

## BEERHUNTER WITH ARFUR DALEY



**Black Sheep Monty Python's Holy Grail, 4.7% £2.39/500ml bottle, Discount Supermarket, Whitchurch Road, Cardiff**



The Black Sheep Brewery was founded in 1992 in the North Yorkshire town of Masham by Paul Theakston, a member of the famous brewing family who also brew in the town. This beer was first brewed to celebrate 30 years of Monty Python and Python star Terry Jones even used to own a brewery in the 1970s in Herefordshire.

Holy Grail Ale is light amber-brown in colour and has a fruity, almost spicy aroma followed by a smooth bittersweet flavour with some caramel overtones and a hoppy bitter aftertaste with some hints of citrus fruits at the finish.

Well you would hardly expect the Spanish Inquisition.

## MYFAVOURITEPLACE

**Habeeb Adeokun** runs the 2011 Miss Universe Wales beauty pageant – entries are being taken until Nov 5 – go to [missuniversewales.com](http://missuniversewales.com) for an entry form. Habeeb likes to eat at Haveli Indian restaurant on City Road



As my life always seems so busy, and particularly so since taking on the Miss Universe franchise, I enjoy going out to eat. It's good to be able to relax and talk without any other distractions. The Bollywood Lounge at Haveli is perfect for that.

My favourite dish on the menu is chicken tikka masala, the sauce is delicious and is freshly prepared – everything on the menu is distinctive and individual.

The tandoori grills are excellent too – and as they are cooked in a clay oven with very little oil, they're a very healthy option. There's a snack menu that's great if you are in a hurry, and

just want a quick bite before heading on somewhere else.

I eat there about once a week, and I've never had a poor meal. The same can't be said of a lot of restaurants, where the food is OK one time and not up to scratch the next. I enjoy the atmosphere in the place too, it's relaxed and friendly, and the staff are always unfailingly attentive. For those who enjoy cocktails, these are mixed by a waiter who really knows what he's doing.

**Do you have a favourite restaurant or takeaway you want to recommend?**  
**Ring Margaret O'Reilly on 029 2024 3768 or e-mail [margaret.o'reilly@mediawales.co.uk](mailto:margaret.o'reilly@mediawales.co.uk)**

## WINESONOFFER

Morrisons has the spicy winter-warming red Lindemans Bin 50 Shiraz on sale at £5.49, down from £6.99, and the lightly-oaked full flavoured white Lindemans Bin 65 Chardonnay also on sale at £5.49, down from £6.99.

For a drop of pink fizz the Co-operative has Gran

Tradicion Vintage Rosé Cava 2007 at half price on sale at £5.49, down from £10.99.

For a pair of crisp and crunchy whites Waitrose has Jacob's Creek Semillon/Chardonnay on sale at £5.24, down from £6.99 and The Naked Grape Sauvignon Blanc 2009 Vin de Pays des Charentais, France, on sale at £5.49, down from £6.99.

## JAZZ IT UP

Beaujolais Nouveau Day will be celebrated with a jazz night at The Vale Resort, Hensol, on Thursday, November 18 featuring The Graham Watkins Jazz Quartet with Clare Hingott on vocals.

La Cucina restaurant will feature a French menu and there will be chance to try the fresh new wine of the 2010

harvest. Guests will be able to tuck into French onion soup with gruyere croute, Beef Bourguignon, fine apple tarte with cognac cream and finish with coffee and petit fours. The three course meal inclusive of wines is priced at £29 per person.

To book, telephone La Cucina on 01443 665863.

# Festival favourite

Top chef Tim Marriott will soon be tickling tastebuds in Cowbridge. But how did he get a taste for cooking? **Jenny Longhurst** finds out

**C**OWBRIDGE Food Festival is coming to town with a feast of autumn flavours. The celebration of culinary arts later this month will feature tasters, masterclasses and demonstrations including one by chef Tim Marriott.

Tim will be cooking up the kind of modern European cuisine typical of that served at his restaurant, The Market Place, in High Street, Cowbridge and similar to the style of his recipes here.

Tim, a late starter on the professional food front, soon made up for lost time and after stints at some of London's foodie hot spots opened his Cowbridge restaurant two years ago.

"I didn't know what I wanted to do until I was about 21," he said.

"I played a bit of music and did a bit of painting and decorating.

"But I always liked being inventive in the kitchen at home, especially creating different ways with

pasta.

"Even at that age, I never wanted to live on beans on toast."

Tim, born in Cardiff and brought up in London from a toddler, decided to take a catering course at Wimbledon College and recalls: "It ignited the spark."

He seized on his new career with a passion and worked in the renowned Kensington Place Restaurant and others including Marco Pierre White's Titanic and 1 Lombard Street before moving back to Wales.

He's put these recipes together to create a three course meal that's something special yet still straightforward to prepare.

■ **The Cowbridge Food Festival runs on Saturday, October 30, 9.30am – 5.30pm and Sunday, October 31, 10am – 4pm.**

**Tickets: Adult day £2.50; weekend £4 child over the age of three day £1; weekend £1.50 family day ticket (two adults, three children under 14) £7**

### Pan fried sea bass with chorizo and roast garlic mash



**Serves four**

**Ingredients**

Four fillets of sea bass (wild if available)

500g (1lb) chorizo, sliced

One whole bulb garlic

2kg (4lbs) Maris Piper potatoes

100g (4oz) butter

50ml (2fl oz) double cream

Two medium vine tomatoes, cored and finely diced

One large shallot, finely chopped

Six pitted Kalamata olives, finely chopped

100g (4fl oz) olive oil

Juice of half a lemon

Salt and pepper to taste

**Method**

Pre-heat oven to gas mark four, 350F, 180C and roast the garlic for 30 minutes. Cut off the bottom and squeeze out the pulp.

Peel, cut and boil potatoes until soft and mash with the garlic pulp until smooth.

Melt butter in a pan, add the double cream and beat into the garlic potato until creamy.

To make the salsa, mix tomatoes, olives and shallots with 75ml (3fl oz) of the olive oil, lemon juice and seasoning.

Season the sea bass.

Heat remaining olive oil in a pan and fry the fish skin side down for approximately one minute. Then put the pan under the grill and continue cooking for a further two minutes, adding the chorizo for the final minute.

Serve with baby spinach.

### Smoked salmon, cream cheese and creme fraiche terrine



**Serves eight**

**Ingredients**

500g (1lb) ready sliced smoked salmon

500g (1lb) cream cheese

150g (6oz) creme fraiche

75ml (3fl oz) double cream

Handful of capers, roughly chopped

Juice of one lemon

One tablespoon chopped dill

Four tablespoons powdered gelatin

Salt and pepper to taste

**Method**

Wet a standard terrine mould then line with two layers of clingfilm.

Place one layer of smoked salmon on the bottom of the mould and more slices running up the sides leaving a two inch flap at the top to close over the filling at the end.

Mix cream cheese, creme fraiche and double cream to a

smooth paste. Finely chop remaining smoked salmon and add to the mixture along with capers, dill, lemon juice and salt and pepper to taste.

Melt gelatin according to packet and fold into the mixture.

Fill terrine mould to the top, fold over smoked salmon flaps and refrigerate for four hours.

Turn out of mould and cut with a hot knife.

Serve with ciabatta, salad and vinaigrette mixed with capers.

### Tiramisu

**Serves four**

**Ingredients**

500g (1lb) mascarpone cheese

75g (3oz) icing sugar

250g (8oz) whipping cream

50ml (2fl oz) Amaretto

Two shots double espresso coffee

15g (half an ounce) cocoa powder

One tablespoon vanilla essence

15-20 sponge fingers

Half a teaspoon grated chocolate

**Method**

Combine Amaretto, coffee and vanilla essence and soak the sponge fingers in

one third of the mixture.

Whip cream and icing sugar together and fold in the mascarpone and remainder of the coffee mix.

Layer the soaked sponge fingers tightly together in the same horizontal direction in a small baking tray.

Spread a layer of the mascarpone cream evenly over the top then arrange the remaining sponge fingers tightly in a vertical direction over the top.

Spread on the rest of the mascarpone mix.

Sprinkle on the grated chocolate and dust with cocoa powder.

To serve, cut into four pieces.



Pictures by Andrew Davies To order pictures visit [www.walesonline.co.uk/dwphoto](http://www.walesonline.co.uk/dwphoto) or call 029 2024 4330

## Comfort FOOD WITH EMMA JENKINS

**W**ales the True Taste 2010 is just under a month away. The True Taste Awards are the Welsh awards for small and large producers of everything from free range chicken, confectionery, cheese, sausages, dairy, lamb, beef, wines, beers and juices. It includes the best well-sourced deli and vegetables grown in Wales.

We won an award last year for our homemade lemon and thyme cordial. The accolade allows great marketing potential and support from the Welsh Assembly Government.

This year we entered the long and difficult tender process to cater for the awards dinner.

Research, menu planning, local sourcing, budgeting and creative ideas all went into my long tender document and I was thrilled to be awarded the job. It is a great honour as all the guests are very knowledgeable food lovers.

All the food must be sourced from the county in which the awards dinner is to be held and each year this changes giving every county their time to show off their produce. This year it is Pembrokeshire and there will be 500 guests attending.

The event attracts many major sponsors. I organise the staff – there will be more than 50 – and the table hire, including more than 4,500 pieces of cutlery, 3,750 items of crockery and I have yet to calculate the total number of glasses!

We hire in all the equipment required for the kitchen in order to get the meals out quickly, efficiently and, of course, piping hot. It is a mammoth but exciting task.

Last week we held the menu tasting at our kitchen in Clive Road, Cardiff. It is a fun, full-on day and lots of decisions were made. I don't want to give the menu away at this stage so my recipe this week is for the energy bars I will making for the chefs to keep them going throughout the day which will be long, full of pressure, heavy loads and deadlines.

### Ej's energy bar

**Ingredients**

12 oz oats

2oz toasted sesame seeds

3oz of walnuts

2oz pumpkin seeds

4oz crunchy peanut butter

4oz Welsh honey

Juice of half an orange

Zest of 2 oranges

3oz dried chopped apricots

2oz dried chopped prunes

2oz golden sultanas

2oz dried cranberries

Feel free to adapt the nuts and dried fruits to suit your taste or what's already in your cupboard

**Method**

Place all the seeds and nuts on a large baking tray and toast in the oven for about 5-10 mins. Watch carefully as you do not want them to burn, just turn golden brown and fill the kitchen with roasting smells.

In a saucepan melt the honey and peanut butter with the orange juice and zest. Add all the dried fruit and nuts to the pan. Line a baking tray with cling film and then firmly spread the mixture into the baking tray. Put in the fridge for at least an hour – overnight is best.

Turn out and cut into wedges. For a really decadent version coat one end of each wedge in melted dark chocolate. It does not have to be all healthy, it just has to keep us going!

