

# Foodies

A CELEBRATION OF FINE FOOD AND DRINK

## 40

### RECIPES

MasterChef's  
Saliha  
Mahmood  
Ahmed

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VIP tickets  
to Foodies  
Festival  
Christmas



Tom Kitchin makes cooking  
fish and seafood simple

## BESIDE THE SEASIDE



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Her family recipes

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# Foodies

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# Kitchen comforts

**A**UTUMN is officially here. The weather is cooling, the leaves are falling, and we're craving comfort food. If you're on the hunt for dishes to warm your soul, we've got everything you need.

TV darling Nadiya Hussain shares her favourite family recipes, pp.26-33, and Michelin-starred chef Tom Kitchin takes the fear out of cooking fish and shellfish with simple recipes that are just made to be shared, pp.12-19. Plus, MasterChef 2017 winner Saliha Mahmood Ahmed shows you how to bring Mughal flavours into your kitchen at home, pp.36-43 while Donal Skeehan proves that even a salad can offer autumn warmth with the addition of one of Scotland's top products, smoked salmon, pp.35.

We're also putting the spotlight on Edinburgh's Broughton Street this month, showing you where to eat, drink, relax and shop in this part of town, pp.51-53.

Or, if you're already looking to the party season, we're helping you to get ahead of the game with our round up of the top festive menus in Edinburgh and Glasgow, pp.21-23.

Plus, gin lovers are in for a treat as we showcase the winners of the 2018 Scottish Gin Awards, pp.47-49.

Nothing brings people together like food, so with these fantastic recipes as your guide, gather your loved ones round the table to enjoy an autumnal feast.

**Sue Hitchen, Editor**

## CONTRIBUTORS



**Tom Kitchin** is the chef patron of Michelin-starred restaurant, The Kitchin.



**Nadiya Hussain** is a TV chef, food writer and former Great British Bake Off winner.



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# This month



BOOKS, TV, WHAT'S ON	7
SHOPPING	8
NEWS	9
FOODIES COMPETITION	11
Win VIP tickets to Foodies Festival	
TOM KITCHIN	12
The Michelin-starred chef's favourite fish and seafood recipes	
FESTIVE DINING	21
Get booking your Christmas party	
HOTEL COMPETITION	25
Win a stay at The Wine House 1821	
NADIYA HUSSAIN	26
All her family favourites	
DONAL SKEEHAN	35
Shares a smoked salmon recipe - and we share our top smokehouses	
SALIHA MAHMOOD AHMED	36
Recipes from the MasterChef champ	
CHEF Q&A	44
Try this venison dish from Sean Kelly	
AWARD-WINNING GIN	47
The stars of the Scottish Gin Awards	
BROUGHTON STREET	51
Where to eat, drink and hang out	
INTERIORS	54
How to get that Parisian chic look	
REVIEWS	56
COOK SCHOOLS	59
SPAS	61
COCKTAILS	62
NEW BARS	64
OUT & ABOUT	66



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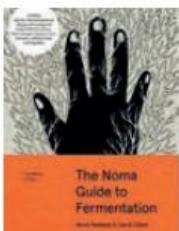
# Cooking the books



## Pleesecakes

**Joe Moruzzi & Brendon Parry, Quadrille, £15**

Inventive, delicious, and Insta-ready, these no-bake cheesecakes are about to become your new fave.



## The Noma Guide to Fermentation

**Rene Redzepi & David Zilber, Artisan Publishers, £30**

Bring some of the Noma magic home with this helpful guide.



## ScandiKitchen Christmas

**Brontë Aurell, Ryland Peters & Small, £16.99**

Add a dash of hygge to your Christmas with Brontë Aurell's tasty festive recipes.



## Paul Hollywood City Bakes

You might think that GBBO's Paul Hollywood knows all there is to know about baking, but he's about to discover a whole lot more. Join him as he travels the world, heading to family bakeries, corner delis and local favourites to learn about the origins of each city's signature bake before whipping up his own versions.

*Paul Hollywood City Bakes* is on Food Network UK, Fridays at 10pm from the



## What's on



**EDINBURGH COFFEE FESTIVAL**  
6 October, Edinburgh

Caffeine lovers are in for a treat this month. Head to the Corn Exchange to taste the very best brews around, talk beans with local roasters, meet hot chocolate experts, visit top cake makers, and pick up specialist equipment to bring home. Plus, be sure to watch the World AeroPress Championship heats and cheer on your winner.



**BIG BIG GIN FESTIVAL**  
12-13 October, Edinburgh

The gin train is showing no signs of slowing down, so jump on board and celebrate everything juniper at the debut Big Big Gin Festival. Live music and street food add to the festival vibe, but the spirit is the MVP. Armed with your souvenir balloon glass, tour the different distillers, learn more about your favourite drink, and discover all new gins, too.



**JAMES MARTIN: ON THE ROAD AGAIN**  
26 October, Glasgow

TV favourite James Martin is bringing his cooking magic to the stage at the SEC. Watch him display his impressive cooking skills in exclusive demonstrations in a night of entertainment all foodies will love. He's even promised some exciting twists and surprise mystery guests, so book your tickets now.

Jug  
[hurnandhurn.com](http://hurnandhurn.com), £9

Handpainted spoon  
[etsy.com](http://etsy.com), £22

Rolling pin  
[etsy.com](http://etsy.com), £31.17

Plates  
[johnlewis.com](http://johnlewis.com), £12



## PICK A PATTERN

Get creative with your cookware  
with these patterned pieces

Salt & pepper shakers  
[anthropologie.com](http://anthropologie.com), £18

Orla Kiely tea towel &  
oven gloves [wildandwolf.com](http://wildandwolf.com), £17 & £25

Serving tray  
[johnlewis.com](http://johnlewis.com), £14.50



Tumblers  
[takatomo.de](http://takatomo.de), £5 each

Smeg toaster  
[designbotschaft.com](http://designbotschaft.com), £443



Watering jug  
[iansnow.com](http://iansnow.com), £13.50





## RAISE A GLASS

Edinburgh's favourite cocktail celebration has just gotten bigger. Now spread over 7 days, Edinburgh Cocktail Week has upped the ante, with over 80 bars across the capital shaking up a storm. Between bar hopping, be sure to try the Chivas Regal Escape Room.

[edinburghcocktailweek.co.uk](http://edinburghcocktailweek.co.uk)

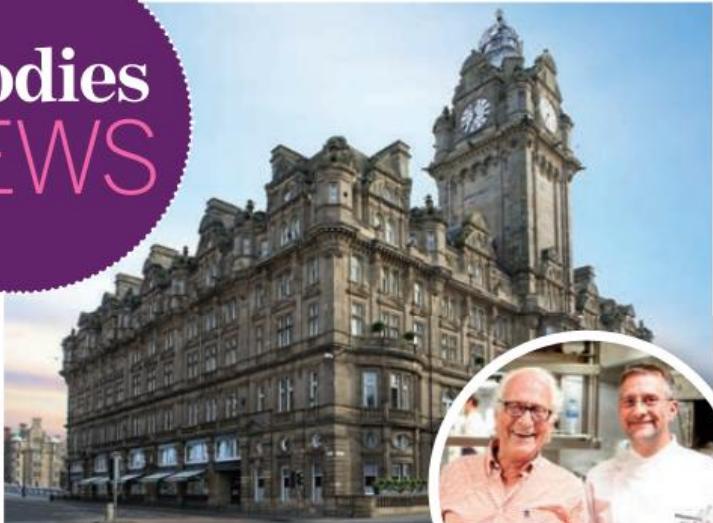


## SUNDAY SUPPER

Celebrate the day of rest by treating yourself to a Sunday roast without any of the fuss - or any washing up. The Printing Press Bar & Kitchen are offering up a delicious Sunday lunch for just £22.59 this Autumn, complete with a glass of wine. Be sure to save room for their special sharing dessert.

[printingpressedin Edinburgh.co.uk](http://printingpressedin Edinburgh.co.uk)

# Foodies NEWS



## BEST IN SHOW

Not content with being simply an Edinburgh legend, the iconic Balmoral Hotel has proven that its reputation is world class, scooping up the top prize of City Hotel of the Year at the Food and Travel Reader Awards. [roccofortehotels.com](http://roccofortehotels.com)



## JUST ADD TONIC

Top Scottish distillers McQueen Gin have outdone themselves with this magical spirit, creating a forest fruit flavoured gin that changes colour when mixed with tonic. Pick up a bottle exclusively at Aldi and watch your G&T turn from blue to vibrant pink.

[aldi.co.uk](http://aldi.co.uk)

## A TASTE OF HONEY

The classic British afternoon tea gets a Middle Eastern twist courtesy of Honeycomb & Co. Look out for the likes of mini lamb kofte, cardamom and white chocolate scones, and prawns with strawberry, watermelon and cucumber salad.

[honeycombandco.com](http://honeycombandco.com)





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MasterChef winner Kenny Tutt in the Chefs Theatre

WIN



# Win VIP tickets to Foodies Festival

Everyone's favourite time of year is rolling back around, so be sure to kickstart your festive celebrations at Foodies Festival Christmas at the EICC on the 23, 24 & 25 November.

MasterChef 2018 winner Kenny Tutt heads up the Chefs Theatre, while The Three Chimney's Scott Davies has partnered up with



The Lifeboat Association to create a delicious coastal themed dish. Nobody need feel left out of the fun, however, as Little Miss Meat Free shows you how to keep it seasonal and vegan-friendly.

If you're looking to get into the Christmas spirit, get stuck into a festive masterclass or take a stroll through the artisan producers market to start stocking up on foodie gifts. Or, if you're

looking to toast to the occasion, head to the Gin Alley where you can join in with gin tastings hosted by the Scottish Gin Awards, discover all new distillers and pick up innovative new products to take home. ●



## TO ENTER

All of this got you feeling festive? Luckily for you, we're giving away 4 pairs of VIP tickets plus 10 pairs of weekend passes for runners up. To win, enter at [foodies.co.uk/win](http://foodies.co.uk/win)



T&C: Entries must be received by 31/10/18. Prize is valid for 4 x pairs of VIP tickets. 10 runners up will win a pair of weekend passes each. Valid at Foodies Festival Edinburgh, 23, 24, 25 November at the EICC. Prize is subject to availability and cannot be used in conjunction with any other offer. No cash alternative. Non-transferrable. Editor's choice is final.

# Feast of FISH

Take a step out of your comfort zone and take on  
Tom Kitchin's fish and shellfish recipes

The joy of eating freshly caught fish or shellfish straight from the sea is an experience like no other. A big plate of fresh langoustines, oysters, crab and mussels is the kind of dish I love to share. One of my favourite ways to entertain is to gather friends and family together and place a dish like this in the middle of the table as everyone helps themselves and gets stuck in, and I find there's always lots of laughter to go with the meal.

Some of my favourite food memories also come from fishing as a young boy. I spent summer holidays discovering the Scottish coast with my family. I have many fond memories from this time and I especially remember the excitement of going mackerel fishing. I still get that buzz today when I go out fishing with my own children. To come across a school of mackerel and pull them up by the dozen is a truly rewarding feeling. My

wife, Michaela, and I love creating food memories for our four young boys, and we especially treasure the journey of fishing, gutting and barbecuing our catch, before eating it as fresh as it can possibly be.

People who follow my cooking know that as much as simple pleasures give me a lot of joy, I'm not scared to push the boundaries and I'm always seeking out lesser-known produce or flavour combinations. I want to help people break the shackles of 'I only like salmon' or 'I don't like fish with bones in it', and experiment with their own cooking, to discover new species, new dishes and new flavour.

For me, fish or shellfish makes the perfect quick-and-easy mid-week meal but I also nowadays find myself enjoying fish when my wife and I are entertaining, as it is so straightforward to bring together a meal that looks impressive, tastes delicious and is ideal for sharing. ●



**'The joy  
of eating  
freshly  
caught fish  
is like no  
other'**



# Halibut, red pepper & chorizo

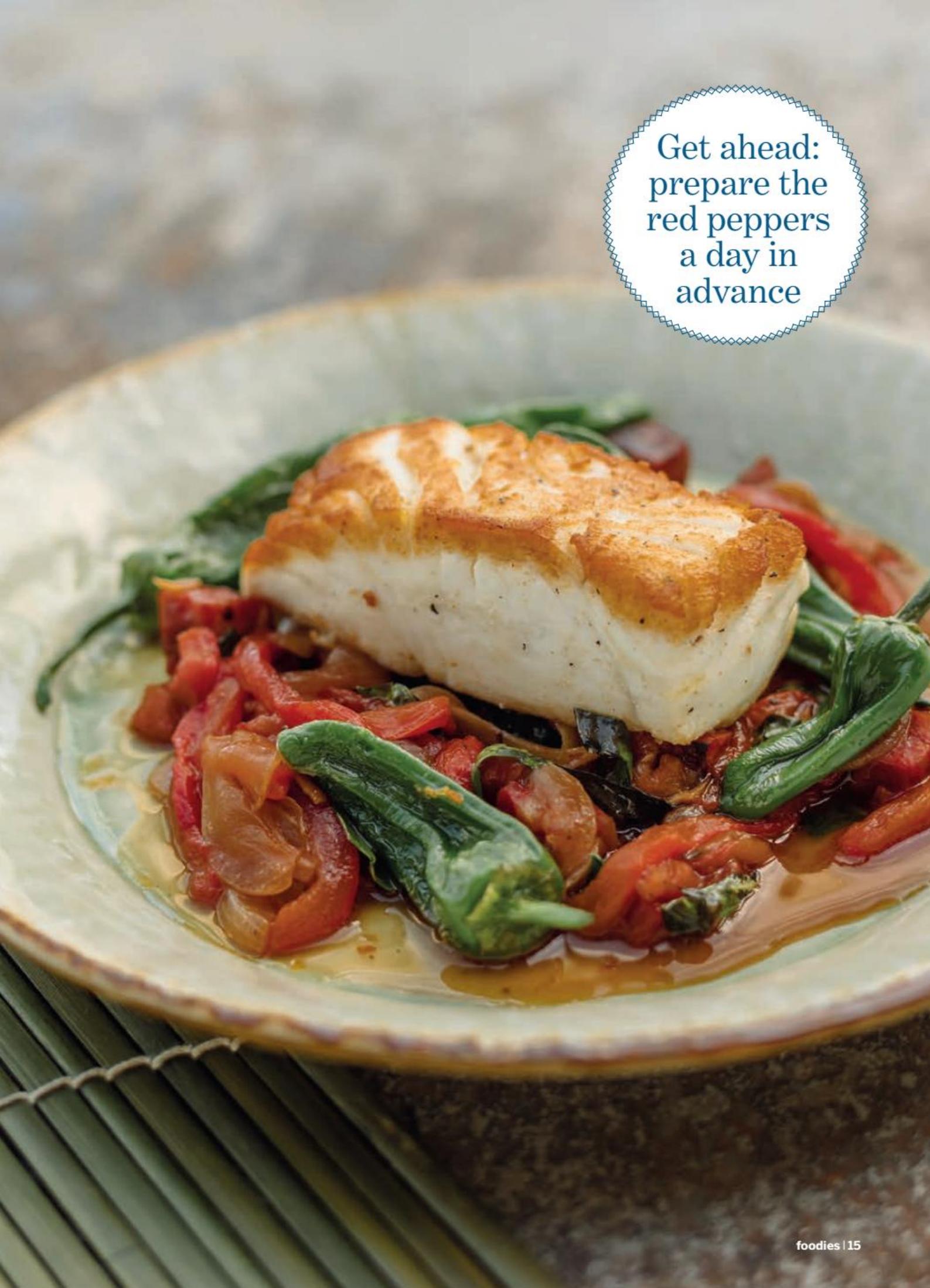
Halibut has the biggest flat fish population in the seas around the UK, and has a delicious, firm white flesh with a meaty texture. In the restaurant I only use wild halibut, but you can now buy excellent farmed halibut for a more affordable option for cooking at home. The meaty texture allows you to pair halibut with big flavours, and that is exactly what the red pepper piperade here is all about. It's a great garnish and will also work with lots of dishes, and can be made a day in advance. I love to serve this dish with green Padron peppers for a real Spanish touch.

Serves 4

**5 red peppers**  
**Olive oil**  
**150g fresh chorizo, casing removed and chopped**  
**1 onion, chopped**  
**1 garlic clove, chopped**  
**1 bouquet garni**  
**150ml chicken stock, ideally homemade**  
**A small handful of basil leaves**  
**4 halibut steaks, about 130g each, skinned**  
**20g butter**  
**16 Padron peppers**  
**Sea salt and freshly cracked black pepper**

- First, prepare the red peppers. Preheat the oven to 200°C. Heat a large well-seasoned ovenproof sauté pan with a lid over a medium-high heat, then add a splash of oil. When it is hot, add the peppers, season with salt and pepper and sauté for 2 min on each side. Transfer the pan into the oven and roast the peppers, uncovered, for 10 min, or until softened.
- Place the peppers into a bowl, cover tightly with clingfilm and set aside for 10 min — this makes the peppers sweat so you can remove the skins easily. Transfer the peppers into a sieve or colander in the sink and rinse off the skins with cold running water. Cut the peppers in half and remove the seeds and membranes, then slice them into strips and set aside.
- Heat the wiped-out pan over a medium-high heat, then add a splash of oil. When it is hot, add the chorizo and sauté for 2 min, or until oils are released. Now add the onion, garlic and bouquet garni, cover the pan, lower the heat and leave the onion to sweat for 2 min. Add the red pepper strips and continue sweating for a further 3 min.
- Pour in the chicken stock, turn the heat to medium-high and leave to simmer, uncovered, stirring frequently, for 20 min, or until the peppers have a jam-like consistency. Stir in the basil and season with salt and pepper. Remove the bouquet garni, set the peppers aside and keep hot while you cook the halibut.
- Pat the halibut steaks dry and season them all over with salt and pepper. Heat a well-seasoned sauté or frying pan over a medium-high heat, then add a splash of oil. When it is hot, add the steaks and fry for 3 min before carefully turning over. Add the butter to the pan and continue frying for a further 3 min, basting with the butter, or until the flesh flakes easily.
- Remove the halibut from the pan and leave to rest, covered with kitchen foil, for 2 min. Meanwhile, add a splash more oil to the pan. When it is hot, add the Padron peppers and sauté for 3 min, or just until they are tender. Serve the halibut on the red pepper mixture with the Padron peppers.





Get ahead:  
prepare the  
red peppers  
a day in  
advance

# Salmon Wellington

People are always looking for dinner party and special-occasion ideas, and this recipe ticks all the boxes. You can get the dish prepared in advance, allowing you to relax and enjoy the evening as much as your guests, as all you have to do is bake and then carve the salmon. Just be careful to really squeeze all the excess water out of the spinach after cooking. Also, when you're carving use a really sharp knife or serrated knife. I'm sure if you try this it will become a favourite in your family, too.

**Serves 4**

**100g spinach, thick central stalks removed  
100g watercress sprigs  
1 garlic clove, peeled but left whole  
Olive oil  
1 shallot, finely chopped  
30g cream cheese  
2 tsp chopped dill  
1½ tbsp creamed horseradish  
300g puff pastry  
Plain white flour, for dusting  
2 salmon fillets, about 250g each, skinned and pin bones removed  
1 free-range medium egg, beaten  
Sea salt and freshly cracked black pepper**

- First prepare the spinach and watercress for the filling. Rinse the spinach and watercress well and shake dry. Spear the garlic clove with a fork. Heat a well-seasoned sauté or frying pan over a medium-high heat, then add a splash of oil. When it is hot, add the spinach and watercress with just the water clinging to the leaves, season with salt and toss with the garlic fork until the spinach is just wilted. Tip into a sieve and squeeze out the excess water, then transfer to a bowl and set aside.
- Wipe out the pan and reheat over a medium-high heat, then add another splash of oil. Add the shallot with a pinch of salt and sauté for 1 min before adding the spinach and watercress and mixing together. Remove the pan from the heat, transfer the spinach mixture to a bowl and leave cool completely.
- When the spinach is cool, stir in the cream cheese, dill and horseradish, and adjust the seasoning, if necessary. Line a baking sheet with greaseproof paper and set aside. Make room in your fridge for the baking sheet.
- Roll out the puff pastry on a very lightly floured surface with a lightly floured rolling pin into a 30cm square, about the thickness of a £1 coin. Pat the salmon fillets dry and season them with salt and pepper, then place one fillet in the centre of the pastry. Spread the salmon and watercress mixture over, then top with the remaining salmon fillet.
- You now want to completely enclose the fillets in pastry. Use both hands to carefully lift the pastry and fold inwards to meet at the top, so both ends just overlap. Trim off any excess pastry to avoid a layer of unbaked pastry. Brush the edges and press together firmly to seal. Brush the pastry on both short ends with beaten egg and press together, again cutting off the excess pastry. You want about a 0.5cm gap between the edge of the salmon parcel and the pastry seals.
- Carefully transfer the salmon parcel to the prepared baking sheet, seam side down. Brush the pastry all over with the beaten egg and chill for at least 20 min. When you are ready to bake, preheat the oven to 200°C. Place the baking sheet in the oven and bake the salmon Wellington for 35 min, or until golden brown. Leave to rest for 5 min before slicing.



A salmon Wellington dish is presented on a rustic wooden board. The dish consists of a golden-brown puff pastry crust enclosing a layer of pink salmon, which is further wrapped in a green herb and butter mixture. A portion of the salmon has been sliced off and placed to the right, revealing the moist, flaked interior. A sharp knife with a dark, patterned blade lies horizontally across the bottom of the frame.

Perfect  
for dinner  
parties  
or special  
occasions

# Roasted langoustine with spring onion and garlic butter

I often get asked that dreaded question of what I would choose for my last meal. I think langoustine and garlic butter would be right up there. If you have never visited the West Coast of Scotland, you must. To eat fresh langoustine just off the boat along the coast is something very special. Langoustines can be difficult to get hold of and are often expensive, but you will find them in good fishmongers, so give yourself a treat whenever you come across them. Serve them piled high on a big plate in the middle of the table, and enjoy with your family or good friends for a perfect meal in my opinion. They are just delicious.

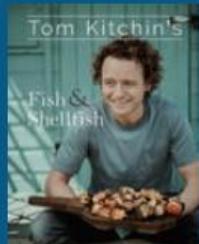
**Serves 3–4**

**12 frozen langoustines, thawed and halved with the brains and intestines removed**  
**Olive oil**  
**Sea salt**  
**Charred lemon halves, optional, to serve**

**For the butter**

**4 spring onions, sliced**  
**3 garlic cloves, finely chopped**  
**2 tbsp finely chopped flat-leaf parsley leaves**  
**150g butter, diced**

- Preheat the oven to 200°C. Arrange the langoustine halves in a single layer on one or two heavy-based roasting tins - you don't want them piled on top of each other.
- Add a good splash of olive oil and sprinkle with salt. Place in the oven and roast for 6 min, or until the flesh is white.
- To make the flavoured butter, combine the spring onions, garlic and parsley, and set aside. Heat a large heavy-based saucepan over a medium heat, then add the butter. When it starts to foam, add the spring onion, garlic and parsley mixture, and stir for 1 min.
- Remove the langoustines from the oven and pour over the butter mixture. Place the langoustines in the middle of the table and serve with lemon halves.



*Tom Kitchin's Fish and Shellfish* by Tom Kitchin, Absolute Press, £26.  
 Photo © Marc Millar





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platter in the  
middle of the  
table for all to  
share

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# FESTIVE FEASTING

Get into the Christmas spirit with our favourite festive dining destinations

## EDINBURGH

### CUCINA

**1 George IV Bridge £30pp**

[www.radissoncollection.com](http://www.radissoncollection.com)

Start the festivities off right with a three course seasonal lunch at Cucina - complete with a glass of prosecco to get you in the spirit. Gather up your loved ones and dine on the likes of ham hock terrine and fig chutney, braised beef shin, and chocolate pave and peanut brittle.

### KYLOE

**1-3 Rutland Street £39.50pp**

[www.kyloerestaurant.com](http://www.kyloerestaurant.com)

It wouldn't be Christmas without a roast and when it comes to meat, Kyloe has you covered. Their menu includes beef fillet with dripping potatoes and corn fed chicken with roast root veg, but don't miss out on dessert. We've got our eye on the mulled wine brownie with eggnog ice cream.

### WAGAMAMA

**5 St Andrew Square £19.95pp**

[www.wagamama.com](http://www.wagamama.com)

Even if traditional Christmas fare isn't your style, you can still join in with the festivities with a trip to Wagamama. Their menu includes Waga favourites like teriyaki chicken donburi and katsu curry and includes a glass of prosecco to toast to the evening.

### CANNONBALL

**356 Castlehill £35pp**

[www.contini.com](http://www.contini.com)

Scottish produce takes a starring role at Cannonball. Dishes range from Burnside Farm pigeon with



Above & below: Chez Mal



Above & below:  
The Printing  
Press



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

macerated cranberries and sprouts to the unmissable Scottish turkey with local roast veg. Even the Christmas pud gets the Caledonia treatment courtesy of a Glengoyne and honey creme fraiche accompaniment.

The Printing Press are honouring the classics with their seasonal menu. Festive flavours are in abundance, from the duck terrine with gingerbread to the Norfolk bronze turkey and, of course, their signature Christmas pudding.



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Clockwise from top:  
Halloumi, Hotel du Vin,  
Dakhin, Cucina, Chez Mal



## GLASGOW

### CHEZ MAL

278 W George Street £35pp

[www.malmaison.com](http://www.malmaison.com)

Chez Mal's appropriately named Celebrations Menu proves that they know that a great Christmas party needs great food. The time honoured classics are all present and correct, with an added modern twist. We're especially keen on the mulled wine poached pear trifle.

### HALLOUMI

161 Hope Street £24.99

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

Take a break from turkey and head to Halloumi where you can celebrate the season family-style by sharing an array of delicious mezze. Feast upon fresh Mediterranean dishes like swordfish carpaccio, souvlaki and dolmades - and, of course, halloumi fries.

### RED ONION

27 W Campbell Street £32pp

[www.red-onion.co.uk](http://www.red-onion.co.uk)

Nobody need feel left out at Red Onion, where they're serving up Christmas magic in traditional, vegan, and gluten free form. Each



### DAKHIN

89 Candleriggs £25pp

[www.dakhin.com](http://www.dakhin.com)

Have faith in Dakhin's talented team and opt for their festive tasting menu, laid out for all to share. Highlights include spiced haddock croquettes, lamb fillet with ginger and coconut and siru uttappam, rice and lentil pancakes.

### ONE DEVONSHIRE GARDENS

1 Devonshire Gardens £42.50pp

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Festive fine dining at One Devonshire Gardens is a treat. Naturally, there's a traditional turkey ballotine, but Christmas flavours are evoked throughout, from port poached pears to the gingerbread with the panna cotta. Prosecco and wine are included for the full experience.

of the three menus are packed full of tempting dishes, but the creative vegan offering really stands out. Try the chestnut, roast garlic and apple pate, and don't miss out on the vegan Christmas pud.

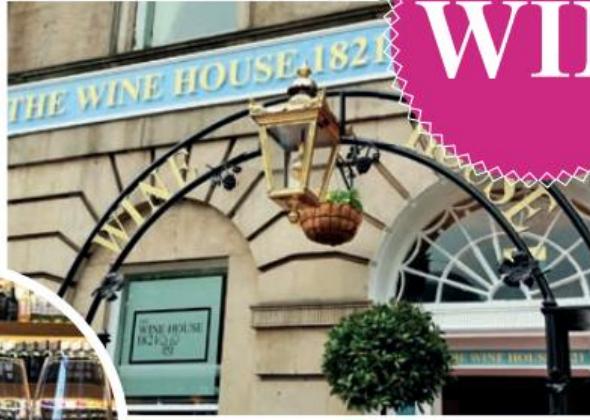


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WIN



# Win a city break at The Wine House 1821

**E**XPERIENCE a taste of the Mediterranean without leaving the capital at The Wine House 1821, a fantastic foodie destination in the heart of Edinburgh. This statuesque Georgian townhouse boasts four beautifully designed boutique bedrooms and a prime location for exploring the city, but the real star is the signature wine bar. With an impressive collection of 130 different wines available, guests are invited to indulge their inner wine lover and discover new, exciting bottles and fall back in love with old favourites.

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overnight stay for two, complete with dinner in the Wine House bar. Feast on a wide range of fine Italian charcuterie and cheese, choose from a selection of light bites, and let their expert sommelier guide you through the expansive wine list. With over 30 wines available by the glass, this is the perfect opportunity to get tasting and find a new favourite.

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## TO ENTER

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

**How many wines does The Wine House offer?**

To win, enter your details online at [foodies.co.uk/win](http://foodies.co.uk/win)

T&C: Entries must be received by 31/10/18. Prize is valid for a one night stay for 2 with a light meal in the Wine Bar, a welcome drink, a bottle of wine with dinner and continental breakfast. Prize is subject to availability and cannot be used in conjunction with any other offer. Prize must be booked in advance. Valid until 28 February 2019. Entrants and guest must be 18+. No cash alternative. Non-transferrable. Editor's choice is final.

# To feed a FAMILY

Nadiya Hussain is putting family first with these comforting recipes that will have everyone round the dining table smiling

**F**ood is such a simple word. A simple four-lettered word that can evoke every human emotion possible. For me, food is all about home, and the family memories we make there, the things we eat as vivid in our minds as the moments and milestones that inspire them.

It's the look on my sister's candlelit, hand-over-mouth face as I walked into a darkened room with a sticky-sweet fondant covered cake that took five days to make. While I worried it may be dry on the inside, nobody else cared, because it was spectacular on the outside and was met with the type of reaction every celebration cake should warrant: excitement, shock, maybe even a little Oscar-worthy acting, the kind where she knew she'd be getting a cake but pretended she wasn't expecting one, because that is what grown-ups do.

The sigh of satisfaction from my husband when I hand him a plate of wheat-crusted chicken at the end of a hard day clearing up the garage (a job he insists of doing on a weekly basis!). Showered, cleaned-up, lounge pants on, I sneak his dinner into our 'flounge' (the fun lounge), followed by cookie dough ice cream for afters, which always goes down a treat... 'If you don't tell the kids, then I won't'. He eats, no words, just 'mmms' and 'aaahs', til he reaches his last morsels and says, 'I could do that all over again,' and yes, we're still on the subject of food.

For him, every tiny plate of something delicious takes him to a wonderful place. He doesn't stay there long, but he knows he will be back again soon, since mealtime is always just around the corner.

The unsure face of my little man Moses (not so little any more!) back when he took his first mouthfuls of homemade ginger rice, as I came at him slowly with a neon plastic spoon and his eyes crossed til they could cross no more. That first taste of food as he wondered at the unfamiliar texture in his mouth. Nothing has changed. He still eats everything cautiously, inspecting the texture and flavours, but almost always ending in a smile, to be met by my proud mummy face, and his curiosity satisfied.

Food is not just the fuel that keeps us going, it isn't just a tick box, done! Food is one of the many things we take for granted, and because it's always been there, we assume it will never go away. Food has been my comfort many times. Somehow a cup of tea and a slice of cake really do make life's troubles feel a little better, no matter how temporary the relief. Food gives us life, makes us smile, makes us weep, makes us feel emotions we did not think possible - and best of all, it helps us make memories.

Food is such a simple word. But those four letters underpin so much: my four walls, my roof, my radiators, my loves, my laughter. Food, for me, is home. ●

**'Food,  
for me,  
is home'**



# Niçoise bake

If I have not already professed my hatred for cold salads, this is another excuse for me to moan about them – and to do something about it, too. I love the combination of a Niçoise: potatoes, anchovies, tuna, olives and Parmesan. Just delicious, but even better when the same classic ingredients are warmed right up, as I've done here!

Serves 4

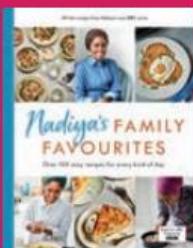
*For the salad*

8 new potatoes (about 375g)  
4 eggs  
2 x 170g tins of tuna, drained  
5 cherry tomatoes, quartered  
115g green beans, cut into 2.5cm pieces  
1 small red onion, thinly sliced  
100g pitted black olives, halved  
3 anchovies, chopped finely  
150g Parmesan shavings

*For the dressing*

5 tbsp olive oil  
2 cloves of garlic, crushed and chopped  
2 tbsp balsamic vinegar  
1 tsp dried parsley  
2 tsp dried chives  
½ tsp salt

- Boil the new potatoes in simmering salted water for 15–20 min. Drain and cool, then cut into quarters.
- Lower your eggs gently into boiling water and simmer for 8 min. Rinse under cold water and, when cool to touch, peel from their shells and cut into quarters.
- Put the potatoes, eggs, tuna, tomatoes, beans, red onion, olives and anchovies into a 20x30cm ovenproof dish. Preheat the oven to 200°C.
- To make the dressing, put the oil, garlic, vinegar, parsley, chives and salt into a bowl and mix well. Add the dressing to the baking dish and give the whole thing a good stir, making sure everything is coated well.
- Put the Parmesan shavings on top and bake in the oven for about 15 min. This is just enough time for all the loveliness in the dish to warm through, but also for the cheese to melt and crisp up on top.
- This is best served straight away. I like it with a glass of fizzy water and some trashy afternoon telly.



*Nadiya's Family Favourites* by Nadiya Hussain, published by Michael Joseph, £20.



The  
ideal one  
dish lunch  
for minimum  
washing up

# Grapefruit chicken stew with couscous

When I see fruit, I don't just see dessert or sweets. I love using fruit in my savoury cooking too. That's all thanks to my Bangladeshi home that I grew up in as a child. Citrus works just as well with savoury dishes as it does with sweet. The old grapefruit doesn't get much air time though. I love its combination of sweet and bitter, which works really nicely with the chicken. This stew is such a simple thing to make, but the grapefruit adds some razzle dazzle.

**Serves 6**

**For the stew**

1kg skinless boneless chicken thighs, diced  
1 tsp ground turmeric  
4 tbsp olive oil, plus a little extra  
3 cloves of garlic, chopped  
1 small onion, finely diced  
1 tsp salt  
2 tsp ground cumin  
1 tsp chilli flakes  
1 large grapefruit, juice (about 150ml) and zest  
500ml hot water  
2 tbsp cornflour mixed with 2 tbsp water  
A large handful of fresh flat-leaf parsley, finely chopped

**For the couscous**

400g couscous  
1 tsp salt  
30g unsalted butter  
550ml boiling water

- Put the chicken into a bowl, add  $\frac{1}{2}$  teaspoon of turmeric and mix until all the chicken is covered. Place a large saucepan on the hob on a medium to high heat and add the oil. Fry the chicken in batches, until cooked and brown around the edges. Put back into the bowl and set aside.
- Add a little extra oil, about a tablespoon, to the pan. Add the garlic, onion and salt and cook until the onion is soft – this can take 10–15 min.
- Now add the cumin, chilli flakes and the remaining  $\frac{1}{2}$  teaspoon of turmeric and cook for a few minutes.
- Add the grapefruit juice and zest, along with the browned chicken. Mix through, then add the hot water.
- Stir in the cornflour and water mixture, then cover the pan with a lid and cook for 30 min.
- Meanwhile, put the couscous into a bowl and stir in the salt. Put the butter on top. Pour in the boiling water until it reaches about 1cm above the couscous. Cover, then set aside so that the couscous can soak up the water.
- When the chicken stew is cooked, take it off the heat and add the parsley. Serve the stew with the couscous.

Top with  
a dollop  
of cool  
natural  
yoghurt

# Back to front baked cheesecake

A simple baked cheesecake is one my favourite desserts. It can sit in the fridge and be enjoyed over the course of a week, and that ultimate slice is the best slice of all. But sometimes I feel short-changed by the base. It's nice enough, but often I want something more. So here I've baked a cheesecake without any base at all, and instead topped it with honey salted caramel and a chocolaty tiffin mixture. It's essentially a flipped-over version of the classic, but in my opinion all the best cakes are a little back to front!

## Serves 9

### *For the cheesecake*

Butter, for greasing  
900g full-fat cream cheese  
200g caster sugar  
150ml soured cream  
3 tbsp plain flour  
3 medium eggs, beaten  
2 tsp vanilla bean paste

### *For the honey salted caramel*

50g butter  
170g set honey  
300ml double cream  
½ tsp salt

### *For the tiffin crumble*

150g digestives, roughly crushed  
75g unsalted butter  
30g demerara sugar  
50g dark chocolate chips  
50g toasted hazelnuts, roughly chopped

- Preheat the oven to 160°C. Grease the base of a 20cm round cake tin (it mustn't be loose-bottomed, imagine the leakage!), and line it with baking paper.
- Put the cream cheese, sugar, soured cream, flour, eggs and vanilla paste into a large bowl and give it all a good mix, just for a minute or so, until it is well combined. You don't want to mix for too long and incorporate any air.
- Pour the mixture into the prepared tin, tap it on the worktop to release any trapped air, then level the surface. Bake on the lower shelf of the oven for 1 hour.
- As soon as the hour is up, open the oven door, leaving it slightly ajar. Pop a wooden spoon in the door to keep it just open and let out the heat slowly. Now turn the oven off.
- Don't take the cheesecake out until the oven is completely cold. This recipe is more about patience than anything else. Once the oven is cool, there's more waiting, I'm afraid. Put the cheesecake into the fridge to chill overnight.
- Next day, it's time to make the honey salted caramel. Put the butter into a small pan on a medium heat. As soon as it has melted, add the honey and cook on a medium heat for 10 min, until the caramel is a golden brown. If it starts to catch, just turn the heat down slightly. After 10 min, pour in the cream, give it a mix and allow it to just come up to the boil. Take off the heat and stir in the salt.
- To make the tiffin crumble, put the biscuits into a zip-lock bag and crush them very roughly. I like a good mix of big pieces, small bits and lots of crumbs. Empty them into a bowl.
- Melt the butter and pour it on to the biscuits. Leave to cool for about 10 min while you take the cheesecake out of the fridge and turn it out on to a serving plate or platter. Add the sugar, chocolate and hazelnuts to the buttery biscuit chunks.
- Now for the back-to-front bit. Put the tiffin mixture on top of the cheesecake, but not in any neat fashion or packed tightly, just piled on top in peaks and troughs.
- Reheat the caramel if it has cooled too much, and pour over the cheesecake. For any of you who have had past cheesecakes fly across the table from the sheer brute force of fighting to cut a tight biscuit base, you are welcome!

Make  
extra salted  
caramel for  
pouring on  
ice cream



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# SOMETHING SMOKY

Smoked salmon brings the warmth to Donal Skeehan's perfect autumn salad

## Hot Smoked Salmon Potato Salad

Serves 4

600g new potatoes  
4 hot smoked salmon fillets, flaked  
Small bunch of dill, chopped  
Small bunch of chives, snipped  
100g bag baby watercress  
Good squeeze of lemon juice

1 tsp Dijon mustard  
2 tsp white wine vinegar  
2 tbsp extra virgin olive oil  
Sea salt and black pepper

- Put the potatoes into a large pan of salted water. Bring to the boil and simmer gently for 10–12 min until just tender. Drain and allow to cool a little before slicing in half and placing in a large bowl.
- Whisk together the mustard, vinegar and olive oil in a small bowl. Season generously to taste.
- Pour the dressing over the warm potatoes, add the flaked salmon, dill and chives and mix well. Add the watercress, squeeze over some lemon juice and toss gently through. Serve straight away.



*Donal's Meals in Minutes*  
by  
Donal Skeehan,  
published on 6th  
September 2018  
by Hodder &  
Stoughton, £25  
© Donal Skeehan  
2018

### OUR FAVOURITE SCOTTISH SMOKEHOUSES

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# Meals by the master



**I**owe much of my love for gastronomy to my maternal grandmother, Asma Noor, also lovingly known as 'Nano'. She was stunningly beautiful in her youth – with rosy cheeks, twinkling brown eyes and a broad, kind smile remembered by all those who knew her. Married at just seventeen years old, she could never pursue a career in home economics; instead, she devoted her years to raising her four children and running her home impeccably.

Nano was highly innovative. In her kitchen, she invented the most wonderful food for her family together with Shareef the family khansama (a male cook in charge of the kitchen). She was never especially extravagant, choosing to live frugally and making use of all that was available to her. Meals were simple, extremely flavoursome and very skilfully prepared. It is this food philosophy of frugality, simplicity and –above all- flavour that has been passed down the generations like a previous gift.

My parents were both doctors who moved to England in the eighties after completing their education in Pakistan. Nano visited us in England and would stay for long periods of time, helping with childcare so my parents

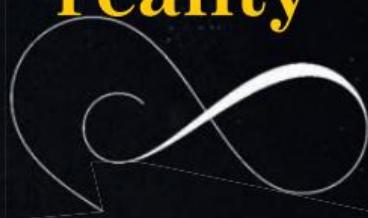
Let MasterChef 2017 winner Saliha Mahmood Ahmed inspire you to be bold in the kitchen with her modern Mughal recipes

could pursue their careers. She once noticed an apple tree at the back of the NHS accommodation where my parents were living. The tree was bursting at the helm with ripe, round, odd-shaped cooking apples that no one wanted. Nano seized the opportunity. For the next month, we ate apples in every form: candied, made into jam, pureed into baby food, pickled, cooked with tamarind in a savoury broth or to add sweetness to lamb curries.

These recipes are not subtle. My food is bold, proud, full of attitude and deeply steeped in heritage. For many years, cooking remained a serious hobby. I collected mountains of cookery books and magazines and was constantly thinking of my next big project in the kitchen. But unfortunately, a demanding medical career and motherhood often left me little time for my gastronomic endeavours.

My husband Usman was well aware of my obsessional love of food. It was Usman who in fact applied on my behalf to MasterChef 2017. Little to my knowledge, that application form would mark the beginning of the most amazing culinary journey, culminating in me lifting the coveted trophy. I am eternally grateful for the opportunity and all those who made my dreams a reality. ●

**'I am  
eternally  
grateful to  
those who  
made my  
dreams a  
reality'**



# Smoked chicken & basil kebabs

This dish uses a Mughal cooking technique called dhuandaar to impart the flavour of smoke into cooked chicken. While not essential for this dish, it is a really simple and effective way of bringing the barbecue flavour to your dishes any time of the year. All you need is a small piece of coal... intrigued?

**Serves 6**

**100g Greek yoghurt  
1 tsp grated ginger  
1 garlic clove, grated  
2 handfuls of basil leaves  
1 tbsp garam masala  
1 tbsp chilli flakes  
1 tbsp cumin seeds  
Pinch of salt  
800g skinless and boneless chicken thighs  
1 tbsp olive oil  
1 small piece of coal, about 4 x 4cm (optional) – make sure it has not been doused with commercial lighter fluid**

**For the salad and raita**  
**800g beetroot, trimmed (reserve and thinly slice the stalks)**  
**70ml olive oil**  
**Juice of ½ lemon**  
**1 red chilli, finely diced**  
**½ tsp cumin seeds**  
**Handful of beetroot stalks (optional)**  
**Generous handful of fresh basil leaves**  
**200ml buttermilk**  
**1 tsp ground cumin**  
**Salt, to taste**

- Preheat the oven to 220°C. Put the yoghurt into a food processor or blender together with the ginger, garlic, basil leaves, garam masala, chilli flakes, cumin seeds and salt. Blitz until you have a smooth, vibrant green purée and pour it all over the chicken. Cover with cling film and allow to marinate for at least 30 min.
- Put the beetroot into a roasting tin and roast for about 30–45 min, or until a knife can slide through them easily. Remove from the oven and cool before peeling. Cut three-quarters of the beetroot (about 600g) into thin slices and arrange on a platter. Make a dressing by combining the olive oil, lemon juice, half the diced red chilli, the cumin seeds and sliced beetroot stalks, if using, together in a pestle and mortar. Add the basil leaves and salt to taste and bruise lightly. Spoon this over the sliced beetroot.
- To make the raita, grate the remaining beetroot and combine with the buttermilk, remaining diced red chilli, and ground cumin and season with salt to taste.
- Place a griddle pan over a high heat and brush lightly with olive oil. Add the chicken thighs and griddle for 5–7 min on each side until cooked all the way through. Put the cooked chicken into a wide casserole dish with a heavy, tight-fitting lid. Put a metal tablespoon into the casserole dish, on top of the cooked chicken.
- Now take the piece of coal in some kitchen tongs and hold it directly over the gas flame on the hob until it catches (it will take at least 5 min). Carefully place the glowing coal on the tablespoon. Working quickly, pour the oil onto the piece of coal: smoke will form immediately. Place the lid on the casserole dish and allow the smoke to infuse the chicken for about 15–20 min. Serve with the beetroot salad and raita.



Try this  
Mughal  
technique  
for BBQ  
flavour



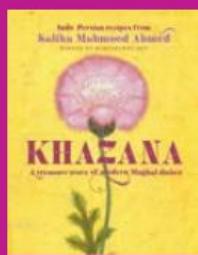
# Sea bass, chilli & saffron butter

Lavash is an incredibly versatile Persian flatbread that is usually used to make light wraps and rolls. I wrap fillets of sea bass in it and roast the bread parcels until they are golden on the outside and crunchy in texture. This is a really quick and easy supper for the family or guests.

**Serves 6**

**4 pieces of lavash bread  
50g softened butter  
Good pinch of saffron threads  
1 garlic clove, finely grated  
1 red chilli, finely chopped  
4 x 120g skinless sea bass fillets, 1cm thick  
2 sliced spring onions, thinly sliced  
4 tsp finely chopped fresh coriander  
Olive oil  
Salt, to taste**

- Preheat the oven to 200°C.
- Trim each piece of lavash bread to create four squares around 20 x 20cm. Use a fork to mix the saffron, garlic and red chilli into the softened butter.
- Season the sea bass fillets with salt and place each one onto a square of lavash bread. Spread the saffron-chilli butter over the sea bass fillets and sprinkle with a few spring onions and some coriander. Carefully bring each side of the lavash over the sea bass so that the fish is completely enclosed inside the flatbread.
- Place the prepared fish parcels onto a baking tray and rub olive oil all over them. Bake for about 12 minutes, or until the fish is cooked through and the bread is golden. Open out the fish parcel to reveal the herb and saffron baked fish and crispy lavash bread. Serve immediately.



*Khazana* by Saliha Mahmood Ahmed, published by Hodder & Stoughton, £25.



A quick,  
easy and  
fresh  
midweek  
dinner



# Smoky spiced aubergine & pomegranate vol-au-vents

My relationship with aubergines is nothing short of a full-blown love affair. They are a complete textural delight and are the most incredible sponge for flavour. I adore this dish – it makes an incredible vegetarian main course or starter. The combination of aubergine, sweet pomegranate molasses and chilli heat is so pleasing against the flaky butter-enriched puff pastry.

**Serves 4**

**2 large aubergines (about 800g total)**  
**2 tbsp olive oil, plus extra for drizzling**  
**1 onion, thinly sliced**  
**1 tsp hot paprika**  
**½ tsp chilli powder**  
**1 heaped tsp cumin seeds, dry-roasted**  
**1 heaped tbsp pomegranate molasses**  
**Flour, for dusting**  
**1 x 320g sheet of puff pastry**  
**1 beaten egg**  
**3 tbsp sour cream**  
**Handful of pomegranate seeds**  
**Handful of chopped fresh flat-leaf parsley**  
**20g toasted pistachios**

- Preheat the oven to 200°C.
- Cut the aubergines in half lengthways, drizzle with a small amount of olive oil and bake for about 30 minutes, or until the aubergine has softened completely. Allow the aubergines to cool, scoop out the flesh and put to one side.
- Drizzle 2 tbsp of olive oil into a pan, place over a medium heat and add the onion. Fry the onion for 15–20 minutes until it turns a deep golden brown, then add the paprika, chilli powder and cumin seeds. Cook gently for 1 minute until the spices release their aroma. Add the aubergine flesh to the pan along with the pomegranate molasses and mix thoroughly. Cook the mixture for a few minutes until the oil starts rising to the surface of the aubergines. Season to taste with salt and allow the mixture to cool.
- To make the vol-au-vent cases, remove the pastry from the fridge and unroll onto a lightly floured

worktop. Working quickly while the pastry is still cool, cut it into four 8cm squares. Carefully place the pastry squares onto a baking tray lined with baking parchment. Use a knife to score a shallow border about 1.5cm from the edge, taking care to not cut the whole way through. Prick the inner part with a fork and brush the border with the beaten egg. Chill in the fridge for at least 30 minutes.

- Increase the oven temperature to 220°C and bake the vol-au-vents for 12–15 minutes, or until the pastry is golden and puffed up. Remove from the oven and allow to cool.
- Scoop out the top layer of the pastry from the centre of the vol-au-vents to create a 'nest' and fill with the aubergine mixture. Dollop over the sour cream and scatter with the pomegranate seeds, chopped parsley and toasted pistachios. Serve immediately.



Top with  
toasted  
pistachios  
for extra  
crunch





#### How did you first get into cooking?

Growing up in Essex, I had aspirations to join the fire brigade but after leaving school I found myself drawn to the kitchen instead. I began my career as a Commis Chef at The Bell Inn, an award-winning restaurant in Essex.

#### What is your favourite Scottish ingredient?

It's too hard to pick one but right now I love

Isle of Skye Sea Salt which has been made from Loch Snizort on the island for 300 years now. It's organic and dried naturally by sunlight, producing nice crystals that are ideal for finishing off dishes and sprinkling on red meats.

**'I like taking traditional dishes and making them more fun'**

# A TASTE OF LOCH NESS

Michelin-trained chef Sean Kelly shares his love of Scottish produce

#### What inspires you most in the kitchen?

The Scottish larder. It is my suppliers who really inspire me, especially those who are doing something different. I love coming up with exciting ways to use their products. The area surrounding our hotel in Fort Augustus is brilliant for foraging too – we find sloes, chestnuts, chanterelles and other goodies that often make their way onto my menus.

#### What is your signature dish?

I would say that I have more of signature style rather than dish - although there have

certainly been some favourites amongst our guests such as my lemon cheesecake and basil ice cream. I like taking traditional dishes and making them into lighter and more fun using modern techniques. My shepherd's pie with lamb titbits involves a mini shepherd's pie served in a potato basket alongside tasty cuts of lamb from shoulder to sweetbreads and a vibrant pea purée.

#### What's your guilty pleasure?

Cheese – it's my go to. I especially love soft cheese, such as Ailsa Craig, on crispy French bread.

*Sean Kelly is the chef patron at The Lovat Loch Ness.  
[www.thelovat.com](http://www.thelovat.com)*

# Wild venison, venison pie, garden peas

**Serves 4**

**4 x 120g wild venison steak**

**Sprig of thyme**

**3 cloves of garlic**

**For the pie filling**

**150g minced Scottish venison**

**1 chopped shallot**

**10g diced carrot**

**100g meat stock**

**5g butter**

**4g tomato paste**

**For the pie pastry**

**500g plain flour**

**250g unsalted butter**

**2 beaten eggs**

**2 tbsp cold water**

**2.5g salt**

**For the pea puree**

**100g frozen peas**

**4 mint leaves**

**250ml water**

- For the pastry, rub the butter and flour together until they resemble fine breadcrumbs. Add the eggs and water and knead to a soft dough. Chill for 2 hours. Preheat the oven to 180°C.

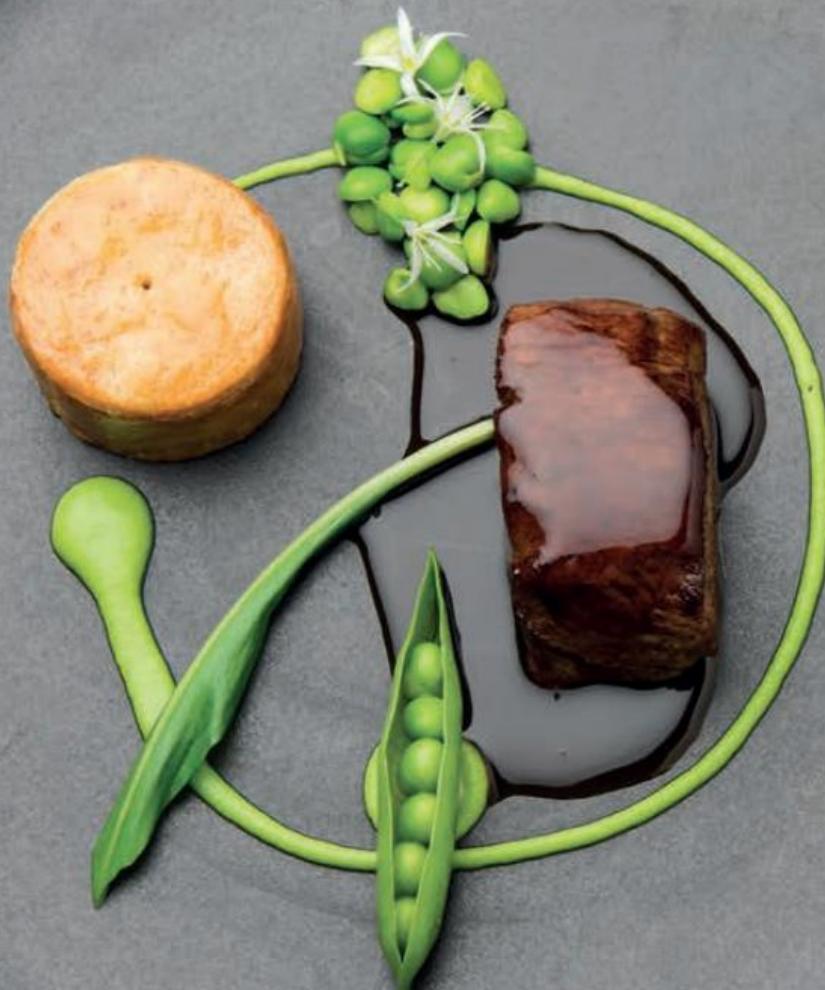
- For the filling, sweat the shallots in butter, add the mince and brown then add the tomato paste and stock. Cook for 10 min before adding the carrots, then cook for a further 10 min. Let cool.

- While the filling is cooling, press the chilled pastry into four individual pie moulds. Pour baking beans into the pastry cases and blind bake for 10 min. Remove the pastry cases from the oven and pour in the cool filling. Return to the oven until the pastry is golden and the filling is hot through.

- For the puree, add the water and the mint leaves to a pot and bring to the boil. Add the frozen peas and bring back to the boil then strain, reserving the liquid in a jug. Blitz the peas in a blender, adding the reserved boiling liquid as required until you achieve a smooth puree. Season to taste.

- Roast the venison with the garlic and thyme in the oven until a meat thermometer reads at 54°C (this will give you a medium steak). Rest for the same amount of time before serving.

- Roast the venison with the garlic and thyme in the oven until a meat thermometer reads at 54°C (this will give you a medium steak). Rest for the same amount of time before serving.





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# ONTO A WINNER

Looking for your new favourite spirit? Try one of the Scottish Gin Awards 2018 champions

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GIN AWARDS**

**EDEN MILL  
GIN OF  
THE YEAR**



**WINNER: Eden Mill's Original Gin**  
[edenmill.com](http://edenmill.com)

A classic London Dry with a distinctly Scottish taste, Eden Mill's Original Gin took home the two big ones at this year's awards, bagging both Gin of the Year and London Dry of the Year. Infused with tart seabuckthorn berries, grown within walking distance



of their St Andrews distillery, and lemonbalm, this spirit is packed with fruity, citrus flavours. This clean, sweet gin is at its best served with a slice of grapefruit, or cut out the middle man and try mixing it with grapefruit tonic water instead.

**WINNER:**  
**Beinn an Tuirc Distillery**  
[kintyregin.com](http://kintyregin.com)

New kids on the block Beinn an Tuirc have become fast favourites. All made with their own renewable energy, this sustainable distillery already has 3 gins to its name: their signature Kintyre Gin, an Oak Aged Botanical Gin, and the Cranachan inspired Pink Gin, infused with raspberries and oats.

**BEINN  
AN TUIRC  
BEST  
NEWCOMER**



**WINNER: Glasgow  
Distillery Co's Makar  
Mulberry Aged Gin**  
[glasgowdistillery.com](http://glasgowdistillery.com)

Filled with flavours of vanilla, thyme and lemon, this warming mulberry wood aged gin is perfect for winter. Try shaking it up in a classic dry martini, or serving with ginger ale and lime.

**MAKAR  
GIN  
BEST  
CASK GIN**



  
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### WINNER: McQueen's

**Mocha Gin**

[mcqueengin.co.uk](http://mcqueengin.co.uk)

Forget the after dinner espresso. Try rounding off your meal with McQueen's Mocha gin, flavoured with chocolate and coffee for a truly original taste. Or, for the best of both worlds, try adding the Mocha gin to your espresso martini for the perfect liquid dessert.



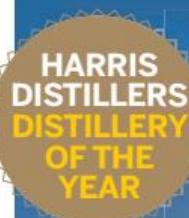
**MISTY  
ISLE GIN  
DISTILLED  
GIN**



### WINNER: Isle of Skye Distillers' Misty Isle Gin

[isleofskyedistillers.com](http://isleofskyedistillers.com)

Distilling the flavours of Skye into every bottle, Misty Isle Gin is made with water from the Storr Lochs and local botanicals, included juniper hand-foraged from the island. Eleven different botanicals come together to produce its unique flavour, including one top secret ingredient, exclusive to Skye.



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**Mocha Gin**

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### WINNER: Isle of Harris Distillers

[harrisdistillery.com](http://harrisdistillery.com)

Harris Distillers' sea-inspired bottle is fast becoming iconic, while the unusual addition of sugar kelp has cemented Harris Gin as a truly unique spirit. No wonder then that they scooped up Distiller of the Year 2018. Filled with the flavours of the coast, we love Harris Gin simply on its own with a cube of ice and a splash of their sugar kelp aromatic water.



### WINNER: Boë's Scottish Bramble Gin Liqueur

[boegin.com](http://boegin.com)

Aromatic Scottish brambles load Boë's rich gin liqueur with dark, fruity flavour and gorgeous colour. Truly Scottish and truly unique, this jammy liqueur is ideal for winter celebrations. It's delicious on its own, but our favourite way to enjoy it is poured over a glass of Champagne.

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# DOWN ON THE STREET

Whether you're looking to eat, drink, relax or shop, Broughton Street has it all

## EAT

### LE ROI FOU

1 Forth Street

[www.leroifou.com](http://www.leroifou.com)

Sophisticated yet understated, Le Roi Fou combines the freshest seasonal Scottish ingredients with classic French cuisine. If you can exercise restraint on the tempting dinner menu, you'll be rewarded with a king's choice of desserts from dark chocolate fondant to poached peach with salted peanut crumble.

### THE OLIVE BRANCH

91 Broughton Street

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

The ideal family destination, The Olive Branch is perfect for a hearty dinner after a day spent exploring the nearby Calton Hill. A relaxed and informal atmosphere pairs beautifully with classic Italian-inspired comfort food. With a wide range of dishes to choose from, the menu is sure to delight all, young or old.

### THE WINE HOUSE 1821

4 Picardy Place

[www.winehouse1821.co.uk](http://www.winehouse1821.co.uk)

Share a cheese board in the swanky Georgian splendour of The Wine House 1821. Their gourmet menu is bound to satisfy any craving, made all the more luxurious when paired with a glass of one of their 130 different wines, an Italian beer or a perfectly mixed cocktail.

Clockwise from top:

Le Roi Fou,  
Nightcap



### FHIOR

36 Broughton Street

[www.fhior.com](http://www.fhior.com)

Fine dining quality with a playful edge, Fhior pride themselves on producing dishes that manage to be refined but not pretentious. Be sure to try their signature home baked sourdough bread, lathered with aged butter.

DISCOVER  
NIGHTCAP'S  
INVENTIVE  
COCKTAILS

## DRINK

### NIGHTCAP

3 York Place

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

Nightcap truly is a hidden gem in the style of an old school speakeasy, complete with two stories of romantic alcoves and warm stone walls. The space itself has a conspiratorial energy, the atmosphere immediately consorting to bring your night out in Edinburgh to life. The tasty cocktails don't hurt either.



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**KIN****1 Barony Street**[www.fb.com/kin.edinburgh.bar](http://www.fb.com/kin.edinburgh.bar)

Every night is party night at KIN, a cosy hideaway that specialises in shaking up inspired cocktails, innovatively created and constantly rotating. Creative menus bring old classics to life and dazzle with inventive mixes, while the bar snacks menu will keep you going all night long. Shaken by candlelight, no serve at Kin will let you down.

**RELAX****FORTITUDE COFFEE****3C York Place**[www.fortitudecoffee.com](http://www.fortitudecoffee.com)

This speciality coffee shop takes its caffeine seriously, even roasting their own beans to ensure that their customers all sip the finest blend. More traditional Brits are well accounted for with a full selection of Anteagues teas, while their super creamy hot chocolate is well worth a mention, too.

**SODERBERG****45 Broughton Street**[www.soderberg.uk](http://www.soderberg.uk)

Swedish-inspired bakery Soderberg has taken the capital by storm. Their signature sticky cardamom buns are perfect alongside a cup of morning coffee, or head along at lunch time for one of their open sandwiches, piled high with crayfish or fresh mozzarella. Make sure to pick up some of their home baked bread to take home, too.

Clockwise from top:

**Fhior, The Wine House 1821, Soderberg**



## SHOP REAL FOODS

**37 Broughton Street**[www.realfoods.co.uk](http://www.realfoods.co.uk)

Real Foods is leading the sustainability movement in Edinburgh, offering up a wide

START THE MORNING OFF RIGHT AT SODERBERG

selection of package-free goods and fresh or raw ingredients.

Here you can find you superfoods, nuts, coconuts, cacao and kombucha aplenty. Don't forget to bring your own reusable bags.

**VILLENEUVE WINES****39a Broughton Street**[www.villeneuvewines.com](http://www.villeneuvewines.com)

With over two thousand wines, one hundred and fifty whiskeys, and expert staff on hand, you're sure to find your tipple of choice at Villeneuve Wines. They even offer gift wrapping and delivery, making it ideal for shopping sprees and last minute gifts alike.

If you are only going to your destination and back by tram buy a £3.20 day return ticket!

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# PARIS, JE T'AIME

Add a dash of Parisian chic to your home with Ines de la Fressange & Marin Montagut



## IN WITH THE OLD

Repurpose old materials, like this unique backsplash cut from an old plank

**A** carved eighteenth-century panel lit by a small industrial lamp, a watering can masquerading as a vase, or a hatbox upcycled into a coffee table - these are the hallmarks of a new, as yet unnamed style of interior decoration that has been adopted everywhere in Paris. A blend of flea market finds, souvenirs from foreign travels, and treasures unearthed in the family attic, this

new style reveals how everything we love can coexist harmoniously.

The French poet and surrealist Paul Éluard said, "There's no such thing as chance - only encounters." And that sums up our first meeting, too. (Marin - an interior designer's assistant at the time - was perched on top of a stepladder hanging a painting when Ines walked into the room.) Very quickly, we realized that we had the same taste - in stepladders (!), but also



## KEEP IT FRESH

Accessorise with colourful flowers and plants

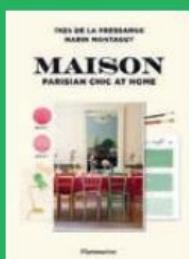
in antiques, interiors, and fashion. After repeatedly falling in love at first-sight with the same items, we decided to decrypt this “neo-deco” trend that, although understated, is definitely making waves.

Taking the road less traveled, we sought out apartments or houses whose interiors are “lived in” rather than “decorated.” All of the Parisians who opened their doors to us have put their heart and soul into expressing their world and embellishing the details of everyday life. Their guiding principle is to combine everything: the new with the old, the sophisticated with the antiquated, the luxurious with the simple. Furniture can be stripped, distressed, or restored - as long as the result exudes charm.

We invite you to join us on our all-encompassing journey inside these homes, and to sample - without restraint - the inspiration they reveal for creating your own Parisian chic interior. ●



*Maison: Parisian Chic at Home* by Ines de la Fressange & Marin Montagut, Flammarion 2018.  
Photo © Claire Cocano





# Time to taste

Our top restaurant picks to try this month

## BOROUGH

This is fine dining that remembers to be fun. Borough's menu consists of a selection of small plates and diners are encouraged to share. There's no formal order of service; instead, dishes come to suit the palate, with our strongest tasting dish being served last.

Head Chef Darren Murray, formerly of Norn, advances the menu regularly, reacting to diners comments, and moving things forward with new seasonal ingredients.

The wholewheat bread with homemade butter that arrived as soon as we sat down ensured the evening

was off to a great start. Our first dish, sweetcorn veloute and smoked cheddar, was heartwarming and creamy with delightful pops of corn. Next up, mackerel, pumpkin and bittercress was a delightfully layered dish, the sweet pumpkin offset by the bitterness of the cress while crunchy pumpkin seeds added excellent texture to the fish.

Sika deer, sausage and elderberry was the star of the show.

Slices of venison were cooked to perfection and the homemade venison sausages were packed full of flavour, while the tasty elderberries, foraged in Dunbar and pickled in



the restaurant's wine store, were true to Borough's ethos of local, seasonal cooking.

We could not resist dessert, and the chocolate, bramble and stout didn't disappoint. Creative stout ice cream was wonderfully creamy and balanced, perfectly paired with a luscious salted caramel cake.

There's a great selection of well priced fine wines, with plenty available by the glass, and special mention must go to restaurant manager Richard Kyle and assistant manager Marta, whose friendly, welcoming attitude makes everyone feel like a regular at Borough.

50-54 Henderson Street, Edinburgh

[www.boroughrestaurant.com](http://www.boroughrestaurant.com)

**Sue Hitchen**





## 83 HANOVER STREET

He's already struck gold with 99 Hanover Street, but Juan José Castillo Castro has turned his sights further along the street with new restaurant and wine bar 83 Hanover Street.

Incorporating his Chilean heritage with Scottish produce, the menu at 83 Hanover is full of flavour. From the bites section, the croquettes, filled with tender braised lamb, were first class comfort food, lifted by the accompanying slightly spicy lima beans, while the fried calamari was perfectly crisp.

Of the larger plates, our favourite was the charred



octopus, cooked to perfection and served with white bean escabeche. However, the meltingly soft beef short rib was also fantastic, long braised in a flavoursome marinade with hints of honey. The purple causa potato puree was perhaps a little too fridge-cold, but the Chilean salad added a fresh edge. A dish of creamy burrata added a much needed delicacy to the hearty meats, and the addition of green apple gave the dish plenty of zing. We paired this with a carafe of very reasonably priced orange Vermentino.

The indulgent desserts bring about childlike glee. Nutmeg scented tres leches donuts have the perfect balance of soft and crisp and the manjar ice cream sandwich is an indulgence everyone deserves to treat themselves to.

I can definitely see myself coming back to sit at the bar with a plate of their charcuterie - served 'til midnight - to taste my way through the wine list.  
83 Hanover Street, Edinburgh  
[www.83hanoverstreet.com](http://www.83hanoverstreet.com)

**Chiara Margiotta**



## THE BRUNCH CLUB

Nestled in a quiet corner of Glasgow's West End lies The Brunch Club: a chic bar-cum-restaurant dedicated to the increasingly celebrated all-day breakfast meal known as 'brunch'. When we visited for a lazy mid-afternoon weekend breakfast, the place was bustling.

As we were nursing a hangover, we started with a couple of light and slightly spiced Bloody Marys as we prepared to tackle choosing from their expansive menu. My partner went for the Eggs Royale on sourdough while I plumped for the Nutella waffles with fresh fruit, as I am a child at heart.

Our food was served quickly with presentation worthy of Instagram. The Eggs Royale was complemented by a beetroot hollandaise which was a welcome twist on the classic and absolutely delicious. Several of the dishes on the menu feature a similar 'Brunch Club quirk' that adds to their appeal. The waffles were slightly stodgy, but not over-sweet, and had generous helpings of the toppings. Overall, The Brunch Club's lovely, relaxed atmosphere and attention to detail makes for a perfect weekend treat that doesn't break the bank.

*67 Old Dumbarton Road, Glasgow*

**Louise Creechan**





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TRAINING  
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# COMFORT CLASSICS

Master these seasonal comfort food classics and you'll be warm all autumn long

## NICK NAIRN COOK SCHOOL

[nicknairncookschool.com](http://nicknairncookschool.com)

There's no better time to host a banquet than when the nights grow long and Nick Nairn's Autumn & Winter class is the ideal guide to a glamorous seasonal feast. You'll take on the likes of a twice-baked cheddar soufflé, learn to roast Barbary duck and whip up creamy mash, and perfect the art of sizzling Crêpes Suzette.

## COLSTOUN

[colstoun.co.uk](http://colstoun.co.uk)

Scottish game is some of the best around, and Colstoun's expert

team are here to help you gain a little more confidence when it comes to introducing game to your home kitchen. With dishes ranging from main course showstoppers like roast grouse with pear tatin and pigeon, butternut squash and brambles to recipes for rabbit rillettes, stock, and pâté, nothing is wasted and flavour is in abundance.

## THE COOK SCHOOL SCOTLAND

[cookschool.org](http://cookschool.org)

Not all comfort food has to have meat. The Cook School's meat free masterclass guides you through hearty, wholesome dishes like

chickpea, sweet potato and almond curry and aubergine cannelloni to help prove that vegetarian means more than salad.

## TENNENT'S TRAINING ACADEMY

[tennentstrainingacademy.co.uk](http://tennentstrainingacademy.co.uk)

Warm up as the cooler weather draws in with Tennent's comfort food masterclass. Their Winter Warmers menu gives you the how-to on spiced minestrone, slow cooked beef, and a delicious apple and black cherry crumble with homemade custard. What more could you need on an October evening?



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with a Spa Voucher

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# Foodies SPAS



## \* CRIEFF HYDRO

Ferntower Road, Crieff  
[www.crieffhydro.com](http://www.crieffhydro.com)

Unwind in Crieff Hydro's Victorian spa with their Signature Spa Day. Enjoy a back massage and bespoke facial before dining in the brasserie. You'll even get a Decleor gift set to take home.



## \* ZEN LIFESTYLE

84 Hanover Street, Edinburgh  
[www.zen-lifestyle.com](http://www.zen-lifestyle.com)

Zen's Mind, Body and Soul ritual is the solution to everyday stress. The treatment includes an invigorating body brushing, uplifting lime and ginger scrub and massage and a 30 minute facial. Bliss.

Take some time for yourself  
with a relaxing city spa day



## \* THE PRINCIPAL CHARLOTTE SQUARE

38 Charlotte Square, Edinburgh  
[www.phcompany.com](http://www.phcompany.com)

Get the best of both worlds and treat your skin and body to The Principal's Signature spa, a relaxing double act featuring a hot stone massage and facial.

## \* BLYTHSWOOD SQUARE

11 Blythswood Square, Glasgow  
[www.phcompany.com](http://www.phcompany.com)

At Blythswood Square, the ishga Marine Experience does it all: the oil exfoliation cleanses the skin, the full body massage relieves tension, and the express facial brightens and tones, leaving you feeling fresh.

## \* VILLAGE SPA

7 Festival Gate, Glasgow  
[www.village-hotels.co.uk](http://www.village-hotels.co.uk)  
Get away from it all without even having to leave the city

with the Village Spa's deluxe spa day. Perfect for couples, you'll enjoy lunch and a glass of fizz and time to unwind

together in their first class spa before heading to the treatment room for an ESPA facial and holistic body ritual.

# Hawksmoor's finest

Hawksmoor might be famous for their steaks, but these signature cocktails prove that they know how to shake it, too



THE  
PERFECT  
ADDITIONS TO  
STEAK NIGHT  
AT HOME

## Clearwater Espresso

40ml Absolut Elyx  
15ml Mette Arabica eaux-de-vie  
5ml crème de banana  
5ml sugar syrup  
A dash of absinthe

- Stir all the ingredients with ice in a shaker and strain into a Nick and Nora glass.
- Serve with a few drops of lemon oil on the surface, creating by twisting a coin of lemon peel over the glass.

## Shaky Pete's Ginger Brew

50ml ginger syrup  
50ml lemon juice  
35ml Beefeater gin  
100ml London Pride  
beer

- Put the ginger syrup, lemon juice and gin into a heavy-duty blender with a couple of ice cubes. Blend until it is liquid but still has a bit of froth, a bit of air in it.
- Pour it into a very cold glass and top it up with London Pride.





A Taste of Luxury  
- on the Isle of Arran



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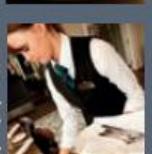


The locally owned and family run **DOUGLAS HOTEL** sits in the village of Brodick, taking in the spectacular views across the bay and onto Goatfell, on the **ISLE OF ARRAN**.

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THIS MONTH WE'RE DRINKING...

## The Tailor-made Old Fashioned

50ml Wemyss Malts The Hive

15ml simple sugar syrup

2-3 dashes of bitters

Orange peel, to garnish

- Muddle the sugar syrup and bitters in a rocks glass. Add a large ice cube and stir in The Hive whisky.
- Garnish with orange peel.



Recipe by Wemyss Malts

## LAUNCHING THIS MONTH

### THE BRUNCH CLUB

#### GLASGOW

Replacing the Social Drugstore on Old Dumbarton Road, The Brunch Club serves an all-day brunch menu 7 days a week and also operates as a bar until midnight at the weekend. Whether you want a simple smoothie bowl or a belt-busting breakfast fry-up, they've got you covered. We are torn between the chicken and waffles and the flat iron steak with a fried egg and hash browns. [thebrunchclub.co](http://thebrunchclub.co)

### THE BAROLOGIST

#### EDINBURGH

Edinburgh's first weather-themed bar is an intriguing prospect. The interior looks like a steampunk weather station and the menu also pays homage

to Britain's meteorological obsession. Menu items include the cold front smoked salmon, storm force nachos and a deli board where every component is named after areas mentioned in the shipping forecast. Inevitably, the beer-battered haddock is called the Michael Fish and chips. [fb.com/TheBarologistEdinburgh](http://fb.com/TheBarologistEdinburgh)

### NAUTICUS EDINBURGH

Run by two familiar faces from Edinburgh's cocktail scene, Nauticus champions Scottish food and drink: Electric Spirit Gin from Leith, cheese from IJ Mellis and charcuterie from the bar's near neighbours, East Coast Cured Meats. As well as the name, design details like the life belt on the wall nod to the maritime heritage of the bar's Leith location. [nauticusbar.co.uk](http://nauticusbar.co.uk)



### TOP TIP

Start your night off with cocktails in OUIBar + KTCHN before catching David Byrne at The SSE Hydro

### WINE

## Our favourite autumn wines under £15

### Masi Cava Canevel Prosecco Extra Dry

**All About Wine, £11.99**

Dry and fragrant at the same time, with floral hints and apples on the nose. Excellent as an aperitif but also good with fish or fresh cheeses.



### Sheep Shape Sauvignon Blanc 2018

**Aldi, £6.49**

A perfect blend of citrus and stone fruit, fresh acidity with a crisp finish. Excellent with seafood, salads and white fish. Attractive freshness.



### Three Mills Reserve Red

**Asda, £3.19**

Packed full of fruit and jammy berries, with concentrated oak, vanilla flavours and just a hint of cherry. Ideal with meat, cheese or on its own.



# SPIRIT OF THE HIGHLANDS



## INTRODUCING GRANITE NORTH GIN

Local lore has it that Highlanders took to the hills with mobile stills to make more than just illicit whisky. Nearly 300 years ago, the rugged landscape was rich in the botanicals that can be found in many a modern Scottish gin. Using the abundant juniper, pine needles, heather and thistles, those early distilling pioneers made a spirit that was a forerunner to modern gin with a truly distinctive Scottish twist.

Today, the highland landscape is still as wild and rugged and rich in ingredients as it was back then. And it's this dramatic landscape, and the pioneering spirit of its former residents, that is the inspiration for Granite North Gin. The recipe was developed in Aberdeen with the magnificent Cairngorm Mountain range visible in the distance and is distilled in the same hills that once held the Highlanders secrets.



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GRANITE  
NORTH

The logo features a blue mountain peak icon above the words 'GRANITE' and 'NORTH' in a bold, sans-serif font.

# Out & about

Looking to feature? Contact  
press@foodiesfestival.com



**SCOTTISH GIN AWARDS** Our own Sue Hitchen presents the award for Gin Liqueur of the Year on behalf of Foodies Magazine



**ROYAL BANK 100 WOMEN**  
Women across Scotland get inspired at The Principal George Street



**EASTSIDE LAUNCH** A first look at the new late night music and street food venue





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