

starters

This month's must-have buys, trends and news

Edited by JANINE RATCLIFFE



WILD THING

Giving the Italians a run for their money, The Real Boar Company, based in the Cotswolds, has produced a Wild Boar Salami with Red Wine that's won top honours (the Gold Three Star Award) at this year's Great Taste Awards. It also graces the tables at Heston Blumenthal's The Fat Duck and Michel Roux's Waterside Inn. Expect a deeply savoury piggy flavour with extra richness from the red wine. From £11/200g. (therealboar.co.uk) 🐷

WIN A KITCHENAID ARTISAN FOOD PROCESSOR

KitchenAid is giving three **olive** readers the chance to win one of its new Artisan food processors in stylish imperial red. Designed to make food preparation quick and easy, the processor comes with a wide range of attachments, including a citrus press and dough blade. All the accessories are stored in a tidy Chef's Accessory Case and, to make things even easier, can be popped into the dishwasher for cleaning.

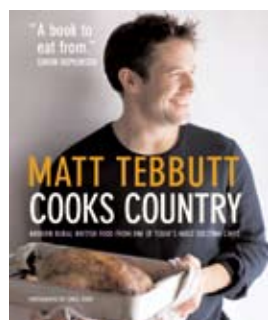
For your chance to win one of these stunning processors, worth £269, send your name, address and phone number to KitchenAid Giveaway at the address on page 6 or to oliveprizes@bbc.com by 30 November 2008. The promoter is KitchenAid. Winners will be picked at random. Delivery to UK mainland only. For general terms and conditions see page 137.



win!

book of the month

Matt Tebbutt's *Cooks Country* is a seasonal stroll through the dishes served at his Foxhunter restaurant in Monmouthshire. Winter is for pheasant, spring for purple broccoli with basil, summer for tuna and runner beans and autumn for quince. Matt's chef training shines through his recipes, which are accessible and give perfect results. (£20, Mitchell Beazley; **olive** offer £18. Call 0870 350 6092.)



Going for a Nepalese

For a curry experience with a difference, go Gurkha. The Masu, Kukhra, Machha and Sabji sauces from Gurkha Fine Foods' new range can be used as they are, typically mild, with the addition of meat, fish or vegetables, or heat adjusted with a drop of its fiery HillBoy chilli condiment. Serve with one of the four acharas (chutneys) for a taste of Nepal. (gurkhafinefoods.co.uk).

RHUBARB RHUBARB

Rumblings at **olive** this month - our own food etiquette gaffes (for advice on avoiding more of them, see page 20)

'Always forgetting which side plate belongs to whom and eating my neighbour's bread.' (Tip: think BMW, or bread, meal, water, running left to right).

'Scoffing the intricately carved garnish that comes with food in Asian restaurants. Cue miffed waiters who realise they have to fashion yet another lotus flower from a carrot.'

'Using the hot towel in a Chinese restaurant to scrub my face and neck rather than just hands. Oops.'

BEE HERE NOW

As our bees continue to come under threat (see **olive** investigates, October 2008), the good news is that the best way to support them is to eat more honey. M&S has launched a range of British honeys (£3.99/340g) and London's Fortnum & Mason has set up hives on its roof, with its bees collecting nectar from Buckingham Palace and Hyde Park (£10/227g). Or buy pure British honeys online from The Hive Honey Shop, £5.95/340g. (thehivehoneyshop.co.uk)



12 olive

HOW TO EAT SUSHI

A SIDEWAYS LOOK AT FOODIE HABITS

- * Don't raid the menu indiscriminately like a groom's drunken mates at a wedding buffet. The preferred Japanese order for eating sushi (note that sashimi is not sushi - sushi always includes vinegared rice) should be lighter flavours first, then more strongly flavoured fatty fish. Or hand over all responsibility by saying 'omokase' to the chef - I leave it up to you.
- * Unless you're transferring sushi from a shared platter to your own plate, put the chopsticks down. The best utensils with which to convey sushi from plate to mouth are your fingers.
- * You won't be escorted from the premises if you do it, but the Japanese wouldn't dream of mixing their wasabi in with their soy (it dampens the wasabi's fire). If you think it needs it, dab a little on your sushi before dunking in soy.
- * Always dunk fish-side-down, to avoid creating slurry when the rice disintegrates into the sauce. And deposit it fish-down on your tongue for the best flavour hit.
- * Once you've built up a rapport with the sushi chef, move the relationship on a notch by asking him about his off-menu specials. Look out for ankimo (monkfish liver) and kazunoko (herring roe) and treat them like little edible full-stops between each sushi piece you eat.



OBJECT OF DESIRE

Practical and beautiful, the stunning Signature range knives from Robert Welch have ergonomically designed handles that are counter balanced for ease of use and have a precision blade edge for razor sharp chopping. Kick off your collection with this 8cm vegetable knife, a 12cm kitchen knife and 14cm cook's knife, which come in an optional sustainable bamboo holder for stylish and eco-friendly storage. Vegetable knife, £22, bamboo drawer unit with three knives, £100. (welch.com, johnlewis.com)

TRENDS WE LIKE MILK PUDDINGS

With British food firmly back on menus everywhere, it was only a matter of time before milk puddings had their turn in the spotlight.

The Vyse Room at Stoke Place is giving **blancmange** a revival. Chef Mark Bentley, previously of Heston Blumenthal's gastropub The Hinds Head, makes it with buttermilk, yoghurt, crème fraîche and orange blossom water, which harks back to its Middle Eastern origins (£6, with 50p from each going to Action



Against Hunger; 01753 534 790; stokeplace.co.uk).

Back at The Hinds Head, there's the **quaking pudding**, a dessert from the Middle Ages, £5.95. Heston Blumenthal describes it as 'a cross between a custard tart without the pastry and a very light bread pudding'. (01628 626151; thehindsheadhotel.com)

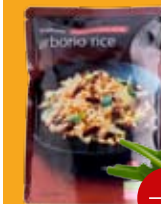
The classic English milk pudding is **rice pudding**, and it's been getting an outing again at Richard Corrigan's Lindsay House, served with poached peaches and ginger, £8. (020 7439 0450; lindsayhouse.co.uk). Finally, **burnt cream** - invented in England in the 17th century at Trinity College Cambridge and, it is claimed, a pre-cursor to crème brûlée - appears on the menu at The White Hart Inn in Winchcombe, Cheltenham (01242 602359; wineandsausage.co.uk).



THE BIG CHEESE
Forget grating it on your tagliatelle, Italians serve aged Grana Padano Riserva as a smart nibble with drinks. Aged for at least 20 months, it has a rich flavour that can be enjoyed on its own. Break it into small chunks and serve with balsamic for dipping. From Tesco and Waitrose (£3.65/200g).

Supermarket sweep

Pancetta and rocket risotto for two for under £5
Take a post-work pit stop at Waitrose for this simple risotto for two in 10 minutes. Heat a pack of **Waitrose Microwaveable Arborio Rice** (£1.05) according to pack instructions. Cook 4 finely sliced **Waitrose salad onions** (69p) and a pack of chopped **Waitrose pancetta** (£2.09) in a little butter. Stir in the rice and divide between plates. Top with **Waitrose wild rocket** (99p) and serve.



total cost
£4.82