



TOM AIKENS

Food Spy

Fill up on boar and cool down with gazpacho

The Real Boar Company's wild boar salami is perfect for summer picnics. It's already being served at 12 Michelin-starred restaurants, including The Fat Duck at Bray. The boar are reared in woodland at the edge of the Cotswolds, on pesticide-free land, where they forage for acorns, mushrooms, cherries and other spoils. All the meat, including the best cuts, is used to make the salami. So far, I've tried the red wine chorizo and salami; both are delicious. Try them at **Harvey Nichols.**

A friend sent me some bars of Naturally Gorgeous chocolate recently and I'm hooked. Not only does it taste fantastic and comes in groovy packaging, but it's made with an extract of pine nut oil that causes the hormone CCK to be released, feeding a message to your brain that you're full. It's totally natural (not at all spooky like many functional foods) and a little 30g bar is enough to satisfy a craving – it really works. Flavours include dark chocolate and mint, and milk chocolate with Earl Grey. My favourite is the white chocolate and coffee, best straight from the fridge so it's really crisp.

Successful Chelsea Italian restaurant Manicomio is opening a second site near St Paul's in the City. Located in a striking three-storey Norman Foster-designed building, Manicomio Gutter Lane opens on Monday. Offering regional modern Italian cuisine, it will include a ground-floor café with takeaway, a first-floor restaurant and a second-floor bar, Roundhouse.



Cherry tomatoes are in their prime at this time of year. A great way to use them is to make a light gazpacho. Crush 1kg of cherry vine tomatoes, then add 250ml of olive oil, 200ml water, some coarse sea salt, a little icing sugar and a few sprigs of basil. Put everything in a blender and purée until smooth, then pass through a sieve. Put back into the blender and purée for a minute, adding another 50ml of olive oil until the mixture goes smooth, then sieve again and serve with fresh basil. It's quick to make and delicious – and because of the natural sweetness of small tomatoes, even children will love it.



‘Everything I eat is natural. The idea of putting something in my body that is poison is just wrong.’ **Claudia Schiffer** keeps it clean