

BEERHUNTER WITH ARFUR DALEY



Oakham JHB, 4.2% ABV/500ml bottle

Available from MyBrewerytap.com as well as on draught at the Great Welsh Beer and Cider Festival next month

The Oakham Brewery was founded in 1993 and moved to Peterborough in 1998.

JHB or Jeffrey Hudson Bitter is named after the court dwarf to Charles I who was born in Oakham in 1619.

This multi-award winning beer is pale straw in colour with a white head and features a citrusy aroma with hints of grapefruit and lemon, caused by the hops used to brew this beer, an American variety called Mount Hood, together with the home-grown Challenger variety.

A pleasant but dry and sharp taste with more citrus flavours leads to a bitter aftertaste that pleasantly lingers in the mouth for a few moments after drinking.

JHB is a hoppy, light and extremely refreshing beer.



Visit www.walesonline.co.uk/buyphoto or call 029 2024 4330

■ Pictures by Peter Bolter

MYFAVOURITEPLACE

Retail sales assistant **Laura Jefferies**, 27, from Cardiff says her favourite place to eat is Jamie's Italian in St David's shopping centre, Cardiff



"Jamie's is one of my favourite places to eat as it feels like a treat but isn't too expensive. The restaurant is nearly always busy but it has never affected the service I've had.

"Staff are really polite and friendly and they have a great knowledge of all the dishes and specials.

"I like the layout as well - it's spread over three floors so has plenty of room for when I've been in a larger group, but it still feels intimate when I've been for a romantic meal.

"There's a fresh meat deli-counter in the middle which is a good inspiration for trying different things. The menu has the option of having lighter bites which is fab if I'm trying something new or if I'm not feeling too hungry. It's even nice to just go for a drink there as the wine selection is quite impressive.

"My favourite dish is the bruschetta as although you can order it in most Italian restaurants, you can make it yourself in Jamie's and I don't feel guilty for not using a knife and fork."

WINESONOFFER

The Co-Operative has Eagle's Crag Chardonnay on sale at three for £11 as opposed to £4.99 each. It also has Southern Block Merlot Malbec 2009 and Southern Block Sauvignon Blanc 2009 on sale at £5.49, down from £10.99. Waitrose has the fragrant red Wither Hills Pinot Noir

2008 Marlborough, New Zealand, on sale at £9.74 down from £12.99 and Oxford Landing Cabernet Sauvignon/Oxford Landing Cabernet Sauvignon/Shiraz 2009 South Australia, on sale at two for £10 instead of £6.99 each. Tesco have a nice drop of smoky Chilean red with the Cono Sur Reserve Pinot Noir down from £8.99 to £6 and for a tropical fruit-filled white try La Leyenda Chardonnay, from Argentina, at £5 from £6.99.

Pear and Perry Festival

The second Pear and Perry Festival to be run by The Village Alive Trust will take place in the historic threshing barn at Great Trerhew Farm, Llanvetherine, near Abergavenny, on Saturday, June 18.

The event, run in conjunction with Monmouthshire Pear and Perry Society, will provide chances to taste and buy local perry, cider and apple juice, as well as other locally produced food. Entertainment includes maypole dan-

cing by children from Cross Ash Primary School and children's cookery sessions.

Homemade teas will be provided by Llangattock Lingoed Church members and Beavans Family Butchers, of Abergavenny, will run a barbecue.

■ Admission will be £3.50 for adults and £1 for children over five years of age. The festival runs from 11.30am until 4.30pm. For more details e-mail village.alive@waitrose.com

Spice 'n' easy

Saleh Ahmed has brought the tastes of his childhood in the Punjab to his new restaurant, as **Jenny Longhurst** discovered



Mild and fruity or hot and spicy, there's something in Saleh Ahmed's recipes here to suit every taste. Although he's been in this country for 20 years Saleh, who has just opened The Palm Tree Indian Restaurant in Llantrisant Road, Pontyclun, draws his inspiration from the Punjabi style of cooking.

"That means that his dishes tend to be quite rich with ghee (clarified butter) and cream adding a velvety touch and there are plenty of breads such as naan and chapati to mop up the thick sauces.

"It's quite simple to prepare Indian food at home these days because there are plenty of Indian shops and supermarkets selling all the ingredients," said Saleh, who left Bangladesh to set up a family restaurant with his father and uncle in Acton, London, before coming to South Wales 10 years ago.

The secret of good Indian cooking he observes lies in the correct use of the exotic spices such as the chat masala used

in the chicken and chaulika dish here.

"It's a powder with a kind of sour, tangy taste," he explained.

The kasoori methi used in the same recipe is from a leaf that tastes a little like fenugreek and he describes the chaulika as 'a kind of chickpea only smaller'.

"The chaulika are very hard so they have to be well soaked and then cooked for two hours."

The spices are at the heart of Indian cooking and they need to be sautéed for a minute or two to release the flavours to get the best out of them as in Saleh's instructions below.

His amlika chicken made with mango and coconut milk might sound like a Thai-style recipe, but Saleh insists that the similarity ends with the list of ingredients.

"The cooking method is completely different to Thai cooking," he said.

"We use a lot of mango which is called am in Bengali so that's why it's called amlika chicken."

Spicy chicken and chaulika beans

Serves four
Ingredients

- 900g (2lbs) chicken breast chopped
- 80g (3oz) chaulika beans
- 120g (5oz) onion chopped
- A little chopped garlic and ginger
- One teaspoon chat masala
- One teaspoon kasoori methi
- 20g (1oz) spring onion
- 80g (3oz) tomato puree
- 20g (1oz) fresh coriander
- 500ml (.75pt) water
- A little oil for frying

Method

To prepare the beans, soak for 24 hours then boil for two hours. Heat oil in a pan and fry ginger and garlic for a minute or so, taking care not to burn. Add onion and fry until soft.

Mix in the chat masala and cook for a further minute then add the chicken and cooked beans and continue to cook for 10 minutes. Add kasoori methi, tomato puree and water, cover and cook for 20 minutes. Add spring onion and coriander just before serving.



Hot chilli lamb

Serves four
Ingredients

- 900g (2lbs) lamb chopped
- 150g (5oz) onion chopped
- A little chopped garlic and ginger
- One teaspoon turmeric
- One tablespoon mustard seeds
- Two teaspoons mustard paste
- One teaspoon ground cumin
- One teaspoon ground coriander
- 40g (1.5oz) green chilli finely chopped
- 25g (1oz) fresh coriander
- 500ml (.75pt) water
- Oil for frying
- Salt to taste

Method

Heat oil in a pan and fry ginger and garlic for a minute or two taking care not to burn. Add onion and continue frying for a few minutes.

Add turmeric, mustard seeds and paste, cumin, ground coriander and chilli and fry for a minute or two to blend well then add the lamb and carry on cooking for another five minutes. Add water, cover and simmer for 25 minutes. Garnish with fresh coriander.



Mild amlika chicken

Serves four
Ingredients

- 900g (2lbs) chicken chopped
- 60g (2oz) fresh mango
- 25g (1oz) concentrated mango
- 84ml (3.5 fl oz) single cream
- 40ml (2fl oz) coconut milk
- 20 mustard seeds
- 100g (4oz) crushed almonds
- 45g (2oz) finely chopped onion
- 25g (1oz) ghee
- Oil for frying
- Salt to taste

Method

Heat ghee and fry mango, onion and chicken for a few minutes. Add coconut milk and mustard seeds and cook for 20 minutes. Add water and single cream and blend well. Add mango concentrate and almonds and cook for a further 10 minutes. Garnish with a little extra fresh mango.



Comfort FOOD WITH EMMA JENKINS

We have always prided ourselves on everything being homemade. It's our mission statement I guess and this weekend everything was truly homemade.

We cured and roasted our own salt beef, boiled and glazed hams, makes loaves of really artisan breads, tarts, canapés, potato dauphinoise, red onion chutney, spiced plum chutney, roasted red pepper relish, little Welsh cakes and an assiette of desserts that took eight moves to get it presented on the plate.

This was all for 150 guests so that was a total of 1,200 movements to plate up their dessert!

It took three chefs and 20 minutes of back breaking plating!

We even did lemon cordial flavoured with fresh thyme, spiced chilli oil, rosemary and pepper corn oil, roasted garlic and fresh bay oil, made with herbs from my every own garden.

A French dressing, roasted vegetable stacks, three types of cheese biscuits and heart shaped shortbreads, all 100% home made.

Our new kitchen has really given us the efficient working space to play about with ideas, to cook, to create anything and everything we can think of.

Gary Rhodes is a chef full of inspiration for cooks who like to do everything from scratch at home.

In one of his British cook books he even encourages us to make our own bourbon biscuits.

Hugh Fearnley-Whittingstall makes all his own sausages with a variety of personal and clever twists and Jamie Oliver blogs about his sandwiches.

They're made straight from the heart, and straight from the kitchen.

This weekend why not make something from the heart of your home and make it your own.

Why not try out crumpets for starters.

Crumpets

Ingredients

- 1lb plain strong white flour
- 1 tsp rock salt
- 7g dried yeast, one packet
- 2 round tsp baking powder
- A splash of olive oil
- 1 pint warm water
- Crumpet rings or an upturned round biscuit cutter

Method

Mix together the flour, salt, yeast and baking powder. Pour in the oil and three quarters of the water, whisking to form a batter. Cover and leave to stand in a warm place for at least three hours. The

consistency should be a thick batter, like lightly whipped double cream. It should pour from the ladle. If the batter is too thick, mix with the extra water. Heat a good non-stick frying pan or grilled plate on a low heat for about 10 mins.

Grease your mould and pan then directly onto the base of the pan. Ladle in your crumpet batter to half fill the mould and stand by to watch it rise and those famous bubbles appear. Eat straight from the pan with lots of good quality butter.



Emma Jenkins is Director, and creative inspiration behind EJ Catering

