

ISSUE 61

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March/April 2020

appetite.

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Eggs... not just for Easter

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WELCOME

How do you like your eggs?



Editor considers the countless wonders of the egg... and its association with Easter

There's a lot to be said for Google. For instance, the fact that it has just told me that in Switzerland, Easter eggs are delivered by a cuckoo and in parts of Germany by a fox. It didn't tell me why though.

It also tells me that baby rabbits are called kittens and we go big on bunnies at Easter because they have lots of young and are thus recognised as a symbol of new life - just like Jesus's resurrection. That's right, in secular wisdom, the resurrection - exaltation of Jesus to Christ and Lord, and foundation of the Christian faith - has been conflated with proliferant bunnies. As you do...

Less contrived is the origin of Easter eggs. Time was, the Lenten fast barred all animal products, so eggs were off the table, which is why they are used up in pancakes the day before Ash Wednesday. Eggs laid during Lent were saved up and used to break the fast,

or decorated as children's Easter gifts. From there, it is a baby bunny hop to chocolate eggs and kids marking the resurrection with the assistance of Cadbury's.

This is a long-winded way of introducing this edition's theme - the Easter egg. Not the chocolate one, but the fruit of the hen. I can think of no more versatile ingredient, from the simple pleasure of Lenten eve pancakes to the glory of a celebratory Easter Day pavlova.

In this edition, we offer up the egg in recipes which range from South Indian curry to Portuguese pastries, Easter cakes to chilled Russian soup. All celebrate this workaday yet miraculously multitalented ingredient which, if we were to do it justice, requires a book rather than the relatively meagre pagination of this magazine. So, hallelujah for the egg - it's not just for Easter...

Jane Pikett, Editor



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We want to hear all about the food and drink you love in the North East, which means you can get fully involved in the region's leading dedicated food magazine.

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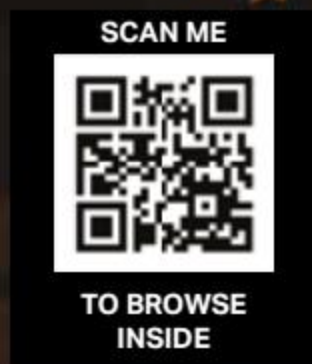
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Feedback

SEND US YOUR RECIPES, FEEDBACK AND FOODIE NEWS AND YOU MIGHT POP UP ON THIS PAGE. FAME AT LAST! EMAIL EDITOR@APPETITEMAG.CO.UK
TWEET @APPETITEMAGUK FACEBOOK @APPETITEMAGUK

WHAT DO I DO WITH...? SORREL

Criminally under-rated, sorrel is a delicious lemony super green whose acidity adds an elegant edge to creamy dishes, eggs, potatoes and chicken.

Sublime softened in butter, mixed with cream and served with poached egg, we do wonder why it isn't more popular.

For a simple side dish, remove the leaves from the tough stalks, wash well then shred and wilt (like spinach) in butter.

Make a tart by filling a blind-baked shortcrust case with a standard egg and milk quiche base, replacing the ham with wilted and drained sorrel and feta cheese. Bake as per a quiche Lorraine.

Make a soup by sautéing onion, celery and carrots, add vegetable stock and shredded sorrel leaves, and finish with double cream, sea salt and black pepper.

Make a salad of wilted purple-sprouting broccoli (also in season now), shredded sorrel leaves, shaved goat's cheese and French vinaigrette.



A LITTLE BIRDY...



News reaches us of developments at The Blackbird, Ponteland, which celebrated its fifth birthday in March with music and dinner in the restaurant and the Minstrel Gallery. General manager Mark Thompson tells us there is an exciting announcement coming soon regarding an addition to the Blackbird family. Watch this space... www.theblackbirdponteland.co.uk

TOP TWEETS



JAM Marketing
(@JamMarketingUK):
OK, @appetitemaguk have smashed it with their January cover



Peace and Loaf
(@peaceandloafjes):
We had an amazingly successful first vegan taster night - The Rhubarb Meringue Pie went down a treat, just look at those colours!



PACKING IT IN

Packaging may not be the most glamorous thing on the planet, but North Tyneside-based GM Packaging is doing its bit to save the world, one eco-friendly takeaway Buddha bowl, soup pot and salad bowl at a time. GM's latest eco-friendly Pulp Food to Go Range is sustainable, fully home compostable and microwave safe. It's one of a vast range of eco-friendly products by the company, which all go to make takeaway that bit tastier. www.gmpackaging.co.uk

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IT'S A DATE



NECTA HOSPITALITY SALON

DATE: APRIL 10-13

The North East Culinary and Trade Association (NECTA) hosts its annual showcase of regional talent in May, bringing together chefs for two days of competition at the Grand Hotel, Gosforth Park.

The event is open to the trade and the public 8am-5pm. For more information on the competitions, see the website.

www.nectachef.org

LUMLEY CASTLE LOVE

DATE: FROM APRIL

Lumley Castle has a new Date Night package Sun-Thurs until April 30, priced £169 per couple including a bottle of wine, dinner in the Knight's Restaurant and breakfast. A black-tie Romantic Strings event on March 15 showcases a four-course tasting menu.

www.lumleycastle.com

FEATHERS INN BEER & FOOD FESTIVAL

DATE: APRIL 10-13

The Feathers Inn, Hedley on the Hill is hosting a Beer & Food Festival this Easter weekend, celebrating the annual Hedley Barrel Race. Expect great local food and beer across the four days. Info at:

www.thefeathers.net

THE IN CROWD

OUR PICK OF THE SEASON

MARCH

SPRING ONIONS

Delicious sliced razor thin in stir fry, duck pancakes, miso ramen, or stir fried with pork, ginger and soy, early spring onions are at their best now.

BLOOD ORANGES

Second only to Seville's exquisite marmalade oranges, blood oranges are at their zesty best now. Make a tart of sweet shortcrust pastry filled with egg custard and topped with slices sprinkled with demerara sugar and browned with a blow torch. Sublime!

COCKLES

This traditional seaside snack is so much more than a pint pot full at the beach. Savour in fish stew with saffron, cayenne pepper and tomatoes, or serve in Valentine Warner's amazing lamb and cockles recipe – it sounds weird, but it is out of this world!

APRIL

ASPARAGUS

British asparagus is sublime and short in season. Blanch, sprinkle with salt and dip in boiled duck egg, serve on a pea pancake with poached egg and hollandaise, or griddle and serve with balsamic and shaved Parmesan.

WILD GARLIC

Now sprouting in woodlands all over the region (you will smell it before you see it) harvest the young, palest green leaves and use raw in salad, sauté in butter for a side dish, and whiz into pesto with pine nuts and best olive oil.

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FISH

SHELLFISH, BLOOD ORANGE AND SEA HERB RISOTTO



Matthew Parsons is head chef at Longsands Fish Kitchen, Tynemouth, within walking distance of North Shields Fish Quay, where he sources the best of the day's catch. **Longsands, Front Street Tynemouth, NE30 4DZ, tel 0191 272 8552**
www.longsandsfishkitchen.com

INGREDIENTS

3 tbsp olive oil
 2 small onions, finely chopped
 3 garlic cloves, minced
 300g risotto rice
 200ml white wine
 1 litre good fish or chicken stock
 200g live mussels, cleaned and soaked in cold water 15-20 mins
 100g butter
 3 shell-on king prawns per person
 1 red chilli, finely chopped
 2 blood oranges, zest and juice
 salt and fresh ground black pepper
 100g white crab meat
 grated parmesan
 sea purslane
 1 blood orange, segmented

METHOD

Sauté onion and 2 minced garlic cloves in a saucepan with 2 tbsp olive oil. Once slightly coloured, add the rice and stir to coat each grain in the oil. Add 100ml white wine and reduce until evaporated.

Add enough stock to cover the rice and keep on a medium heat, stirring constantly. As stock is soaked up, add more ladle by ladle

until the rice is cooked, retaining a slight bite (about 15 mins).

Drain the mussels, discarding any that remain open when tapped. Place a flameproof pan on a high heat. When the pan is hot, add the mussels and 100ml white wine and cover. Reduce heat and simmer for 2 mins or until all the shells have opened.

Place a frying pan on a high heat. Add 1 tbsp olive oil and the prawns. Turn down to a medium heat and cook for 2 mins on each side. Add 50g butter, 1 minced garlic clove and the chilli and remove from the heat. Baste well in the butter and season with orange juice, salt and pepper.

When the risotto is cooked, season with salt, pepper, orange zest and juice. Mix in the white crab meat and a handful of parmesan to warm through.

To finish, add more grated parmesan and the remaining 50g butter. Place in a warm bowl and top with fresh sea purslane, orange segments, the mussels and prawns, and more parmesan.



STARTERS

Light bites



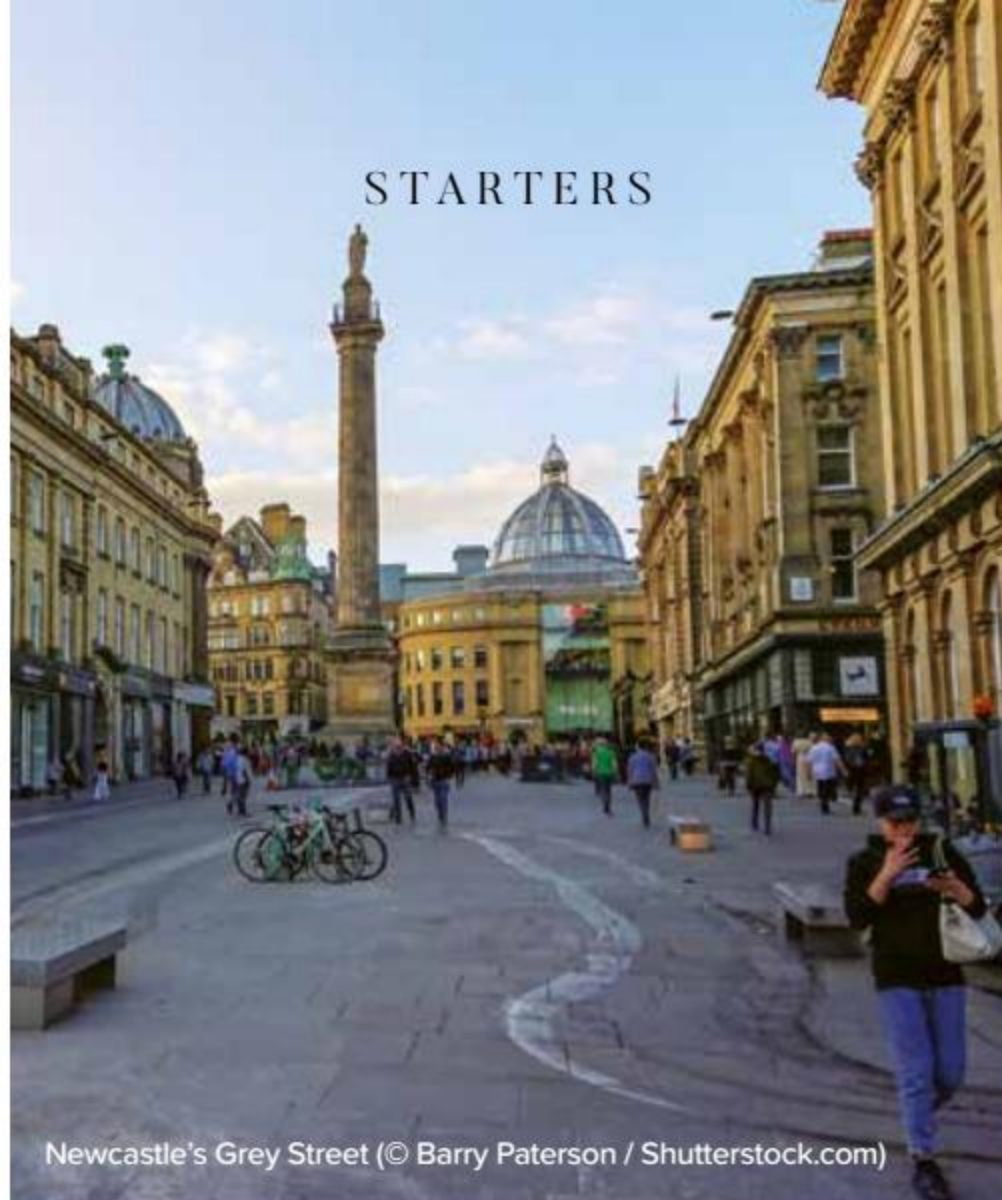
A ROSE FOR LEILA LILY'S

Leila Lily's restaurant in Newcastle has been awarded an AA rosette after less than six months in operation. The restaurant, part of Grey Street Hotel, covers two floors comprising bar, restaurant and basement club lounge. Following a meal of North Sea octopus, Gloucester Old Spot pork T-bone, and a dark chocolate pavé dessert, the AA inspector praised the restaurant's "imaginative dishes and... quality produce used to good effect." **Leila Lily's, Grey Street Newcastle, NE1 6AE**
 tel 0191 230 6700, www.leilalilys.co.uk



FESTIVAL RETURNS

Tynemouth Food Festival returns on May 16-17 with street food stalls including Papa Ganoush, Fat Hippo, Scream for Pizza, and Redheads Mac'n'Cheese. The festival bar will feature North East craft beers and ciders; trailers dedicated to gin, cocktails and prosecco will be in evidence; there will be live music throughout the weekend, plus kids' fun including cookery classes, craft and messy play sessions. Tickets £3 for adults (ages 15 and under go free) at www.seetickets.com



Newcastle's Grey Street (© Barry Paterson / Shutterstock.com)

STARTERS

IVY SPREADING NORTH

Stylish restaurant brand The Ivy is looking for premises in Newcastle and has submitted planning permission for a prime spot on Grey Street. Planning permission has been submitted to Newcastle City Council to convert the current home of Byron – the Grade II-listed 104-108 Grey Street – into The Ivy Newcastle Brasserie.

The planning applications have been made by Troia (UK) Restaurants Limited, which owns and operates a number of restaurants, including the world-famous Ivy in Covent Garden.

At the moment, the closest Ivy brasseries to the North East are in York and Harrogate. www.ivycollection.com

SWEET SUCCESS

The award-winning Poetic License distillery is buzzing after adding Honey Bee Blossom Gin to its Rarities range.

The new gin is created using bee pollen grains for floral and honey flavours, with the addition of jasmine and orange blossom plus other key botanicals. The result is a sweet spirit best served with a premium tonic, a twist of orange peel and plenty of ice.

The gin, which retails at £37.50, is the latest addition to the Rarities range from the North East-based small batch distillery. Past creations have included Raspberry and Buddha's Hand, Tutti Frutti gin, Pink Grapefruit and Tonka Bean and Sweet Bell Pepper and Naga Chilli gin.

www.poeticlicensedistillery.co.uk



IN THE KITCHEN

DOCK OR PASSION PUDDING



Rhian Craddock, chef-proprietor of The Feathers Inn, Northumberland, shares dishes which have brought his pub multiple awards, including The Good Food Guide's Local Restaurant of the Year 2019, The Good Pub Guide's County Dining Pub of the Year 12 times 2007-2019, and The Michelin Guide Inspectors' Favourite 12 times 2007-2019.

The Feathers, Hedley-on-the-Hill, Stocksfield NE43 7SW, tel 01661 843 607, www.thefeathers.net

At Easter I like to serve this traditional recipe. It's easy and tasty, and made from weeds that are easy to find in your back garden. Bistort or sweet dock is not the same as dock leaves though if you can't find any, just use a mixture of nettles, wild garlic and dandelion leaves. Serve it with grilled gammon, boiled ham or even bacon and eggs for breakfast.

Alex Soyer, the first celebrity chef, explained it like this back in 1845, in his book 'Shilling Cookery for The people':

Sweet Docks, also a wild vegetable, or weed, are very good when done as follows, using about two-thirds of sweet dock and one-third of nettles, boiled with a little carbonate of soda. When done, strain them, and to about one pint basin full, add one onion sliced and fried, a sprig of parsley, a little butter, pepper, and salt; put into a stewpan on the fire, stir, and gradually add a handful of oatmeal; when you think the meal has been sufficiently boiled, dish up and serve as a vegetable.

INGREDIENTS

2 large onions or 2 large bunches spring onions
500g young nettles/bistort/
young dandelions/wild garlic or a mixture
100g oatmeal
50g butter or bacon fat
salt and pepper to taste

METHOD

Wash and clean the leaves and remove the stalks. Chop the onions. Fry the vegetables in the butter until tender. Add the oatmeal and cook for about 20 mins, stirring to prevent the mixture from sticking. Serve like a thick sauce with some ham, pork or bacon.



IN THE GARDEN

GONE WITH THE WIND



Vicky Moffitt, of Vallum Farm on Hadrian's Wall, shares the trials and tribulations of the Kitchen Garden which supplies produce to the farm's tea room, restaurant tipi, and wedding and events venue. **Vallum, Military Road, Newcastle, NE18 0LL, tel 01434 672 652, www.vallumfarm.co.uk**

When the wind and the rain are playing havoc with EVERYTHING it's very hard to have any enthusiasm for ANYTHING!

Just getting in and out of the car is a challenge, and my brain seems to be left behind most of the time. I have just left my phone in Aldi, following a fraught hunt for Asti, requested for the bar tomorrow. Are we back in the 70s? It would seem so. Is Babycham back in too, I wonder?

My hob is on the blink. I got myself a steak and sprouting broccoli for tea tonight - hob said no. Child is saying no from bedroom and I am off the drink... Pass me a sherry.

We have a new chap called Mark who is making it his mission to grow apples at Vallum. There are young trees here now, ready to create an orchard in the paddock in front of our wedding venue. The idea is that people will come and learn about the trees and then pick the apples when they're ready. It's exciting for us in the events kitchen, where we strive to be as local as possible. We do a lot of North Acomb Farm pork

at weddings, so apple garnishes are now the talk of the day.

We went to the Duke of Wellington in Newton for a post-work pint the other day and were tempted by a delicious starter with smoked potatoes. Our head chef Jonny had a crack today when he was cold-smoking some pork for our Asti lovers. The outcome was amazing. The best part of cooking is playing like this... you never know what you're going to discover.

We've said goodbye to most of our bakery equipment this week. It's sad in some respects as it's the end of an era. We're keeping the bread oven, but we don't see ourselves doing wholesale again. The kit has gone to Big River Bakery, a community bakery in Shieldfield. It's a social enterprise with a strong ethos, using organic flours and traditional techniques. We're looking forward to a team trip there soon.

In the meantime, I'm dreaming of Lanzarote. Roll on summer...



STARTERS



The Feathers Inn, Hedley on the Hill

TO THE PUB!

Congratulations to our region's finest dining pubs on their recent successes. The Staith House, North Shields was the top North East entry in the Estrella Damm Top 50 Gastropubs for 2020 – coming in at number 13. The Rat Inn, Hexham (15) and The Broad Chare, Newcastle (30) also made the top 50.

Meanwhile, The Feathers Inn, Hedley on the Hill, has received a Food Award in the latest edition of The Good Pub Guide, appearing alongside The Duke of Wellington, Newton; The Lord Crewe Arms, Blanchland; The Rat Inn, Hexham; and The Barrasford Arms, Barrasford in the guide.

BURNING LOVE

Nice work on the part of Alnwick-based Artisan Drinks Co, which has unveiled the latest addition to its popular collection - Fiery Ginger Beer.

The new mixer is a perfect partner for spirits such as rum or in classic cocktails such as a Moscow Mule. Based near Alnwick, the company, which was set up in 2018, produces a range of tonics which include Classic and Skinny London Tonics, Violet Blossom Tonic, Pink Citrus Tonic along with an Agave Lemon Tonic and a Barrel Smoked Cola.

www.artisandrinks.com



STARTERS

WHAT A CATCH

Adam Riley, founder of Tynemouth's renowned Riley's Fish Shack, is planning a fishmonger's shop and the development of the Ice Tower on North Shields' Western Quay.

He plans to open the wet fish shop on Percy Park Road in April, while he hopes to open a new market and langoustine bar at the Ice Tower later this year. Adam said: "North Shields is England's largest langoustine port. About 1,000 tons of langoustines a year are landed there and 95% of them are exported. The idea is to open a market which acts like a catalyst and helps the fishing industry." www.rileysfishshack.com



THE FINER THINGS...

Restaurant Hjem in Northumberland is now welcoming Saturday lunchtime guests for its renowned 12-course tasting menu.

Ally Thompson, who runs the restaurant and adjoining pub, The Hadrian, in Wall, with her partner and Hjem head chef Alex Nietosvuori, said: "We wanted to give lunch a try as we were getting so many enquiries and all the evenings were booked. Once again, we have been overwhelmed by the response." **Restaurant Hjem, Hadrian Hotel, Wall Hexham, NE46 4EE, tel 01434 681 232, www.restauranthjem.co.uk**

CHEF

GREEN POWER



Dave Coulson, head chef and co-owner of Peace & Loaf in Newcastle, offers an insight into life in (and out) of the kitchen. **Peace & Loaf Jesmond Road, Newcastle, NE2 1LA tel 0191 281 5222, www.peaceandloaf.co.uk**

Our first theme night of 2020 was a huge success, celebrating vegan food with a fabulous menu every member of the team contributed to and a nice relaxed, social night in the restaurant.

We had an amazing salad of produce from Vanessa's allotment including oyster leaf, love leaf, viola flowers, primrose flowers, mallow, and ox eye daisy. There was loads of colour and flavour in there and some really cool things from the allotment.

Our commis chef Gavin put together a brilliant lentil bolognese dish and our colleague Ben came up with two excellent desserts – a rhubarb meringue pie and a black forest gateau-style dish with beetroot.

The feedback from our guests was all very positive and we're planning some more themed nights in the coming months.

Spring has sprung early this year and we've already been out picking wild garlic. It makes a lovely soup, which always signals the start of the warmer weather. We're also using some on our turbot and langoustine dish, which is a match made in heaven.

There are all sorts of spring flavours coming through and by the time the next edition is out, we'll be right into the summer with bright colours and flavours all over the menu.

Away from the kitchen, I've got a place for this year's Great North Run, which I'll be running for The People's Kitchen. It's a great charity which supports people in Newcastle and I'll be proud to run my first Great North Run for them in September. I've already started training and have got a few five-mile runs in between split shifts.

I've also been back down to London, where I visited Blues Bar for the first time since I was on MasterChef. I also got a pizza down there, but it didn't come close to what the guys at Cal's Own and Flint are doing.

We've also got a staff day out planned for the summer to see Sam Fender – which will be a great chance to chill out as we'll be working flat out in the next few months.

It's busy as ever but we've got a great team in the kitchen and front of house who keep smashing it every day - there's nowhere better to be when you've got a team working at this level.



BUTCHER

CHICKEN BROTH WITH LEMON AND PASTA



Simon Osborne is a master butcher at the award-winning Blagdon Farm Shop. In 2018 he was crowned the inaugural National Game Champion for his work sourcing and promoting game. **Blagdon Farm Shop Milkhope Centre, Berwick Hill Road, Blagdon NE13 6DA, tel 01670 789 924, www.theblagdonfarmshop.co.uk**

INGREDIENTS

2 tbsp olive oil, divided
500g boneless skinless chicken thighs, cut into chunks
sea salt
freshly ground black pepper
3 cloves garlic, minced
1 onion, diced
3 carrots, peeled and diced
2 sticks celery, diced
½ tsp dried thyme
1 litre chicken stock
200ml water
2 bay leaves
75g orzo pasta
1 sprig rosemary
1 lemon, juice
2 tbsp fresh parsley, chopped

METHOD

Heat 1 tbsp olive oil in a large casserole dish over a medium

heat. Season the chicken with salt and pepper, add to the casserole dish and sear until golden on each side (about 2-3 mins). Remove from the dish and set aside.

Add another 1 tbsp oil to the casserole, add garlic, onion, carrots and celery and cook, stirring, until tender (about 5 mins). Add the thyme and cook for a further 2 mins.

Add the chicken stock, bay leaves and water, and bring to a boil. Stir in the pasta, rosemary and seared chicken. Reduce the heat and simmer until the pasta is tender - about 10-12 mins.

Stir in lemon juice and parsley, season with salt and pepper to taste and serve hot with green beans or salad.



STARTERS



l-r Chris Walker (RGN support officer at Advance Northumberland), Jackie Riley (MD at Northumberland Cheese Company) and Katy McIntosh (RGN manager at Advance Northumberland)

ON A ROLL

Northumberland Cheese Company has tripled its production capacity and grown its team after securing funding from The Rural Growth Network (RGN). The £90,000 funding has been used to replace and upgrade equipment, and hire two new members of the team with plans to hire three more. Which means one thing - a lot more cheese for the rest of us. www.northumberlandcheese.co.uk



CREAM OF THE CROP

The North East's best ice cream producers picked up top prizes at the National Ice Cream Competition 2020 in Harrogate.

Di Meo's in Whitley Bay was the big winner of the event, picking up the Best of Flavour prize for its Pistachio Crunch ice cream after topping the Open Flavour Class. Elsewhere, the team picked up a win in the Artistic Class Mini – School category and a Bronze Medal in the Dairy Ice Cream – Vanilla category.

Meanwhile, Spurrelli's in Amble won the Chocolate Flavour Class and Minchella & Co, South Shields, won the Alternative Class Gold Medal for its Vegan Peach ice cream.



UP MARKET

Newcastle's Grainger Market has come out on top at the 2020 Great British Market Awards to win the biggest prize of the night - Britain's Favourite Market.

Tens of thousands of people from across the UK voted for their local markets and the awards also included a mystery shopper element, in which the Grainger Market scored 100%.

At the heart of the city since 1835, the market's arcade roof is currently undergoing a £3m refurbishment.

Grainger Market, Newcastle, NE1 5JQ, www.graingermarket.org.uk



GOLDEN MOMENT

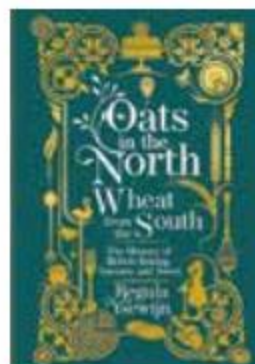
Newcastle Distillery's signature Newcastle London Dry Gin, distilled at Bealim House in the city, has been awarded a Gold Medal in the World Spirit Awards.

Newcastle Gin struck the right flavour for the judging panel and was one of just four English gins to win a gold medal in the London Dry category. **Newcastle London Dry Gin, £38 at www.newcastlegin.co.uk**

BOOKS

BOOKS FOR COOKS

Helen Stanton of Forum Books in Corbridge offers her pick of the latest food books



OATS IN THE NORTH, WHEAT FROM THE SOUTH

**Regula Ysewijn
Murdoch Books £25**

This beautiful book on British baking both sweet and savoury is packed with joyful food writing, each recipe complemented by its history and stunning photography. It would be nigh-on impossible to be more comprehensive, or more mouthwatering, about gingerbread; Grasmere gingerbread, Yorkshire parkin, Eliza's 18th Century gingerbread, Aunt Betty's gingerbread and Cornish failings. Our own regional star the stottie is featured too. Glorious!



SIMPLY GOOD FOR YOU

**Amelia Freer
Penguin £22**

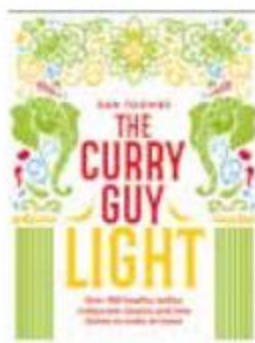
This bible of 100 speedy, simple recipes packed with goodness and flavour includes butternut baked beans, lentil & lemon chicken salad, harissa prawn skewers, slow-cooked pulled pork with apple slaw, chocolate raspberry pots plus helpful ingredient swap tips. 10% of the author's proceeds go to the charity Women Supporting Women.



CONDIMENTS

**Caroline Dagegard Widner
Murdoch Books £12.99**

Homemade is always better than store bought, yet somehow making your own condiments (lovely word!) hadn't crossed my mind. But this is the book - from ketchups to aioli, harissa to sriracha to mustards and more, this is thorough and thoroughly go-to. Pass the sauce!



CURRY GUY LIGHT

**Dan Toombs
Quadrille £15**

With a new, lighter classic base sauce and lower-cal versions of curry house classics, including Goan prawn curry, chicken tikka masala and saag paneer, plus starters and sides, chutneys and snacks, this is wonderful food that's also good for you. What's not to like?

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BAKE!

THAT'S THE SPIRIT

Gin, it seems to us, is much under-used in the kitchen. A good quality dry gin is a fine ingredient for cakes and puds, while a sweet sloe gin warmed with a little extra sugar makes for a syrupy glaze for cakes and fruit tarts. Try this...

GIN SPONGE

INGREDIENTS

4 eggs
225g butter
225g caster sugar
225g self-raising flour
1 large lemon, juice and zest
200ml gin
dash tonic water
150g granulated sugar

METHOD

Preheat the oven to 180C/Gas 4. Cream together the butter and caster sugar until light and fluffy. Beat the eggs with a fork and gradually beat into the mixture.

Sieve the flour and fold in gently using a metal tablespoon. Add the zest of 1 lemon and 100ml gin, pour into a lined 1kg loaf tin and bake for 45 mins or until a skewer inserted in the middle comes out clean.

Remove from the oven and set aside to cool in its tin. Combine the granulated sugar, remaining gin, a little tonic water and lemon juice in a pan over a low heat to dissolve the sugar. Prick the surface of the cake with a fork, then pour over the syrup. Leave in the tin until the cake is cold.



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JUST GO..!

Take 5

Seeking foodie inspiration?
Here are five of our favourite
things of the moment...



BYWELL COFFEE BARN

A shout-out to Bywell Coffee Barn, which recently opened at South Acomb Farm, just down the road from Appetite HQ in Stocksfield. A perfect spot for Illy coffee, homemade food and excellent cakes, we like popping down the road for our afternoon break. This cosy café with its contemporary vibe serves up vegan options, brunch, lunch and cakes, and the atmosphere is buzzing. **Bywell Coffee Barn, South Acomb Farm, Bywell, Stocksfield, NE43 7AQ** tel 01661 826 294, on Facebook



STARGAZING AT THE TWICE BREWED

The Ed and her other half enjoyed a starry night at their (almost) local, the Twice Brewed Inn, on Hadrian's Wall near Bardon Mill, where stargazing guided by astronomers from Go Stargazing was on offer - one of a series of nights studying the dark skies from the pub's new observatory and garden. A pint or three of Twice Brewed Luna Pale Ale (what else?) kept the cold at bay on a thoroughly sparkling evening out. More dates here: www.twicebrewedinn.co.uk



SOUL SHACK

The vegan contingent at Appetite HQ are all agog with love for Soul Shack at Stack in Newcastle city centre, where the plant burger is better than your best meaty version (our 16-year-old omnivore taster told us this, and he is impossible to please...) and, well, everything is vegan, like that's a normal thing, which it is to our vegan teammates, and why not? Well done them!

**Unit 41, the Stack, Pilgrim Street
Newcastle, NE1 6QG**

BISHOP AUCKLAND FOOD FESTIVAL



Spring is about to be heralded by one of the region's best events, Bishop Auckland Food Festival. It returns on April 18 and 19 with food stalls, bars, a live cookery theatre, music, children's activities and star names including TV chef John Torode, Masterchef winner Irini Tzortoglou, and Great British Bake Off finalist Alice Fevronia (pictured).

www.bishopaucklandfoodfestival.co.uk

LAING ART GALLERY CAFE



The Laing is one of Newcastle's greatest treasures – a Baroque cathedral housing huge, breathtaking oil paintings by the likes of John Martin and Ralph Hedley which chronicle the city's great history. Not only that, but it's free to enter and the café is the essence of sophisticated elegance, complete with marble nudes, if you please. www.laingartgallery.co.uk



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Fit for a king

Dean Bailey visits the new-look Knights Restaurant at Lumley Castle



Every Englishman's home is his castle, but when you dine in a proper stronghold - one with a new-look restaurant and an acclaimed new chef in post - it can emphasise the subtle differences between your three-bed semi and the real thing.

If you like your mid-week dinner settings grand, there are few places more imposing than Lumley Castle. Towering above Chester-le-Street, this famous 14th Century fortress hotel has signed up chef Craig Sherrington, who secured two AA rosettes at Virginia House in Ulverston, to head the kitchen.

Former chef-turned-AA inspector-turned hospitality pro Gordon Cartwright, veteran of such illustrious establishments as the five-star Isle of Eriska Hotel and Spa in Argyll, and Gilpin Hotel and Lake House in the Lake District, is the new general manager.

Under his accomplished

management, the Knights Restaurant manages to be both grand in style and intimate in atmosphere.

The service is worthy of special mention - friendly, attentive and passionate about the food, which begins with rich whipped butter and warm mini loaves which will stay long in the memory. Also memorable is the chilled tomato water - an unusual aperitif with an amazing ability to make the mouth water near-uncontrollably before the starters appear.

Sherrington's first menu since arriving in County Durham is a celebration of the regional produce he's spent the four months since he arrived familiarising himself with.

Sublime local venison is exquisitely matched with an expert selection of textures provided by potato galette, celeriac and faggot. The haggis served alongside the

pink salt marsh lamb is superb, its robust, earthy flavours captured within a pastry shell while a rich jus brings the whole together.

A starter of home-smoked salt-aged duck served with a cloud of wood smoke, slivers of pink Yorkshire rhubarb and crispy kale is a theatrical treat. Potato arancini filled with truffled brie and surrounded by a deep green leek sauce offers a sublime partnership of flavours and textures.

Meanwhile, a vivid green apple sorbet served beside an exquisite apple soufflé is worthy of its own page. Tart, smooth and near-luminous in colour, they should trademark it. Rich dollops of Belgian chocolate mousse bring a wonderful close to a highly indulgent evening.

A three-course dinner for two, including a drink each, is around £75, and you get to pretend to be king and queen of the castle.

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Fab 5

This month we ask five fab chefs - What's the most important thing your mum/grandmother taught you about food?



LAURA TULIP

ENGINE ROOM AT THE FIRE STATION, SUNDERLAND

My gran, who died last year, was a fantastic cook. She always said that if you don't put care and attention into everything you make, it'll never be the best you can do. She also said 'the first taste you have of food is with the eyes, so it should always be aesthetically pleasing'. These simple mantras have stuck with me.



RICHIE MOORE

THE INN COLLECTION GROUP

My mum Joanne was head chef at the American Air Base in Bicester, cooking for 3,000-plus in the officers' mess. She told me to keep it simple, use good quality ingredients and let the flavours work together. She made fantastic rice pudding, goose fat roasties and the crispiest pork crackling; great old-school cookery.



RHYS FAULKNER-WALFORD

SEARCYS AT THE TREEHOUSE, ALNWICK GARDEN

My gran was a home baker, so I spent hours baking at the kitchen table, making everything from scones to bread, cakes and puddings with her. For the time (the 70s) my mum had a more extensive, international range of dishes than anyone, and she would prepare wonderful things like moussaka and lasagne.



GARETH RAYNER

FORGE RESTAURANT, MIDDLETON LODGE

My Nanna Betty was a great influence. She was a big part of my childhood, always in the kitchen making cakes and biscuits for jumble sales, and saving one or two for me. Cooking was simpler then and that influenced my style; I love the challenge of creating something unexpected and delicious from ingredients grown here on the estate.



SIMON BROWN

CHARTS, NEWCASTLE

My family emigrated to Canada when I was a young child. My mum, keen to carry on tradition, was not the greatest of cooks (this is probably why I learned to cook!) and taught me how to make the perfect Yorkshire pudding using a teacup to measure the ingredients. This technique has been etched into my consciousness ever since and I still follow it to this day.

In search of the perfect chip

Dean Bailey heads north to find chipped potato perfection

Debate has raged for a long time in the Appetite kitchen about the qualities of the perfect chip. Some argue for fries – skinny, crisp and small enough to be eaten by the handful. Others champion the chunkier variety – fluffy in the centre and triple-cooked for a deeply flavoured, dark golden exterior.

Unable to find a consensus, we decided to pass the question on to an expert - fourth-generation potato farmer Mark Robson of Particularly Good Potatoes in Wooler.

The man leading the Messrs Robson potato business and a new venture, Particularly Good Potatoes, which produces chipped products for restaurants and chippies, is following in the footsteps of his parents Judy and Mark and drawing on the knowledge of his great-grandmother, who started growing potatoes during the war. He's also working with his children, Will, Kitty and Alastair, passing on that knowledge to the next generation of Robsons.

For Mark, there are key elements for a good chip. First are the seeds. The ones grown on the family's farms in North Northumberland are of five varieties, each chosen for taste, texture and colour when fried. They're planted in March and April and harvested in September and October.

Each variety's journey from storage

to chipping production line is based on its unique ageing process. Some can be picked from the field, processed, chipped and bagged within 10 minutes, while others need to be stored and chipped later. The combination of varieties provides a consistent product throughout the year.

Mark's inherited 90-plus years of growing knowledge is essential, as is the North Northumberland farmland where the potatoes are grown. The varieties grown here, particularly those destined to be chipped, would struggle further north than the Forth Bridge and fail to thrive in the shorter summer days of southern England.

While that knowledge, and an enviable location, gives Mark's potatoes a head start, a drive here to make chipped products more environmentally friendly is a big selling point too.

Potatoes grown on the farms here can be processed and packaged metres from the field. Particularly Good potatoes travel direct from field to storage, and 100 metres from there to the chipping operation to be washed, chipped and bagged ready for delivery to restaurants and chip shops.

The chipping plant also manages the starch which escapes during the process, capturing it to be spread on fields as fertiliser or fed to cattle as a supplement. Peelings are delivered next door to ►



CHIP, CHIP HOORAY...



CHIP, CHIP HOORAY...



Doddington Farm, home of renowned cheese and ice cream, where they are used for feed, while water is put through a hydro-cyclone to remove the starch before being stored and used for fertigation on the fields.

"The environmental impact of potatoes can be huge," says Mark. "Many businesses import a product from Spain, Egypt or Canada which is often grown using exported seeds which are exactly the same as we use here."

"Even for us, a large amount of our crop travels to be processed and packaged; but doing some of that ourselves can make a difference to the environment and our local economy."

"We've also got the benefit of all our team walking the 400 yards to work from Wooler – it doesn't get much more local than that."

So we've found perfect potatoes and chipped them – what about cooking them? Mark and his team have tried many methods, sometimes multiple ones on the same potato. Mark's favourite is a 20mm chunky chip, triple-cooked as at the The Potted Lobster, Bamburgh. Operations manager Barbara Morris prefers a 14mm chip cooked once and quickly, as at Trenchers in The Spanish City, Whitley Bay. Business development manager Jack Cuddigan likes a chunky 20mm chip cooked two or three times.

Since production started in April 2019, some 20% of Robson's potatoes have been distributed from Wooler as chipped products. That's a lot of chips grown and chipped in Northumberland rather than shipped here.

We may not have reached a consensus on the best chip, but we do have perfect potatoes to try all the options with.



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THE LOW DOWN

EASTER...

'Tis the season for bows and bunny ears... go on, indulge your creative side with these Easter tea table ideas from Jane Pikett

BEST BAKES

It used to be that Simnel was the must-serve cake at Easter, but you see it less these days, which seems to me to be a scandal, but then fewer and fewer people seem to like marzipan.

If you do want to serve a Simnel, it's easy – simply make up a standard Dundee cake recipe, add half the batter to a deep (Christmas cake) cake tin, top with a 1 cm deep disc of marzipan and then the rest of the batter and bake as per the recipe plus 5 mins or so. When

it's cool, brush the top of the cake with warmed apricot jam and top with another disc of marzipan, then brush with egg white and brown under a low grill

Decorate with marzipan balls and your choice of Easter-themed loveliness such as mini dyed eggs and macaroons, or with tat from Poundland – your choice.

Or, make the cakes in the picture using a standard recipe for Victoria sponge topped with buttercream, whipped fresh cream or whipped Greek yoghurt, macaroons and dyed eggs. ►

THE LOW DOWN



CAKE FLAVOURS

To a standard Victoria sponge recipe (175g butter, 175g sugar, 3 eggs, 175g self-raising flour) add:

Lemon and blueberry: Add the finely grated zest and half the juice of 1 lemon to cake mix and sprinkle a few blueberries over it in the tin before baking. Top with whipped Greek yoghurt and blueberries.

Lemon and poppy seed: Add the finely grated zest and half the juice of 1 lemon plus ½ tbsp poppy seeds to cake mix. Top with buttercream flavoured with lemon juice and zest and garnish with dehydrated lemon slices (below).

Coconut sponge: Add 75g dessicated coconut to the flour and 2 tsp milk to the finished cake mix. Serve topped with buttercream and coconut flakes.

Caraway sponge: Add 1 tbsp caraway seeds with the sugar. Serve topped with buttercream pepped up with 1-2 tbsps of honey.

Orange and walnut: Add the grated zest of a medium orange and 70g chopped walnuts to the cake mix. Top with buttercream laced with the juice of the orange and sprinkle with walnuts.

ORANGES AND LEMONS

Dehydrated slices of orange and lemon make surprisingly pretty garnishes for Easter cakes. Simply wash and dry them, slice into rings and remove seeds. Preheat oven to 100C/Gas ½. Line a baking sheet with greaseproof paper, lay out the slices in a single layer and dust generously with coconut sugar or golden granulated sugar. Bake for 2-2½ hours until the zest is dry and the flesh is translucent.

DYED EGGS

To make a dye for hard-boiled eggs, simply mix 120ml boiling water with 1 tsp vinegar and 10-20 drops food colour (depending on the intensity of colour you want). Dip each egg for about 5 mins, remove with a slotted spoon and set aside to dry. Go mad with your colours, or keep it subtle, as you wish!

CUP CAKES

For a quick crowd pleaser, serve fairy cakes in china tea cups and top with piped buttercream and dyed icing cut into flower shapes. Beautifully simple...



Introducing new executive head chef, Craig Sherrington
as seen on BBC's Great British Menu

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Food for Thought

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The Business and Leisure Magazine for the North East Region

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COOK!

How do you like your eggs?

Not just for Easter, the egg is one of nature's most versatile ingredients. Jane Pikett shares some favourite recipes

OKROSHAK (COLD RUSSIAN SOUP)

Serves 4-6

INGREDIENTS

250g ham, diced
3 medium waxy potatoes,
cooked, peeled and diced
1 cucumber, finely diced
3 tbsp fresh dill, chopped
80g spring onions, chopped
80g radishes, finely chopped
2 litres cold water
80ml soured cream
2½ tbsp vinegar
2½ tsp salt
3 hard-boiled eggs,
cut into quarters
freshly ground black pepper

METHOD

Place the ham, potatoes, cucumber, dill, spring onions and radishes in a large bowl. In another bowl, whisk together 1 litre cold water with the soured cream, vinegar and salt, adding more water until you have a milky consistency. Add to the dry ingredients, stir to combine and season with pepper and more salt if necessary. Serve in bowls with egg quarters and garnished with more dill.



COOK!

INDIAN EGG CURRY

Serves 4-6

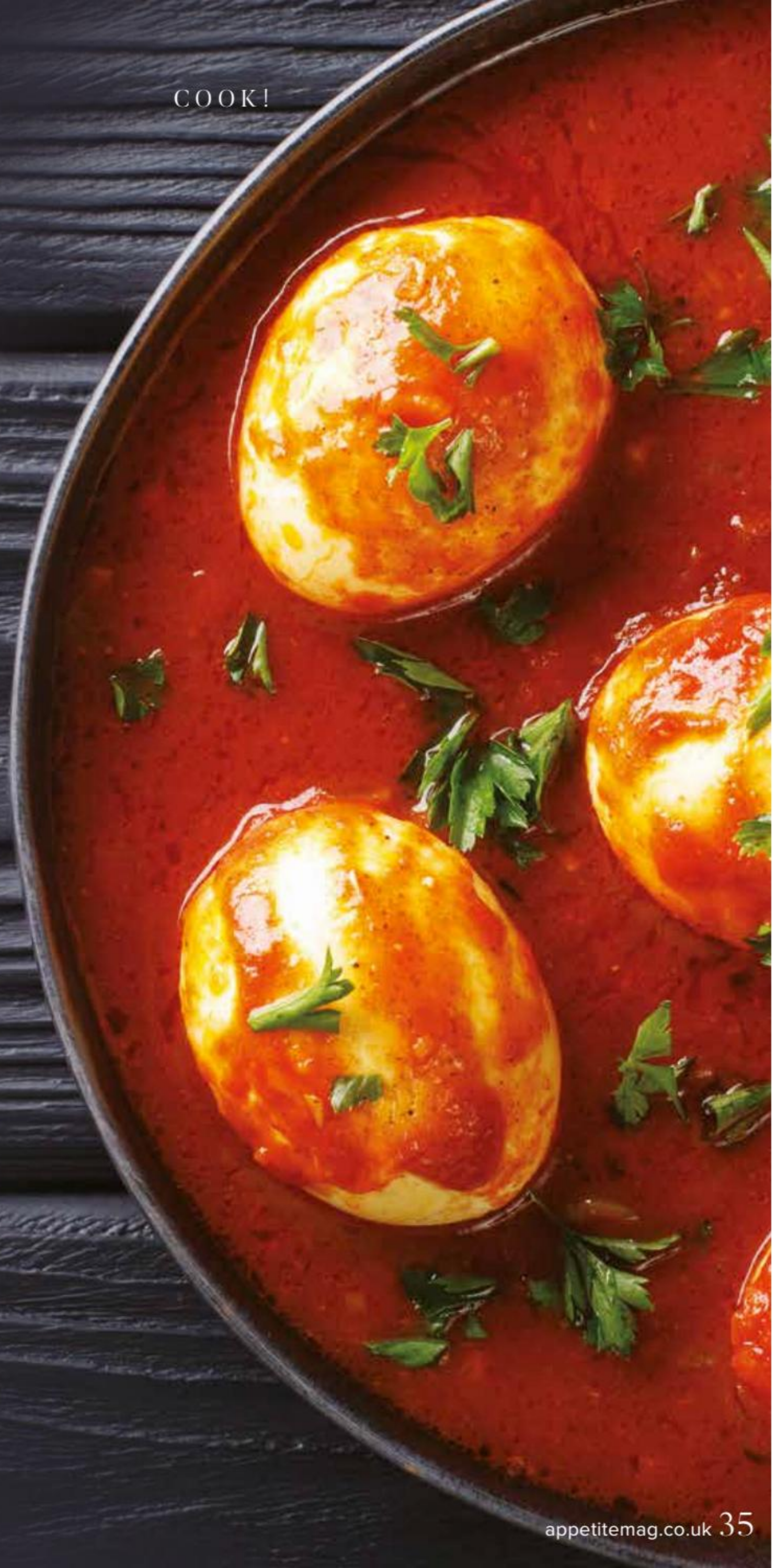
INGREDIENTS

8 eggs
2 tbsp coconut oil (or sunflower oil)
1 tsp cumin seeds
1 tsp fennel seeds
200g shallots, chopped
5 green chillies, finely chopped
5 medium tomatoes, chopped
½ tbsp garlic paste
½ tbsp ginger paste
½ tsp ground turmeric
3 tsp ground coriander
2 tsp red chilli powder
salt and freshly ground black pepper
water as required
fresh coriander to garnish

METHOD

Boil the eggs for 8 mins, drain and set aside in cold water to cool. Heat oil in a pan over a medium heat. Add cumin seeds. Once they start to splutter, add fennel seeds and shallots and sauté for 1-2 mins. Add green chillies, chopped tomatoes, ginger paste and garlic paste. Sauté for 2-3 mins. Add turmeric, ground coriander and red chilli powder, season with salt and freshly ground black pepper. Add enough water to create a soupy consistency and bring to a boil. Simmer over a low heat for 10 mins. Turn off the heat, add the eggs, cover and leave for 5 mins. Garnish with fresh coriander and serve with chapati or rice.

*For vegans, replace eggs with chunks of firm tofu. ▶



COOK!

PASTEL DE NATA (PORTUGUESE EGG TART)

Makes 12

INGREDIENTS

1 large egg
2 large egg yolks
115g golden caster sugar
2 tbsp cornflour
400ml full fat milk
1 cinnamon stick
3 strips unwaxed lemon zest
2 tsp vanilla extract
1 sheet ready rolled puff pastry
icing sugar and ground cinnamon
to serve

METHOD

Lightly grease a 12-hole muffin tin. Put whole egg, egg yolks, sugar and cornflour in a pan and mix together, then gradually add the milk until smooth. Add cinnamon stick and lemon zest, place over a medium heat and cook, stirring constantly, until the mixture comes to a boil. Remove from heat, add vanilla extract, place in a bowl and set aside to cool covered with cling film to prevent a skin forming. Place pastry sheet on a lightly floured surface, cut in half and place one half on top of the other. Roll into a log and cut into 12 rounds. Roll out each round to about 10cm diameter and place in the tin, pressing each into a cup shape slightly bigger than its hole. Set aside in the fridge for 30 mins.

Preheat oven to 200C/Gas 6. Add the cooled custard and bake for 20-25 mins until golden. Leave to cool in the tin for 5 mins, then cool on a wire rack or eat warm sprinkled with icing sugar and ground cinnamon.





OVEN-BAKED COURGETTE FRITTATA

Serves 4

INGREDIENTS

2 courgettes, thinly sliced
salt
2 thick slices white bread, crusts removed and soaked in milk
2 tbsp olive oil
1 small onion, thinly sliced
1 clove garlic
1 tbsp fresh mint, torn
1 tbsp flat leaf parsley, torn
8 large eggs
½ tsp salt
1 tsp red pepper flakes
½ tsp baking powder
lemon juice to serve

METHOD

Sprinkle courgette slices with a little salt and set aside for 15 mins to draw out the water. Pat dry with kitchen roll. Place the bread in a shallow bowl and pour over enough milk to cover. Set aside.

Preheat oven to 180C/Gas 4. Heat olive oil in an ovenproof pan over a medium heat, add onions and garlic and sauté for 5 mins. Add the courgettes and sauté for a further 5 mins or until golden. Add most of the mint and parsley leaves (reserving some for garnish), turn off heat and leave to cool.

In a mixing bowl, whisk eggs, salt, red pepper flakes and baking powder. Take the bread, squeeze with your hands to drain any excess milk, break apart and add to the eggs. Stir into the courgette and onion mix.

Add a little more oil to the pan if needed, transfer the egg mixture to it and bake for 15-20 mins or until cooked through. Serve garnished with mint leaves and lemon on the side.

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SPECIAL

Shore thing

We pay a visit to sample the best delis, cafés, restaurants and food producers in Tynemouth, Whitley Bay, Cullercoats and North Shields



St Mary's Lighthouse, Whitley Bay

whitella



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SPECIAL

DI MEO'S

Any visit to Whitley Bay must include a visit to multi-award-winning Di Meo's for traditional Italian gelato. If it's a bit too cold ice cream, pop in for a proper Italian pizza, top-notch coffee and a friendly Italian family welcome.

Di Meo's, Marine Avenue, Whitley Bay, NE26 1LX, tel 0191 252 3814
www.facebook.com/DiMeosIceCream

LONGSANDS FISH KITCHEN

Simon Walsh and his team at Longsands Fish Kitchen are renowned for making the most of the finest North Sea produce. Dedicated to the best of the day's catch, their restaurant menus showcase expert cooking while their takeaway fish and chips is recognised as some of the best in the country.

Longsands Fish Kitchen, Front Street, Tynemouth, NE30 4DZ
tel 0191 272 8552, www.longsandsfishkitchen.com

PUREKNEAD

The new, bigger PureKnead artisan bakery on Park View in Whitley Bay is a gem. Home to artisan breads and cakes and a very warm welcome, the team's fresh bread is excellent while the cakes, traybakes and sweet treats along with a cup of excellent Square Mile Coffee make any trip to the coast extra special.

PureKnead, Park View, Whitley Bay, NE26 3QW
tel 07964 864 181, www.pure-knead.com



Longsands Fish Kitchen - 27 Front Street, Tynemouth, NE30 4DZ

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Tynemouth

THE DELI AROUND THE CORNER

Home to fresh bread and patisserie, local meats and poultry, cheese and hundreds of carefully chosen products from local artisans, The Deli Around the Corner is an essential stopping point on any trip to North Tyneside. Fresh sandwiches, homemade soups and salad boxes make for lovely lunches while the traybakes, cakes, scones and treats are perfect with afternoon coffee.

The Deli Around the Corner, Hotspur Street, Tynemouth, NE30 4EE
tel 0191 259 0086, www.thedeliaroundthecorner.co.uk

DODGIN'S YARD

Dodgin's Yard is a lovely quayside destination with a buzzing atmosphere. Home to excellent brunches and lunches, an evening grill selection featuring local produce along with a cocktail is highly recommended. **Dodgin's Yard, Bell Street, North Shields, NE30 1HF**
tel 0191 259 1992, www.facebook.com/DodginsYard

COAST KITCHEN & BAR

This cool seaside kitchen is home to a delicious range of breakfasts, bar bites and small plates. The breakfast menu is excellent, while the build your own sharing boards come highly recommended as do the Coast gin and tonics, and gin flights!

Coast Kitchen & Bar, Front Street, Tynemouth, NE30 4BP
tel 0191 257 7257, www.coastkitchenandbar.co.uk

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SPECIAL

THE COTTAGE KITCHEN

Home to proper home cooking, The Cottage Kitchen in Whitley Bay is a go-to for comfort food. The menu is full of hearty fare while you'll find a top-notch cuppa here too.

The Cottage Kitchen, Countess Avenue, Whitley Bay

NE26 3PN, tel 07530 101 186

www.facebook.com/Cottage-Kitchen-150235811683424

SIMPSONS CAFÉ BISTRO

Combining the food heritage of its owners Derek and Uci Kinnear, Simpsons Café Bistro is a real foodie destination. This little warung (a small, family-owned business, restaurant or café in Indonesia) serves up traditional English fayre for breakfast and lunch alongside a selection of dishes rooted in Uci's family's warung in Jakarta. This Indonesian menu, which is packed with flavour and imagination, is served throughout the day and on selected evenings - see Facebook for details.

Simpsons Café Bistro, Claremont Crescent

Whitley Bay, NE26 3HL, tel 0191 252 0037

www.facebook.com/simpsonscafebistro

HINNIES

Hinnies is located on the promenade in Whitley Bay and serves Geordie-inspired dishes including Pan Haggerty to Singin' Hinnies using fresh, local ingredients. The restaurant was voted Best Value



HINNIES

RESTAURANT



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6/7 Victoria Crescent, Cullercoats, NE30 4PN

Tel: 0191 2511699  



Cullercoats

Restaurant in the North East by The Journal and it's a great place to take a break while walking along the coast.

Hinnies, East Parade, Whitley Bay, NE26 1AP
tel 0191 447 0500, www.hinnies.co.uk

BARISTOCRACY COFFEE

Aussie coffee roaster Alex Forsyth and his partner Kate Hudson, who is from Tyneside, have an enviable reputation for producing great coffee at North Shields-based Baristocracy Coffee. A taste of Australian coffee culture, Baristocracy has proved popular with lovers of a seriously good brew, and those who love to talk coffee while being surrounded by the stuff. The 7ft-tall coffee roaster sits front and centre and you can enjoy freshly brewed coffee here as well as buying some to take home. **Baristocracy Coffee Unit 2, Larch Court West Chirton North Industrial Estate, North Shields NE29 8SG, www.baristocracymcoffee.com**

SALT HOUSE

There's something for everyone at SaltHouse in Cullercoats, from light lunches to quality fish and chips. For those walking the coast, there's good coffee and plenty of cakes on offer too – making this a great rest stop.

SaltHouse, Victoria Crescent, Cullercoats, NE30 4PN
tel 0191 251 1699, www.facebook.com/SaltHouseNE



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www.thedeliaroundthecorner.co.uk

SPECIAL

THE STAITH HOUSE

When it comes to dining pubs, The Staith House is arguably the North East's finest. Recently chosen in 13th place in the UK's Top 50 Gastropubs, The Staith House serves an excellent menu of North East produce, much of it sourced just outside the front door on North Shields' Fish Quay.

The Staith House, Low Lights, North Shields, NE30 1HF
tel 0191 270 8441, www.thestaithhouse.co.uk

LOBO ROJO

Lobo Rojo - an informal, California-inspired Mexican restaurant and bar - is home to top-notch tacos and burritos. Corn tortillas are made fresh daily along with a selection of fillings packed with flavour - from thinly sliced pork with lime and coriander to crispy fried cod with pico de gallo.

Lobo Rojo, Irvin Building, North Shields, NE30 1HB
tel 0191 257 6986, www.facebook.com/loborojoquay

THE BRIAR DENE

The food at the Briar Dene in Whitley Bay has reached new heights since its refurbishment by Sir John Fitzgerald Ltd. The old Edwardian building has been given a touch of New England charm, and their restaurant and takeaway menus feature classic dishes perfect for the coastal setting.

The Briar Dene, The Links, Whitley Bay, NE26 1UE
tel 0191 2520926, www.sjf.co.uk



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Enjoy breakfast with us up until 12pm or join us on an evening for homemade English or Indonesian cuisine. Try our taster menu for two and indulge in a wide variety of homemade Indonesian dishes. Book traditional Sunday lunch or an Indonesian option is also available.

Simpsons is a friendly, relaxed environment that you can enjoy by yourself or with friends and family. A place where flavours could be shared, sampled or tasted alone.

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Friday 9 - 9:30 last food orders 8:00, Saturday 12- 9:30 last food orders 8:00
Sunday and Monday closed





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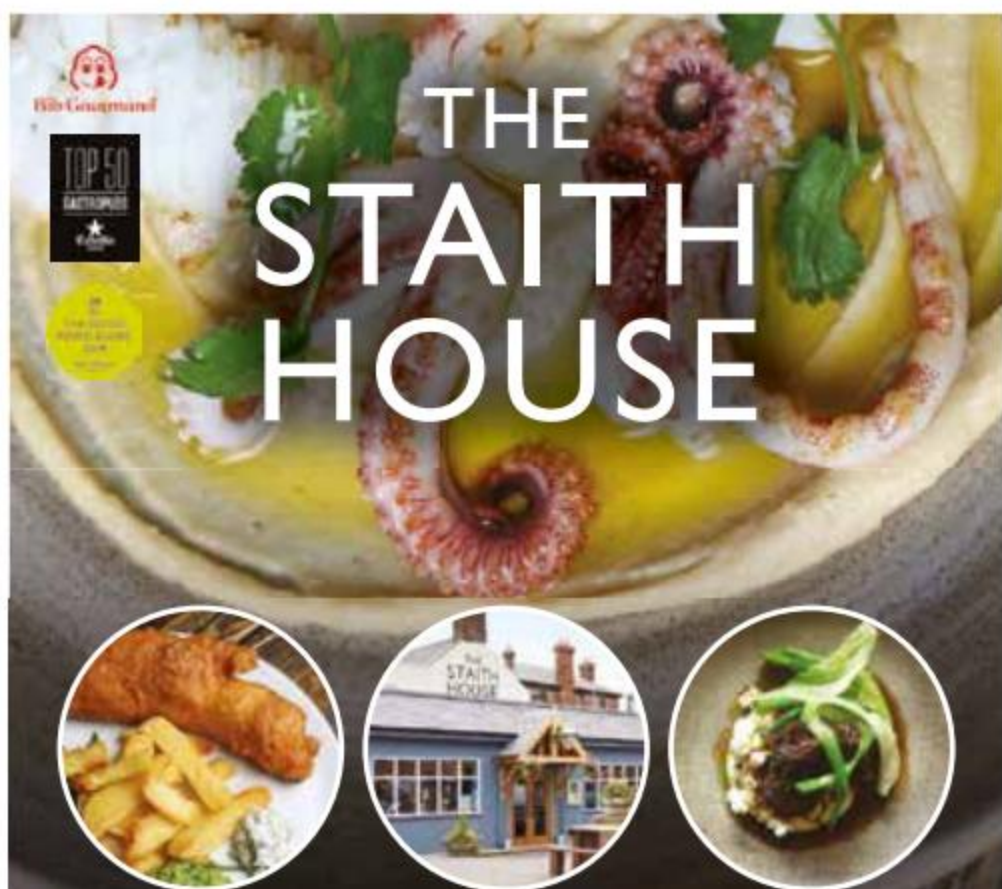


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WWW.THESTAITHHOUSE.CO.UK



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Mum's the word

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HEY LITTLE HEN...

Every kitchen needs this vintage white glass egg store, £30 at **Vintage at the Tower** Hill Street, Corbridge, tel 01434 632 186, www.facebook.com/VintageAtTheTower



IN A PICKLE

Add some zing to your life with Fine Cheese Company Pickled Shallots for Cheese £6.95 and Pickled Cherries for Cheese £6.95 at **Il Piccolo, St Helen's Street, Corbridge, NE45 5BE** tel 01434 634 554 www.ilpiccolo.co.uk



IN THE MIX

Take mum's favourite gin and prosecco cocktail to another level with Lakeland Syrups mixers in Raspberry, Damson, Cherry, and Herbaceous Strawberry, £2.60 each at **North Acomb Farm Shop, Stocksfield NE43 7UF**, tel 01661 843 181 www.northacomb.co.uk



TO A TEA

Newcastle-made Love Leaf Tea comes in a huge range of gorgeous flavours, including Golden Turmeric, Spiced Chard, Sage & Chamomile, Laid Back Lavender and many more, available at **The Deli Around The Corner, Hotspur St, Tynemouth NE30 4EE, tel 0191 259 0086, www.thedeliaroundthecorner.co.uk**



CIAO, MAMMA

Especially for the mamma who loves everything Italian, this Pajarrop Fig Almond Cake is £4.75 and Orchard Tomato Jam is **£3.65 at Carruthers & Kent, Elmfield Road, Gosforth Newcastle, NE3 4AY tel 0191 213 1818 www.carruthersandkent.com**



GREEN SCENE

Go green (and pink, red and purple) with this very on-trend Les Artistes Paris Can't it insulated Mug £10 at **Corbridge Cookshop, Middle Street, Corbridge, NE45 5AT, tel 01434 632 582 www.corbridgecookshop.co.uk**

LUXURY LIQUEUR

Treat your mum to Alnwick Gin Liqueur in Rhubarb & Strawberry, Lime & Ginger, Raspberry & Vanilla, **£12.50 at Brocksbushes, Styford Roundabout Stocksfield, NE43 7UB, tel 01434 633 100 www.brocksbushes.co.uk**



ON A BOWL

These Dassie nibble bowls in mushroom, fennel and beetroot are good for olives, hummus and earrings... whatever! **£12.99 each at Pure Knead, Park View, Whitley Bay NE26 3RH, tel 07964 864181 www.pure-knead.co.uk**

WIN!

Dinner, bed & breakfast for two

AT THE COQUETVALE HOTEL, ROTHBURY

The Coquetvale Hotel, Rothbury - which sits on the edge of the Northumberland National Park – is offering Appetite readers the chance to win dinner, bed and breakfast for two people.

To enter, go to www.appetitemag.co.uk/win and enter your name and contact information.

Closing date for entries - April 23, 2020

The Coquetvale Hotel in Rothbury is offering Appetite readers the chance to win an overnight stay in one of its superior suites with super kingsize bed for two, including dinner and breakfast.

This renowned Victorian hotel, which sits on the edge of Northumberland National Park in tranquil Rothbury, is a perfect base to explore the Northumberland countryside which surrounds it.

It is five minutes from the beautiful National Trust property Cragside, famed for its breathtaking gardens and country house, and is a perfect spot for a relaxing break, a special occasion or as a base for walking, cycling or outdoor pursuits.

The locally sourced produce on

the menu includes Northumbrian beef and lamb, North Sea fish, Doddington's Northumbrian ice cream, and homemade desserts including syrup sponge, sticky toffee pudding and chocolate brownies. There are also fantastic pizzas available from the double-decked pizza oven.

Built by William, 1st Baron Armstrong, in the 1870s, The Coquetvale Hotel was built as a railway hotel to serve guests visiting his beloved Cragside.

There are a number of walks and cycle routes around the hotel, which is close to the Simonside Hills and the surrounding Northumberland National Park, the Northumberland coast, Hadrian's Wall and Sycamore Gap, and Kielder Water & Forest Park.

Terms & conditions

Prize includes dinner and breakfast, all drinks and extras are to be paid for.

The prize is for the winner and a guest. It is not to be given away as a gift.

The date of the prize is to be arranged directly with The Coquetvale Hotel and is subject to availability.

The prize is non-transferable and there is no cash alternative.

The winner will be drawn at random and notified within three days of the closing date.



The Coquetvale Hotel, Station Road, Rothbury, NE65 7HQ, tel 01669 622 900, www.coquetvale.co.uk



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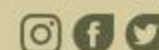


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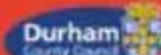
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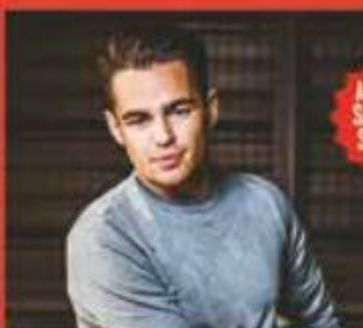
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JOE HURD



TV BAKER
JANE BEEDLE

Luciano Di Meo

DI MEO'S, WHITLEY BAY



Let's start at the beginning, what do you eat for breakfast?

Since January, I've been taking breakfast a bit more seriously and eating things like porridge, poached eggs, avacados and spinach omelettes.

And your go-to guilty pleasure?

It would have to be a banana split. I've replaced meals with them in the past.

What would be your last meal on earth?

I would go for fresh calamari fried in a little flour, followed by a T-bone steak cooked on an olive wood barbecue, and finish with a banana split.

What can I find in your home fridge right now?

There's always a lot of Italian food - gorgonzola, pecorino, Parma ham, salami and olives. Then there's some spinach, a bit of kale and some sirloin steak, which my kids love.

Which ingredient would you grab if you could only choose one?

Olive oil. Coming from a family of olive farmers, it's a major part of our dishes.

Which is your most important piece of kitchen kit?

In the café, our pizza oven is essential. We roast vegetables in it, cook pizzas in it - we really try to make the most of it.

And your favourite cookbook?

I have a copy of the old Bero cookbook and use it all the time for basic things like Yorkshire pudding and sponge cakes.

What's your favourite dish to make at home?

I have two - pasta e fagioli, which is pasta with a kind of bean stew, and trofie al pesto, which I first made when living in Genoa. The trofie is complicated, but I love to make it.

Do you get many famous customers in the café?

Si King of The Hairy Bikers is a fan of our ice cream and a regular visitor, and we've been popular with some of the international Newcastle United footballers through the years.

What's your most important bit of advice in the kitchen?

Keep it simple. Let good quality ingredients be the stars. And have plenty of Maldon sea salt to hand.

What would you be doing if you weren't running the café?

I always dreamed of being a pilot when I was growing up.

If you only had £10 to spend on food, what would you buy?

I'd start with a Greggs corned beef pasty then make a pasta e fagioli at home.

Who is the greatest cook ever?

My uncle, Isidoro 'Eddie' Di Meo. He cooks simple dishes, but with the most amazing flavours. He grows his own vegetables, gets his own olives cold pressed, makes his own wine, and the taste sensation of his food is unlike anything else.

Di Meo's, Marine Avenue, Whitley Bay, NE26 1LX, tel 0191 252 3814, www.facebook.com/DiMeosIceCream

THE NEXT EDITION OF APPETITE IS OUT FROM MAY 1, 2020

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BE THE FIRST TO KNOW WHEN APPETITE IS AVAILABLE BY SIGNING UP TO OUR EMAIL BULLETINS VIA THE WEBSITE

Sachins

The city's finest Punjabi restaurant



Owned and operated by Chef Bob Arora, all the food at Sachins is freshly prepared using the finest ingredients to give you an individual experience.

"We are renowned for our delicate and precise use of ground herbs and spices, and have earned and built our reputation for producing the finest Punjabi cuisine the city has to offer."

Bob Arora, Owner, Sachins Restaurant



What the critics say:

"Perfect for a quick bite as well as a long night of indulgence, it's not hard to see why has become a popular fixture over the past four decades."

Sam Wonfor, The Chronicle

"Sachins has established its place as an iconic curry house in Newcastle, and throughout its history has been awarded many accolades, including Love North East's Top Curry of the Year, Chef of the Year in the English Curry Awards as well as North East Curry Restaurant of the Year."

Steph Maguire, ILoveNewcastle.com

"He serves up exotic and creative dishes using the freshest and finest ingredients. No crazy-hot spices or extra colouring make their way into the dishes. The reds come from chillies, the yellows from turmeric."

Jane Hall, The Chronicle



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