

LEISURE Food & Drink

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What the experts recommend

The Purefoy Arms Preston Canoever, Hampshire (01256-389514)

This nicely done-over pub – “buffed to a shine, with a big beer garden out the back” – in a pretty Hampshire village makes such a virtue of being dog-friendly, they even serve honey-and-banana “doggy ice cream”, says Michael Deacon in The Daily Telegraph. I hadn’t realised dogs had such sophisticated palates – do the canine punters like it? “Well,” said the barmaid, “we haven’t had any complaints.” Turns out they know how to feed humans, too. The Purefoy is run by Gordon Stott, last year’s winner of UK Pub Chef of the Year, and his new place takes food “very seriously, while still managing to be unpretentious, relaxed and friendly”. There are two six-course tasting menus (one meat, one veggie) if you want to push the boat out. We settled for a lovely kedgeree of “tangy curried rice, slippery poached cod, mussels and juicy capers”; a mushroom and truffle soup that my wife reckoned was so light it was “like drinking a cloud”; a decent pork chop with peppers, fennel and bubble and squeak; and two great chocolate puddings. *Three courses for two, about £55, plus drinks.*

The Kitchen Old Brewery Yard, Falmouth, Cornwall (07543-703973)

The Kitchen is “one of the most fantastic, albeit wonky, boho and flawed restaurants” I’ll visit this year, says Grace Dent in The Guardian. There’s



Cora Pearl: great for both tourists and foodies

a bold disregard for convention in the air: no sides of spuds; no bread basket; no salt shaker, even. Instead, chef Ben Coxhead offers “small portions of exemplary local produce served with unabashed weirdness” and a “genuine, heartfelt attempt to wow the palates of those dropping by”. Rare venison comes flecked with vivid cerise beet mousse – “part dinner, part crime scene”. Rabbit is served on scurvy grass, a vitamin C-rich, mustardy cress that was apparently once given to sailors and is an acquired taste I can’t see myself acquiring. Golden-skinned gumard comes on a perfectly balanced warm pear compote. And there’s a fabulous asparagus dish: three varieties sitting in a buttery

onion-apple broth. “You’ll either love The Kitchen or you’ll hate it.” For me, finding a small, passionate, offbeat restaurant such as this in a British seaside resort “makes my heart burst with happiness”. *About £30 a head, plus drinks and service.*

Cora Pearl 30 Henrietta Street, London WC2 (020-7324 7722)

How do you follow a universally acclaimed Mayfair restaurant named after a courtesan? If you’re the people behind Kitty Fisher’s, says Giles Coren in The Times, you open a bigger restaurant, also named after a courtesan, a few miles away in Covent Garden. The aim is clearly to retain the original’s sense of agreeable loucheness, while offering a more “approachable menu (not that Kitty’s is especially forbidding)” that will appeal to tourists and walk-ins as much as foodies. On both fronts, Cora Pearl scores. Following a starter of “perfect, firm little *agnolotti*”, I enjoyed an “excellent rhombus of cod, properly cooked – none of your *sous-vide* s***” – and topped with a “lush blob” of devilled crab. Fillet of veal came with a delicious *bordeleaise* sauce, whose extra helping, jugged on the side, contained wobbling pearls of bone marrow. And truly sensational chips – sliced potatoes baked with thyme, then pressed overnight, cut into chips and deep-fried – were the “dish of the ebbing century”. *£65 a head “if you’re sensible. But why would you be sensible?”*

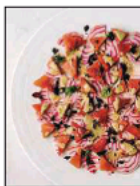
Recipe of the week

This vibrant summer salad combines fabulous sweet and savoury flavours. But the star is the sauce, which can be served hot or cold, says Nina Olsson

Watermelon and beetroot with “miso wow” sauce

Serves 4 1-2 Choggia beetroot, peeled, thinly sliced and cut to bite-sized triangle pieces 200g watermelon flesh, cut into bite-sized triangle pieces “miso wow sauce”: 1 tbsp red miso paste (aka miso) or brown rice miso paste (genmai) 1 tsp drained capers 1 tbsp shoyu soy or tamaris sauce 1 tsp lemon juice ¼ tsp honey or agave syrup 2 tbsps nutritional yeast or grated Parmesan 100ml water 1 tsp kesa (optional) ¼ tsp freshly ground black pepper 100g mayonnaise or crème fraîche 1 tbsp microgreens, such as red-vein sorrel leaves and shiso leaves, or delicate herbs, such as baby basil leaves, to serve 1 tsp black sesame seeds, to serve

- Sauce: put all ingredients except the mayonnaise in a food processor and whizz until smooth. Transfer to a small saucepan and bring to the boil, stirring, then turn off the heat. Cool slightly and whisk in the mayo or crème fraîche.
- The sauce can be made a day in advance and kept, tightly covered or in an airtight container, in the



fridge. Before serving, heat, whisking until smooth, and adding a little water to loosen the consistency if necessary.

- Cool slightly before serving. Arrange the Choggia beetroot and watermelon slices on a serving dish, drizzle with the sauce, and top with microgreens and black sesame seeds.

Taken from Feasts of Veg by Nina Olsson, published by Kyle Books at £18.99. Buy from The Week Bookshop for £14.99, call 020-3176 3835.

Beaujolais season

There’s never been a better summer to dive into beaujolais, says Jane MacQuitty in The Times. It’s the perfect red for a warm day (taking nicely to a ten-minute dip in the ice bucket), and the quality of the 2016 wines now widely available on the high street has never been higher.

At the lower end, the 2016 Tesco Beaujolais-Villages (£7) is a “terrific” red cherry, easy-swigging beaujolais. At Morrison’s, Georges Duboué’s 2016 Jullénas (£8) has a “rich, hibiscus pizzazz”. From Sainsbury’s, the “light, juicy, red plum-packed” 2016 Taste the Difference Beaujolais-Villages, Coteaux Granitiques (£9) is great value – as is the “delicate but elegant, floral” 2016 Beaujolais-Lantignié, Louis Jadot (£11.99; Majestic Wine).

Up a notch or two in price, 2016 Château des Jacques, Moulin-à-Vent (£13.50; Sainsbury’s) is rich and meaty, with “lashings of savoury, biting and spiced strawberry”. And Albert Bichot’s 2016 Rochegrès, Moulin-à-Vent (£19.99; Waitrose) is a bold, zingy, violet-scented mouthful.

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