

Foodies

ISSUE 87 | MARCH 2017
SCOTTISH EDITION | FREE

A CELEBRATION OF FINE FOOD AND DRINK

40

RECIPES

and top chefs and
mixologists

Emma Hatcher

Mike McGinty

Happy
Mother's
Day



MUM'S KITCHEN

Rachel Allen shares her
family recipes, inspired by
her mother's suppers



INNER BEAUTY

Glow from the inside
out with beauty guru
Liz Earle's fresh recipes

WIN
A STUNNING
RETREAT TO
MINGARY
CASTLE

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Foodies

Published by the
**Media Company
 Publications Ltd**
 26A St Andrew Square
 Edinburgh EH2 1AF
 Tel: 0131 226 7766
 Fax: 0131 225 4567
www.foodies-magazine.co.uk



Front cover image

*Recipes From
 My Mother* by
 Rachel Allen,
 published by
 Harper Collins,
 £20

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Receive a copy of Foodies every month. Only £15 (regular price £24) for 12 issues delivered to your door call 0131 558 7134 or email the editor: sue.hitchen@gmail.com

Mum's the Word

MARCH MARKS the start of spring, and brings with it a day to celebrate those most important women in our lives: our mums. To honour these inspiring women, we're letting the ladies shine this issue, with family dinner recipes from Rachel Allen's latest book, *Recipes from my Mother*, pp.14-21, and healthy bites from skincare guru Liz Earle, pp.26-33, that help your inner beauty show. Plus, food blogger Emma Hatcher shares her recipes for beautiful sweet treats that are perfect for those with a delicate digestive system - and those without, pp.38-45.

For those struggling for inspiration for a Mother's Day gift, check out our round up of treats to spoil mum with, pp.23-25, featuring indulgent spa retreats and the best afternoon teas around. Or for that homespun charm, create your own afternoon tea with a tasty jam or chutney from one of our favourite artisan preserve producers, p.47.

If you're wondering if it may finally be time to revamp your kitchen, be inspired by our guide to top independent Scottish interior designers, p.35.

And as the warmer weather rolls in, take a stroll down Broughton Street and

work your way through our favourite bars, restaurants and cafes on this haven for boutique eateries, pp.53-54. Or, if it's time for a treat, check out our reviews, pp.56-57, and be inspired to try dining out somewhere new.

So shake up a cocktail, like Mike McGinty's award-winning Bell of Jalisco, p.63, and toast to your mum this March.

Sue Hitchen, Editor



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Rachel Allen

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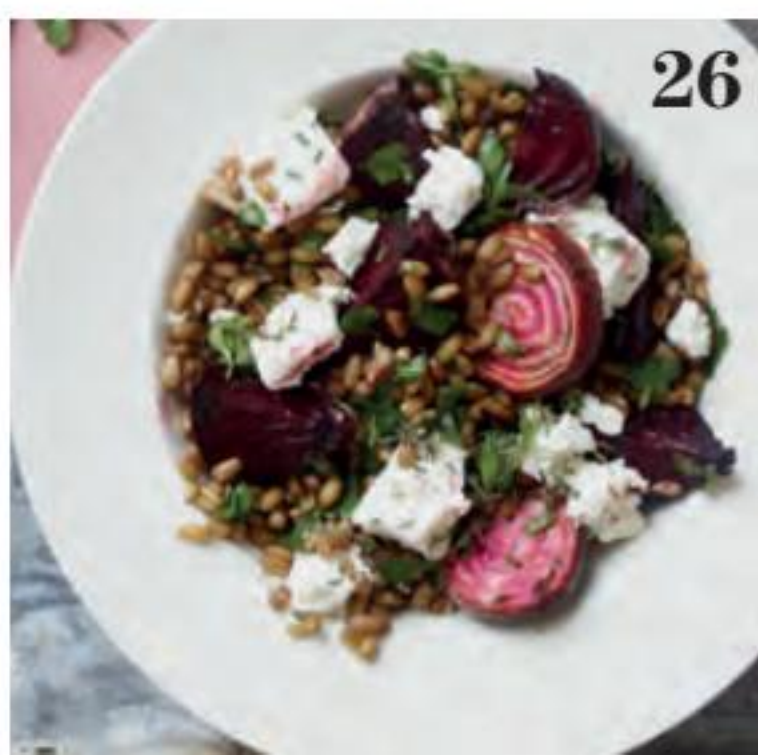
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Cooking the books



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Hodder and
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Bake: 125 Show-Stopping Recipes, Made Simple
Lorraine Pascale,
Bluebird, £20

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Lizzie Loves Healthy Family Food
Lizzie King, Trapeze,
£14.88

Lizzie King is here to help when it comes to keeping a busy, fussy family healthy with her quick, tasty and nutritional recipes.



Paul Hollywood City Bakes

Follow Paul Hollywood as he bakes his way around the globe in season two of Paul Hollywood City Bakes. This season, he travels to a new array of exciting locations to find his baking inspiration, including Oslo, Palermo, Cape Town and San Francisco and puts his own twist on the recipes that have shaped the baking history of these cities.

Paul Hollywood City Bakes Series 2 premieres on 20th March at 9pm on Food Network UK



What's on



SPRING WINE WEEKEND
11-13 March, Isle of Eriska

Join Nick Adams, one of the 350 masters of wine around the world, for a spring getaway to the luxurious private Isle of Eriska for a two night wine weekend. Experience the ultimate in decadence and sample Adams' handpicked selection of incredible wines alongside an eight course paired menu, prepared by Michelin-starred chef Paul Leonard.



GIN FESTIVAL GLASGOW 2017
3-5 March, Glasgow

Gin lovers – get excited. The UK's biggest, oldest and favourite Gin Festival makes it's Glasgow debut this month, serving up tasty tipples galore. Held at The Briggait, Merchant City's cultural epicentre, guests are invited to sample over 100 gins, chat to industry experts, snack on tasty bites and bond with fellow gin fanatics at this exciting event.



LAINGS' SATURDAY KITCHEN
11 March, Edinburgh

Independent Edinburgh kitchen designers Laings invite local foodies to see just how inspiring their kitchens can be with their annual Saturday Kitchen event, based on the hit BBC1 show. Featuring celebrity chefs whipping up tasty delights and the chance to win fantastic prizes from their luxury raffle, it's bound to be a hit.



Grandma and granddaughter making memories



Jonty getting ready for his ride on Romeo



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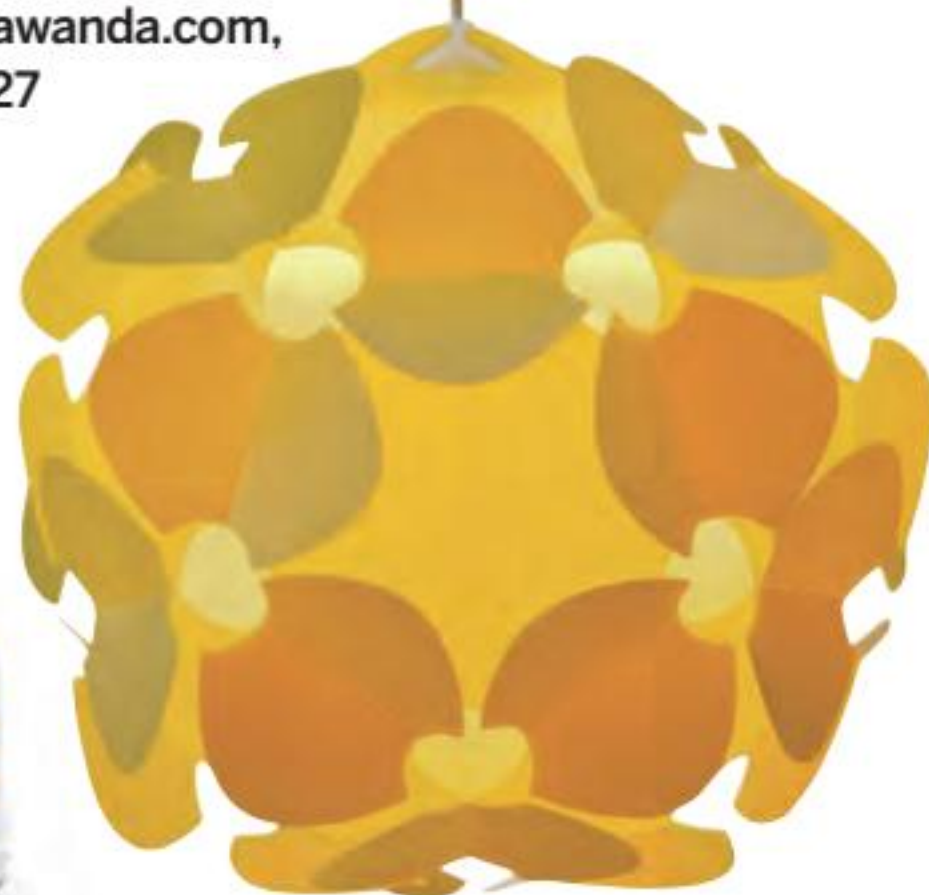


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www.candleandcake.co.uk, £3.99



Yellow Lampshade
en.dawanda.com,
£19.27



Yellow Glass Bowl
www.cloudberryliving.co.uk, £35

ALL THINGS BRIGHT

Electrify your kitchen with a pop of yellow for that spring feeling



Enamel Milk Pan
www.electdesign.com, £22

Betty Gold Apron
www.raggedrose.com,
£20



Enamel Kettle
www.wildandwolf.com, £39.95



Oven Glove
www.vallila.co.uk,
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drinkaware

OH SO CHEESY

Mechelle Clark is expanding her cult Aberdeen toastie shop out into the wider world of weddings, festivals and events with her newest associate - The Meltmobile. This innovative take on the food truck is newly available to hire to bring the delights of Melt's golden grilled sandwiches to guests everywhere - after all, what party can't be improved by a little melted cheese?

www.facebook.com/meltaberdeen



CRAFTY CANNING

Marking a new era in craft beer, Fallen Brewing have begun to move all of their much loved IPAs into cans. Not only are these handy sized brews perfect for sipping at home, their new canning line doubles the capacity of this local brewery – meaning that more beer is on its way.

www.fallenbrewing.co.uk



CHERRY NICE

Sharpam Park, the champions of British spelt, have done it again with their new Cherry & Berry Spelt Flakes. Bursting with flavour and sure to give you that much-needed morning boost, this tasty cereal is bound to brighten up your March - and your breakfast table.

www.sharphampark.com



TOP OF THE CLASS

For a small place, Scotland packs a world class foodie punch. Eight of Caledonia's own restaurants have recently been named in The Sunday Times Top 100 Restaurants in the UK, including Alchemilla and Cail Bruich in Glasgow, and Edinburgh's Ondine and The Gardener's Cottage, as well as new Leith hotspot Norn, headed by Scott Smith, which catapulted onto the scene just last year.

www.thetimes.co.uk

JUST THE TONIC

Bon Accord, icons of the Scottish soft drink scene, have relaunched their signature tonic water in new, smaller 200ml bottles. Better suited for a single serving of the classic G&T, these fun-sized bottles are perfect for home use, and the subtle, naturally produced flavour of the tonic makes an ideal pairing for any of Scotland's many fine gins.

www.bonaccordsoftdrinks.com

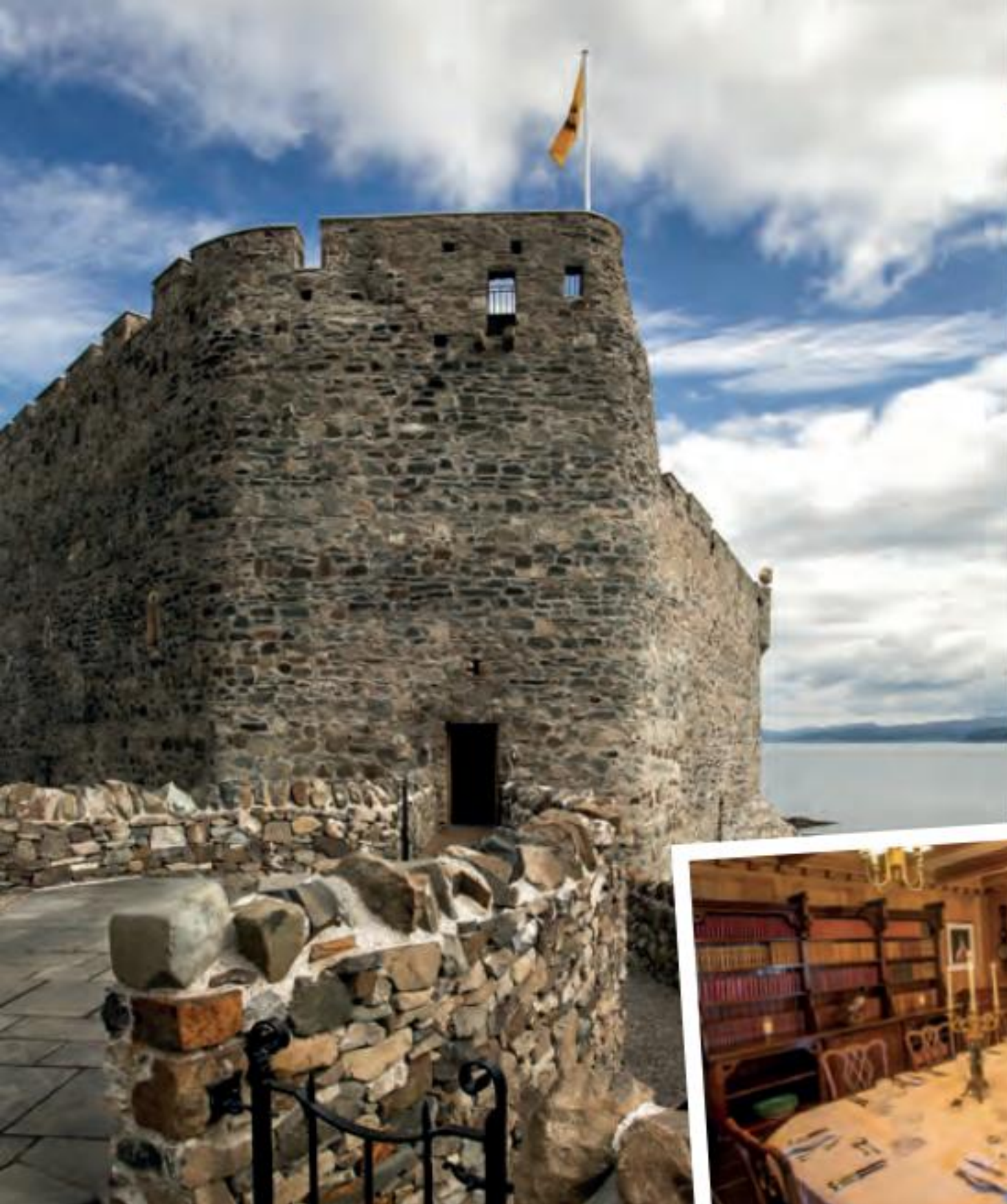




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WIN

Win a trip fit for royalty at Mingary Castle

EXPERIENCE a dramatic escape like no other at the stunning historic Mingary Castle. Taking pride of place on the west coast of Scotland since the 13th century, this impressive landmark has recently been painstakingly restored from crumbling ruins to a statuesque dwelling that outshines even its former glory.

Focused on staying true to the comfort and warmth of Highland hospitality, the winner and their guest will have every need catered for by the welcoming staff, who are well versed in the best spots for wildlife watching and kayaking to

appreciate the surrounding scenery. Then take some time to relax in one of the four luxurious and unique suites available, each with glamorous four poster beds and awe-inspiring views.

Plus, the lucky winner will experience Mingary's unique dining style, where all guests are invited to come together for communal dining in the castle dining room where you'll feast on their creative set menu focused on taking advantage of local produce and the wealth of local ingredients. Enjoy your evening with a complimentary bottle of wine and feel like royalty at Mingary Castle ●

TO ENTER

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

Which century was Mingary Castle built in?

To win you must either like our page on Facebook and send us a message with your name and email address or email your details to enter@foodiesfestival.com

T&C: Entries must be received by March 31st. Prize is valid for a one night stay for two guests with dinner and breakfast, with 1 bottle of wine and complimentary tea & coffee. Additional drinks are extra. Subject to availability. The prize must be redeemed by 20th December 2017, excluding September & October 2017. Entrants and guest must be 18+. No cash alternative. Non-transferrable. Editor's choice is final.

Dear Mum

Rachel Allen shares her comforting family recipes, inspired by cooking for her kids and her own mum's cooking

I grew up in Dublin with a sister, an Irish father and a mother from Iceland. I've always been very proud of my half-Icelandic and half-Irish heritage. I count myself fortunate in that it was a very happy home with lots of good food. My favourites were the kinds of dishes that many people call comfort food - roast chicken, stews and casseroles - for which there is rarely a traditional Irish recipe. My mother seemed to quickly master the Irish flavours and cooking techniques, however, one of my favorite Icelandic foods that Mum often used to eat and we enjoyed on holidays in Iceland is harðfiskur - the salted dried fish. I can still remember we used to eat it cold, spread with salted butter, as did my Mum when she was young. It's still really popular there and although it's more often eaten as a snack, it is sometimes heated in soups and stews.

Looking back on it now, I am so appreciative of the fact that I got to sit down at the table to enjoy these meals with my family and catch up on what happened during the day. It's one thing that my husband, Isaac, and I insist on now with our children - for me it's one of the most important times of the day.

I get such pleasure when I see my children enjoying really good food, whether it's fish that they've caught, filleted

and cooked themselves, shrimp that my daughter learnt how to peel and demolish by the dozen from her great-grandmother, or the seeds that they've planted and watched turn into sweet, crunchy carrots or cucumbers. I hope that they'll get the opportunity to teach and inspire future generations, passing on the appreciation and joy that there is to be had from great food.

As well as chatting to my own mum about the food that she loved as a child, I've been lucky enough to get wonderful stories and recipes from some of my friends, and indeed my mother-in-law Darina, about the food that was cooked for them by their mothers.

I've always been fascinated by what makes people the way they are. We are like very complex, colorful tapestries, and as with every other living being, no two of us are exactly the same. We are all, of course, a product of two different people, but who we are as actual individuals goes deeper and is much more interesting than that. The place where we grew up, the climate, the cultures, the traditions and, not least, the food we eat all play a part in weaving together the fibres that make us who we are.

I hope you enjoy these recipes, and feel inspired to pass them down to the next generation.

'I get such
pleasure when I
see my children
enjoying really
good food'



Pan-fried duck breast with lazy glaze

I'm always drawn to this deliciously easy sweet-sour duck with lazy glaze - it makes me a very happy girl.

Serves 4

4 duck breasts, skin on
Sea salt
Freshly ground black pepper

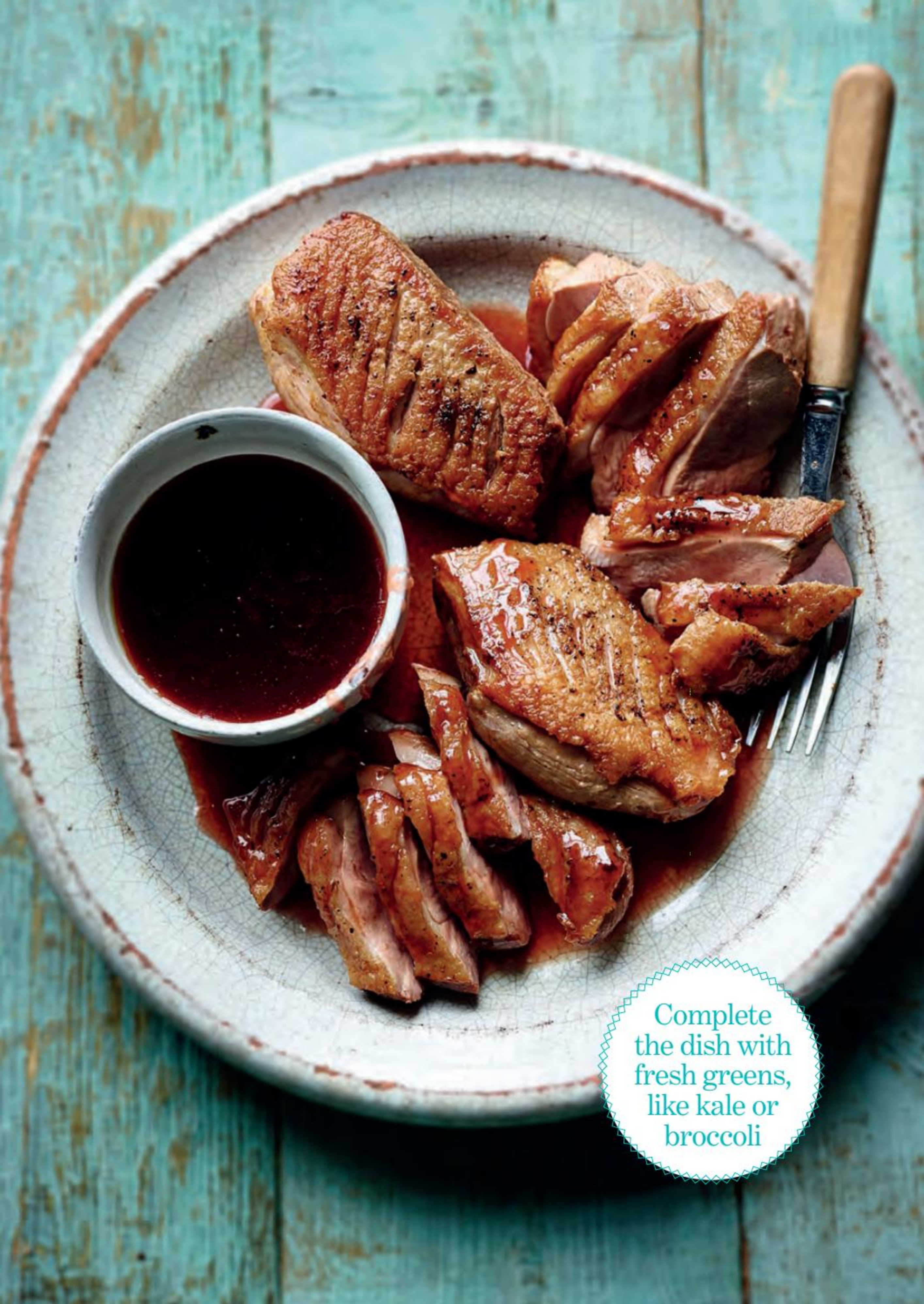
For the glaze

6 tbsp apple jelly
6 tbsp sloe gin or redcurrant jelly
6 tbsp duck or chicken stock, or use water
30g (1¼oz) butter

- First, score the fat on the duck breasts with a small, sharp knife, being very careful not to cut into the flesh. Season the duck, then place, skin side down, in a cold, heavy frying pan.
- Put the pan over a low heat and allow the fat to render out of the duck and the skin to go a nice nutty brown colour. This can take 15–20 minutes. Then turn the breasts over to brown the flesh on the underside and the edges. When the duck is cooked to your taste, drain off all the fat and set the duck aside in a warm place to rest for 10 minutes.
- Next, make the glaze. Put all the ingredients into a small saucepan over a medium heat to dissolve and bubble into a shiny glaze, then boil, uncovered, until the sauce has reduced by about one-third. Taste for seasoning.
- Slice the duck breasts thinly, arrange on a plate and serve with the glaze spooned over.



Recipes from *Recipes From My Mother* by Rachel Allen, published by Harper Collins, £20



Complete
the dish with
fresh greens,
like kale or
broccoli

Smoked haddock, black pudding and leek gratin

This big, hearty gratin is a meal in one dish.

Serves 4

350g potatoes, in 5mm slices

A tiny pinch of grated nutmeg

1 sprig of thyme

1 garlic clove, crushed

250ml double cream

125ml milk

25g butter

250g smoked haddock, cut into 1cm pieces

175g leeks, sliced into 5mm half rings

125g black pudding, quartered lengthways then cut into chunks

Sea salt and freshly ground black pepper

To serve

Green vegetables or green salad

- Start by putting the potato, nutmeg, thyme, garlic, cream and milk in a saucepan with a pinch of salt and pepper. Cover and bring up to a gentle simmer, then set aside to infuse.
- Preheat the oven to 180°C. Melt the butter in a frying pan over a medium heat. Add the fish, leeks and black pudding and sweat gently to soften for 8–10 minutes, then season with salt and pepper.
- Transfer the fish mix to a 1 litre pie dish. Remove the sprig of thyme from the potato and layer the discs of potato over the fish mix in the pie dish. Pour the creamy milk from the saucepan over the potato and fish. Bake in the oven for 40–45 minutes until golden on top and bubbling.
- Serve with green vegetables or a green salad.



For a tasty
alternative,
try using
smoked
salmon

Wild garlic soup

A vibrant green soup that makes you feel good just looking at it, not to mention eating it! Use the wide-leaf wild garlic, ramson, or the three-cornered leek with the narrow leaves, both in season in spring.

Serves 6

25g butter

2 potatoes, diced

1 onion, chopped

1 litre chicken or

vegetable stock

2 large handfuls of wild
garlic leaves, roughly
chopped

110ml regular or double
cream

Sea salt and freshly
ground black pepper

To serve

Crusty bread

- Melt the butter in a large saucepan over a medium heat. When foaming, add the potatoes and onion, and toss in the butter until well coated, then season with salt and pepper.
- Turn the heat down, cover the pan and cook for 10 minutes or until the vegetables are soft, stirring regularly so that the vegetables don't stick and burn.
- Next, add the stock and bring to a rolling boil, then add the wild garlic leaves and cook for 2 minutes or until the leaves have wilted. Don't overcook the soup at this stage or it will lose its fresh green colour and flavour.
- Immediately pour into a blender and whiz until smooth, then return to the clean pan, stir in the cream and taste for seasoning.
- Serve hot with crusty bread.



Wild garlic
out of season?
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or spinach
instead

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Stobo, Peeblesshire, EH45 8NY
www.stobocastle.co.uk

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ATHOLL PALACE

Pitlochry, Perthshire, PH16 5LX
www.athollpalace.com

Whisk mum away for a pamper session at Atholl Palace's Lavender

Spa. Their Relax Spa package is perfectly suited for some peaceful bonding time, featuring a Lava Shells Massage and mini facial, as well as time to relax in the thermal pool, and a classic afternoon tea in the Verandah Restaurant with views across the Tummel Valley.

FAIRMONT ST ANDREWS

St Andrews, KY16 8PN
www.fairmont.com

For a luxurious treat, head to the five-star spa at Fairmont St Andrews for their Mother's Day package. Mum will be spoiled with her choice of treatment, before the two of you can glam up with an OPI manicure while sipping on a glass of prosecco. The fun doesn't stop there either, with their Savoy Afternoon Tea Experience



From top: Atholl Palace, Stobo Castle



DINE



Dine is Edinburgh's award-winning luxury brasserie and cocktail bar. Menus are designed by Michelin chef Stuart Muir using fresh, local and sustainable produce with fine wines, champagnes and seasonal cocktails available.

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Monday - Saturday from 5pm* / 2 courses £14.50 / 3 courses £17.50

COCKTAIL CLUB

This new exciting monthly club showcases the very best in seasonal cocktails, with brand takeover nights, cameo appearances from bartenders around the city and exclusive tasting masterclasses, with Dine's talented mixologists at the helm.

Third Monday of every month, 6.30-9.30pm / £10 per person for three cocktails.

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*6.30pm is the last sitting for our Market Menu on a Friday or Saturday evening

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BLYTHSWOOD SQUARE

11 Blythwood Square,
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www.blythswoodsquare.com

For a unique Mother's Day treat, Blythwood Square are hosting a new take on afternoon tea, held in their very own cinema with prosecco and popcorn followed by a screening of Mamma Mia or Dirty Dancing. If it's a more relaxing day out you're looking for, their fabulous paired spa experience combines a luxury bespoke treatment with a fun Rhassoul mud experience for two.



Blythwood Square Spa and Cinema Room



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1 Princes Street, Edinburgh, EH2 2EQ

www.roccofortehotels.com

Well known for its signature glamour and famous location at Number 1 Princes Street, afternoon tea at The Balmoral's Palm Court is the ultimate gift for the mother who lives for luxury. Sip vintage champagne to the soothing sounds of their in-house harpist while you nibble on classic and contemporary savouries, handmade scones and seasonal pastries.



THE COLONNADES AT THE SIGNET LIBRARY

Parliament Square, Edinburgh, EH1 1RF

www.thesignetlibrary.co.uk

Recognised as one of Edinburgh's finest afternoon tea spots, this gloriously decadent 19th Century building is the perfect setting for your mum to enjoy a day that's all about her. With expertly created seasonal savoury and sweet bites to enjoy, all served upon bespoke silver tea stands, and even their own Signet tea blend, it's bound to impress.

THE CORINTHIAN CLUB

191 Ingram Street, Glasgow, G1 1DA

www.thecorinthianclub.co.uk

Impress your mum by rolling up to this iconic, recently restored 18th century Virginia Mansion. A glamorous location complete with a stunning 26 foot glass dome, it definitely brings the wow factor. Complete your tasty afternoon tea experience with a glass of Moët and we guarantee you'll have a very happy mummy.





Inner glow



These recipes from Liz Earle MBE show you how to amplify your beauty from within with the help of fresh, seasonal ingredients



I've been researching and writing on many areas of wellbeing since 1985, when I started as a junior health and beauty writer for the glossy monthly magazine *Woman's Journal*. Since then, I've spent most of my working life investigating botanicals (especially for skincare!) and other natural ingredients and strategies that can help make us feel good and look better. It's great to get back to publishing.

Since launching my *Wellbeing* magazine, the team and I have created so many wonderful recipes, natural health, beauty, home and craft ideas that I wanted to gather the most-loved and best of these together in one

beautiful book. For me, wellbeing is all about balance, so from skin-saving salads to seasonal feasts to tempting teatime treats, all my recipes use delicious, nutritious ingredients to help you glow from within.

Many of these recipes are my own family favorites that I come back to time and time again when cooking for my children, family and friends, so I'm especially pleased to share them. All of my recipes are made with our greater wellbeing in mind, using interesting, healthy, seasonal ingredients for the most nutritious and delicious dishes.

I hope you love these gorgeous recipes every bit as much as I've loved creating them.

A woman with long, wavy brown hair is smiling warmly at the camera. She is wearing a white long-sleeved top. She is holding a large, dense bouquet of white daffodils with green stems. The background is a soft-focus green, suggesting an outdoor setting with foliage.

'All of my recipes
are made with our
greater wellbeing
in mind'

Pomegranate lamb with Turkish onions and giant couscous

A shoulder of lamb is one of the most flavoursome meats and this is one of my all-time favourite meat dishes. Sometimes I slow-roast the shoulder on the bone for many hours until all the fat has drained off and the succulent meat flakes away in pieces. Alternatively, buy a boned and rolled shoulder from the butcher and cook this way.

Serves 4-6

1.5kg shoulder of organic lamb, boned and rolled

For the marinade

1 tbsp olive oil
1 tbsp pomegranate molasses
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp sumac
2 garlic cloves, crushed
Salt

For the Turkish onions and couscous

400g giant couscous
4 red onions, cut into wedges

2 tbsp olive oil, plus a drizzle

2 tbsp pomegranate molasses

1 tsp sumac

100g pistachio nuts, roasted and roughly chopped

1 pomegranate, seeds removed

Handful mint, roughly chopped

Large handful coriander, roughly chopped

Squeeze of lemon

Yoghurt, to serve

- To make the marinade, mix the olive oil, pomegranate molasses, spices, crushed garlic and a good pinch of salt to make a paste. Unroll the lamb, rub all over with the marinade, cover and leave to stand for at least 30 minutes.

- Preheat the oven to 180°C. Heat a griddle pan to hot, put the lamb skin-side down on the hot griddle and cook for 5 minutes, then flip it over and cook for a further 5 minutes. Transfer to a baking tray and continue cooking in the oven for 25 minutes. (This will give you pink lamb, so leave in the oven for another 10 minutes if you prefer your lamb less pink). Remove from the oven, cover loosely with foil and allow to rest for 15 minutes.

- While the meat is resting, cook the couscous according to packet instructions, drain and set aside.

- Return the griddle pan to the heat and put the onions, cut side down, into the pan, and cook for 5-10 minutes, turning to char all sides. Once cooked, transfer to a plate and drizzle over the olive oil, pomegranate molasses and sumac. Stir the pistachio nuts, pomegranate seeds, chopped herbs and cooked onions along with any resting juices into the couscous. Add a squeeze of lemon and a glug of olive oil and seasoning to taste.

- Carve the lamb into thick slices, then plate up the couscous with the lamb on top and a dollop of yoghurt to the side.



Serve with
natural
yoghurt to
freshen up
the dish



Beetroot, freekeh & goats cheese salad

This is an incredibly good combination, with the lightly roasted, sweetly caramelised beetroot perfectly off-set with the tang of fresh, creamy goat's cheese.

Serves 2

For the salad

400g beetroot,
scrubbed and chopped
3 whole garlic cloves,
skin on
Small bunch of thyme,
leaves only
Juice of 1 lemon
125g cooked freekeh
Small bunch of flat-
leaf parsley, roughly
chopped
75g soft rindless goat's
cheese, crumbled

For the dressing

1 tsp olive oil
1 tbsp red wine vinegar
1 tsp Dijon mustard

- Preheat the oven to 200°C. Put the beetroot, garlic and thyme in a roasting tin, pour over the lemon juice and roast for 45 minutes. Cover the beets with foil after 25 minutes, and continue to cook until tender.
- In a bowl, make the dressing by mixing the oil, vinegar and mustard with some seasoning. Remove the garlic from the roasting tin and squeeze the flesh into the dressing ingredients, stir to combine, then pour over the freekeh.
- Fold through the cooked beetroot and chopped parsley, divide between bowls and dot the goat's cheese over the top before serving.



To change
it up, replace
the goats
cheese with
feta or
ricotta



Watermelon, king prawn and feta salad

This starter dish is a stunning medley of fresh, exotic flavours bursting with chilli and pumpkin seeds.

Serves 2

For the salad

8 shell-on king prawns, raw
4 spring onions, cut into thirds
200g watermelon, chopped
100g feta, diced
1/2 red chilli, de-seeded and finely chopped
Handful of mint, roughly chopped
Handful of basil, torn
2 tbsp pumpkin seeds

For the dressing

1 1/2 tbsp olive oil
1/2 tsp Dijon mustard
1 tbsp red wine vinegar
Runny honey, to taste
Salt and cracked black pepper

- Make the dressing by whisking the oil, mustard and vinegar together with plenty of seasoning, then adding a drizzle of honey to taste – you won't need much as the watermelon will also provide sweetness. Set aside.
- Heat a griddle pan over a high heat. Once hot, cook the prawns for 2 minutes on each side until bright pink and cooked through. Remove the prawns from the pan and place on a plate. Then griddle the onions for 3-4 minutes, turning to char on all sides. Add to the prawns, then drizzle over half the dressing and allow to stand for 5 minutes.
- Meanwhile, in a large bowl, toss the watermelon and feta with the red chilli, mint, basil and pumpkin seeds. Divide between plates and top with the prawns and charred spring onions. Drizzle over any extra dressing and serve immediately.



Liz Earle Wellbeing Yearbook by Liz Earle is the perfect Mother's Day gift. Sold exclusively at www.lizearlewellbeing.com, £25



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for a colourful
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starter

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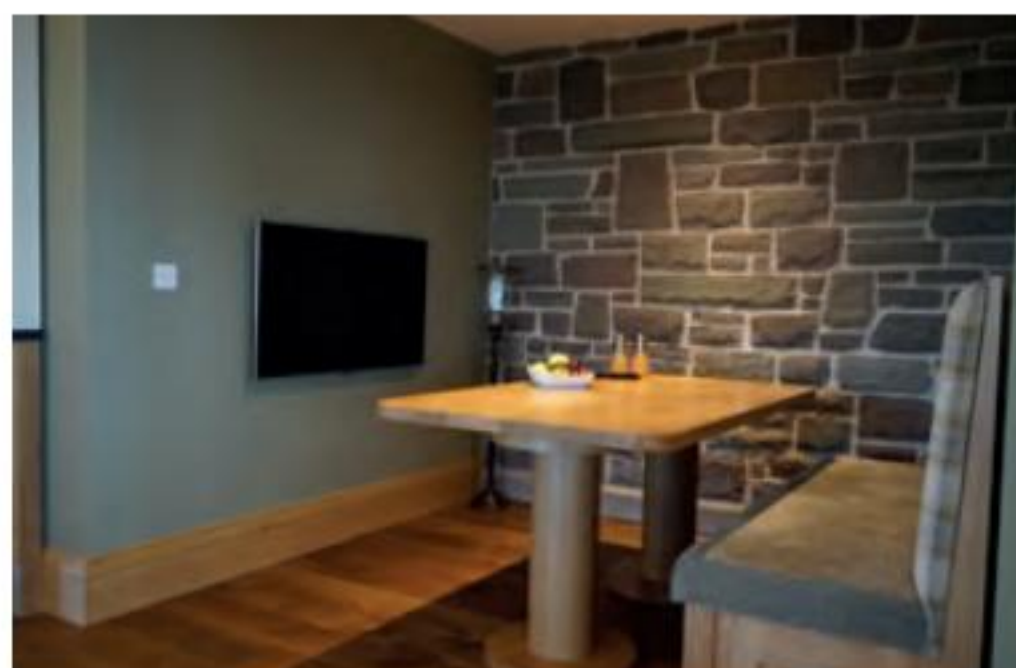
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Friendly feasting

Emma Hatcher guides the way to a Low FODMAP Diet that's good to your gut - and your tastebuds

I'm going to put it out there. Being diagnosed with a food intolerance, irritable bowel syndrome or any digestive disorder SUCKS. A sensitive gut isn't sexy, and I - like so many of you - have had one since I can remember. It wasn't until I was twenty-one and still suffering horrendous symptoms that repeated hospital visits confirmed that a gluten intolerance and IBS were the main culprits of my illness, and a dietician suggested the Low FODMAP Diet. Within two weeks my life had completely changed. The only issue was that although the diet was incredible, it seemed relatively unknown. The information I was given by my dietician at the time filled no more than an uninspiring four-page leaflet.

So I shut myself in the kitchen and started cooking. I encouraged (gently forced) my family and friends to try my creations, and the great response I got, along with the way I was feeling, was amazing. I started a blog called 'She Can't Eat What?!' and filled it with my experiences, along with the easy, healthy, low FODMAP recipes that I was eating.

I love to eat. A lot. I often joke that I learnt how to cook delicious FODMAP friendly meals because I'm greedy and couldn't bear life without tasty food. But in

an increasingly busy world, with growing pressures and stress, there's never been a more important time to think about what we eat - and how it affects our health. Our digestion determines the health of each cell in our body. Strong, effective digestion can result in great energy, glowing skin, deep sleep and good mood, while bad digestion and an unhappy gut can lead to low energy, breakouts, poor sleep, mood swings, anxiety and a lack of confidence to boot.

From breakfast to dinner and everything in between, these recipes teach you how to create delicious meals with the foods you can eat (which are still a lot, by the way!) and show you a new stress-free and modern way to cook for your sensitive gut that is both simple and inclusive. This way of eating is not about deprivation but about taking back control so that you manage those nasty symptoms. Now it's not going to be easy. You've got to be really committed to nurturing your gut and giving it a chance to heal. You might make mistakes and some days suffer from a few symptoms - but I promise you the crap's not going to hit the fan if you mess up.

So it's time to listen to your body and your gut and learn what foods are best for you! The kind of food that makes you smile and leaves you with a very happy belly.



'All of my
recipes are
made with
our greater
wellbeing in
mind'

Passionfruit cupcakes with whipped coconut cream icing

These cupcakes are light and delicate with a charming, tropical tang. Every few bites you get a little crunch from the passionfruit pulp, and when topped with the rich whipped coconut cream icing you've got a stunning flavour and texture combination, if I do say so myself. Don't skip chilling the coconut milk. It is this process that allows the coconut fat to separate out and solidify, giving you creamier, thicker icing at the end.

Makes 10 cupcakes

70g ground almonds
75g brown rice flour
40g potato starch
1/4 tsp sea salt
2 tsp baking powder
75g brown sugar
Zest of 1 lemon
1 egg
60ml almond milk
60ml passionfruit pulp
(from roughly 2 passionfruit), plus extra to top
2 tbsp coconut oil, melted and cooled
1 tsp pure vanilla extract

For the whipped coconut cream icing
1 x 400ml tin full-fat coconut milk, refrigerated for 24 hours
2 tbsp maple syrup
1 tsp pure vanilla extract
1 tsp cinnamon

- Preheat the oven to 180°C and line a cupcake tin with ten paper cases. Place the ground almonds in a medium bowl and sieve over the rice flour, potato starch, salt and baking powder. Add the sugar and lemon zest and whisk to combine.
- In another bowl combine the egg, almond milk, passionfruit pulp, coconut oil and vanilla, whisking thoroughly. Add the wet mix to the dry mix and stir until just combined. Spoon into the paper cases and bake for 25–30 minutes, or until a skewer comes out clean when inserted into the centre. Remove the cakes from the oven and set aside for 5 minutes before transferring to a wire rack to cool.
- Meanwhile, make the icing. Open the can of coconut milk and scoop the top layer of white, creamy goodness into a mixing bowl, discarding the water. Blend the thick coconut milk with a hand mixer on a high speed for 15–20 seconds, just until the mixture softens. Add the maple syrup and vanilla extract and mix again for 1–2 minutes, until light and creamy. Finally add the cinnamon and stir to incorporate. I like to place in the fridge for a few minutes to solidify again before using.
- When the cakes are cool, pipe or spoon the whipped coconut cream on top of each and drizzle over a little passionfruit pulp to finish.





Serve with
passionfruit
seeds
for extra
crunch



For extra
colour,
decorate
with candied
lemon slices

Glazed blood orange doughnuts

I've reworked this classic so that the words 'doughnut' and 'low FODMAP' can exist in the same sentence (imagine the hands up 'ahh' emoji inserted here). Baking them instead of frying makes them slightly healthier, and covered in a sweet, seasonal blood orange pink glaze, they not only look beautiful but finish with a light citrus taste.

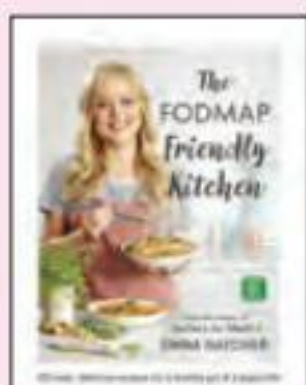
Makes 6 large or 12 mini doughnuts

100g white rice flour
4 tbsp tapioca flour
70g brown sugar
1 tsp baking powder
1/4 tsp xanthan gum
1/4 tsp salt
60ml lactose- or dairy-free milk of choice
4 tbsp oil
2 eggs
2 tsp pure vanilla extract

For the blood orange glaze

200g icing sugar, sifted
Zest of 1/2 a blood orange
3–4 tbsp fresh squeezed blood orange juice, depending on desired consistency
Edible flowers, to decorate

- Preheat the oven to 180°C and lightly grease a doughnut pan. In a mixing bowl, whisk together the rice flour, tapioca flour, sugar, baking powder, xanthan gum and salt. Set aside.
- In a separate mixing bowl, whisk together the milk, oil, eggs and vanilla extract. Pour this mixture into the dry ingredients, and stir to combine.
- Spoon the batter into a piping bag or a large resealable sandwich bag with a hole cut in one of the corners. Pipe the batter evenly into the prepared doughnut pan. Bake for 10–12 minutes, or until the top of the doughnuts bounce back when gently pressed. Let the doughnuts sit in the pan for 5 minutes, before popping them on a wire rack and leaving to cool.
- To make the blood orange glaze, add the icing sugar, orange zest and 3 tbsp of blood orange juice to a bowl and whisk together. Adjust the icing thickness by adding additional orange juice, 1 tsp at a time. Dip the cooled doughnuts into the glaze and then decorate with the flowers.



Recipes from *The FODMAP Friendly Kitchen* by Emma Hatcher, published by Yellow Kite, £20

Lemon and mint loaf

Light, fresh and zingy, the mint lifts this lemon loaf to give another level of flavour. The buckwheat flour addition reduces the amount of almonds, making it lower in FODMAPs and I've used olive oil instead of the usual butter too. Drizzle over the sticky syrup when the cake is still warm, to let it really soak in.

Serves 8-10

3 eggs
160g brown sugar
80ml olive oil, plus a little for greasing
Juice and zest of 2 lemons
190g polenta
45g ground almonds
30g buckwheat flour
1/2 tsp salt
1 1/2 tsp baking powder
Leaves from 3 sprigs of mint, finely chopped

For the syrup
50g brown sugar
Juice of 1 lemon
35ml water

- Preheat the oven to 150°C and line and grease a 900g loaf tin with a little olive oil. Crack the eggs into a large bowl and pour in the sugar. Beat together until light and creamy (keep going for about 4 minutes or so). Continue to whisk and slowly pour in the olive oil, until all of the oil is combined. Whisk in the lemon zest.
- In a separate bowl, stir together the polenta, ground almonds, buckwheat flour, baking powder and salt. Sieve this mixture over the eggs and sugar in stages, alternating with the lemon juice and folding until just combined. Coat the mint leaves in a little buckwheat flour (this stops them from rising to the top as much) and add them to the bowl, gently folding once more until incorporated.
- Pour the mixture into the prepared cake tin (the batter should come roughly half way up the side of the tin) and bake for 40-45 minutes, or until a skewer comes out clean.
- To make the syrup, place the sugar in a small saucepan along with the lemon juice and water. Heat over a medium heat, stirring occasionally, until the sugar has dissolved. Increase the heat, boil for 4 minutes until slightly reduced and syrupy, then remove from the heat. Remove the loaf from the oven and let it cool briefly in the tin.
- While it is still warm, turn it out of the tin, peel off the lining paper and put the loaf on a wire rack set over a baking tray or similar. Use a skewer, or a cocktail stick, to poke holes all over the surface of the warm cake. Pour the lemon syrup over the cake, letting it sink in. Decorate with lemon slices, lemon zest and mint leaves.



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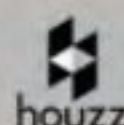
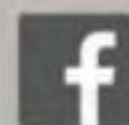
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RUSTIC LIVING

Keep it simple with Mark and Sally Bailey's tips for a home that's fuss-free and rustic but still sings with style

The simple home is about keeping things plain and useful - it is a chance to get back to basics, to consider ideals of good design and the forgotten traditions of craftsmanship and then think how they can be adapted to a more modern approach.

This way of living feels refreshing in a time when things seem to have a tendency to get over-complicated. That is not to say the simple home has to be hard-edged or overly austere, with no cats, crumbs or kids allowed. Instead, it is the key to comfortable relaxed >>



A photograph of a rustic kitchen interior. The room features exposed wooden beams on the ceiling and walls. On the right, a long wooden counter with drawers holds several shelves of white ceramic dishes, including plates, bowls, and mugs. Below the counter, there are wicker baskets and a canvas bag. In the foreground, a wooden dining table with a distressed finish is surrounded by chairs, including a white-painted wooden chair and a metal chair. A window on the left is covered with a string of small, patterned paper lanterns. A single light bulb hangs from the ceiling by a black cord.

'This way
of living is
refreshing in
a time when
things have
a tendency
to get over-
complicated'

'The simple home is the key to comfortable relaxed living'

living - it allows for flexibility and endless options giving you the chance to curate your home like a personal museum.

Reconsider your belongings and only surround yourself with things that you really love. Be sure to include others that are cherished because they remind you of a person, place or time; these are the treasures that will make your home unique. So choose pieces that have a history; not necessarily antiques but items that have been rescued and given a new purpose in life, or new furniture that has been crafted out of found objects and old pieces of wood. Such things have a natural honest and integrity that makes them desirable rather than fashionable.

Light plays an important part in a home with pared-down, simple style - it makes your space feel clear, uncluttered, light and airy. In an understated way, a room filled with natural light will be the first thing you notice and will certainly leave a lasting impression. Light can make an even better impression when the backdrop is quiet and calm.

Choose colours that are inspired by nature rather than fashionable color charts. With this in mind, the shades found in the simple home are soft and chalkily pale, but retain a feeling of freshness that comes about when things are stored away and space is neat, tidy and as free from clutter as possible.

In the end, you can't really go wrong if you follow the assertion of American architect, interior designer, writer and all-round man of wisdom Frank Lloyd Wright: 'Study nature, love nature, stay close to nature and it will never fail you.'



Simple Home by Mark & Sally Bailey, Ryland, Peters & Small. £19.99. Photo: Debi Treloar. To buy at the special price of £14.99, call Macmillan Direct (01256 302 699) and quote KC6

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The Ox above and below



The Other Place



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Time to taste

Our top restaurant picks to try this month

THE POMPADOUR BY GALVIN

The Pompadour is one of the most beautiful and luxurious dining rooms in Edinburgh - hand-painted panels adorn the walls, layers of white tablecloths dress the tables and the silver butter dishes show a lovely attention to detail. However, the most striking visual comes from the breathtaking views of Edinburgh Castle in the spring sunshine through the panoramic arched windows.

At the risk of sounding hyperbolic, every dish that we tried was a taste sensation. To quote the late Jay Rayner on his visit to the Galvin brothers Edinburgh destination, 'Every dish is a serious

looker. Get out your wolf whistles'

I started with the wonderfully crunchy chargrilled smoked eel, its flavours enhanced by shavings of fennel, which was all topped off with a hot, tasty lobster bisque. This was followed by seabream that had been landed that very morning, which was beautifully tender, served with a magically sweet fricassee of crunchy artichoke while my partners chicken tagine presented with homemade harissa sauce had just the right amount of spice to enhance rather than overpower.

Desserts were an absolute triumph. I could not resist the tart

tatin, with its feather-light pastry and deliciously sweet caramel contrasting against the slightly tart apples. The warm pistachio and cranberry financier proved to be a wonderful combination of delightfully moist sponge with juicy cranberries, finished off with a delicious crisp, tart marmalade. Beautifully presented petit fours were a scrumptious surprise at the end of the meal.

Not to mention, all of this was included in their new lunch menu, which is fantastic value at £29 for 3 courses, so there's no reason not to treat yourself.

The Caledonian, Princes St, Edinburgh, EH1 2AB
www.thepompadourbygalvin.com
Sue Hitchen





THE DINING ROOM

Housed in the grandeur of a traditional Georgian townhouse, The Dining Room has recently had a makeover and offers a modern but comfortable dining experience. The restaurant has recently been awarded 2 AA Rosettes, recognising the culinary excellence of head chef James Freeman and his team.

Our evening started with an amuse bouche of cullen skink, smoked haddock tartar, leek puree and oat crumble served with a welcome dram of cask whisky. Bread, baked daily is served warm with handmade Orkney butter and a delicious crowdie cheese and chive dip. My starter of seared scallops contrasted beautifully with an explosion of citrus flavours from the accompanying blood



orange sauce, and my partners thinly sliced breast of wood pigeon, served rare, paired nicely with red cabbage, white onions and a wonderfully sweet sauce.

A visually stunning dish of tender venison loin with shavings of beetroot and purple carrots tasted as good as it looked while the flavours of roast partridge was perfectly enhanced by sweet caramelised quince and sherry. The flavour combinations worked well in the very unusual dessert of dark chocolate biscuit with a pine ice cream and sloe gin and I was delighted with a well presented creme brûlée with wonderfully tart poached rhubarb and rhubarb sorbet.

*The Scotch Malt Whisky Society, 28 Queen St, Edinburgh, EH2 1JX
www.smws.com*

Sue Hitchen



LA PETITE MORT

Set in hot property next door to Edinburgh's King's Theatre, in the back of local haunt Bennet's Bar, La Petite Mort adds to Tollcross' repertoire of charming independent pubs and eateries. Warm and unassuming, it has a contemporary contrast of traditional

wooden panelling with fashionable navy walls, complete with a fully stocked bar: our first stop. We tried the White Peach Negroni, a crisp take on the boozy



classic. To start, the slow cooked pork belly with black pudding and apple is a guaranteed winner with its classic combination of flavours. We followed this with the parma ham and chorizo crusted cod, which, although lacking in texture, was complimented by tasty and creative cullen skink arancini. The apple, walnut and sage stuffed chicken again showed off classic flavours which worked well, even if the accompanying sweet potato puree didn't quite hit its potential. For sweet toothed patrons, don't miss out on the creative apple and sage bavaiois, a decadent yet refreshing finish.

32 Valleyfield Street, Edinburgh, EH3 9LR

Chiara Margiotta

PROSECCO OR MIMOSA COCKTAIL

Choose 2 side dishes from:

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sesame, miso dressing, cucumber,
carrots and edamame beans (Vegan)

AKOYAKI

Crab balls with octopus
and cabbage in katsu sauce

AFUTE

Slow cooked free range pork belly
braised in sake and spices

SALMON NANBAN

Deep fried salmon in marinated nanban
vinegarette sauce with vegetables

TONKATSU

Deep fried Free range pork loin panned
in Japanese Panko Bread

MISO AND RICE

Steamed Japanese rice and Miso soup (Vegan)

SALMON CUCUMBER SUSHI ROLL

Fresh salmon and cucumber insidious roll

KARAAGE CHICKEN

Succulent fried chicken marinated in ginger and soy

£14.⁹⁹
per person





Mum's Day Out

For an unusual gift idea, try taking mum out to brush up her skills

EDINBURGH NEW TOWN COOKERY SCHOOL

7 Queen St, Edinburgh, EH2 1JE
www.entcs.co.uk

Mums can have a fun activity filled Mother's Day with the ENTCS Family Cooking class, suited for young foodies age 9 and up. Teamwork is key to this hands on workshop, where you'll learn to prepare tasty treats to share with the rest of the family.

GETTING GOOEY

Charlefield Lane,
Livingston, EH54 7FA
www.gettinggooey.com

Mums and daughters can bond with Getting Gooey's ultimate chocolate experience, Pampered Chocolat. Guests will learn how to make chocolate goodies and even your own chocolate facemasks so



the cocoa fun can carry on once you head home.

TENNENT'S TRAINING ACADEMY

161 Duke St, Glasgow, G31 1JD
www.tennentstrainingacademy.co.uk

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www.mademoisellemacaron.co.uk

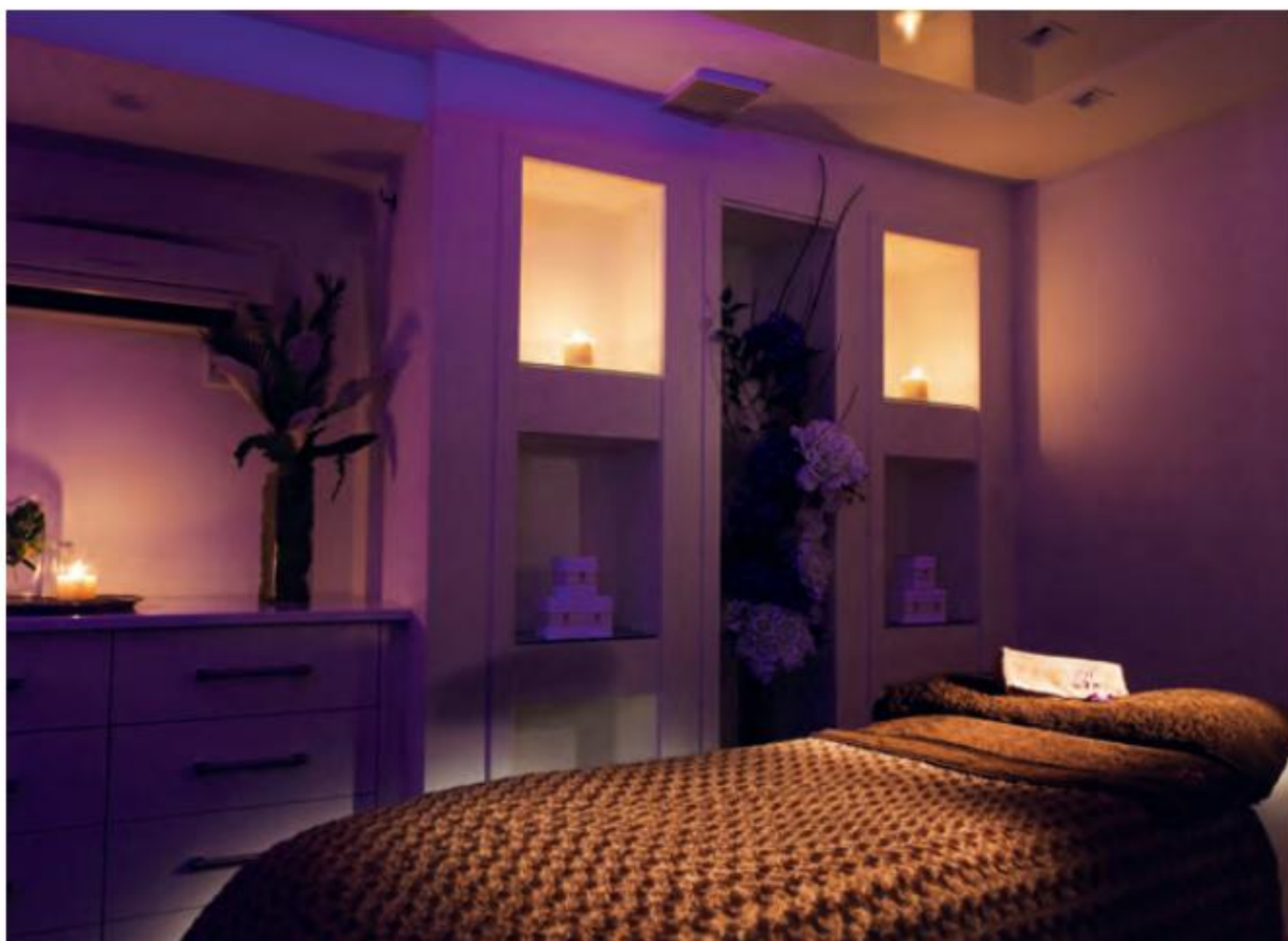
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SOUL SPACE

74 Hyndland Road, Glasgow,
G12 9UT

www.soulpaceglasgow.co.uk

Start your spring detox with some me time and give your body a rest with Soul Space's Boadacial treatment. This signature experience acts as a facial for your body, using scrubs, masks and enriching moisturisers coupled with light massage to leave your skin toned, cleansed and refreshed.



BANNATYNE SPA

43 Queen St, Edinburgh
EH2 3NH

www.bannatyne.co.uk

Relax your body and revive your mind with Bannatyne's luxurious Pick & Mix spa day for two. Reconnect with a loved one while relaxing in their top spa facilities before enjoying your choice of two mini treatments, including a bamboo leg massage, or mini facial with one of their expert therapists.



15 ROYAL TERRACE

15 Royal Terrace, Glasgow
G3 7NY

www.15royalterrace.co.uk

Recharge with a trip to the 15 Royal Terrace day spa. We recommend the Refresh and Rebalance package which is inspired by the Mediterranean and features a full body exfoliation with warm oil and a Shiatsu pressure point massage to loosen up any aches and bring your body back to its best.

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1 William St, Glasgow G3 8HT
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MAGIC MIKE

Fresh from his win at the International Patrón Perfectionist competition in Mexico, Mike McGinty shares his winning cocktail recipe

Did your time in Mexico inspire you to change your cocktail style back at home?

Yes and no. It was certainly an inspirational experience, but I would say that it reaffirmed for me that what we are doing back home, at The Voyage of Buck, is right; pushing the boundaries by using unique flavours in our cocktails and putting it out there. We're utilising both liquid and food products to make our drinks and it's interesting to see how people receive that.

What's your favourite ingredient to incorporate in your recipes?

I always try and find obscure ingredients to incorporate into my recipes; herbs and unique fruit and vegetables, like the yellow pepper I used for The Bell of Jalisco. I'm really enjoying using tea for cocktails at the moment. The flavours are so diverse, and the tannins add a unique bitter element. You've got

some good combinations as well; black tea with whisky, green tea and gin or peppermint and rum.

What's your favourite classic cocktail?

A Gin Fizz; it's designed to be drunk at any time of the day and it's so light and refreshing. It was originally created as a pick me up drink at The Waldorf Astoria, NYC, who served it to people on their morning commute. The historical espresso, not that I recommend drinking first thing in the morning!

What is your go-to drink to make for guests at home?

I'd have to choose an Old Fashioned. It's a simple drink to make which is perfect when you have friends around.

Mike and the 'Yellow Pepper Sour', a non-competition version of the cocktail, can be found at The Voyage of Buck, Edinburgh. www.thevoyageofbuck.co.uk



The Bell of Jalisco

30ml Patrón Reposado tequila
12.5ml chamomile infused dry vermouth
25ml grapefruit IPA
20ml lemon juice
20ml yellow bell pepper shrub

Add all ingredients into a cocktail shaker with ice, shake and double strain into a glass. Garnish with a dehydrated lime and chamomile flowers.



TOP TIP

Seeing Drake at the SSE Hydro? Just a 5 minute walk away, The Brass Monkey is the perfect spot for a quick cocktail to get you in the mood

Galloway Forager

The latest members of Scotland's famed spirit club, Crafty Distillery's launch their debut gin next month - you heard it here first!

Serves 1

50ml Crafty Distillery Gin
25ml grapefruit oleo saccharum
25ml elderflower cordial
2 sprigs of Noble Fir

Shake all the ingredients with ice and a sprig of Noble Fir. Pour into a glass with ice and top with a dash of soda. Garnish with a sprig of Noble Fir and serve.



www.craftydistillery.com



THE DUCHESS OF ARGYLE GLASGOW

How the name links with the Mexican theme escapes us but this latest Finnieston bar from Kained Holdings (they also have Porter & Rye, Lebowskis, The Finnieston etc) bills itself as a Mexican party joint. Laying claim to the only Tapatio tequila margarita machine in the world, it also serves a range of street food such as tacos and antojitos. Aye caramba, indeed.
 1038 Argyle Street, Glasgow G3 8LX
www.facebook.com/theduchessofargyle



MAMAFUBU GLASGOW

Fancy some Asian flavours but can't decide between a Taiwanese bento box or a Vietnamese banh mi baguette? Make for Mamafubu and have both along with steamed bao buns, several noodle dishes, pot stickers, congee and even

century duck eggs. In short, this new Merchant City restaurant from the team behind Dumpling Monkey has got Asian street food covered. A Strathbungo branch of Mamafubu is said to be imminent.
 61 Glassford Street, Glasgow G1 1UG
www.mamafubu.com



PIZZERIA 1926 EDINBURGH

Rosario Sartore's Locanda de Gusti ristoranti has been going great guns since flitting from the bottom of Broughton Street to Dalry Road in 2014. The chef obviously likes the location so much that he has just opened this new pizzeria across the road. Authentic Neapolitan pizza from Rosario's home town are on the menu along with starters such as fritto misto - mixed fried fish - and stuffed courgette flowers. This little stretch of road is rapidly turning into Dalry's food village.
 85 Dalry Road, Edinburgh EH11 2AA
www.facebook.com/Pizzeria1926

Wines

McGuigan Frizzante £8.24, Amazon

An extra dry, delicate sparkling wine that's great for outdoor celebrations.

Freixenet Cordon Negro £10, Tesco

This crisp and well-balanced cava in its stylish black bottle is the perfect centrepiece at any celebration.

Comte de Senneval Champagne £9.99, Lidl

A deliciously delicate Champagne that's a real crowd pleaser for just under a tenner.





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