the **South West Vegan Festival** ([www.southwestveganfestival.com](http://www.southwestveganfestival.com)) is taking place.

The vegan vibes don't stop there: head to **Calcot Manor** near Tetbury ([www.calcot.co](http://www.calcot.co)) for an evening with **2 Deliciously Ella** founder Ella Mills on January 24. Learn more about her vegan-based diet, latest cookbook and pick up some vegan health tips.

If you're more pork shoulder than plant-based, **3 Exeter Cookery School's** ([www.exetercookeryschool.co.uk](http://www.exetercookeryschool.co.uk)) hands-on butchery and meat cookery class with Pipers Farm will hit the spot. The January 25 event will reveal butchery techniques along with tips on searing, braising, poaching and roasting.

**The Old Quay House** in Fowey ([www.theoldquayhouse.com](http://www.theoldquayhouse.com)) is doing **4 Burns Night** in style on January 25. The seven course supper also features an optional whisky flight. Build the burger of your fantasies at **5 Lucknam Park's** ([www.lucknampark.co.uk](http://www.lucknampark.co.uk)) cookery course collab with London's **Bar Boulud** on January 26.

Gin lovers! You won't want to miss **Boringdon Hall's** ([www.boringdonhall.co.uk](http://www.boringdonhall.co.uk)) **6 Salcombe Gin and Gastronomy Dinner** in Plymouth on February 1. Five courses will be paired with exquisite Salcombe gins ([www.salcombegin.com](http://www.salcombegin.com)).

Truro's **The Alverton** ([www.thealverton.co.uk](http://www.thealverton.co.uk)) is hosting its **Winter Game and Whisky Masterclass** on February 2. Five game courses infused with delicate whisky notes will be followed by a whisky masterclass.

Planning a foodie wedding? Get some inspo at the **7 Pentillie Castle Wedding Fair** in Saltash ([www.pentillie.co.uk](http://www.pentillie.co.uk)) on February 10. Enjoy a glass of fizz on arrival before chatting to an array of South West wedding suppliers.

Learn a variety of natural cooking techniques at **The Old Dairy Kitchen's** ([www.olddairykitchen.co.uk](http://www.olddairykitchen.co.uk)) workshop in Axminster on February 23. Gather local materials to utilise when cooking with clay, hay, wax, seaweed and over fire.

Exmouth is in for a foodie treat as **Michael Caines** has just revealed plans to open a restaurant with bar and cafe on the waterfront in summer 2020.



# 2019 BUCKET LIST

## ↑ GENTLY STEAM AT CALCOT MANOR

First thing on your 'to do' list on a visit to this Gloucestershire gourmet hideout is to sink into the gloriously huge hot tub as it steams in the frosty winter air (glass of fizz optional). The second is to dine in The Conservatory restaurant where ex-Michelin starred chef Richard Davies does the business (tip: kick off with a Tonka Manhattan).

[WWW.CALCOT.CO](http://WWW.CALCOT.CO)



## 2 NAIL THE PERFECT LOAF

Spending more on artisan sourdough than designer shoes these days? We hear you. It's why we're snatching at the chance to learn the craft behind those irresistibly chewy loaves from the baking gurus at Coombeshead Farm on January 26-27.

The two-day extended workshop tackles country sourdough, poolish-risen baguettes and Danish-style rye, and will equip eager bakers with the recipes, hacks and tools to bake the beautiful breads at home. We recommend booking one of the guest rooms at the Launceston farmhouse for the weekend to revel in the full field-to-fork experience.

[WWW.COOMBESHEADFARM.CO.UK](http://WWW.COOMBESHEADFARM.CO.UK)



## 3 SLEEPOVER AT A VINEYARD

While our ten-year-old selves fantasised about camping out at the zoo, these days the idea of a slumber party at a vineyard is much more appealing.

At Trevibban Mill in Cornwall, grown-up daydreams are fulfilled at its contemporary eco lodge nestled in a quiet corner of the working vineyard. Take full advantage of Trevibban's tasting room and continue to explore the wine list at (fantastic) on-site restaurant Appleton's at the Vineyard before tiptoeing through the vines to your bed for the night.

[WWW.TREVIBBANMILL.COM](http://WWW.TREVIBBANMILL.COM)

## 4 SNAFFLE VEG-INSPIRED SMALL PLATES

The number of people cutting down on meat continued to rise last year and the success of restaurants such as Root in Bristol – which gives seasonal and local veg star billing while meatier dishes adopt a supporting role – are proving that veg-centric eating is no flash in the pan.

Head to the Wapping Wharf venue to sample clever small plates such as tempura spring onion with sweet chilli, peanut and coriander.

[WWW.EATDRINKBRISTOLFASHION.CO.UK](http://WWW.EATDRINKBRISTOLFASHION.CO.UK)



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A man with glasses and a green jacket is shown in profile, holding a snifter glass to his nose and smelling the whisky. He is in a distillery, with large copper pipes and machinery visible in the background. The lighting is warm and focused on the man and his glass.

## BE A DISTILLER FOR THE DAY

If you don't have the kit – or the space, license or skills – to distil your own barrel-aged whisky, Dartmoor Whisky's Distillation Experience allows ambitious spiritsmiths to fulfil their distilling aspirations. The full day demo follows the process from barley to tumbler and includes lunch from a local deli and the chance to sample the distillery's new Dartmoor spirit.

[WWW.DARTMOORWHISKYDISTILLERY.CO.UK](http://WWW.DARTMOORWHISKYDISTILLERY.CO.UK)





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6 DINE BY (EDIBLE)  
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Tired of dropping hints in the run up to Valentine's Day? Take matters into your own hands this year and book an evening at Michael Caines' ultra-luxe country manor. With a bottle of champagne on ice, roomy bath tub for a dip on your private balcony and Michelin starred menu (including thrills such as this edible chocolate candle dessert), it's no wonder Lymstone Manor was recently voted the most romantic hotel in the country by Condé Nast Johansens.

[WWW.IYMPSTONEMANOR.CO.UK](http://WWW.IYMPSTONEMANOR.CO.UK)

7 EARN YOUR SPECIALITY  
COFFEE WINGS

Get the full caffeinated experience with a day of coffee tasting, cake scoffing and espresso martini sipping at the South West's speciality coffee festival. The Coffee House Project takes over Bristol's Passenger Shed event space from September 7-8.

[WWW.THECOFFEEHOUSEPROJECT.CO.UK](http://WWW.THECOFFEEHOUSEPROJECT.CO.UK)

8 GET YOUR OWN ROCK  
STAR RIDER

Fancy a bath tub brimming with Jelly Babies? Up for an (ahem) 'adult love box'? Whatever you'd put on your rock star rider, share your requests with the creative crew at Fistral Beach Hotel and there might be a few surprises waiting in your room when you rock up at the coastal retreat.

[WWW.FISTRALBEACHHOTEL.CO.UK](http://WWW.FISTRALBEACHHOTEL.CO.UK)





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If you're still a little fuzzy when it comes to kombucha, kimchi and kvass, a hands-on fermentation course at Daylesford will fill you in on the natural gut tonic need-to-knows. The chance to spend the day at the Cotswolds' gorgeous organic farmshop is an added bonus.

[WWW.DAYLESFORD.COM](http://WWW.DAYLESFORD.COM)

## 10 JOIN THE DAYBREAKERS IN BRIXHAM

Look past the 6am start and to the fisherman's breakfast of smoked haddock, scallops, market fish, grilled bacon and eggs at Rockfish which follows the chance to snoop behind the scenes at Brixham's famous fish market. Tours run from April to October and support the Fishermen's Mission.

[WWW.THEROCKFISH.CO.UK](http://WWW.THEROCKFISH.CO.UK)

## 11 GET TO GRIPS WITH GAME

Out of your comfort zone when it comes to cooking game? You're not alone. Devise your own butchery masterclass with Darts Farm master butchers Alastair and Philip David and you'll be skinning rabbits, breaking down game birds and panfrying venison in no time.

[WWW.DARTSFARM.CO.UK](http://WWW.DARTSFARM.CO.UK)

## 12 FEAST ON A PONTOON

Catching a train and then a water taxi to dinner sounds like a bit of a faff, but the bounty of plucked-from-the-ocean seafood, 360° river views and steady stream of bubbles make an evening at the River Exe Cafe worth the commute. Floating on a pontoon between Starcross and Lymptone, the 'gastro shed' has no mains water or electricity yet the seafaring chefs still manage to stump up an incredible bill of fresh fish and seafood.

[WWW.RIVEREXECAFE.COM](http://WWW.RIVEREXECAFE.COM)



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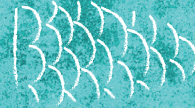
# food READER AWARDS 2019

## WINNERS ANNOUNCED

# 28



# JANUARY 2019



### FOLLOW SOCIAL ON THE NIGHT

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Your winners will be announced on [www.food-mag.co.uk](http://www.food-mag.co.uk) on January 30, plus pics from the big night at The Greenbank Hotel will feature in the March issue of **food**.

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THE  
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**WHAT  
THE**  
*glass*  
*expert*  
**WISHES  
YOU KNEW**



Not sure how many types of wine glass you really need or whether it's best to go coupe or flute for fizz? We asked Richard Halliday of Dartington Crystal to provide a little clarity



## IT'S WORTH BUYING THE BEST YOU CAN AFFORD

You don't need to spend a fortune on glassware as you can get a decent wine experience using good – but not necessarily exceptional – glasses. However, a higher-quality and finer glass made from superior materials will certainly improve the wine experience.

## SIZE MATTERS

Bigger glasses have the space to let you swirl the wine to assess its colour and provide aeration. They also let you get your nose closer to the wine.

Although we tend to use larger glasses for red wine, white wine also benefits from a larger glass. It's traditionally served from smaller glasses because of worries about the wine warming, but unlike in previous times, most white wine is now chilled in the fridge, so it's not such a problem. Just pour less to start with and top up more.

## YOU DON'T NEED A GLASS FOR EVERY WINE TYPE

People worry about how many glasses they need and what shape these ought to be, but you can get away with just two: a flute for fizz and a good all-purpose wine glass for red and white.

**"WHITE WINE ALSO BENEFITS FROM A LARGER GLASS"**

## RECONSIDER STEMLESS GLASSES

Stems break easily and are a pain to fit in the dishwasher, so stemless glasses have some real advantages – even for white wines.

## COUPE GLASSES ARE SEXY, BUT ...

There's no denying that coupe glasses look fabulous but, while they're perfect for some cocktails and even sorbet, they don't do fizz any favours.

The large surface area makes champagne go flat quickly, and also delivers the wine in a wide stream to the back of the tongue – while the fizz goes up your nose.

Coupe glasses were big in the UK in the 1950s and 60s when we drank a sweeter style of champagne. When we switched to the drier sparkling wines popular on the continent, we moved to flutes which deliver the wine in a more appropriate way.

## DON'T DRINK BEER FROM THE BOTTLE

Beer glasses are the most undervalued and underused of the lot. I hate to see people drinking premium beer out of the bottle or a cheap glass. Choose a glass that's sympathetic to the style of beer or a short-stemmed tasting glass. Good bars serve beer in glasses that have been designed by the brand to suit their beer, so it makes sense to do the same at home.

## TUMBLERS ARE HEAVY FOR A REASON

Not only does the heavy base add a sense of luxury, it's also so that the bartender can muddle an Old Fashioned on the base without damaging the glass. Thick rocks glasses are popular, but the general rule is that the less material there is between you and the drink, the better the experience.

## DON'T WASH GLASSES BY HAND

Use the dishwasher where possible as it will get them the cleanest. Make sure the glasses don't touch each other (or cutlery) in the machine or they will scratch. And choose a high quality detergent as the cheap ones are so caustic they make glasses go grey quickly.

## KNOW WHAT TO AVOID

Thick rims and thick walls are generally signs of cheaper and less refined glass. Glasses that are a bit green or not very bright and shiny are also usually made from cheaper material.





# Eat, drink, & be married

Fancy celebrating your nuptials with stiff-collared formality and impossible-to-eat canapés? Hmm, not so much. With a big chunk of any wedding budget going on food and drink, many couples are ditching uninspiring wedding breakfasts and instead making the big day a gourmet-centric affair, says **Clare Hunt**





**W**edding food has an iffy reputation. Often memorable for all the wrong reasons, or – worse – not memorable at all. For the food-focused affianced, putting gastronomy firmly at the centre of the day delivers an unforgettable occasion.

From easy-going tapas to super-fine dining, your favourite epicurean delights can be tailored to any style of union. After all, if it can't be all me-me-me on your wedding day, when can it be?

### *An affair to remember*

Country house takeover? Nothing revolutionary there. Haute-cuisine restaurant takeover? Okay, that's something else. For real foodie celebrations, the West Country is well provisioned with top-flight restaurants your guests may never otherwise visit.

Indulge your fantasies by heading to some of the fabulous spots where dining is taken extremely seriously. From Michelin starred marvels to quirky spots that craft their gourmet goods with produce straight from the kitchen garden, you can find something that feels beautifully bespoke to your style. The *Trencherman's Guide* ([www.trenchermans-guide.com](http://www.trenchermans-guide.com)) is a good start to find restaurants and foodie hotels that make the grade.

And don't forget the opportunities to play lord and lady of the manor at a gorgeous hotel. Exclusive use is becoming increasingly popular and provides the freedom to have the party to end all parties – and the survivors' breakfast the next day is priceless.

*'Wedding food can be memorable for all the wrong reasons, or – worse – not memorable at all'*

At Michelin starred Lucknam Park near Bath, for instance, the sky's the limit when it comes to your wedding day whims – arrive by helicopter, enjoy a wedding breakfast by candlelight, scoff a midnight snack or take a romantic horse ride around the estate. Understanding that contemporary couples want to put their own stamp on the day, the real foodie hotels are open to you customising the experience – whether that's bringing in an ice cream trike mid-afternoon or using your own carefully crafted gin for the toasts (see over).

### *All the fun of the festival*

If you're not careful, your wedding day can whizz by in a head-spinning blur. So if you want to spend it mingling with your guests (rather than lording it at the head table), go festival-informal. Perfect for outdoor events with a laid-back-but-buzzy vibe, food trucks serving top-notch specialities are the places to find really indulgent treats.

Try mouth-watering organic pulled pork, juicy chin-dripping burgers (was that white dress really a good idea?) and other meaty thrills from the likes of Coombe Farm Organic's shepherd's hut ([www.coombefarmorganic.co.uk](http://www.coombefarmorganic.co.uk)). Or tuck into pimped-up mac 'n' cheese from Gourmet Street Kitchen ([www.gourmetstreetkitchen.com](http://www.gourmetstreetkitchen.com)).

Hiring a collection of different vans means there'll be something for everyone, or go for a mobile caterer who'll serve a bespoke menu but still be informal. Titley Green ([www.titleygreen.co.uk](http://www.titleygreen.co.uk)) will work with you to decide on a spread of South West-sourced food that's as homely or lavish as you like. All served from a vintage caravan, of course.



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[www.trenchermans-guide.com](http://www.trenchermans-guide.com)



## A toast to the bride and groom

Get the party started with some very special drinks, well, it would be improper not to, wouldn't it? Harness the power of the South West's gin-naissance by inviting your very own gin bar to help lubricate the celebrations. The Jagger Gin Bar ([www.jaggerginbar.com](http://www.jaggerginbar.com)) is housed in a converted horse trailer and stocks a boggling array of local gins, along with all the right mixers.

Adding a shiny touch of luxe is easy if you have a twinkly old-school airstream at your disposal. Luckily, The Buffalo ([www.thebuffalo.co.uk](http://www.thebuffalo.co.uk)) – a travelling bar (pictured) with plenty of retro style – is on hand to serve up fizz, personalised cocktails and a bespoke bar menu, from the arrival of the guests to the end of the night.

## Let them eat cake (or not)

Unbelievably, some people don't like cake. Others don't fancy it right after a three course meal and just before hitting the dance floor. But it does make a stunning centrepiece and cutting it is a fun tradition.

You can go alternative with a profiterole/cupcake/macaron tower (though, mwah – bit passé), defy convention with a pyramid of chocolate-dipped strawberries or ditch propriety and have a wedding 'cake off' – challenging your guests to BYO homemade bakes. If you don't have a sweet tooth, opt for a quirkily tiered stack of artisan cheeses, adding pork pies if you dare. Check out Quicke's ([www.quicke.co.uk](http://www.quicke.co.uk)) or The West Country Cheese Co. ([www.westcountrycheese.co.uk](http://www.westcountrycheese.co.uk)) for inspiration.

For forsaking cake entirely you can squeeze in extra pudding in the shape of artisan ice cream. Thai-inspired ice cream rolls from Sliced Ice ([www.sliced-ice.com](http://www.sliced-ice.com)) are frozen and rolled (with indulgent extras) to order. Ice cream trikes like Sevanetti's ([www.sevanettiicecreamtrikes.com](http://www.sevanettiicecreamtrikes.com)), serving Marshfield Farm ices, can be on hand to keep guests cool on a hot night.

# Coastro wedding ideas

For an unconventional stag or hen do, visit one of the South West vineyards for a tour and tasters. **Camel Valley** ([www.camelvalley.com](http://www.camelvalley.com)) and **Knighthor Winery** ([www.knighthor.com](http://www.knighthor.com)) in Cornwall, **Sharpham Wine and Cheese** ([www.sharpham.com](http://www.sharpham.com)) in Devon and **Three Choirs** ([www.three-choirs-vineyards.co.uk](http://www.three-choirs-vineyards.co.uk)) in Gloucestershire are all a good shout.

Head to one of the South West's gin schools to concoct a personalised gin to serve with the speeches. Check out **Salcombe Gin School** ([www.salcombegin.com](http://www.salcombegin.com)) and **Devon Distillery** ([www.devonginschool.co.uk](http://www.devonginschool.co.uk)) in Devon and **Experiences An Mor** ([www.experiencesanmor.co.uk](http://www.experiencesanmor.co.uk)) in Cornwall.

Take a chocolate-making course at **Gilbert & Swayne** ([www.gilbertandswayne.co.uk](http://www.gilbertandswayne.co.uk)) in Somerset if you fancy whipping up bespoke table favours.

Calm pre-ceremony jitters with a delivery of brunchtime treats from **Pinkmans** in Bristol ([www.pinkmans.co.uk](http://www.pinkmans.co.uk)). Their sour-dough-nuts (try the honeycomb mousse), flaky pastries and savoury brioche will put a spring in your step as you head up the aisle.





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The Mill House, Trebarwith, Tintagel, Cornwall PL34 0HD | 01840 770200



# Deliciously ever after



Want to put the wedding breakfast at the very heart of your big day? Head chef George Richards of **The Rosevine Hotel** in Cornwall shares his tips on how to create the ultimate gourmet feast

A fabulous fine dining wedding menu should always be delightfully bespoke and reflect the foodie foibles of the couple and George advises seeking out a chef who is open to providing that special personal touch.

*'It's really important for a chef to discuss dietary requirements when consulting with a bridal couple and to build a menu around their personal tastes and requirements without compromising on variety,'* he says.

## Starry eyed starters

When it comes to getting the wedding breakfast off to a scrumptious start, fresh ingredients and local produce are your biggest allies.

*'Keep that in mind and you can serve the perfect dish,'* says George. *'Of course, ingredients should be enhanced to give them a certain "wow factor" but I find that a lot of chefs go over the top and sometimes sabotage the product they are using.'*

Seared scallops are a wedding-day winner and George adds a touch of luxury with crispy pig's belly, black pudding, calvados jus and pea shoots. Similarly, the sweet woody flavours of panfried pigeon breast make a gorgeous starter

which George enhances with parsnip puree, truffle mushrooms, crispy kale and game jus. For vegetarians, he recommends a spicy, earthy roasted cauliflower soup with tempura florets and curry oil.

## Just married mains

To create a thoroughly satisfying gourmet experience, the biggest traditional wedding course needs to be perfectly balanced to maximise flavour and texture.

*'As a classically trained chef, I believe a dish should contain two vegetables (one being a puree), starch, protein, sauce and something special to give it texture,'* says George.

After cleaning guests' palates with a refreshing sorbet, George likes to serve a main dish that is deliciously succulent such as pork tenderloin wrapped in parma ham with butternut puree, baby leeks, black pudding bon bon, lyonnaise potatoes, popping rind and mustard jus.

Tried-and-tested cooking principles can also be applied to vegetarian dishes: George serves mustard seed gnocchi with crispy duck egg, carrot and cardamom puree, crispy leeks and parsley gremolata.

Fish, too, is a fantastic option for a coastal ceremony: *'Being a keen fisherman (who grew up close to the sea in Cornwall) has instilled a love of the ocean, and fish is close to my heart. We're privileged at The Rosevine to get fresh fish on a daily basis which is a big hit at weddings.'*

George's classic-style panfried sea bass served with samphire, roast tomatoes, sautee potatoes and chimichurri sauce is much-requested at receptions.

## Hopelessly devoted desserts

A love affair with quality shouldn't fall short of the pudding. George recommends traditional showstoppers such as chocolate fondant with toasted hazelnuts and vanilla ice cream, or lemon posset with pistachio shortbread and clotted cream.

■ [www.rosevine.co.uk](http://www.rosevine.co.uk)



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# 2019

## TRENCHERMAN'S

## AWARDS



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**JUDE KEREAMA, KOTA, PORTHLEVEN**

#### **Best Front of House Team**

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**THE COACH HOUSE BY  
MICHAEL CAINES, KENTISBURY**



Winners of the 2019 awards, which celebrate exquisite fine dining in the South West, were revealed at the recent gourmet gathering at **Saunton Sands Hotel**. Dinner was cooked by the 2018 winners, while the finalists and the rest of the industry partied. Here's who won – and what went down on the night ...



Last year's winners who cooked the feast  
(from left):

**Andrea Santos of Saunton Sands Hotel,  
Toby Gritten of The Pump House,  
Ben Palmer of Glazebrook House and  
Tom Browning of Lewtrenchard Manor.**

Photographed for **food**  
by Guy Harrop.

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for photographs from the night.



# 2019

## TRENCHERMAN'S

### AWARDS

**F**ollowing over 25,000 reader votes, the cream of the South West culinary crop were crowned at the Trencherman's Awards 2019.

In true Trencherman's style, the 2019 awards winners were revealed at a sumptuous ceremony at Saunton Sands Hotel in north Devon recently.

The cream of the South West's culinary crop gathered at the art deco-style hotel to discover which chefs, restaurants, dining pubs and hotels scooped the prestigious prizes.

Guests were treated to a fabulous four course feast with each dish crafted by one of last year's winners – Toby Gritten of The Pump House, Ben Palmer and Josh Ackland of Glazebrook House, and Tom Browning of Lewtrenchard Manor – as well as Andrea Santos, Mathias Oberg and brigade at Saunton Sands Hotel.

*Clockwise from top left:* Best Bar List winners The Greenbank Hotel with sponsor Avian Sandercock of The Wrecking Coast Distillery; Toby Gritten and Tom Browning at the pass; Best Chef winner Jude Kereama with finalists Donna Berry and Matthew Beardshall plus sponsor Daniel O'Keefe of Hallgarten & Novum Wines; Andrea Santos' dessert; Best Restaurant winner The Olive Tree with Trencherman's editor Jo Rees and finalists Castle Bow Restaurant, Oliver's and Boringdon Hall, plus sponsor Nick Matthews of Total Produce; Toby Gritten's wood pigeon starter; Best Dine and Stay winners Guy Owen and Paul Goodwin of The Idle Rocks with Ken Symons of Oliver's.

Pick up your copy of the award winning 26th edition of the **Trencherman's Guide** at member restaurants, bookshops and at

[www.trenchermans-guide.com](http://www.trenchermans-guide.com)









# food VISITS

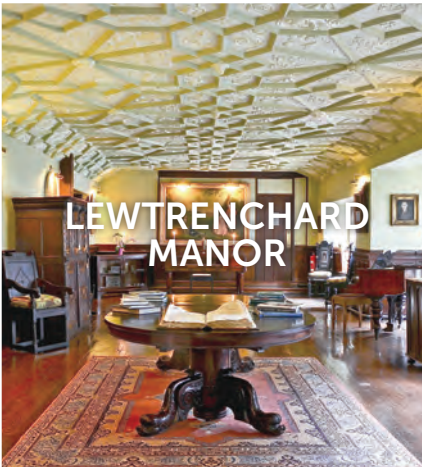
Our monthly pick of the South West's  
best edible adventures



GARA ROCK



GYLLY BEACH CAFE



LEWTRENCHARD  
MANOR



BEARSLAKE INN



OLD MILL BISTRO



# GARA ROCK

## East Portlemouth

The treacherous drive to Gara Rock is quickly forgotten once you clock one of the South West's best dining backdrops, decides **Kathryn Lewis**



**D**on't book a table at this clifftop hotel restaurant for a long-overdue catch up with friends as, even on a storm-battered Thursday in winter, the all-encompassing views distract from even the juiciest bits of news.

It's still worth adding the newly relaunched retreat to your 2019 hit list though – if not to chatter over thoroughly-Instagrammable food, then to glean inspiration from its gorgeous interiors for your own nest tweaking.

**VISIT** for a restful alternative to Salcombe's all-year-round bustle.

The East Portlemouth destination is only an hour's walk on the Coast Path – or a 20 minute stomp across a couple of fields – from the holiday hotspot, but with no neighbours and only a handful of walkers and sheep passing by, Gara Rock offers peace and seclusion on the ever-popular south Devon coast.

And if, after a few days of R&R in the spa, you're craving fresh foodie thrills, the team will even ferry

you to Salcombe in the Gara Land Rover Defender for dinner.

**DON'T VISIT** if you can't handle bold flavours. Head chef Lewis Glanvill isn't afraid to explore the peripheries of the palate, and wild card ingredients such as lovage, bitter leaf and burnt cucumber will divide opinion. Conservative eaters are advised to play it safe with crowd-pleasers like the *côte de boeuf* with béarnaise and fries or grilled Dartmouth sardines with lemon aioli.

**WE LIKED** the strong local and homemade ethos that steers the menu. Salcombe crab, Dartmouth sardines and Coombeshead sourdough shine alongside Gara-made ice cream, sorbets and cordials.

East Portlemouth, Devon, TQ8 8FA  
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### WHAT WE ATE (LUNCH)

**Starter** Jersey Royals, lardo, radish, lovage broth

**Main** Black pudding, squid, bitter leaf

**Pud** Caramel fondant, Granny Smith sorbet

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# LEWTRENCHARD MANOR

## Lewdown

**Jo Rees** loosens her corset and revels in drama and dinner at one of the South West's most historic country house hotels

**A**uthenticity is the holy grail in modern marketing, but while hotel chains strain to manufacture ye olde credentials, some places are just effortlessly 'the real thing'.

Stone mullion windows, rich wooden panelling, stained glass and a gallery of framed ex-residents overseeing the comings and goings are just a few of the original delights to be found at this grand pile on the edge of Dartmoor.

To the spit and crackle of glowing logs in (numerous) fireplaces and with the subtle waft of wood smoke in the air, staff quietly bustle through the rooms, delivering a G&T here, a plate of hot canapés there. It's so

transporting that it's rather like finding yourself dropped into a BBC costume drama.

And there *is* drama at dinner, but fortunately it's of the edible variety, courtesy of new head chef Tom Browning's entertaining tasting menu.

**VISIT** for sheer escapism where the delight is in the detail. Stay the night if you can, as crisp white linen, historic features (four posters and ancient decorative plasterwork) and early morning hot coffee with steamed milk delivered to your room are thoroughly charming.

A buck's fizz made with freshly squeezed orange juice at breakfast and a walled kitchen garden to explore hit the spot too.

**DON'T VISIT** with your work laptop and, for the love of God, turn the mobile off. Tell the babysitter you don't want to hear from them unless it's an absolute emergency, then enjoy a trip back in time to a more elegant era (no bonnet required).

**WE LIKED** the whole crisp and yielding ale and honey loaf (for two) served with dinner, the luscious Loch Duart salmon starter (gently poached at 42°C) with artichokes, hazelnut and truffle, and a dish of the tenderest loin of venison.

Lewdown, Okehampton,  
Devon, EX20 4PN  
01566 783222  
[www.lewtrenchard.co.uk](http://www.lewtrenchard.co.uk)



### WHAT WE ATE (TASTING MENU)

Whipped Vulscombe goat's curd, charred apple, raisins, walnuts

42°C poached Loch Duart salmon, artichoke, hazelnuts, truffle

Pot roasted breast of pigeon, blackberry, mushrooms, nasturtiums

Curry roasted cod loin, cauliflower, caper and raisin dressing

Loin of local venison, parsnip, red cabbage, pear

Apple and custard

Dark chocolate crèmeux, orange, cocoa nib, sea salt

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food  
VISITS

## BEARSLAKE INN

Lake, Sourton

When it comes to kerb-appeal, this former longhouse will have you engaging the brakes for a hearty supper, discovers **Rosanna Rothery**

**B**y night, the low-thatched roof and shimmering lights (not to mention the swing-sign creaking eerily in the wild Dartmoor gusts) lure in weary travellers in search of an atmospheric supper.

Owners Julian Tarrant-Boyce and Lisa Jenkins took over Bearslake Inn last March and have introduced a pub menu stuffed with the kind of classic fare that walkers crave after a heather-and-heath hike.

It's not just ramblers who are tempted by the fairytale exterior though. Those on route between Okehampton and Tavistock are often compelled to engage the brakes at this road-side beauty.

**VISIT** for the rustic vibe. A working farm for most of its life, the large rambling inn has all the characterful details that a moorland adventurer could wish for: old beams, cosy fireplaces and thick granite and cob walls. It was once divided into three cottages (check out the old photos on the walls) so there are plenty of nooks and crannies to discover.

Reward an uphill trek over Sourton Tor or Corn Ridge with a local Dragon's Breath ale or take advantage of the gathering of great gins on the shelves in The Snug Bar before refuelling in the restaurant.

Alternatively, do what we did and go super casual: dine by candlelight and the blaze of the fire in the 16th century Dartmoor Room.

**DON'T VISIT** for fancy-schmancy dining. A traditional menu of un pompous faves like fish and chips, bangers 'n' mash and spag bol is complemented by curries, pies and specials based around local seasonal ingredients.

**WE LIKED** the get-away-from-it-all ambience of The Hayloft – an apartment-sized room with fabulous views sweeping from the pub gardens to the undulating moors beyond.

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**Main** Steak and Jail Ale pie with lyonnaise potatoes and buttered greens

**Pud** Watermelon cake

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## GYLLY BEACH CAFE Falmouth

**Jo Rees** discovers the hip beachside cafe's alter ego as a smart evening dining destination where conversation is compulsory



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FOR AN APERITIF AND  
TO MAKE NEW FRIENDS  
ON THE COMMUNAL  
BEACHSIDE TERRACE.

**D**rop by Gylly Beach Cafe when it's stuffed to the gills with brunching students and you'd never guess what candlelit dining delights await after the sun dips below the seascape horizon.

Gylly's head chef Dale McIntosh brings out the big guns come evening, letting his creativity fly on a smart dinner menu of dishes such as chorizo and chickpea cassoulet with lemony scallops (in the shell) and sparkling cod.

The vibe changes channels too: intimate lighting and a muted buzz from the open kitchen provide a grown-up, chilled ambience. It encourages diners to pay proper homage to the Dorset Blue Vinney doughnut (not really a doughnut, but let it go), whose rich molten centre is cut by aromatic pickled walnut and the sweet crunch of a perfectly pared baby pear.

**VISIT** for delectable dining right on the beach. Admittedly, you don't get much more than a distant glimpse of the lights of passing container ships on dark winter evenings, but as the days get longer, expect to be wowed.

**DON'T VISIT** with the expectation of staring into your phone all evening. There's no WiFi, so you're going to have to talk to each other. It's the perfect dinner spot for families who'd like to have an actual conversation with their teenagers.

**WE LIKED** the contemporary wood panelled interior and minimalist white furniture that typifies modern Cornwall.

Equally fresh is the suggestion of lighter eating: zesty lemon tart was served sans-pastry and the accompanying raspberry coulis and passionfruit sorbet pleasingly light on sugar – while remaining beautifully balanced.

Cliff Road, Falmouth,  
Cornwall, TR11 4PA  
01326 312884  
[www.gyllybeach.com](http://www.gyllybeach.com)

### WHAT WE ATE (DINNER)

**Starter** Dorset Blue Vinney cheese doughnut with poached pear, walnut salad and beetroot reduction

**Main** Roasted cod and grilled Cornish scallop with chickpea and Spanish sausage cassoulet and lemon butter

**Pud** Lemon tart with tuile, passionfruit sorbet, raspberry coulis and meringue

**3 COURSES FROM £28**



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# OLD MILL BISTRO

## Little Petherick

If you're looking for the wow-factor of fine dining with all the low-key charm of a cosy bistro, this Cornish mill is likely to become your smug little secret, writes **Rosanna Rothery**



**A**lready a firm favourite with foodies-in-the-know, the family-run bistro, headed up by Adam Tomlinson, recently added Jamie Porter to its ranks: a Cornish chef who earned his stripes in the kitchens of Rick Stein and Alain Roux.

**VISIT** for utter reliability. It's not always easy trying to pick something scrumptious from a menu when you're ravenous as a wolf, a little tiddly post aperitif and trying to engage in witty repartee with a dining partner. 'Am I going to end up coveting my companion's dinner?' is every foodie's fear. Thankfully, whether you prefer to play it safe or throw caution to the wind, you won't be infected by green-eyed muncher syndrome at this bistro housed within The Old Mill House B&B.

Those opting for a classic surf-and-turf, for instance, will feel rather pleased with themselves for choosing a dish that pairs the briny freshness of panfried hake with chorizo. As if hankering after the sea, the pearlescent fish laps up the saltiness of the cured meat while the accompanying mussels smell as heady as a wave crashing on a rock.

For those pushing out the culinary boat, the delicate flavours of dover sole are complemented by chicken, cep and truffle in a creamy overcoat of agnolotti (ravioli's smaller, squarer cousin).

As this is Cornwall, it's only natural to find the menu spilling over with seafood, although meat eaters will find options like wood pigeon, steak and duck. And it's gratifying that absolutely everything (from the crusty tomato and thyme mini loaves to the decadently gooey chocolate brownie and petit four) has been handcrafted with the clear aim of perfection.

**DON'T VISIT** for showy dining in lofty surrounds. The beauty of this 24-cover eatery (where the table is yours for the evening) is its intimate charm and the friendly personal service.

**WE LIKED** the old-world feel of the 16th century corn mill, complete with working water wheel, which is lent picture-book charm by its proximity to an ancient bridge and babbling creek.

Little Petherick, Cornwall, PL27 7QT  
01841 540388  
[www.oldmillbistro.co.uk](http://www.oldmillbistro.co.uk)

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**WHAT WE ATE (DINNER)**

**Starter** Panfried scallops, apricot and szechuan puree, hog's pudding, crispy chicken skin

**Main** Panfried dover sole, chicken, cep and truffle agnolotti, button mushroom, shellfish sauce

**Pud** Blackberry and szechuan pannacotta, glazed figs, praline, blackberry

**3 COURSES FROM £21**



# PRO CHEF

Recipes from the  
South West's leading restaurants



*'WE USE CEP MUSHROOMS  
BUT ANY VARIETY WILL  
WORK,' SAYS CRAIG*





# Poussin pie

from **Craig Davies**, head chef at **Paschoe House** near Crediton

## SERVES 2

### For the poussin

Poussin 1  
Black peppercorns 2  
Garlic ½ clove  
Thyme 10g  
Bay leaf 1  
Fine sea salt 50g  
Rapeseed oil 300ml

### For the filo pie lids

Filo pastry sheets 4  
Clarified butter to brush  
Salt  
Thyme 2g

### For the Riesling cream

Rapeseed oil 1 tbs  
Chicken wings 100g, chopped  
Shallots 50g, diced  
Leeks 50g, diced  
Celery 20g, diced  
Thyme a pinch  
Garlic 1 clove  
Bay leaf 1  
Riesling white wine 250ml  
Whipping cream 200ml

### To serve

Mushrooms diced

❶ **For the poussin:** prepare the poussin by first removing the breasts and trimming off excess fat. Set aside for later. Remove the legs and pat dry. Save the carcass for the Riesling cream.

❷ Crush the black pepper, garlic and thyme using a pestle and mortar, then add the bay leaf and the salt. Rub the mixture into the poussin legs, place them on a baking tray, cover and leave to marinate for 3 hours. Once ready, remove the rub using a dry cloth.

❸ Pour the oil into a deep tray, add the legs, cover with foil and confit in the oven at 85°C for 3 hours.

❹ Once the legs are cooked, allow to cool in the oil. Once cold, remove the skin and discard. Pick the meat off the bone and reserve for later.

❺ **For the filo pie lids:** lay out a single sheet of filo pastry and brush with the butter, sprinkle with salt and thyme, then repeat with the 3 remaining sheets, layering one on top of the other. Press between 2 trays and leave in the fridge for 8-10 minutes to allow the butter to set.

❻ Cut the chilled filo into discs and place on greaseproof paper. Place another sheet of greaseproof paper and a tray on top and then bake at 170°C / gas 3 for 10-12 minutes until golden brown and crisp.

❼ **For the Riesling cream:** put the oil, chicken wings and poussin carcass in a large pan over a medium heat. Caramelize the wings and carcass until dark golden brown.

❽ Add the vegetables and herbs to the pan and sweat until tender, then add the wine and reduce by half. Add the cream, bring to the boil then immediately put a lid on the saucepan and remove from the heat. Allow to infuse for 20 minutes.

❾ Pass the sauce through a fine sieve into a clean pan and reduce to a thick consistency. Taste and season.

❿ **To serve:** fry the breasts skin-side down for 6-7 minutes on a medium heat. Turn them over and continue to fry until cooked. Remove from the heat and allow to rest for 4 minutes.

⓫ In a separate frying pan, fry the diced mushrooms until golden brown, then add the poussin leg meat. Lightly season then place on a plate, followed by the cooked filo pastry lid and the poussin breast. To finish, drizzle with the warm Riesling cream.

Near Bow, Crediton, Devon, EX17 6JT  
01363 84244  
[www.paschoehouse.co.uk](http://www.paschoehouse.co.uk)

# THE DRINKS PRO



Susy Atkins' pairings with this month's Pro Chef recipes

### For Craig's poussin pie

'Although cooked using Riesling, a richer, softer white Burgundy makes a better match to drink with this. Choose from a pricey Meursault for a treat, or a good-value Macon-Villages.'

### For Matt's fish stew

'A young Bordeaux rosé or Spanish rosado from Rioja or Navarra, lightly chilled, is a great match. If pink wine seems too summery, make it a white Cotes du Rhone.'

### For Dave's venison faggot

'Off to Chile for the wine with this one – a blackcurranty, lively Chilean Cabernet Sauvignon is just what is needed.'

### For Ken's sweet potato curry

'This is an aromatic dish, and a scented, vivacious, brightly fruity New Zealand Sauvignon Blanc is perfect to accompany it.'

Susy is a leading drinks writer and TV presenter who lives near Exeter. She writes the weekly wine column for the *Sunday Telegraph's Stella* magazine.





# Fish stew with saffron potatoes

from **Matt Rutter**, head chef at **The Rising Sun** in Lynmouth

## SERVES 6

### For the saffron potatoes

White onion 1, thinly sliced  
Garlic 3 cloves, finely diced  
Thyme 3 sprigs, chopped  
Butter 100g  
Saffron a pinch  
New potatoes 18, peeled  
White wine 300ml

### For the shellfish bisque

Crab or lobster shells 2kg  
White onions 2, chopped  
Carrots 4, peeled and chopped  
Celery 1 head, trimmed and chopped  
Fennel 4, chopped  
Garlic 6 cloves, chopped  
Lemongrass 3 stalks, chopped  
Fresh ginger 150g, peeled and chopped  
Star anise 6  
Coriander seeds 20  
Saffron a pinch  
Thyme 8 sprigs  
Tomatoes 6, quartered  
Tomato puree 4 tbsp  
Brandy 500ml  
Fish stock 5l  
Basil bunch, chopped  
Bay leaves 6  
Double cream 500ml

### To serve

Salmon 500g, skinned and boned, cut in 12 portions  
White fish 500g, skinned and boned, chopped into small pieces  
Tiger prawns 18, uncooked, shells reserved for bisque  
Scallops 12, uncooked  
Mussels or clams 30, uncooked, washed  
Spinach 450g  
Parsley bunch, chopped  
Chives bunch, chopped  
Lemon 1, juiced

### 1 For the saffron potatoes:

sweat the onion, garlic and thyme in the butter over a medium heat. Add the saffron and stir to infuse before adding the potatoes, white wine and salt. Simmer for around 20 minutes or until the potatoes are cooked. Allow to cool in the liquid and then drain and set potatoes aside.

### 2 For the shellfish bisque:

roast the crab or lobster shells and reserved prawn shells in the oven for 20 minutes at 180°C / gas 4.

### 3 Sweat the onion, carrots, celery and fennel with a little oil in a heavy-based pan. Once soft, add the garlic, lemongrass, ginger, star anise, coriander seeds, saffron, thyme and tomatoes and stir. Next add the roasted shells and tomato puree and stir again.

3 Sweat the onion, carrots, celery and fennel with a little oil in a heavy-based pan. Once soft, add the garlic, lemongrass, ginger, star anise, coriander seeds, saffron, thyme and tomatoes and stir. Next add the roasted shells and tomato puree and stir again.

### 4 Deglaze the pan with the brandy and reduce by half. Add the fish stock and basil, bring to the boil and simmer for 2½ hours, skimming any impurities from the top. Pass the bisque through a fine sieve, keep the liquid and reduce over heat to around 3 litres. Add the cream and reduce again to around 2 litres.

4 Deglaze the pan with the brandy and reduce by half. Add the fish stock and basil, bring to the boil and simmer for 2½ hours, skimming any impurities from the top. Pass the bisque through a fine sieve, keep the liquid and reduce over heat to around 3 litres. Add the cream and reduce again to around 2 litres.

### 5 To assemble:

bring the bisque to the boil and add the saffron potatoes. Add the salmon, cook for 1 minute and then add the white fish and cook for a further minute. Add the scallops, prawns and mussels and cook for another minute. Finish with the spinach, parsley and chives and season with salt and lemon juice. Serve with crusty bread.

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**'SERVE SHARING-  
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TABLE,' SAYS MATT**









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**'ALTERNATIVELY PUSH THE PATTIE FLAT, USE THE SAME COOKING METHOD, AND SERVE IN A BRIOCHE BUN WITH RED CABBAGE COLESLAW, SHAVED PEAR AND BLUE CHEESE,' SAYS DAVE**



## Venison faggot

from **Dave Jenkins**, head chef at **Rock Salt Cafe** in Plymouth

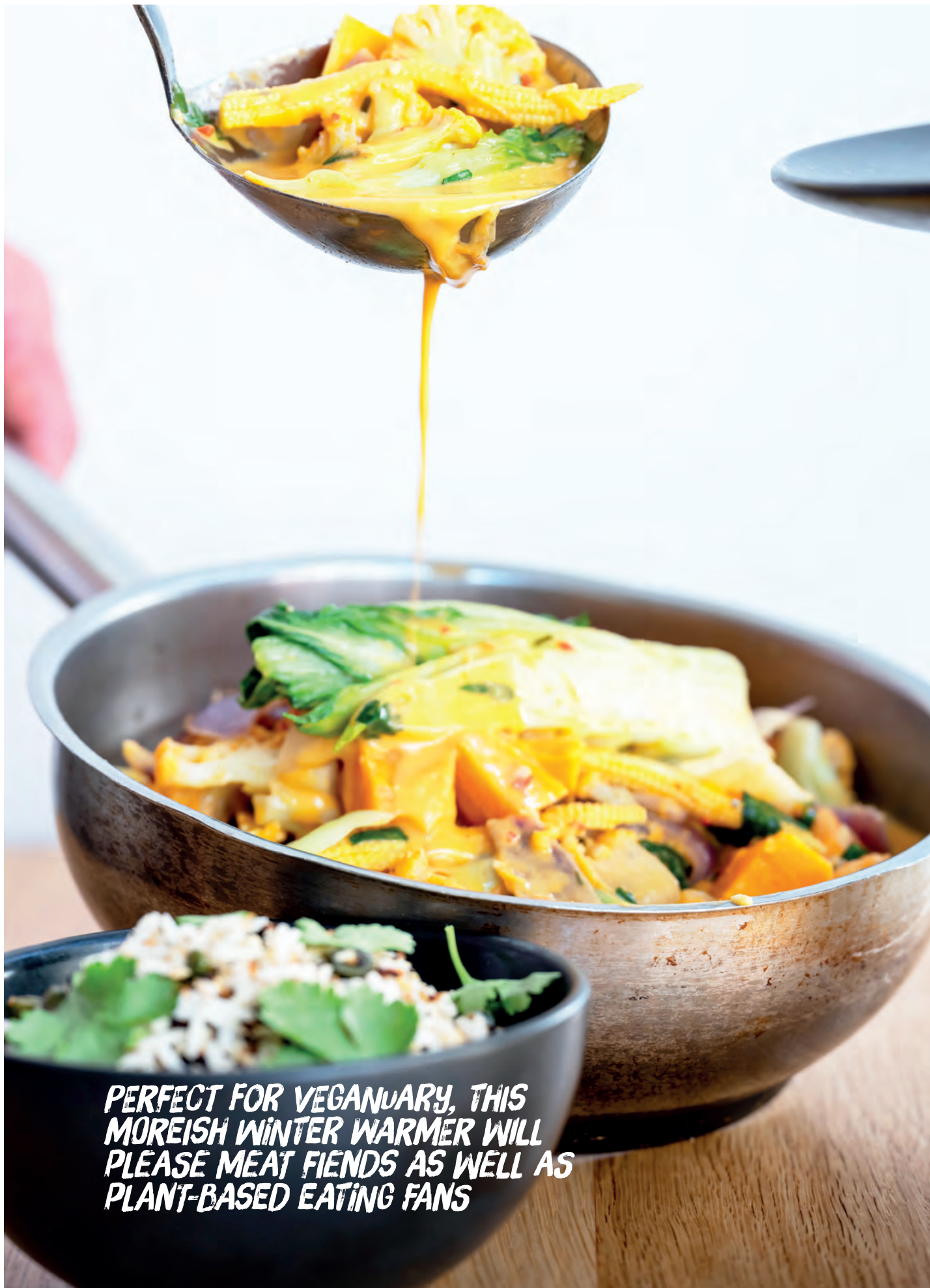
### SERVES 6

Minced venison haunch 375g  
 Minced pork shoulder 125g  
 Minced venison heart 190g  
 Minced venison liver 190g  
 Ground cumin 6g  
 Ground juniper 6g  
 Thyme 5g, chopped  
 Ground porridge oats 65g  
 Tarragon 9g, chopped  
 White pepper 2g  
 Sea salt 9g  
 Egg yolks 1  
 Garlic 10g, minced  
 Onions 1½, sliced and stewed  
 Caul fat 50g

- 1 **For the faggots:** mix the venison, pork, heart and liver in a large bowl until well combined. Add the dry ingredients and mix again.
- 2 Add the egg yolks, garlic and stewed onions and roll the faggots into 6 evenly sized balls and set aside.
- 3 Rinse the caul fat in cold water and lay out on a board.
- 4 Place a rolled faggot in the centre of the caul fat, wrap until totally sealed and cut away any excess with a knife. Shape into a ball and repeat the process for the other 5 faggots.
- 5 Place the faggots on a baking tray, brush with melted butter and roast in the oven on 185°C / gas 4-5 for 1 hour.
- 6 **To serve:** plate up the faggot (1 per person) and serve with rich gravy, creamy mash and spiced red cabbage.

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**PERFECT FOR VEGANUARY, THIS MOREISH WINTER WARMER WILL PLEASE MEAT FIENDS AS WELL AS PLANT-BASED EATING FANS**



# Sweet potato, cauliflower and coconut curry

from **Ken Symons** of **Oliver's** in Falmouth

## Pair with

Vedett White, a Belgian Witbier or German Weisse

Serves 4

### For the curry

Vegetable oil 1 tbsp

White onion 1,  
cut into wedges

Red onion 1, cut into wedges

Green chilli 1 small,  
deseeded and chopped

Garlic 1 clove, crushed

Kaffir lime leaves 4, de-veined  
and finely chopped

Sweet potato 225g, diced

Cauliflower 1 small,  
cut into florets

Coconut milk 200ml

Vegan vegetable stock 200ml

Harissa paste ½ tsp (more if  
you like your curries hot)

Baby sweetcorn 200g,  
halved lengthways

Bok choy bunch,  
quartered lengthways

### For the rice

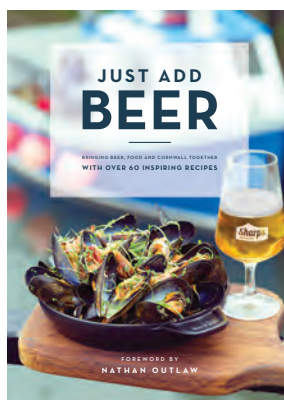
Thai fragrant rice to serve

Desiccated coconut 2 tbsp

Pistachios 2 tbsp,  
roughly chopped

Fresh coriander 25g,  
roughly chopped

- 1 **For the curry:** heat the oil in a large saucepan and fry the onion wedges, chilli, garlic and kaffir lime leaves for 1-2 minutes, stirring occasionally.
- 2 Add the potatoes and cauliflower and cook for a further 5 minutes.
- 3 Stir in the coconut milk, stock and harissa, reduce the heat and cook until the potatoes are tender.
- 4 Add the baby sweetcorn and bok choy and cook for a further 2 minutes.
- 5 **For the rice:** cook the rice according to instructions and set aside.
- 6 In a dry frying pan, add the desiccated coconut and heat, stirring all the time until it is toasted and golden in colour. Then add the chopped pistachios and cooked rice. Gently mix together.
- 7 Spoon the rice into 4 individual serving bowls and sprinkle with coriander.
- 8 **To serve:** present the curry in a large pot so everyone can help themselves.



Find more recipes and beer pairings in Sharp's new book.

Available now at  
[www.sharpsbrewery.co.uk/shop](http://www.sharpsbrewery.co.uk/shop)



# Seasons at THE SCARLET

Giving Veganuary a go? Mike Francis, head chef at **The Scarlet** in Mawgan Porth, shares his top five ingredients to make the meat-free transition easier

## GRAM FLOUR

Higher in protein than regular wheat flour, this gluten-free find is a great ingredient for savoury staples such as pancakes, pakoras or flatbread. It also makes a good swap for eggs in vegan baking.

## AGAR AGAR

Going plant-based doesn't have to mean giving up ice cream, cheesecake and jelly. This natural thickener – made from algae – also makes a wicked vegan rice pudding.

## TOFU

Bean curd products are a free-from novice's new best friend.

The versatile ingredient can be used as a substitute for meat in a multitude of dishes – think curries, stir fries and casseroles – while the silken variety works wonders in desserts like crème brûlée.

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## FLAX SEEDS

Packed with nutritious goodness, flax seeds are another useful alternative to eggs when rustling up showstopping bakes. We use them at The Scarlet to create the chocolate fudge torte which features on our new vegan tasting menu.

Inspired? Mike has created a five course vegan tasting menu for The Scarlet's Spring Gourmet Getaway which launches this April.

[www.scarlethotel.co.uk](http://www.scarlethotel.co.uk)

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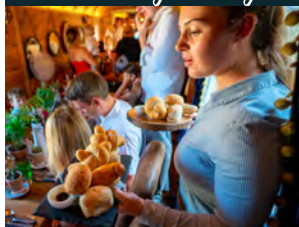
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Scott's secrets

Nº6

## Foodie futurology

What's going to be hot (and not) in 2019? We asked Scott Paton, head chef at **Boringdon Hall**, for his predictions

### GOING UP

**Return to the classics** *We'll see more chefs go back to traditional techniques to build new innovative flavours and dishes.*

**Tasting menus with choice** *Guests don't want to feel under pressure to eat what the chef wants to cook, although I think they'll still want the tasting menu experience.*

**Champagne and English sparkling wines** *I think they'll become even more dominant as an everyday drink as people take the attitude that 'every day is a celebration'.*

**Pared-back menus** *Guests are more aware of sustainability and want fresh ingredients; they don't want loads of options thrown at them.*

**Ice cream** *It's timeless and I think we're going to see a big resurgence, in particular ice creams with plant-based sauces.*

### GOING DOWN

**Funky flavour combinations that just don't work** *Stop trying to be the next Heston.*

**Cooking sous vide** *Don't use it just because it's an easy option; use it to provide the right results.*


**Pop ups** *I can't see too much longevity in the pop-up game.*

**'WE'RE GOING TO SEE A BIG RESURGENCE IN ICE CREAM'**

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# Cook like a pro in 2019

Pledged to make more from scratch this year but need a bit of help with the cooking basics? Vicky Yeo, founder of **Cornish Delicacies** cookery school in Okehampton, shares tips that'll see you owning the kitchen this year

## 1 Source the best ingredients you can

Starting out with great ingredients means it takes less work to create something that tastes fantastic. Visit your local butcher, fishmonger and farmshop to pick up fresh and seasonal produce – you'll be able to taste the care and attention which goes into these ingredients.

## 2 Learn to build layers of flavour

Whether you're cooking something simple like steak or going all out with a fancy dish, learning to build layers of flavour as you cook is the key to a successful supper. Kick off with a fatty base of butter, oil or bacon lardons, add salt and pepper as you go and finish off with garnishes such as parsley or lemon – adapting and swapping dependent on what you're cooking. Remember to taste as you go and that you can always add – taking away isn't so easy.

## 3 Invest in good knives and look after them

You only need three knives in your home kitchen: a good veg knife, a carving knife and one in-between. Spend as much as you can afford on the knives but even more important is a great sharpener. And make sure to sharpen before every use; it's much safer to use a super sharp knife than a blunt one as you don't need to use as much force.

**'IT'S MUCH SAFER TO USE A SUPER SHARP KNIFE THAN A BLUNT ONE AS YOU DON'T NEED TO USE AS MUCH FORCE'**

## 4 Don't be afraid to scribble on your cookbooks

Jotting down notes on time alterations, ingredient swaps and method modifications in recipe books will help you refine your cookery skills and save you precious time when you come to make the dish again. Your future self will thank you for swerving another soufflé flop.

## 5 Don't skimp on carbs

I always cook extra quantities of carbs such as potatoes and rice and store them in the fridge to form the base of another meal the next day. Throw together a simple salade niçoise using boiled eggs, baby gem and tinned fish, or chuck the potatoes in a tortilla with leftover peppers and chorizo.

Hungry to learn more? Book a spot on Cornish Delicacies' Sustainable Cooking course on January 31 or February 9.  
[www.cornishdelicacies.co.uk](http://www.cornishdelicacies.co.uk)





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# WIN

## A SPA ESCAPE AT ST ENODOC



**T**he chance to stay at an exquisite Rock boutique hotel that overlooks the Camel Estuary ... surely that's reason enough to enter this competition? Then throw in delicious food, indulgent spa treatments and a breezy seaside-chic ambience – and what are you waiting for?

Formerly a private house, the St Enodoc Hotel became a stylish coastal destination in 1999 and, these days, it's a veritable cornucopia of quirky and original oil paintings, Delabole slate floors and zingy fabrics.

One lucky reader and cohort will get to enjoy an overnight stay in one of the fresh, bright rooms decked out with uplifting colours, plus they'll get to relish a three course dinner in the restaurant while drinking in the stunning estuary views. It's a chance to enjoy dishes fashioned from Porthilly oysters, fish and lobster landed in Padstow and local venison and game.

Our winner and plus one will also reach sweet-smelling serenity in an hour-long pampering experience in the spa which uses Pinks Boutique organic products.

So, if you fancy a wonderful foodie getaway at a modern coastal retreat close to Padstow, Polzeath and Daymer, with the stunning sandy beaches of the Camel just five minutes' walk away, give our competition a go. Fingers crossed!

**THE PRIZE** An overnight stay with breakfast and dinner for two with an hour's treatment each in the spa.

**THE QUESTION** Which organic brand of products are used in the hotel's spa?

Rock, Cornwall, PL27 6LA  
01208 863394

[www.enodoc-hotel.co.uk](http://www.enodoc-hotel.co.uk)

**TO BE IN WITH A CHANCE OF WINNING**, visit [www.food-mag.co.uk/win](http://www.food-mag.co.uk/win)

See the website for individual terms and conditions. The closing date for entries is February 28, 2019.



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Afternoon Teas being served January & February (online booking essential)  
 Winter Sculpture Exhibition until 24 February  
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 Snowdrop Weekend 2 & 3 February  
 Orchids in the Spotlight 9 & 10 February  
 Half term Family Fun 16 - 24 February

 **RHS**  
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Combine a wonderful winter walk with a delicious afternoon tea for a great day out.  
 Great Torrington, Devon EX38 8PH. Pick up your 2019 events guide or visit [rhs.org.uk/rosemoor](http://rhs.org.uk/rosemoor)  
 Every visit supports the charitable work of the RHS  
 RHS Registered Charity No. 222879/SC038262



# WIN

## A CHAMPAGNE TEA AND WEDDING TÊTE-À-TÊTE



**L**ovebirds on the lookout for somewhere seriously stylish to hold their wedding will find themselves cooing over 13th century The Manor in Somerset.

For a hip and glamorous house-party celebration it doesn't come much more charming than this private house, complete with lake and romantic gardens.

Sweep up the gravel drive and feel instantly at home in the medieval manor and grounds which you and your friends and family can take over for the whole event.

Civil ceremonies can be held in the ancient oak-panelled banqueting hall (complete with open fires and flickering candles), or in the smart drawing room with views over the stunning grounds.

For couples wanting to tie the knot in church there are some utterly picturesque finds nearby, and in summer the beautiful gardens make an idyllic backdrop for a never-to-be-forgotten marquee party.

Tudor and medieval architecture adds atmosphere to all styles of wedding breakfast (the hand-picked catering offers bespoke menus ranging from French cuisine to Indian fusion) held in the banquet hall or the Great Hall in the Long Barn. The intimate venue can seat up to 50 guests for an indoor wedding breakfast and up to 100 on the Rose Terrace outside.

Everyone from great aunts to tiny tots will love kicking back in the individually-styled rooms – including a duo of four-poster-bed suites – not to mention showing their competitive side during the inevitable family showdowns at the tennis court, heated outdoor pool, games room and pool table.

Traditionally-minded twosomes aiming for elegant formality or laid-back lovebirds seeking a relaxed ritual will be delighted to discover that the attentive team at this secluded estate on the edge of the Blackdown Hills are happy to fit in with their inclinations and create something utterly bespoke.

**THE PRIZE** Afternoon tea for two with champagne plus a private tour and consultation with The Manor's event manager and wedding coordinator.

**THE QUESTION** The Manor in Somerset dates back to which century?

West Buckland, Somerset  
07790 085564

[www.themanorsomerset.co.uk](http://www.themanorsomerset.co.uk)

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See the website for individual terms and conditions. The closing date for entries is February 28, 2019.





# Highbullen Hotel

GOLF & COUNTRY CLUB

DEVON, ENGLAND



## The perfect country escape

### Stay

Enjoy Bed & Breakfast with Full Afternoon Tea in Highbullen's Laura Ashley The Tea Room.

**The offer is based on two people sharing a standard double room and priced at £119 for two. Offer available Jan 1st - March 31st 2019**

**Please quote FM/0119 when booking**

### Indulge

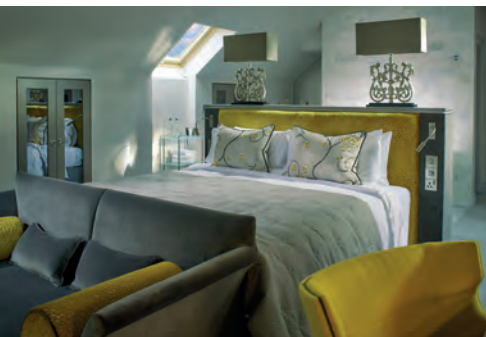
Experience award winning dining in our AA Two Rosette, Devon View Restaurant.

**A delicious three course dinner, designed daily by our executive chef awaits you for £39pp**

### Relax

Prosecco Afternoon Tea for Two with 15% off spa treatments and use of the leisure facilities.

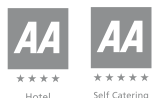
**Price £40 for two  
Offer available throughout  
January 2019  
Bookings to be made in advance  
Please quote FMTR/0119**



**For Reservations, please call 01769 540 561 or visit [www.highbullen.co.uk](http://www.highbullen.co.uk)**

Chittlehamholt, Umberleigh, North Devon, EX37 9HD

*All offers are subject to availability and T's & C's apply*





# WIN



## A WILDMOOR WINE AND CHEESE BOX

## A COUNTRY HOUSE RETREAT

**T**hought that port was the only match for cheese? One Dartmoor deli and drinks specialist is changing the cheese and wine matching game – one hand-picked bottle at a time.

Plonking a supermarket-bought bog-standard port on the table when the cheeseboard makes an appearance is a wasted opportunity, according to the connoisseurs at Wildmoor Fine Food & Drink in Bovey Tracey.

Founder Jeremy Clevevtt knows a thing or two about nosing a great vintage (wine not cheese, heaven forbid), and draws on his experience as a vintage winemaker in Canada and Australia to match every bottle with a ruddy good cheese (and vice-versa) at his edge-of-Dartmoor delicatessen.

For foodies who can't make it to the bricks-and-mortar store for bespoke pairings, Jeremy has curated some of his favourite matches (in gorgeous wooden gift boxes) which are available online. The British Cheesemonger's Box, for example, features three cheeses from three corners of the UK and a bottle of Bon Vallon Sur Lie, a South African unoaked Chardonnay.

**U**ntamed moor, gorgeous gardens, two AA rosette dining and all the pampering and cossetting you could possibly wish for: Ilington Country House Hotel and Spa is your go-to for the ultimate unwind.

Utter contentment beckons as you sit back, slow down and savour head chef Mike O'Donnell's delicious three course à la carte menus based around West Country cheeses, eggs laid on site, meat reared on the moor and fish landed at Brixham. Or, on Friday and Saturday evenings, linger a tad longer over an indulgent six course tasting menu with paired wines.

Rest assured the rat race will soon become a distant memory once you've donned your walking boots and taken a relaxing roam over Dartmoor National Park before heading back for a slap-up traditional roast on Sunday. Or why not spend the rest of the weekend unravelling knotted shoulders in the hydrotherapy pool or getting a luxurious massage or facial in the Tibetan spa?

**THE PRIZE** Wildmoor's British Cheesemonger's Box worth £47.39.

**THE QUESTION** Which three cheeses are featured in the British Cheesemonger's Box?

**THE PRIZE** A night's bed and breakfast for two with a three course dinner in the two AA rosette restaurant, plus use of the spa.

**THE QUESTION** Which rugged moorland is on the doorstep of Ilington Country House and Spa?

43 Fore Street, Bovey Tracey, Newton Abbot,  
Devon, TQ13 9AD  
01626 832253  
[www.wildmoor-deli.co.uk](http://www.wildmoor-deli.co.uk)

Ilington, near Newton Abbot, Devon, TQ13 9RR  
01364 661452  
[www.ilsington.co.uk](http://www.ilsington.co.uk)

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'AVOCADOS?  
I DON'T GET  
THE HYPE'

# JAMIE GULLIFORD

Salcombe Harbour Hotel's head chef reveals his regrets – and why he's done with over-worked food

#### WHAT'S THE ONE KITCHEN ITEM YOU COULDN'T LIVE WITHOUT?

My Thermomix – it's so versatile. We use it to make everything from mayo to accompany the fruits de mer, to the hollandaise for breakfast service.

#### WHAT'S YOUR EARLIEST FOOD MEMORY?

Cooking with my nan when I was five or six. She was a fabulous baker and we'd make cookies and cakes. She was the reason I got into cooking.

#### WHERE DO YOU LIKE TO EAT OUT?

I've got kids so it's usually a good pub with a big space outside for them to run around so I can actually spend some time with my girlfriend. I'm not fussy, so anywhere serving simple classic dishes using local ingredients makes me happy.

#### LIKE TO HAVE SUPPER WITH?

Gordon Ramsay – before all of the TV shows. He put everything into getting a third Michelin star and I'm inspired by his determination. Other than that, it would be great to get around a table with some of the South West's best chefs and have a good chat.

#### WISH YOU'D KNOWN 10 YEARS AGO?

Listen, write everything down and retain what you learn. You see so much every day in a kitchen and it's important to take notes for reference in the future. I lost a lot of mine over the years and I wish I'd looked after them better.

#### FAVE RESTAURANT?

I don't get to eat out a lot but dinner at The Purple Carrot at Lewtrenchard Manor was pretty special. It was a couple of years ago but I still remember the beef

rib and celeriac dish. The Greedy Goose in Plymouth is also fantastic.

#### WHAT FOOD TREND WOULD YOU RATHER FORGET?

Avocados. I don't get the hype; I can't stand them.

#### PET HATES WHEN EATING OUT?

Food that is over worked and played with; amazing food should be all about the best ingredients and intelligent cooking.

#### WHAT'S HOT AT THE MOMENT?

Given our location, we're always championing seasonal fish and seafood. Whole and meatier fish such as monkfish are best right now and we've got a great hake dish with grenoble sauce.

■ [www.harbourhotels.co.uk](http://www.harbourhotels.co.uk)



# A NEW YEAR *at* LYMPSTONE MANOR



LYMPSTONE  
MANOR

HOTEL | RESTAURANT | VINEYARD



## Stay

**35% off your stay  
until March 2019**

Join us Sunday – Wednesday until March 2019 and receive 35% off your 1 night stay with us to include bed and breakfast

Prices from £215  
for double occupancy



## Dine

**Experience the exceptional  
for less this winter**

Lunch with us Monday – Friday this winter for £39 (three courses) or £49 (four courses) and enjoy a complimentary cocktail or mocktail.

Includes up to 22% discount



## Experience

**An evening with Rob Baxter and  
the Exeter Chiefs Foundation**

On Thursday 7th February indulge in a 6 course tasting menu from Michael Caines with an exclusive Q&A with Rob Baxter to raise funds for the Exeter Chiefs Foundation.

£175pp inclusive of wine flight.

*Limited availability*

## Experience the Exceptional

*\*All offers are subject to availability and T&Cs apply. See further details on our website*





1720



# LUCKNAM PARK

HOTEL | SPA | ESTATE

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