

# olive November

Compiled by DANIELLE THEUNISSEN Photographs LARA HOLMES

This month's must-buys, hot tips and happenings: a £3.57 wine, free food festival, new scotch eggs and liquorice

## STAR RECIPE

Just fill, roll and bake - and serve warm from the oven - for the easiest-ever brunch recipe

### Sticky cinnamon buns

40 minutes ■ Makes 8 ■ EASY

**unsalted butter** 50g, softened  
**ground almonds** 2 tbsp  
**soft brown sugar** 4 tbsp  
**cinnamon** 2 tsp  
**ready-rolled puff pastry** 375g sheet  
**sultanas** 3 tbsp

■ Heat the oven to 200C/fan 180C/gas 6. Beat the butter, ground almonds, sugar and cinnamon together. Unroll the sheet of puff pastry and spread the butter mix all over. Sprinkle over the sultanas then roll up into a sausage from the long side. Cut into 8 pieces then put on a large non-stick baking tray, spiral-cut-side-up and flatten gently with your hand. Sprinkle with a little extra sugar then bake for 15-20 minutes until puffed and golden.

■ PER SERVING 296 kcals, protein 3.7g, carbs 29.5g, fat 18.3g, sat fat 8.7g, fibre 0.1g, salt 0.5g







## Food Editors shopping basket



### SMOKY WINGS

**JANINE RATCLIFFE'S TOP TIP** The trend for USA-style BBQ continues and you don't have to stop indulging once the weather turns. This Maple Chipotle Grille sauce from the new M&S international range makes an authentic smoky glaze for meat and veg. Bake chicken wings in a 160C/fan 140C/gas 3 oven for an hour then brush all over with the sauce, turn up the heat to high and keep cooking and basting until sticky. Serve with soured cream mixed with a little blue cheese. (£4.99, 308g bottle)



**FREE**

## BARGAIN

**THE GREAT BATH FEST** Throughout October, Bath is playing host to The Great Bath Feast. Highlights include The Fine Cheese Co. Festival on 27 October, special events at Demuths Vegetarian restaurant and the Bath Taste Trail, calling in at the city's best delis, restaurants and pubs. ([greatbathfeast.co.uk](http://greatbathfeast.co.uk))

## Supermarket Sweep POP INTO ASDA FOR A SPEEDY SPANISH SUPPER

### Spanish omelette with chorizo and potatoes

30 minutes ■ Serves 2 ■ EASY

Cook a packet of **Baby New Potatoes with Butter & Herbs** (£1/360g) following packet instructions and allow to cool. In the meantime, fry a packet of **Spanish diced chorizo** (£1.85/130g) in an ovenproof pan, until it starts to crisp. Slice the cooled potatoes and add to the pan. Whisk together 4 **large free range eggs** (£1.68/6) and pour them into the pan, turn down the heat.

When the bottom is set slide the whole pan under the grill until the omelette is golden on top and just cooked through in the middle. Serve with a generous sprinkle of chopped **flat-leaf parsley** (65p/25g).

### FANCY A GLASS WITH DINNER?

Try the crisp, clean, citrus and mineral notes of **Pagos del Rey Blume Verdejo 2011, Rueda, Spain, 13%** (£6.98, Asda) with this traditional Spanish dish.



**£2.59**  
PER PERSON  
OR £6.08  
WITH WINE



**READER POLL**  
We asked you on facebook, if you could only have one between mash, roasties or chips, which one would you choose...



**ROASTIES 43%**  
**MASH 35%**  
**CHIPS 13%**

\*There was one rogue vote for a jacket potato, it was not counted

PORTRAIT: GARETH MORGANS

## WOMAN OF THE MONTH

### CHRISTINA MOURATOGLOU



'I realised there was not one authentic or up-to-date Greek restaurant in London,' says Christina Mouratoglou, co-owner of new Notting Hill restaurant and deli, Mazi ([mazi.co.uk](http://mazi.co.uk)). But she knew 'there was a gap in the market' because the Greek food she put alongside the Middle Eastern dishes at her former London venture, Baity Kitchen, 'would sell out within minutes'.

Originally from Thessaloniki, Mouratoglou came to the UK 20 years ago, studying, then working in PR. But she was soon pulled back to her family's love of food ('if we're having lunch, my mother asks what we want for dinner...').

Mazi's simple décor matches the aesthetic of the food. 'We take traditional recipes the way grandmama used to make them and update with authentic ingredients. We might use lemon confit instead of lemon juice, for instance.' There's deconstructed spanakopita, with all the elements (spinach, feta and filo) in a jar, kritama seaweed in the Greek salad and lobster with orzo and Metaxa brandy.

So what's next? 'We want to expand but we won't do another Mazi - it will be modern Greek but with a different twist. We've already heard rumours about other people doing similar things. It's time for the Greek restaurant industry in London to move on. And if we started that, we'd be proud.'



## TREND LIQUORICE

### TRY IT WITH LAMB, IN A CHOCOLATE DESSERT OR CHEW ON A PIECE OF LIQUORICE ROOT.

Chefs love liquorice, and fortuitously, farmer Robert Copley has just started growing it again in Pontefract (it hasn't been grown there for over 100 years). Daniel Galmiche stuffs pieces of fresh liquorice root into lamb loin and Matt Tebutt uses Pontefract cakes to flavour parfait (both recipes are on [uktv.co.uk/food](http://uktv.co.uk/food)). If you really want to impress your friends, try the chocolate liquorice delicie with cocoa chilli wafers from *The Modern Pantry* cookbook, (£25, olive offer £21.50 with free p&p\*, Ebury.) Or just eat it. SugarSin in Covent Garden has plenty ([sugarsin.co.uk](http://sugarsin.co.uk)), our favourite being school chalk liquorice crayons, £1.49/100g.



## olive BEST BUY WINE

**Tesco Simply Côtes du Rhône 2011, France, 13.5%** (£3.57, Tesco)

Just as it says on the label, this is straightforward, well-made wine packed with bramble fruits and a soft, easy finish. Team it with supper any night of the week.

## BLOWOUT ELECTROLUX



With everything from a precision vacuum sealer for cooking sous-vide to a stainless steel sear hob, recreate the restaurant kitchen experience at home with the new Grand Cuisine range from Electrolux. This stand mixer has a unique planetary movement and can handle whisking just as well as it kneads heavy dough. (approx £1,500; [grandcuisine.com](http://grandcuisine.com))





## TABLE HOPPING



### HERE CHAMPAGNE + FROMAGE

Covent Garden has revamped its reputation as an eating-out destination in the past year - in part thanks to Champagne + Fromage, a perfect pre-, post- or instead-of-theatre spot. Owners Maud Fierobe and Stefano Frigerio stock grower champagnes - from small-scale producers who make wine from their own vineyards. There's a wide range by the bottle, and a decent number by the glass, such as the Furdyna Carte Blanche brut, £9. All go well the generous cheese and charcuterie boards, £8. (frenchbubbles.co.uk/champagne-fromage)



### HAPPENING LIMA

Much-garlanded Lima chef Virgilio Martinez is behind this new Fitzrovia restaurant. There is a sky-lit, buzzy dining area; dinky bar up serving pisco sours, £6, and chilli-infused cuento del Diablo, £8; and a highlight-packed menu. Try the sea bream ceviche, £8, and braised octopus with intensely olive-flavoured 'bubbles', £10. Or try out the three-course £20 set-lunch menu. (limalondon.com)



### HITLIST WABI

Scott Hallsworth notched up a good few years at Nobu, in London and Melbourne, before returning to the UK to launch his own place, Wabi, in Horsham a few years ago. Now he's opening a branch in Holborn in mid October - much bigger, with more bells and whistles. There'll be a sushi bar, a pastry bar, a sake sommelier and a theatre kitchen complete with Jospet and robata grills. And plenty of high-end Europeanised Japanese dishes, such as tea-smoked duck tataki with burnt ginger amazu sauce, and avocado and king crab roll with yuzu kosho mayo, olive oil and yuzu juice. (wabirestaurants.com)



**olive** reader Melanie Ruffino from Bristol shares her recipe for a classic Italian tart. She says: 'This tart can be served hot or cold. I serve it as a dessert but Italians would eat this at breakfast.'



## What I'm eating in NOVEMBER

### Crostata di mele e mandorle (apple and almond tart)

1 hour ■ Serves 8 ■ A LITTLE EFFORT

**sweet shortcrust pastry** 350g

**apricot jam** 5 tbsp

FILLING

**butter** 115g, softened

**golden caster sugar** 115g

**ground almonds** 115g

**plain flour** 25g

**eggs** 2, beaten

**almond extract** 3 or 4 drops

TOPPING

**eating apples** 3, peeled and thinly sliced

**apricot jam** 4 tbsp

■ Heat the oven to 190C/fan 170C/gas 5. Roll pastry out to 20p thickness and use to line a 23cm tart tin. Spread jam over the base.

■ To make the filling, beat all the ingredients together with electric beaters until light and fluffy. Spoon into the pastry case and level the surface with a knife.

■ Put the slices of apples on top of the tart, in overlapping rows to form a cross. Press the slices gently into the filling. Warm the apricot jam together with 1 tbsp water in a small pan and brush half the liquid over the apples. Put the tin in the oven and bake for 35-40 minutes or until the tart is lightly browned. Re-heat the remaining jam glaze and brush over the tart. Cool before cutting.

■ PER SERVING 535 kcal, protein 7.6g, carbs 50g, fat 33.6g, sat fat 12.3g, fibre 1.8g, salt 0.7g

Melanie wins this month's prize of a Stellar James Martin five-piece knife block with chopping board, worth £120. The knives have finely honed stainless steel blades, are easy to sharpen and resistant to stains and rust. For more information visit [stellarcookware.co.uk](http://stellarcookware.co.uk). For your chance to win, email a recipe of your own invention to [oliveletters@immediate.co.uk](mailto:oliveletters@immediate.co.uk).

RECIPE PHOTOGRAPH: LARA HOLMES; STYLING: SARAH BIRKIS; FOOD STYLING: KATE CALDER

## BREAK MELTON MOWBRAY

It's not just pork pies and stilton that have led Melton Mowbray to call itself Rural Capital of Food and become the focus of the Leicestershire Food Fortnight (22 Sep-7 Oct; [go.leicestershire.com/foodfortnight2012](http://go.leicestershire.com/foodfortnight2012)). Yes, the town is home to numerous pie and cheese shops (porkpie.co.uk; meltoncheeseboard.co.uk), there's a thriving weekly livestock market and great cafés, but head out to the surrounding countryside and you'll find a fine local microbrewery (belvoirbrewery.co.uk), well-stocked farmshop and café (northfieldfarm.com) and beautiful bison and venison steaks straight from the farm (bisons.org). Local producers make for impressive ales and



TO SEE HOW WE WORK OUT OUR COSTS, TURN TO PAGE 138

pub food at the rustic-charming Red Lion Inn in Stathern ([theredlioninn.co.uk](http://theredlioninn.co.uk)). For lunch, follow Guinness-pickled quail eggs, £3, with a rump steak burger and chips, £10.50. Stay at elegant Stapleford Park, where rooms overlook extensive parkland (doubles from £288, b&b; [staplefordpark.com](http://staplefordpark.com)). Highlights from the £75 tasting menu include veal sweetbreads with parsley risotto. Three-course à la carte from £46.50.



## BUY

This deliciously indulgent lasagne al forno is seven layers deep, made with a splash of chianti and topped with a parmesan béchamel. Part of the new range of authentic Italian meals, sauces, fresh pasta and breads from Carluccio's, try it with their pane all'aglio - Italian flat bread, topped with garlic and parsley butter. (£4.79, Sainsbury's)



## DOUBLE DEAL...

Pop into a branch of Gail's bakery for a rich cinnamon filled treat made from croissant dough. (£2.25, [gailsbread.co.uk](http://gailsbread.co.uk))

## REAL DEAL...

Clever bakers can make our cheats recipe for cinnamon buns on page 7.

## \*Good for you \*Good value \*Gourmet

### ONE-POT MEALS

#### GOOD FOR YOU

Packed with pulses, three of your five-a-day and using Fairtrade kidney beans this Easy Bean New Mexican Chilli is sure to fill you up. (£3.49/320g, selected Waitrose and Booths, various delis)



#### GOOD VALUE

Hearty, wholesome comfort food at its best - Braised Beef, Neeps & Tatties Brit Pot, with sweetheart cabbage and redcurrant gravy. (£3.79/380g, [cookfood.net](http://cookfood.net))



#### GOURMET

British pork is slow-cooked with slices of spicy chorizo, nutty chickpeas and fresh veggies in this Stewed! Chorizo, Chickpea & Pork one-pot. (£3.79/325g, Waitrose and Budgens)



## QUICK BITES AS TRIED IN THE olive TEST KITCHEN THIS MONTH

Try the cone-shaped sushi at **Yoobi**, London's first temakeria. Our pick; citrus salmon, topped with orange tobiko and yuzu mayo. (£3.60, [loveyoobi.com](http://loveyoobi.com))



**Rigby and Mac** is a cute online homeware emporium. We love these pretty floral beakers. (£6.95, [rigbyandmac.com](http://rigbyandmac.com))



Put some fire in your belly with **African Volcano** sauce. (£6.75 a bottle, [africanvolcano.com](http://africanvolcano.com); 30p from every sale goes to Habitat for Humanity's Youth Build Project)



This is not just a scotch egg, it's a runny yolk, **M&S poached scotch egg** with a golden flaked crumb. (£2.99/2, Marks & Spencer)





four portions of  
**TAGLIATELLE**

seared strips of  
**CHICKEN**

a bundle of  
**ASPARAGUS**

a jar of  
**SACLA'**

and *Hey Pesto!*



Pasta loves Pesto. And the better the Pesto, the better the taste. So our Sacla' family only uses the very best ingredients. Go on, give it a try – it'll bring Italian magic to your pasta.

Find more inspiration [www.sacla.co.uk](http://www.sacla.co.uk)

*Magic with pasta*



**BOOZE** MAGNIFIQUE

Enter Good Godfrey's bar in the grand Waldorf Hilton in Aldwych and you're transported to another era. Sleek marble tables sit alongside the original wooden panelling while the grand chrome, marble and granite bar pays homage to the Roaring Twenties. Choose from an impressive list of seasonal, signature or classic cocktails – the Magnifique was created by charismatic head barman Nelson Bernardes. Pour 40ml **Ketel One vodka**, 15ml **green Chartreuse**, 15ml **fresh lime juice**, 10ml **gomme syrup**, 20ml **egg white** and a bar spoon of **celery bitters** into a cocktail shaker. Add 3 **mint leaves**, a handful of ice, and shake together well. Double strain the liquid into a coupe glass to serve. ([waldorfhilton.co.uk/dining-bars/good-godfreys](http://waldorfhilton.co.uk/dining-bars/good-godfreys))



**olive** november  
news, trends, shopping

**BOLTHOLE** NO.11 CADOGAN GARDENS

There's an air of exclusivity about No 11 Cadogan Gardens that goes beyond its Sloane Square location. Until recently for private members only, the entrance of this 54-bedroom hotel retains a clubby feel, with its discreet, wood-panelled reception and library. The dark, leather-armchaired bar, is perfect for cosy after-dinner cocktails. Dinner itself is served in the monochrome restaurant, where every wall is covered with black and white photos of celebrities – it's very Chelsea. The menu of solid Brit classics includes seared scallops with apple and ginger purée, £12, 28-day hung McDuff Scottish rump steak, £23.50, and cherry and almond bakewell tart, £6.50. There's no more convenient base for Knightsbridge and central London, with **olive** favourite Tinello and the soon-to-open Café Colbert on the doorstep. Rates start from £225 per night for a superior room, each individually designed, with marbled bathrooms, and Molton Brown toiletries. Hearty full English or eggs Benedict set you up for a day's shopping at nearby cook's paradise David Mellor, Heal's, Peter Jones and the rest of the King's Road. ([no11cadogangardens.com](http://no11cadogangardens.com), part of slh.com)



freshly cooked  
**POTATOES**

a knob of  
**BUTTER**

plenty of  
**SALT & PEPPER**

a big squeeze of  
**SACLA'**

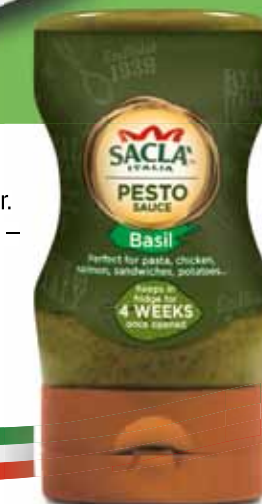
and *Hey Pesto!*



There's now a new way to enjoy our Pesto. Same ingredients. Same family care and flair. Just squeezable. So go on, give it a squeeze – it'll bring Italian magic to your food.

Find more inspiration [www.sacla.co.uk](http://www.sacla.co.uk)

*Magic with mash*



**MORE QUICK BITES...**

Try **Marley Coffee** – made by Bob's son Rohan. There's fruity **One Love**, smoky **Buffalo Soldier** and caramel-flavoured **Lively Up!** (£7.99/227g inc delivery, [marleycoffee.co.uk](http://marleycoffee.co.uk))



NOVEMBER 2012

Made with wine from the **Three Choirs Vineyard in Gloucestershire**, and 24 botanicals, **Sacred Spiced English Vermouth** has a gentle bitter flavour. Anyone for a negroni? (£31.95/70cl, [sacredspiritscompany.com](http://sacredspiritscompany.com))



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