

The Guardian

Life is a picnic
Honey & Co's Tunisian quiche

Feast

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Meera Sodha



Last month, while on a book tour in New York, I ate a sandwich that moved me to utter profanities. It was unusual behaviour from me, and more so because the sandwich in question was packed with an excessive amount of spring greens, but then, that is the genius of Brooks Headley, chef/owner of Superiority Burger: like Midas, he has an ability to turn the ordinary into gold. Here, I've tried to recreate it by cooking down a kilo of spring greens until they are melting, soft, collapsed and buttery, then tossing them with sharp cheddar. It's pure picnic gold.

PHOTOGRAPHS: LOUISE HAGGER/THE GUARDIAN. FOOD STYLING: EMILY KYDD. PROP STYLING: JENNIFER KAY. FOOD STYLING ASSISTANT: LOLA SALOME SMADJA

Spring greens and cheddar picnic focaccia

V

Prep	10 min
Cook	30 min
Serves	6

1kg baby spring greens
80g unsalted dairy butter
4 tbsp extra-virgin olive oil
1 tsp fine sea salt
100g mature cheddar, grated – I like Tickler
Focaccia, to serve (homemade or bought in)

You don't *have* to have this on a picnic, but it really does work well, plus you can make the greens in advance and refrigerate them, provided you give them time to come up to room temperature afterwards. Buy the best focaccia you can find, or make your own.

Wash the greens, shake off the excess water, then cut off the ends and compost them or save for soup – as a general guide, I cut away any stalks that are thicker than the base of my little finger. Shred the leaves into 3cm- to 4cm-wide strips.

Put half the butter and half the oil in each of two large, deep frying pans and put them on a medium heat. When the butter has melted and started to foam, distribute the leaves and salt between the two pans and cook, stirring occasionally, for 25-30 minutes, until the greens have given up all hope of freshness and turned forest-black, glossy and soft. Tip all the leaves into one of the pans, toss through the grated cheese, then take off the heat.

Slice open the focaccia horizontally, then evenly pile the greens on the bottom half. Slap the lid on top and compress. If you like a bit of theatre, tightly wrap the focaccia in foil, pop it in a bread tin and pack with a large bread knife; once on location, turn out, unwrap and slice with panache. Or, more sensibly, slice into portions before you leave and wrap individually.

Marc Summers
Take a dip



This fava bean dip is rich and luxurious, but made using quite humble ingredients. The broad beans on top make a perfect garnish, because they are, in essence, fresh fava beans, while the *vadouvan* seasoning, although untraditional, has the same sweet, warm and earthy flavours as the fava. Then, a take on a vegan borani, enriched with coconut cream instead of the more usual yoghurt. It hits the spot with its tang, heat and sweetness, with an intense beetroot flavour from the salt-baking and a generous dollop of pomegranate molasses to add punch.

Beetroot borani

V VG GF DF

Prep	**5 min**
Cook	**1 hr**
Serves	**6-8**

325g beetroot (about 2 very large beets)
Coarse salt
1 tsp coriander seeds
1 tsp fennel seeds
1⅓ tbsp pomegranate molasses, plus extra to serve
30g preserved lemon, skin and flesh
3 garlic cloves, peeled
Juice of ½ lemon
65g tahini
55g coconut cream

To serve
Olive oil
Dill fronds
1 tsp nigella seeds

Heat the oven to 180C (160C fan)/ gas 4. Trim the beets and put them on a bed of coarse salt in a roasting tray. Cover tightly with foil and bake for about 40 minutes, or until a knife inserts into the beetroot with slight resistance.

Meanwhile, toast the coriander and fennel seeds in a dry pan until fragrant, then grind to a powder in a mortar or spice grinder.

Once the beetroot is cool enough to handle, peel and cut into chunks. Put in a blender with the ground spices and remaining ingredients and blend for about two minutes, until smooth. Check the consistency (it should be very smooth) and seasoning, and adjust if needed.

Spread the borani on a large plate. Drizzle generously with olive oil and pomegranate molasses, and scatter with dill fronds and nigella seeds to garnish.







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Fava bean and vadouvan oil dip with broad beans

V VG GF DF

Prep	**10 min**
Soak	**Overnight**
Cook	**1 hr 30 min**
Serves	**6**

¾ tsp vadouvan spice mix
40ml rapeseed oil

For the fava bean dip
75g fava beans
1 pinch bicarbonate of soda
60ml olive oil
1½ garlic cloves, peeled
1½ tbsp lemon juice
30g tahini

For the braised broad beans
5 tsp olive oil
⅓ white onion, finely diced
1½ garlic cloves, peeled and sliced
20g tomato (¼ small tomato), diced
1 pinch flaky sea salt
1½ tsp vadouvan spice mix
55g podded broad beans
1½ tsp lemon juice

For the crisp fava beans
100ml rapeseed oil (enough to fill a pan by 3cm)
40g fava beans
1 pinch flaky sea salt

The night before, soak both batches of dried fava beans overnight: this should be 115g in total (75g for the dip and 40g to fry).

For the vadouvan oil, whisk the spice mix with the oil on a gentle heat for about 10 minutes, until it reaches 75C - check with a probe. It should infuse, but don't let it bubble aggressively or smoke. Set aside.

Drain the 75g fava beans, then cover with plenty of fresh water. Add the bicarb, bring to a boil, then cook until completely soft (about an hour). Drain, reserve a ladle of the cooking water, then put the beans in a blender. Add the olive oil, garlic, lemon juice and tahini, and blitz for two to three minutes, until smooth. If slightly thick, add a splash of aquafaba. Check the seasoning.

For the braised broad beans, heat the oil in a small pan on a medium heat, then sweat the onion and garlic until the garlic turns dark golden. Add the tomatoes and salt, and cook until they break down. Add the spice mix, the podded broad beans and three teaspoons of water, then cover with a lid and cook for 30 minutes, until the beans are tender. Off the heat, add the lemon juice, then check the seasoning.

For the crisp fava, heat the oil in a pan to 180C (or test by adding a cube of bread: if it sizzles, it's ready). Carefully submerge the drained fava beans and fry for a few minutes until they stop bubbling and turn crisp. Drain on kitchen roll and season with flaky salt.

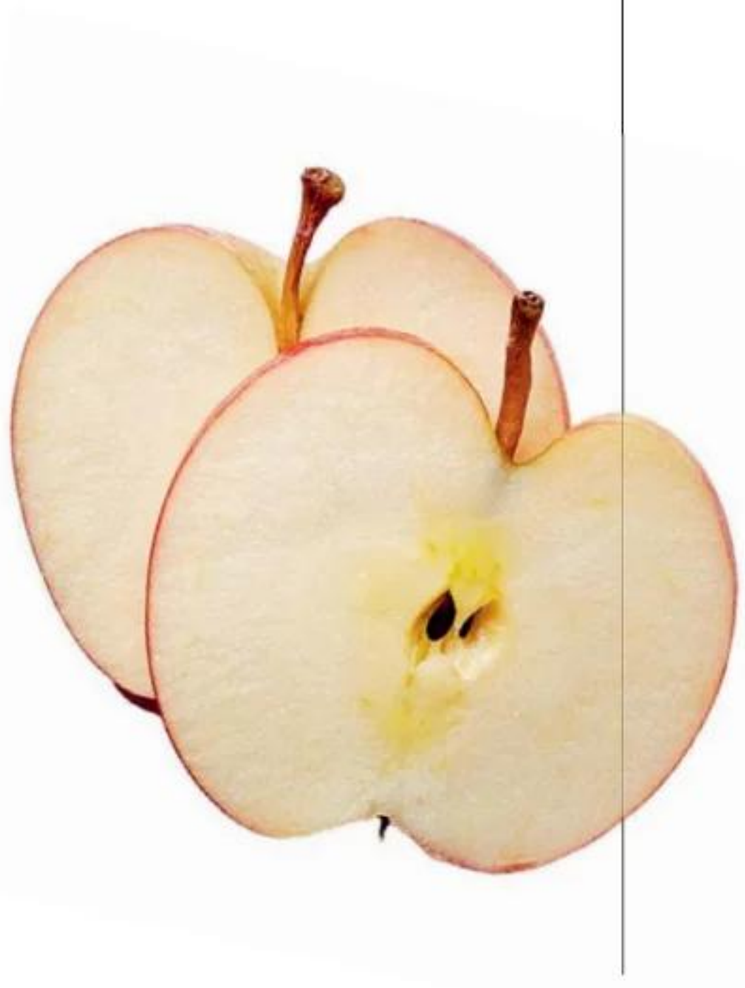
Spoon the dip on to a plate and make a well in the middle. Spoon in the broad braised beans, then finish with the crisp fava beans and the vadouvan oil.

Marc Summers is the founder of Bubala, who have just opened their third restaurant in King's Cross, London. With thanks to executive chef Ben Rand.

Rukmini Iyer
Quick and easy



The secret to these ultra-fluffy scones? Cream cheese. In a fit of inspiration (I was thinking about *rugelach* at the time), I replaced almost all the usual butter with cream cheese to great success. These scones are a hit with children, too: my three-year-old quite competently helped make them, from fetching rosemary from the garden to stamping out the dough and brushing on the egg wash. A nice kitchen activity for any resident children, even if your dog turns up for the cheese tax at the end.



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Mini parmesan, apple and rosemary scones

Prep	**15 min**
Cook	**15 min**
Makes	**30 mini scones**

25g cold butter, cubed
100g cold full-fat cream cheese
100g parmesan, roughly broken
300g plain flour, plus extra for dusting
2 scant tsp baking powder
1 tsp sea salt
2 rosemary sprigs, needles stripped and finely chopped
1 medium-sized apple, grated
1 egg
50ml milk

For the topping
1 egg, beaten
50g parmesan, finely grated
A few small rosemary sprigs (optional)

To serve
Cold salted butter or Boursin

Heat the oven to 200C (180C fan)/gas 6. Tip the cubed butter, cream cheese, parmesan, flour, baking powder, salt and rosemary into a food processor, and blitz until sandy. In a bowl, combine the apple, egg and milk, then pour into the butter mix and blitz briefly, just until everything comes together into a dough.

Tip out on to a floured surface, then pat down until even and 2cm thick (you can use a rolling pin, but this is such a malleable dough that just your hands will work fine). Use a mini round cutter to stamp out circles, and transfer these to a lined baking sheet. Bring together the offcuts, pat back down and cut out more circles until you've used up all the dough - I got 30 mini scones in total.

Brush each scone with beaten egg, top with a scattering of parmesan and a tiny sprig of rosemary, if you wish, then bake for 15 minutes, until golden brown and cooked through. (If you used a larger cutter, give them a little longer and check on them after 18 minutes.)

Transfer to a wire rack to cool a little, then serve warm with cold salted butter, or at room temperature and spread with butter or more cream cheese.

Gurdeep Loyal
Mango tango



A cleverly curated pantry is a home cook's best friend, and holds within it the power to take your daily meals in countless directions at the twist of a lid. All you really need to create flavourful food is a capsule of flavourful pantry ingredients, which, for me, includes staples such as toasted sesame oil, maple syrup and peanut butter, and bold taste-boosters such as tamarind, pecorino and gochujang. Another ingredient I turn to repeatedly is mango chutney, a staple at the Punjabi table of my upbringing in Leicester. I now use it to enliven my cooking, leaning into its characteristics as a sticky, vinegary, tropical, flamboyantly spiced, sweet and mellow flavour hero.



Balinese mango pork crispy rolls

DF

Prep	15 min
Cook	45 min
Makes	20

8 makrut lime leaves, stalks removed
20g lemongrass, roughly chopped
10g knob fresh ginger, roughly chopped
6 garlic cloves, peeled
1 tbsp fish sauce
20g roasted peanuts
1 tsp ground cinnamon
½ tsp freshly grated nutmeg
1 tsp chilli flakes
3 tbsp vegetable oil, plus extra for brushing
1 large red onion, peeled and finely diced
500g pork mince (at least 5% fat)
100g mango chutney
Juice and finely grated zest of 2 limes
Fine sea salt
10 sheets filo pastry
Nigella seeds, to finish

These crispy spiced pork rolls are inspired by a stay at the Slow in Canggu, which is without doubt one of the most cosmopolitan places I've ever stayed. Its Balinese-leaning, culture-crossing menu reads like poetry, and this filling performs flavour acrobatics on the palate.

In a blender, whizz the lime leaves, lemongrass, ginger, garlic, fish sauce, peanuts, cinnamon, nutmeg, chilli flakes and a splash of water to a very fine paste.

Put the oil in a large pan on a medium heat, then fry the onion for five to six minutes, until soft. Add the pork and fry, stirring, for 10-12 minutes, until the meat is browning and most of the moisture has evaporated. Add the lime leaf paste, cook for three minutes, then add the chutney and cook for three minutes more. Stir through the lime juice, a teaspoon of lime zest and a teaspoon and a half of salt, then take off the heat and leave to cool.

Heat the oven to 220C (200C fan)/ gas 7. Lay a sheet of filo on a board, then cut it in half. Spread two heaped tablespoons of the cooled mince mix in a thick line down one side of one half-sheet, then fold over the sides and roll up into a cigar. Brush the join with oil to seal, then place seam side down on a baking sheet. Repeat with the remaining pastry and filling. Brush liberally with oil, then sprinkle over the nigella seeds.

Bake for 14-16 minutes, until crisp on the outside and piping hot in the middle, then serve with drinks or as a starter, perhaps with dips or chilli sauce.





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Mango chicken schnitzel with lime leaf peas

Prep	10 min
Marinate	30 min+
Cook	20 min
Serves	2

For the schnitzels
5 tbsp mango chutney, plus extra to serve
1 tbsp Worcestershire sauce
3 fat garlic cloves, peeled
2 tbsp apple cider vinegar
Fine sea salt and black pepper
2 large boneless and skinless chicken breasts (2 x 250g)
Cornflour, for dredging
1 large egg, beaten
60g panko breadcrumbs
1 tbsp nigella seeds
2 tbsp sesame seeds
Sunflower or vegetable oil, for frying
Lemon wedges, to serve

For the peas
400g frozen peas
12-14 fresh makrut lime leaves
About 30 fresh mint leaves
Juice and finely grated zest of 1 small lemon
20g butter
A splash of olive oil, for frying
2 spring onions, trimmed and finely chopped

Schnitzel and mushy peas both have a nostalgic 1970s charm that I'm drawn to, and this take on these culinary relics uses mango chutney to add tropical pizzaz.

Put the chutney, Worcestershire sauce, garlic, vinegar and a teaspoon each of salt and ground pepper in a small blender and whizz to a paste.

Put a chicken breast between two sheets of baking paper, then gently flatten with a rolling pin into a 3mm-4mm-thin steak. Repeat with the other breast. Put both breasts in a large bowl, smother in the chutney paste and marinate for 30 minutes.

Meanwhile, cook the peas in boiling salted water for three minutes, then drain. In a small blender, whizz the lime leaves, mint, lemon juice and a teaspoon of zest to a fine paste.

Melt the butter and a splash of oil in a pan on a medium heat, then add the green paste and stir-fry for two minutes. Add the spring onions, cook for a minute, then add the peas and a teaspoon of salt, and cook for a minute more. Mash the pea mix until chunky, and keep warm.

Put the cornflour in a large bowl, the egg in another and the panko, nigella seeds and sesame seeds in a third bowl. Dredge one schnitzel in the cornflour, flip, leave for 30 seconds, then dredge again so it's all covered. Shake off any excess, dip into the egg, and then into the panko so it's well coated. Repeat with the second schnitzel.

Put 2cm oil in a deep frying pan on a medium heat. Fry the schnitzels one at a time for six or seven minutes, turning occasionally, until golden brown and cooked through. Serve with the peas, lemon wedges and more chutney on the side.

These are edited extracts from Flavour Heroes, by Gurdeep Loyal, published by Quadrille at £27. To order a copy for £24.30, go to guardianbookshop.com



Honey & Co
Bake, pack, go



Rule one of a good picnic: don't bring anything that needs a knife and fork, or a fridge. Rule two: nothing too crumbly (we're looking at you, filo). Rule three: bonus points if it gets better after a few hours in a sealed plastic container in the sun. Today's Tunisian-style quiche passes that test with flying colours: it's sturdy, green, and full of spice and charm. Bake it, slice it, pack it. Eat with your fingers, chase with cold lemonade. And if you drop a piece? Rule four: pretend it never happened.



Broccoli, pea, broad bean and leek maa'kuda

V GF

Prep	**15 min**
Cook	**1 hr**
Serves	**8-10**

Sea salt and black pepper
1 small head broccoli (about 250g), broken into florets
200g frozen broad beans
150g frozen peas
2 tbsp olive oil
2 garlic cloves, peeled and sliced
1 leek, sliced, washed and drained
20g bunch basil, leaves picked and roughly chopped
20g bunch flat-leaf parsley, leaves picked and roughly chopped

For the egg mix
9 eggs
100ml milk, or any milk alternative of your choice
1 tsp flaky sea salt
½ tsp ground black pepper

First blanch the veg. Bring a large pot of salted water to a boil. Drop in the broccoli, cook for five minutes, then add the broad beans and cook for another two minutes. Add the peas, boil for a minute more, then drain the lot into a colander.

Heat the oven to 220C (200C fan)/gas 7. In a large saute pan, heat the oil and garlic, then, as soon as the garlic starts to sizzle, stir in the sliced leek and saute for two minutes. Add all the drained blanched vegetables, stir well, add all the herbs, mix again, then take off the heat.

Line a roughly 26cm-diameter baking tin with a large sheet of paper that comes all the way up the sides, so the egg mix won't leak out later. Transfer the hot vegetables to the lined tin and pop into the hot oven for three minutes.

Meanwhile, whisk all the egg ingredients, then pour over the vegetables in the tin. Turn down the heat to 190C (170C fan)/gas 5, then return the tin to the oven and bake for 45-50 minutes, until the eggs are completely set and golden.

Take out of the oven, leave to cool, then cover and chill in the tin - the maa'kuda is best rested for a couple of hours before slicing and taking on your picnic.

PHOTOGRAPHS (INCLUDING COVER): MATTHEW HAGUE/THE GUARDIAN. FOOD STYLING: EL KEMP.
PROP STYLING: LOUIE WALLER. FOOD STYLING ASSISTANT: GEORGIA RUDD. INSET: GETTY IMAGES

Felicity Cloake

The perfect … Cheese arepas



These ancient, maize-based flatbreads are found in many places in South and Central America, and in a variety of forms and flavours, though they're most often associated with Colombia and Venezuela. Here, I've chosen to concentrate on the Colombian cheese version, which makes an excellent (and gluten-free) breakfast or side dish, and a fine base for an open sandwich. They're quick, easy and a useful thing to have in the freezer.

The flour

As Sharon Glascoe of the Certified Pastry Aficionado blog notes with commendable firmness, "Masarepa is the most important ingredient. There is no substitute for the specific cornmeal used for arepas. If you're unsure that you have the right kind, check the package. It should say what the flour can be used for." This arepas flour (white rather than yellow is more common in Colombia) is cooked, rather than raw like cornmeal or nixtamalised like masa harina, and can be easily found online.

The liquid

J Kenji López-Alt reckons that "the key is to use only as much moisture as is necessary to get a dough that doesn't crack when you shape it. Too much water, he writes on Serious Eats, "and you'll end up with dense, gummy arepas". To this end, he uses two parts flour to one part water, but I find that a wetter dough (my packet of PAN masarepa recommends using more water than flour) is much easier to work with. It's also helpful to warm the water first, and leave the dough to rest to absorb it. Glascoe uses milk as well as water, which, though certainly not mandatory, gives her arepas a fluffy interior and a rich flavour.

The dairy

Most people include butter or oil in the dough but, as I'm using milk, I'm going to save that for serving. I will be adding cheese, however; traditional Colombian-style *queso fresco* can be substituted for a salty white cheese, and it tends to be incorporated into the dough, giving it richness and flavour; many people, including Sandra at the Colombian cafe down



1 Mix the milk, salt and 220ml hot water in a large bowl, then sift in the masarepa and stir to combine





2 When the mix comes together into a soft dough, stir in the crumbled cheese and leave to rest for 15 minutes



the road from me, stuff their arepas with mozzarella. I find it easiest to stuff them like a dumpling, rather than López-Alt's ravioli or Erica Dinho's toasted sandwich on her My Colombian Recipes blog.

The shaping and cooking

Arepas come in a range of thicknesses, from Maricel Presilla's fat little cakes in the New York Times to the almost pancake-like ones in Patricia McCausland-Gallo's book Secrets of Colombian Cooking. Whatever you go for, it's important to give them enough time to cook through without burning the outsides, which means a medium-low heat. López-Alt browns his in a pan, then finishes them off in the oven, while Presilla uses the grill, but I find the simplest and most traditional method, in a hot pan, is the best, particularly if you cover it to help things along. Finish with butter and eat hot. (Arepas can also be prepared in advance and covered with a damp cloth in the fridge, or cooked and frozen.)

Perfect cheese arepas

Put the milk and salt in a large bowl with 220ml hot water. Sprinkle over the cornmeal and stir until the mix comes together into a soft dough (add more liquid, if necessary). Stir in the crumbled white cheese, then cover and leave to sit for 15 minutes. Meanwhile, grate the mozzarella.

Using damp hands, divide the arepas mix into six equal pieces, roll into balls, then, working one by one and on a wooden surface for ease, flatten one to about 8cm wide and a little shy of 1cm thick. Add a good helping of grated mozzarella, then bring up the sides of the dough to enclose the cheese. Roll again into a round ball, then flatten again to about 8cm wide and 1cm thick, turning it around in your damp cupped hands to smooth out the edges. Repeat with the remaining dough and mozzarella.

Put a lightly greased heavy frying pan on a medium heat and, once it's hot, add as many arepas as will fit comfortably without touching. Immediately turn down the heat to medium-low, cover the pan (if you don't have a pan lid use a baking tray, board or foil) and cook, shaking the pan occasionally to stop the arepas sticking, for five or six minutes. Turn over, repeat on the other side and serve spread with butter.

Felicity Cloake's new book, Peach Street to Lobster Lane: Coast to Coast in Search of Real American Cuisine, is published by Mudlark at £16.99. To order a copy for £15.29 go to guardianbookshop.com

V GF

Prep	**10 min**
Cook	**10 min**
Makes	**6**

100ml milk (whole milk, ideally)
½ tsp fine salt
200g masarepa, or white pre-cooked cornmeal
100g salty white cheese, such as queso fresco, feta or similar, crumbled
60g firm mozzarella
Oil
Butter, to finish

PHOTOGRAPHS: ROBERT BILLINGTON/THE GUARDIAN. FOOD STYLING: LOÏC PARISOT

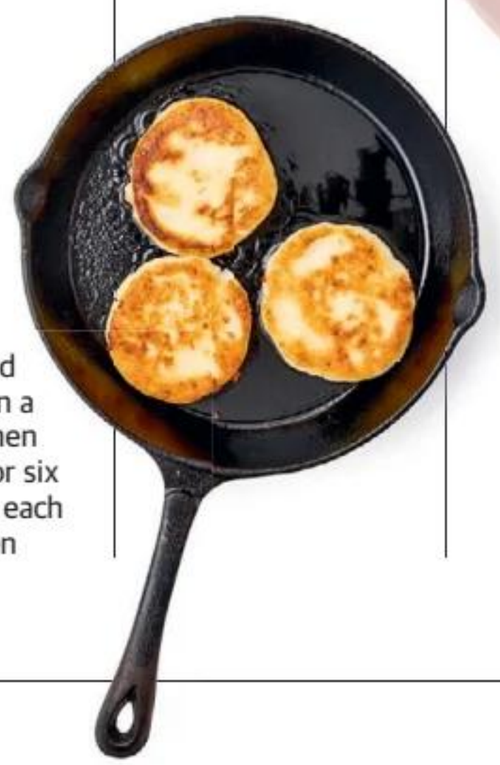






3 Divide the dough into equal pieces, roll into balls, then flatten. Fill with grated mozzarella, roll and flatten again





4 Put a greased frying pan on a medium heat, then fry the arepas for six or so minutes on each side, until golden



5 Once all the arepas are cooked and nicely browned, spread liberally with butter and serve hot

José Pizarro
Green party



Peppers are more than just staples of the Spanish kitchen, they are one of our culinary foundations. As with tomatoes, when Columbus returned from the Americas in the late 15th century, he presented peppers as a gift to the king and queen, and they quickly became a key part of our tradition. Their most iconic contribution to our cuisine is surely pimentón, or smoked paprika, but we also celebrate fresh peppers in all their guises. Padrón peppers are, of course, a classic tapa, while *pimientos rellenos* are stuffed every which way.



Pimentos rellenos (ragu-stuffed green peppers)

GF DF

Prep	**15 min**
Cook	**2 hr 40 min+**
Makes	**8**

3 tbsp olive oil, plus extra for drizzling
1 large onion, peeled and finely chopped
2 celery stalks, trimmed and finely chopped
2 garlic cloves, peeled and crushed
200g cooking chorizo, skinned and finely chopped
500g pork mince
1 star anise
Finely grated zest of 1 lemon
200ml white wine
400g tin tomatoes
2 tbsp tomato puree
350ml chicken stock
Flaky sea salt and black pepper
8 large green bell peppers

Stuffed piquillo peppers have long been popular in restaurants and homes across Spain, and are often filled with oxtail or bacalao. This dish provides a similar comforting experience, maintaining the essence of the classic while at the same time being a bit more accessible. You can make the ragu in advance and freeze it, then defrost and pick things up again from the last paragraph.

Heat the oil in a large saute pan, then gently fry the onion and celery for 10 minutes, until really soft. Add the garlic and chorizo, and cook for a further five minutes, until the chorizo releases all its oils.

Add the pork mince, turn up the heat and brown all over, breaking up the mince so it doesn't clump. Stir in the star anise, lemon zest and white wine, leave to bubble for a few minutes, then tip in the tomatoes, tomato puree and stock. Season well, bring to a boil, then turn down the heat to a simmer and leave to cook, stirring occasionally, for two to three hours; add a splash more stock or water if the ragu threatens to reduce too far and dry out.

Half an hour before you want to eat, heat the oven to 200C (180C fan)/ gas 6. Cut the tops off the peppers and use a spoon carefully to remove and discard the pith and seeds. Arrange the peppers in a roasting tin in which they will fit quite snugly, drizzle with olive oil and season well, then roast for 15-20 minutes, until soft but still holding their shape. Fill the roast peppers with the ragu, then roast for another 15 minutes. Serve hot.





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Green pepper and sardine empanada

Prep	15 min
Chill	30 min+
Cook	1 hr 30
Makes	6

2 tbsp olive oil
2 banana shallots, peeled and finely sliced
4 green peppers (long ones, ideally), stalks, pith and seeds discarded, flesh sliced
½ tsp chilli flakes
1 bay leaf
4 fresh thyme sprigs, leaves stripped
Flaky sea salt and black pepper
2 tbsp Pedro Ximénez sherry vinegar
12 tinned sardine fillets, drained

For the pastry
250g plain flour, plus extra for dusting
½ tsp fine salt
100g cold unsalted butter, cubed
1 egg, beaten
1 tsp white-wine vinegar

Empanadas are a versatile and healthier alternative to pasties. They're made with a lighter, thinner dough, have less fat, are more often than not baked; they're typically smaller, too.

Heat the oil in a large pan, then fry the shallots for five minutes. Add the peppers, chilli flakes, bay leaf and thyme, season and cook, stirring occasionally, for 30 minutes, until soft. Add the vinegar, cook for a few minutes, then leave to cool.

To make the pastry, tip the flour and salt into a bowl, then rub in the cold butter until the mix resembles breadcrumbs. Mix half the beaten egg with two tablespoons of water and the vinegar, add to the flour and mix in quickly. Bring together with your hands, then knead very briefly on a floured surface until smooth. Shape the dough into a disc, wrap and chill for at least 30 minutes.

Heat the oven to 200C (180C fan)/gas 6 and line an oven sheet with baking paper. Divide the dough into six equal pieces and roll each one into a ball. Roll each ball into a large disc, then use a pastry cutter to cut out a 16cm circle.

Divide the pepper mixture evenly between the circles, leaving a border all around the edge, then top each one with two sardine fillets. Brush the edges with beaten egg, fold the pastry over the filling and pinch and crimp the edges together to seal.

Transfer to the lined baking sheet, brush all over with the remaining beaten egg, then bake for 20-25 minutes, until golden. Serve warm or at room temperature.

These recipes are edited extracts from The Spanish Pantry: 12 Ingredients, 100 Simple Recipes, by José Pizarro, published this week by Quadrille at £28. To order a copy for £25.20, go the guardianbookshop.com

The Guardian

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Nik Sharma's
Grilled veggie kebabs and spiced pistachio milk

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Hannah Crosbie

Why summer calls for chilled reds

I write these columns just over two weeks in advance, so I need Met Office/clairvoyant levels of weather prediction skills to work out what it is we're likely to be drinking by the time the column comes out. But I'm going to go out on a limb here and declare that summer will be here when you read this. No, don't look out of the window. Keep looking at your phone screen, and imagine the sun's beating down outside. That calls for a chilled red, right?

The types of red wine that fare best when chilled are those that are fruity, youthful and not too tannic. The punching down or pumping over of a wine can extract tannins from the skins, pips and stalks. Often confused with the mouth-puckering effect of acidity, the best way I can describe the sensation of tannins is it's a bit like when you drink the last dregs of a cup of green tea: it tastes all stemmy and dry, and you can feel where you've been biting the inside of your cheeks.

"In hot and sweaty Barcelona, we serve all our reds at between 11C and 12C," says Benji Sher, owner and sommelier at that city's Fluid wine bar. "That's definitely too cold for the super-tannic bangers, but I'd rather things slowly warm up in the glass. Better to be too cold than too hot."

"A cold wine is more a thing to drink and less a thing to savour," says J Lee, a New York-based food writer whose semi-anonymous musings on flavour I trust disproportionately considering I've never met him. "I think the way we're consuming wine is becoming more casual," he says. "A cold wine is never so serious, and most other beverages that people drink casually are served cold: beer, cocktails, White Claw … I'm looking forward to ice cubes in wine coming back."

Perhaps that is the logical next step? I have to confess, popping an ice cube in my wine glass isn't something I've yet tried for fear that it will dilute the wine, and therefore my drinking experience, which doesn't bear thinking about. But then I think of my beloved iced coffee: not only is this apparently the reason I'll never own a house, but it's also something I suck up so ravenously quickly that the fact that the ice may dilute the coffee doesn't even cross my mind. Perhaps that's the thing: something as simple and delicious as a chilled red needn't concern itself with the heat. By the time the ice would have melted, it'll already be in your belly. Ideally alongside some saucisson.

Four reds that benefit from a chill



Morrisons The Best Côtes du Rhône Villages £9.75, 10.5%. Made by Boutinot for this own-label range, this is all dark fruit



W/O Organic Frappato 2023 £12.99 Laithwaites, 13.5%. Many sommeliers recommend frappato as a wine to serve chilled



Geyerhof StockWerk Zweigelt 2023 £12.95 The Wine Society, 12%. Rousing savoury tea and bramble fruit notes



Marchesi Migliorati Montepulciano d'Abruzzo 2022 £22 Passione Vino, 12.5%. Fab montepulciano from a fab independent



The good mixer

Matcha whisky sour

Serves 1

50ml Japanese whisky – we use Nikka from the Barrel
25ml fresh lemon juice
25ml standard honey syrup, made by heating equal parts honey and water until dissolved, then leaving to cool
½g matcha green tea powder (¼ tsp), premium grade, ideally, plus a pinch extra to finish
⅓ pipette Ms Better's Miraculous Foamer Bitters (10-12 droplets), or 1 egg white, or 25ml aquafaba

This gloriously green drink matches the bright mood of early summer, when the countryside is bursting with verdant life. If you like, halve the amount of whisky and replace it with 25ml amaretto, for a sweet, nutty twist.

Measure everything into a boston shaker and dry shake to activate the foamer (or to set the egg white or aquafaba). Add a good handful of ice, shake again, then double strain into a chilled nick & nora glass. Garnish with a light dusting of matcha powder, then serve immediately.
Maddy Slack, bar and restaurant manager, Prawn on the Lawn, London N1 and Padstow, Cornwall

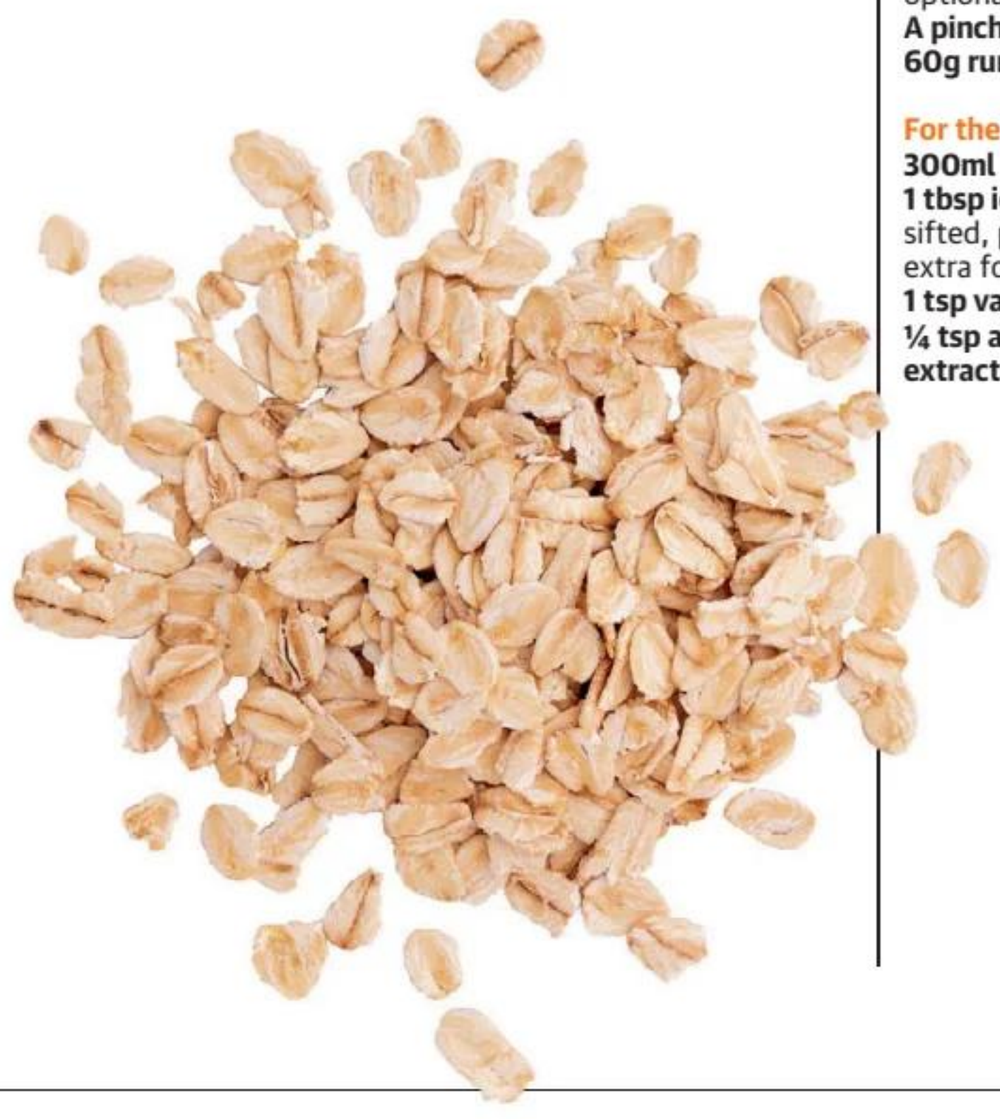
PHOTOGRAPH: ROB LAWSON/THE GUARDIAN. DRINK STYLING: SEB DAVIS



Helen Goh
The sweet spot



These buttery oat shortcakes are crisp on the outside, tender within and just rustic enough to feel inviting. Filled with honey-roasted apricots and a fragrant almond cream, they make a fabulous pudding; berries macerated with sugar and a splash of orange juice or Cointreau would also be delicious.



PHOTOGRAPH: LAURA EDWARDS/THE GUARDIAN. FOOD STYLING: BENJAMINA EBUEHI. PROP STYLING: ANNA WILKINS. FOOD STYLING ASSISTANT: JULIA ADEN. INSET: GETTY IMAGES

Oat shortcakes with honey-roasted apricots

V

Prep	**15 min**
Chill	**30 min**
Cook	**1 hr 10 min**
Makes	**6**

For the shortcakes
100g rolled oats
225g plain flour, plus extra for stamping out the dough
70g caster sugar
2 tsp baking powder
½ tsp bicarbonate of soda
½ tsp fine sea salt
Finely grated zest of 1 orange (save the juice for the apricots)
120g cold unsalted butter, cut into 3-4cm cubes
120ml plain unsweetened kefir drink, plus extra for brushing
1 tsp vanilla extract

For the apricots
500g ripe apricots, halved and pitted
60ml orange juice
¼ tsp ground cardamom seeds (from about 8 pods; optional)
A pinch of salt
60g runny honey

For the cream
300ml double cram
1 tbsp icing sugar, sifted, plus a little extra for dusting
1 tsp vanilla extract
¼ tsp almond extract

Line a 20cm x 30cm baking tray with greaseproof paper. Pulse the oats in a food processor until finely ground but not powdery, then add the flour, sugar, baking powder, bicarb, salt and orange zest, and pulse a few times to combine and aerate.

Add the butter, pulse until crumbly, then tip into a large bowl. Add the kefir and vanilla, stir with a fork until it just comes together into a shaggy dough, then tip on to a lightly floured worktop and pat out into a roughly 2½cm-thick disc.

Dip a 6-7cm biscuit cutter in flour, then stamp out as many rounds as possible. Arrange the shortcakes a few centimetres apart on the lined tray, then gather the offcuts, press together lightly, then pat out and cut out more rounds - you should end up with six in total. Chill for 30 minutes.

Meanwhile, heat the oven to 215C (195C fan)/gas 6½ and line a baking dish large enough to take the apricots in one layer with baking paper. Put the fruit cut side up in the dish, then pour the orange juice and 60ml water over and around it. Sprinkle over the cardamom and salt, then drizzle with the honey. Bake for 20-25 minutes, basting and gently shaking the dish occasionally, until the apricots are tender. Leave to cool for a few minutes, then tip into a bowl.

Turn down the oven to 200C (180C fan)/gas 6. Brush the shortcakes with kefir, then bake for about 20 minutes, until golden on top and the sides feel firm when pressed. Leave to cool for at least 15 minutes. Meanwhile, put all the ingredients for the almond cream in the bowl of an electric mixer and whisk on medium-high until the cream forms soft waves.

To serve, split the shortcakes in half and place the bases on a platter. Spoon over some apricots and their juices, top with cream, then place the remaining shortcake halves on top. Dust with icing sugar and serve.

HILLTOP
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SQUEEZY HONEY

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ODYSEA
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PINE & FIR TREE RAW HONEY
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great taste

M&S -FOOD-
Rich & velvety
With smoky, toffee & raisin notes, from flowers & tree blossom
Mexican Wildflower Honey



Benjamina Ebuehi



The filter: runny honey

Honey is a wonderfully versatile store-cupboard staple, and I seem always to have about three different types on the go at any one time. It's typically a squeezy bottle to bake with, a jar for sweetening teas and yoghurt, and something a little fancier and more complex to enjoy drizzled on buttered toast or with cheese.

Honey shouldn't just be "sweet", though. There are so many factors that contribute to its taste, colour and viscosity: the season it was harvested, the geographical location, the pollen of the plants and much more are all part of the puzzle that provides us with this sticky sweetener. Many cheaper options blend honey from more than one country, whereas single-origin honey will be clearly labelled and typically have more distinct, layered flavours specific to where it was produced. I'll happily be adding a few of these jars into my rotation, so much so, in fact, that I sense a honey-themed dinner party is on the way.

Best all-rounder

Odysea Greek pine & fir tree raw honey
£4.90 for 250g at Sainsbury's (£1.96/100g)
★★★★☆
Noticeably less sweet than many of the others, and with a rich and complex malty flavour and savoury notes I really enjoyed. This would be wonderful to cook with.

The Greek Kitchen pine tree Greek honey
£6 for 250g at Ocado (£2.40 per 100g)
★★★★☆
A delicious, well-balanced honey that would be perfect for drizzling on toast. It has a really appealing colour and a floral flavour that comes through softly.

Rowse pure and natural runny honey
£3 for 340g at Asda (88p/100g)
★★★☆☆
Leans on the sweeter side compared with the others, but is otherwise very neutral-tasting. A standard honey that would suit everyday use.

Best splurge

Scottish Bee Company signature honey
£8.50 for 227g at Ocado (£3.74/100g)
★★★★★
I don't think this will be to everyone's taste, but I *loved* it. It's punchy and woody, with a bit of muskiness, too. Almost savoury-leaning. It smells divine, like a warm autumn walk in the woods.

Black Bee Honey British summer runny honey
£6.95 for 227g at Ocado (£3.06/100g)
★★★★☆
I think it's common to assume that lighter-coloured honeys won't be particularly complex in flavour, but this has a lot going on. There's a lovely fresh and fruity citrus vibe and it does indeed taste like summer. I can imagine this being great on scones and in cakes, especially if eaten in a sunny garden.

Hilltop everyday blossom honey
£4 for 720g at Tesco (55p/100g)
★★★☆☆
An OK honey that would do the job for your honey needs. Some floral notes do come through, and it smells quite fragrant.

Best bargain

Groovy Food Company orange blossom squeezy honey
£3.60 for 340g at Ocado (£1.06/100g)
★★★★☆
Beautifully bright and citrussy. Feels quite fun and summery, too, and I can imagine this would be great in drinks and cocktails.

Littleover organic wildflower honey with royal jelly
£5.00 for 340g at Waitrose (£1.48/100g)
★★★☆☆
A good choice for an all-rounder. It has quite a clean honey flavour and feels more neutral than some of the others. Fine for everyday usage, but doesn't really stand out.

M&S wildflower honey
£4 for 340g at Ocado (£1.18/100g)
★★★☆☆
There's a little smoky aftertaste, which I do enjoy. It's one of the runniest honeys here and does lean quite sweet.

Waitrose Essential squeezy honey
£2 for 454g (£44p/100g)
★★☆☆☆
You pretty much get just sweetness here and not much else. Tastes more like golden syrup.

PHOTOGRAPH: ROBERT BILLINGTON/THE GUARDIAN

Grace Dent

'The small-plates concept, once so edgy, shows no sign of relenting'



PHOTOGRAPHS: AMY HEYCOCK/THE GUARDIAN



I felt a compulsion to go to Duchy, in east London, as I had dined at its predecessor, Leroy, in 2018, as well as its genesis, Ellory, in 2015. These three different restaurants share DNA. Yes, 10 years have passed, but very little in the pared-back, pan-European anchovies-on-a-plate-for-£12 dining scene has moved on.

No-frills decor, bare-brick walls, earnest small plates, staff with statement moustaches despite it not being remotely near Movember. We all know the drill for these places. There will be those exemplary anchovies on some sort of crostini, asparagus as it's in season, some beans, maybe green, perhaps white, fancy French cheese and a tart of the day for afters. While Ellory merged into Leroy via a move from London Fields to Shoreditch, Leroy has become Duchy, it seems, via a simple change of the sign above the door. Front of house Alex Grant and chef Simon Shand met at Leroy and have now made this restaurant their own. In pop-music terms, visiting Duchy is like going to see Bucks Fizz at Butlins and the only remaining member is David Van Day, and you're pretty sure he was actually in Dollar, but hey – it's fine because they're cranking through Making Your Mind Up.

Duchy

18 Phipp Street, London EC2, 07874 310612. Open Tues-Sat, lunch noon-2pm, dinner 5.30-9.45pm. From about £40 a head à la carte, plus drinks and service



Still, clearly this "things on plates, served sporadically" concept isn't broken, and Duchy don't need to fix it, because by 5pm on a Tuesday night this new/old restaurant is filling up nicely, and by the time we leave at 6.45pm it is absolutely heaving. The UK restaurant world is patently nowhere near the end of its "three ravioli dressed in olive oil and a scattering of podded peas" era, of "hey guys, can I start you off with some comte gougeres" and "yes, we are playing Talking Heads Stop Making Sense". There has, admittedly, been a surge of "authentic French" restaurants in the capital recently - 74 Duke, French Society, Marjorie's, Joséphine - where beret-wearing British restaurateurs seem to be draping onions around their necks and serving up hearty soups, souffles, trotters and Paris-Brests, and very nice they are too. But this thing that Ellory, then Leroy, now Duchy does, once so edgy, shows no sign of relenting.

Two anchovies on two crostini dotted with marjoram leaves arrive for £5, followed by a pile of rather soft, chunkily cut *panisse* - chickpea fries - enrobed in a thick grating of *meule des Alpes* from Savoie. A *vitello tonnato* (above) with the veal served tartare is topped with what are reportedly shoestring fries, but have tangled into what looks like a deep-fried potato rosti. A highlight is a bowl of al-dente Italian flat beans (left) served cold in some type of vinaigrette, but with the pleasing addition of fresh almonds, blobs of rather pungent gorgonzola and finely chopped loquats. Aren't loquats just kumquats with aspirations of grandeur, you could be thinking. You would be very wrong: loquats are bigger, more like a sharp pear in flavour and wholly suitable for matching with a stinky, oozy Italian cheese and some crunchy veg.



A bowl of fresh spaghetti with sage is as memorable as the chorus of Britain's last Eurovision entry, and I am truly puzzled by what appears to be Duchy's signature dishes: some very damp smoked trout on a bowl of vivid green *spätzle*, cooked until mushy.

Thank heavens for the final plate, *poulet au vin jaune*, served on a silky, buttery *pomme purée* with a scattering of outstanding morels. Delicious, although there is always a moment, when I have been fooled again into sharing a bowl of chicken and mash with another diner, that I think: "Surely sharing a bowl of mash and gravy is the type of thing you should only need to do in an national emergency if one were huddling around a brazier with the other survivors. Why am I paying £28 for this pleasure?"

But as I say, we are too far down this route to back out now; those brick walls that make conversations bounce around deafeningly, the slice of perfectly fine apricot tart with creme fraiche for afters, the £130 bill without drinks for an adequate, perfectly of-its-ilk, London small-plates dinner. Stop Making Sense is reaching its final track as we pay up. I'm not entirely sure if the food world ever truly started making sense.

The next episode of Grace's Comfort Eating podcast is released on Tuesday.

Instafeed



Seasonal mango with warm chocolate sauce and hazelnuts for dipping at Bellamy's in London: still going strong after 20 years.



Smoked beef tartare with N25 caviar – canapé magic from Alberto Cavaliere, new head chef at Pied à Terre in London's Fitzrovia.

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