

Food & Drink

Be inspired by new dishes with the latest food hall openings, and transform the way you eat in with gourmet goods, health foods and tantalizing tipples

The Negroni with a regal twist

AS BRITAIN'S PENCHANT for a classic gin & tonic shows no sign of slowing, the array of fine juniper-infused cocktails to enjoy also continues to increase by the day. Leading the way has to be the Negroni, the most noble of aperitifs named after the Count for whom it was created. An intense and refreshing burst of gin, sweet vermouth and Campari in equal parts, the Negroni was recently declared the 2nd best-selling cocktail for the fourth year in a row, amongst the World's 50 Best Bars.

For the adventurous imbibor, a refreshingly colourful twist on this classic cocktail is emerging in the guise of the King's Negroni. Like a regal cousin to the original, this majestic concoction substitutes Campari with the warming spice and lively citrus flavours of The King's Ginger. Sweeter in style, the King's Negroni is as simple to make and no less impressive. After all, The King's Ginger was created for none other than King Edward VII in 1903, as a refreshing tonic for the many social engagements and journeys his majesty took in his open-top Daimler, which was affectionately titled the 'horseless carriage'. Poured over ice with equal measures of gin and sweet vermouth, the King's Negroni is a sublimely balanced concoction that is a perfect pre-cursor to a delicious meal, or simply for a moment of indulgence and relaxation in the summer sun.



Like all cocktails, the best result is obtained by using high-quality ingredients, so we recommend pairing The King's Ginger with No.3 Gin, a full-bodied yet beautifully smooth juniper-led gin and Lustau sweet red vermouth as the perfect partners. All three are available from Waitrose, Amazon and quality wine & spirit merchants.

The King's Ginger
A Tradition of Breaking Tradition
thekingsginger.com

Healthy, tasty and brilliantly versatile

BRITAIN'S ORIGINAL 'seed-to-bottle' producer of cold pressed rapeseed oil, Farrington's Mellow Yellow is a healthy, tasty and brilliantly versatile cooking oil. Grown with care and produced with passion on the family farm in Northamptonshire, it has half the saturated fat of olive oil and ten times the Omega 3, with a high smoke point of 230°C. With a mellow nutty flavour, underpinned by buttery notes, it's perfect for all types of cooking, from baking delicious breads and cakes to roasting vegetables. The Mellow Yellow family has now grown to include salad dressings and mayonnaises, all made with cold pressed rapeseed oil!

Available from Waitrose, Sainsbury's, Morrisons and Ocado.



The best twin to your spirit

SUMMER IS FINALLY HERE and it's time to get out in the sun and enjoy a gin & tonic. So why not add a little extra summer to your drink with the addition of Double Dutch Cucumber & Watermelon Tonic! Founded in 2015 by Dutch Twins Joyce & Raissa de Haas, Double Dutch Cucumber & Watermelon is a 100% natural tonic, which combines flavours of cool crisp cucumber with fresh juicy watermelon to create the perfect refreshing mixers for those hot summer days. It works perfectly on its own or with a variety of spirits; vodka, gin, rum and even white & rose wine. Follow us on Instagram to see the rest of the range @doubledutchdrinks.

doubledutchdrinks.com

DOUBLE DUTCH

The perfect twin for your spirit

Sip on Sussex gin this summer

SEAFORD, A PICTURESQUE coastal town, home to a population of roughly 27,000 people and... a gin distillery. What better place to produce fabulous, unique bottles of gin? Using water from a local aquifer in the South Downs, we distill every stage of the gin process, from initial cane sugar spirit and the addition of a carefully balanced blend of botanicals, through to hand bottling.

Two of the finest gins have been created:

- Pure Sussex Gin: A 'Creatively Distilled' connoisseur's gin so special it can be enjoyed either neat or with a mixer of choice.
- Sussex Blue Gin: A 'Magically Distilled' colour changing gin infused with the petals of the medicinal Butterfly Pea Flower. Drink with ice, a mixer and blueberries, and wait for the magic. Use code **GDSUMMER** for 15% off online. Valid until 31st August.

harleyhousedistillery.co.uk



The ultimate guilt-free treat

WITH SILVINA'S NATURE there's no need to compromise. Crowns are gluten-free, high in protein and low calorie thanks to our reduced-sugar recipe. But best of all, they're delicious!

Some describe these innovative healthy treats as meringue cookies; others reckon they're more akin to a biscuit. We are very open to suggestions - but our secret recipe certainly packs a lot of crunch.

Choose from six original flavours, handmade in North London using all-natural ingredients:

- Raspberry & Cashew
- Cinnamon & Cardamom
- Peanut Butter
- Coconut & Almond
- Cacao Hazelnut
- Lemon & Almond

Available now in Whole Foods. Want to stock Silvina's Nature Crowns? Email us: info@silvinasnature.co.uk silvinasnature.co.uk



Silvina's NATURE

The perfect drink for the British summer

FRANKLIN & SONS products were first introduced to London in 1886 and rapidly established themselves as experts in creating authentic, high quality drinks made from delicious hand-picked ingredients. This ethos continues today with the range of premium soft drinks.

The award-winning range contains only natural flavours, extracts, and colours, with absolutely no preservatives or sweeteners. Each work excellently as a standalone soft drink as well as delivering brilliantly as a mixer for premium spirits.

The seven-strong collection includes, Cloudy Apple & Yorkshire Rhubarb with Cinnamon, Sicilian Lemonade & English Elderflower with Crushed Juniper, and Valencian Orange & Pink Grapefruit with Lemongrass. Each contain a tertiary food-led ingredient, the only range on the market to do



so, which gives the drinks depth and offers a more complex flavour.

Available to buy in Ocado, Tesco, Harrods and online retailers such as ginkiosk.com, or find them in the finest restaurants and bars.

franklinandsons.co.uk

FRANKLIN & SONS LTD
London 1886

Grass-fed meat from the farm to your door

AT THE RISK of joining the throngs of the self-satisfied food snobs, whether a culinary master or one who struggles in the kitchen, we can all agree that gathering all the best ingredients is the best place to start. And it has to be said, once you have started tucking in to the good stuff, it's hard to go back. Which is why it is great news that there is a newcomer on the block in the world of sustainable food, dropping to your doorstep some seriously delicious and award-winning organic meat. Coombe Farm Organic farm their own cattle, pigs, sheep and retired dairy animals on their trust run farm in beautiful Somerset.

All of their animals are heritage breeds, slow grown to the very best organic standards, and butchered muscle by muscle to create truly wonderful cuts of meat. The range is



accompanied by some wonderful produce from other small or family run producers within the local community, too.

All delivered to your door in fully recyclable packaging, which you can even return in order to gain loyalty points.

01460 279509

coombefarmorganic.co.uk

COOMBE FARM
From our Field to your Fork.

Sliced stilton perfect for the summer BBQ

LONG CLAWSON DAIRY has been handcrafting cheese in the heart of the British countryside since 1911.

We have remained a farming co-operative since our formation, helping to support local farms located in Leicestershire, Nottinghamshire and Derbyshire for over 100 years. Using milk from our own farms, we produce award-winning British speciality cheese including our flagship product Blue Stilton. Each individual Stilton is carefully hand selected and graded before leaving the dairy, ensuring we deliver the rich flavour and creamy texture Long Clawson Stilton is renowned for.

We are proud to announce our award-winning Stilton is now available as a Melt to create the perfect burger.



Long Clawson Stilton Burger Melts are now in selected Sainsbury's stores and are perfect for this BBQ season. Make sure you don't miss out!

01664 822332

clawson.co.uk

CLAWSON
Cheesemakers Since 1911

The low calorie, fat-free alternative

IT'S HARD TO resist throwing in some egg noodles when you are sizzling up a stir-fry. Or a scrummy bowl of basmati rice when you feel like a filling curry.

But traditional rice and noodles contain hefty helpings of carbs, sugar - and on average more than 300 calories a serving.

So, it's welcome news for those who want to lose weight or stay slim that there is a tasty alternative, packed with all the pleasures but with zero carbs, and only nine calories in a 100g serving.

It means you can still eat noodles and rice, without worrying about calories!*

Made from organic ingredients, Slim Noodles and Slim Rice require more time than regular noodles and rice to pass through the digestive system, leaving you feeling full for longer and less

*To be consumed as part of a healthy and balanced diet. Always seek medical advice before embarking on a weight-reduction regime.



likely to fill up on fattening snacks. No wonder it is being hailed as the ultimate weight loss food.

Available at Holland and Barrett, Asda, Ocado, Wholefoods Market and health stores.

eatwater.co.uk

Konjac Innov

Real Japanese food in the heart of London

ICHIBA, EUROPE'S LARGEST Japanese food hall, officially opens today, 14th July in Westfield London, Shepherd's Bush. Inside the Japanese marketplace, you'll find over 3,000 Japanese products including grocery essentials to inspire your cooking, hard to find confectionery and sake, fresh handmade sushi, noodles and curries, Japanese street food, unique gifts & homewares and a dedicated Japanese bakery and cafe.

With open plan theatrical kitchens, cooking demonstrations and exclusive events, you can peek behind the scenes and experience how authentic Japanese food is created from those in the know.

As part of their grand opening celebrations, Ichiba will host a day of festivities from 10am on 14th July including;

- The chance to meet Hello Kitty



- Japanese Taiko drummers
- Japanese dancers
- Sampling and tastings of their delicious Japanese food and drink

Plus, they're giving away flights for 2 to Japan courtesy of Japan Airlines. To be in the draw to win, simply sign up for their newsletter at ichibalondon.com **020 3405 9410** ichibalondon.com

Ichiba

Want to go dairy free? Just Add Mylk.

LOOKING FOR AN alternative to the creamy white stuff? Rebel Kitchen Mylk is the only dairy alternative that tastes just like the real deal. It's available in Skimmed, Semi Skimmed and Whole. You get it. It's milk. Just not. Available at Sainsbury's. Only £2.25 until 24th July 2018.

rebel-kitchen.com | [@rebel_kitchen](https://twitter.com/rebel_kitchen)

Vegan Macaroni Cheese Recipe

Ingredients (for 4):

- | | |
|------------------------------------|---|
| 1 1/2 cups raw cashews | 1/2 clove garlic |
| 1/2 lemon juice | 1/2 teaspoon Dijon mustard |
| 3/4 cup water | Pinch of turmeric, cayenne pepper & black pepper |
| 1 cup of Rebel Kitchen Mylk | 4 cups of macaroni pasta |
| 1 1/2 teaspoons Himalayan salt | |
| 1/4 cup nutritional yeast | |

Instructions:

- 1 Cook the pasta (by packet directions).
- 2 Blend all other ingredients together in a high speed blender until smooth. Mixture too thick? Add more Mylk.
- 3 Drain the cooked pasta and return to the pot. Stir in the sauce.
- 4 Personalise with toppings of your choice (we love adding jalapenos for extra spice!).



WIN



Get healthy with Acti-Labs kits and shakes using these vouchers*

Worth £150!

hurstmediacompany.co.uk/competitions/FAD147

Enter Here

AT ACTI-LABS we're as passionate about our ingredients as we are about our finished products.

Throughout our nutritional range you will find an array of natural powerhouse ingredients that will leave you feeling as good on the inside as it leaves you looking on the outside.

From hidden treasures found in the south of France to pure natural plant extracts, we aim to get the best out of nature.

acti-labs.com



*Terms & Conditions available online at hurstmediacompany.co.uk/competition-terms-conditions. Closing date: 28/7/18