

Bite

A hand holding a cocktail glass with a yellow drink, a lime wedge, and a sugared rim. The background is a blurred mix of green and orange.

Take
Me I'm
Free

Written
by
locals!

April - May 23

www.bite-magazine.com

Local • Independent • Award Winning



WHISKERS WINE BAR & BISTRO

NEW LUNCH & DINNER MENU

~
EXCITING NEW WINES

~
CLASSICALLY BRILLIANT
COCKTAILS

~
THE SAME INCREDIBLE
SUNDAY ROAST

~
FOOD & WINE
TASTINGS & MASTERCLASSES

FIND OUT MORE
& FOLLOW OUR STORY....

whiskerswinecafe.co.uk



realFOODS

Your one-stop healthy food shop

With thousands of plant-based,
vegan, vegetarian, organic,
free-from, Fairtrade, ethical
and eco-friendly products
to choose from.

**37 Broughton Street EH1 3JU
& 8 Brougham Street EH3 9JH**

www.realfoods.co.uk

natural • healthy • ethical • shopping

**For all your natural,
healthy and nutritious
plant-based ingredients**



Cooked up by

Fred Berkmillier
Rachel Edwards
Lea Harris
Colin Hinds
Diana Spencer
Eleonora Vanello
Kirsty Wilkins
Sharon Wilson

Editor

Sharon Green-Wilson

Design

Charlotte Newman-Casey

Subbing by

Diana Spencer

Front Cover

Thanks to BibiMBap for the Front Cover



In this issue

- 5 **Salt 'n' Sauce**
- 8 **Review** The Chef's Table
- 10 **Review** Foodies Festival
- 12 **Review** The Tollhouse
- 15 **Review** Macau Kitchen
- 16 **Review** Tuk Tuk
- 18 Wines of Chile
- 20 **Review** The Cocktail Mafia and Delightfully Delicious
- 21 **Review** East Coast
- 22 **Review** Duck and Waffle
- 24 **Review** Monboddoo
- 26 Nibbles: Q & A with Amy Elles of The Harbour Café
- 28 **Review** Little White Pig
- 30 **Review** Terra Marrique
- 31 Off the Trolley
- 32 Fred's Garden
- 33 Tipsy Midgie Whisky Chat
- 34 **What's in Season**
- 36 **Listings**

Publisher/Editor

Sharon Wilson | M 07486 070333
bitepublishing@gmail.com | www.bite-magazine.com

© Bite Magazine 2023 - All items contained within this publication are copyright to Bite Publishing and cannot be taken or edited without the permission from the copyright holder.
Design elements from freeipk + RawPixel
This magazine is printed on sustainable paper from Big! Huge! Massive! Printing.



Mrs Bite



DINE

MURRAYFIELD

Neighbourhood Restaurant of the Year 2021

Reserve your table today!

T. 0131 374 4800 | E. restaurant@murrayfield.scot

MURRAYFIELD.SCOT   

DINE

CAMBRIDGE STREET

Multi award winning Brasserie and Lounge

Reserve your table today!

T. 0131 218 1818 | E. restaurant@dine.scot

DINE.SCOT   

Salt 'n' Sauce

A sprinkle of what is happening on the eating and drinking scene

5

Bite



Bibimbap Edinburgh will take the place of the former Pakora Bar at 96 Hanover Street. The Korean style diner has 20 covers and will also offer takeaway and delivery. Korean treats on the menu will include Kimchi, Deopbap, Corn Dogs, Yum Yum fried chicken, soup, and noodles, in addition to the famous Bibimbap dish.

- The Forest Martini from **Buck and Birch** caught our attention last month. Ingredients: 80ml Birch
- Botanical Vodka, 20ml Primrose
- Vermouth (or Noilly Prat). Garnish
- with wild leek pearls (or olive
- or cocktail onion). Pour all the
- ingredients into a mixer with ice,
- stir and strain into a martini glass
- and garnish.



Award-winning wine bar **Le Di-Vin** in Edinburgh's West End is hosting The Oysterman & Miss Caviar from 6pm May 26th and Mr Jamon on April 28th also from 6pm. Enjoy freshly shucked Loch Fyne oysters and French Caviar - accompanied by an ice cold shot of Scottish vodka and, speciality carved Jamon Ibérico respectively. Booking is advised online or call the wine bar directly on 0131 538 1815. www.ledivin.co.uk

The **Edinburgh Street Food** market at the Omni Centre is now open seven days a week. It seats 500 inside the hall and on the heated outside pavement. It is dog-friendly, accessible to all and encompasses ten vendors and 3 bars, including We are Junk, What Le Duck and Bundits. Leith Street, EH1 3AU. Open 7 days a week: Sunday to Thursday 11am – 11pm, Friday & Saturday 11am – 1am. Street food vendors are open until 9pm every day. edinburgh-street-food.com



Dine Murrayfield have launched a new Prix-Fixe Menu that promises the freshest seasonal produce from locally sourced suppliers at only £19.50 per person for 2 courses and £26.50 for 3 courses. The Prix Fixe Menu will be available every day from 12-noon to 6pm (last sitting). murrayfield.scot 0131 374 4800

Eòrna is a new Edinburgh restaurant from chef Brian Grigor and sommelier Glen Montgomery and will open at Hamilton Place in Stockbridge this spring. The pair have a wealth of experience gathered from some of Scotland's finest restaurants including the two Michelin star restaurant Andrew Fairlie. The focus is a 12-cover countertop "chef's table" overlooking the kitchen, with Brian and Glen cooking and hosting. eornarestaurant.com





Pimentae is the award-winning premium tequila cocktail brand. The female founders are expanding their offering by launching the Pimentae - Pocket of Paradise cocktail cans. The two flavours making their debut are the Tommy's Spicy Margarita, a fiery balance of sweet and spicy and the Cucumber & Elderflower Eclipse, irresistible cucumber, mint and elderflower flavour notes. The brand will also be launching a classic, the Tommy's Margarita alongside the cans, a crisp blend of tequila, zesty lime and a sweet touch of agave.

The 125ml cans are available on Amazon, Master of Malt, Not on the High Street, Selfridges, EAT 17 and on their website www.pimentaedrinks.com

On June 3rd Wine Events Scotland is hosting **Edinburgh Uncorked** with Oz Clarke which will welcome a range of exhibitors who will bring a selection of wines to taste. There will also be masterclasses and Oz Clarke will be mingling with guests. There are two sessions 12pm-3pm and 4pm-7pm. Tickets are £30.

EDINBURGH

UNCORKED

Wine Fair with Oz Clarke



Spring has sprung with the launch of **Tigerlily's Japanese Garden** sponsored by House of Suntory. Roku Gin, Haku Vodka and Toki Whisky have been used as a base for a limited-edition cocktail list in a space abundant with cherry blossoms and paper lanterns.

Looking for a healthy lunch this Spring? **Harajuku Kitchen** offers two main dishes, rice and miso for £14.50. You can eat in or also order for delivery or collection. Look at this beautiful Bento Box of sushi.



The Chef's Table at Commons Club

The new Virgin hotel which opened in Victoria Street 2022 is a swanky addition to Edinburgh's hospitality landscape.

Everything is carefully curated; from the displays of eclectic art and album covers, to features accented in Virgin scarlet to the Commons Club restaurant and bars and their respective menus. Sir Richard Branson's standards grace every detail.

On the 50th anniversary of Mike Oldfield's Tubular Bells I note the framed album cover in the reception area and head to the Chef's Table for a tasting menu by chef Emma Hanley.

The Chef's Table is located in a section of the Commons Club restaurant on the ground floor. Clean Scandic lines meet homely, Italian artefacts and the table is next to the buzzy open kitchen.

Emma introduces her dishes, the sommelier the wines, Leon is the mixologist and general manager, Callum oversees the whole experience. You can choose to pair the tasting menu with cocktails or wines.

First course is Monkfish which has been ceviched in citrus and is accompanied by a mindblowing Apple Gimlet made with Porter's Orchard Gin served in a dinky coupé.

Quail with blueberries and celeriac is a perfect balance of game, fruit and earthiness. I feel I should be eating this bird under a tea towel.

Venison comes with charcoal mashed potato. The smokiness of the dish is complemented by a Whisky Highball comprising Monkey Shoulder Whisky and Lapsang Souchong.



We are still in autumn at Commons Club with dishes rooted in orchards and hedgerows.

Two dishes don't quite hit the spot: Jerusalem Artichoke with egg (I dislike the texture) and while the Sea Buckthorn Sorbet for dessert is mouth-puckeringly good I feel it needs cream rather than yoghurt to balance the sharpness. Our party agrees however, that we like our palates to be surprised and challenged.

As well as the Gimlet and Highball the English Sparkling wine 'Fitz' stands out as does the Palmers & Co Champagne and then there is the Hustler's Negroni. Throw three dice which determine the gin, bitters and vermouth which comprise your cocktail. My kind of fun.

If you like swish surroundings, conviviality, great staff and a premium offering you will like the Commons Club a lot. (S. Wilson)

*Commons Club - 1 Victoria Street, Edinburgh, EH1 2EX - 0131 526 4810
Opening hours - from noon daily*



Chef Emma Hanley



'Gastro-Glasto' returns - Foodies Festival

at Inverleith Park 5, 6, 7th August



Known as Gastro-Glastonbury, Foodies Festival features live cooking demos from top TV, Michelin-starred and award-winning chefs. The weekend festival will also feature performances from Scottish artists including **Callum Beattie** and **Callum Bowie**.

Early announcements include: National Chef of Scotland, MasterChef The Professionals champion and chef-patron of Creel Caught in Edinburgh, **Gary Maclean**; MasterChef 2021 champion, **Tom Rhodes**; MasterChef 2022 finalist, **Sarah Rankin** and 2021 finalist, **Laura Michael**, MasterChef: The Professionals finalist, **Dean Banks**, from 3 AA Rosette and Michelin recommended The Pompadour in Edinburgh and Haar in St Andrews and celebrity TV chef and star of

Great British Menu, **Jimmy Lee**, from Hong Kong Street food brand Salt and Chilli Oriental.

The music line-up includes: rising singer-songwriter, **Callum Beattie** and Edinburgh-based singer-songwriter, **Callum Bowie**.

Showcasing the best of Edinburgh and beyond, many of the most-highly acclaimed Michelin and multi-award-winning chefs will also appear, including: Great British Menu star, **Scott Smith**, from Michelin recommended Fhior, multi-award winning chef-patron, **Paul Wedgwood**, from Wedgwood the Restaurant, chef-patron, **Tom Tsappis**, from Michelin recommended, Killiecrankie House, in Perthshire and TV chef and author, **Sumayya Usmani**.

New for Fridays: the festival launches 'Cocktails, Cabaret and Cake'.

Across the weekend visitors can enjoy a jam-packed schedule. In the Chefs Theatre, celebrities will create their signature dishes and share tips and tricks, whilst in the Cake & Bake Theatre, star bakers whip up showstoppers and offer tempting sweet treats. In The Kids Cookery School, Foodies Super Chefs make cooking fun, helping younger guests to prepare delicious food. Masterclasses in the Drinks Theatre include tutored Champagne, Beer, Cider, Cocktail and Wine-tasting, including presentations from BBC expert, **Joe Wadsack**, and award-winning local breweries.

Visitors can browse the latest food trends in the Shopping Village, meet local producers in the Artisan Market and taste exotic and unusual new dishes in the Feasting Tent featuring a range of street food from all four corners of the globe. Other attractions include a fairground, children's activities, and family-friendly areas.

New features for 2023

- Top TV Chef Challenge: chefs battle.
- Theatre Takeovers: comedy, hit songs, drag queens and fun.
- *Green Fingers: meet the experts hosting sessions on growing your own fruit and veg, discover new varieties, recipe ideas and health benefits.
- Doughnut Dash!: A messy race to eat the most doughnuts against the clock.
- Cake-a-oke: sing 'n' bake-along.

Foodies favourites

- Meet the authors and discover new recipes in the Cookbook Shop.
- World Chilli eating Champion Shahina Waseem will challenge those brave enough to compete.
- Kids Can Cook!: Budding junior MasterChefs get creative in the Kids Cookery School.
- The Musicians Against Homelessness main stage will feature over 25 superb artists.



Tom Rhodes

For the fifth year running, the festival is supporting Musicians Against Homelessness (MAH) with tickets raising money for UK-wide homelessness charity Crisis.

Hospitality has been rolling with the punches for several years. For some, the blows have been insurmountable; from the cost-of-living crisis, recruitment issues, a global pandemic, energy price rises and now the bottle deposit scheme. To survive is difficult, to develop in this context, nothing short of a miracle.

But development is what the award-winning, renowned chef Stuart Muir and his energetic business partner Paul Brennan have achieved against all the odds.

Both Stuart and Paul started Dine at Cambridge Street above the Traverse Theatre in 2015 then they bought a site in Murrayfield and last but not least they opened The Tollhouse in Canonmills late in 2022.

This third site has all the hallmarks of their other two restaurants. A seasonal menu, a polished restaurant and friendly, professional staff.

What is unique is the building. Perched above the Water of Leith, it was originally a toll collection point where merchants paid their dues in order to transport goods to the city centre. The two storey structure has been refurbished to a high standard complete with 40 plus covers, plus private dining and outdoor areas.

I arrive at sundown and the river sparkles with the fading light. I make a mental note to return to enjoy a sundowner on the heated terrace, perhaps a martini, a glass of fine wine or a flute of Charles Heidsieck, The Tollhouse's official restaurant partner.

Tonight though Matthew, I am here to meet my friend Kate for a catch up. It's a school night so I restrict myself to one glass of



'Junge Löwen' Burgenland Blaufränkisch/ St. Laurent, Heidi Schröck & Söhne, Austria, a medium-bodied wine with raspberry and violet notes. It's a delicious sipper to accompany my main course of Ox Cheek which tenderly falls apart into creamy, whipped mash. Parsnip chips are present for texture and a tarragon and red wine jus for sauce. Kate has Chicken with Creamy Polenta. Both main courses are well-balanced, tasty and full of flavour.

Puddings are equally pleasing. Lemon Drizzle Cake for me and Chocolate Cremeux for Kate.

Given all they have been through, Stuart, Paul and the team at Dine have done themselves proud with The Tollhouse. It's a unique, chock-full-of-charm restaurant which is also a safe dining choice for all occasions. (S. Wilson)

*The Tollhouse, 50 Brandon Terrace,
Edinburgh, EH3 5BX - 0131 224 2424.*

Opening hours: Monday-Sunday Lunch 12pm-4pm; Dinner 4pm-11pm.



Le Di-Vin Wine Bar

As well as an extensive wine list with many sold by the glass, we now also have an **Extended Food Menu**. Cheese, charcuterie & fish platters, grilled snails, Croque Monsieur and raclette any day but must be booked 48 hours in advance.

Private mezzanine area available and monthly raclette evenings



St Ann's Oratory
9 Randolph Place, Edinburgh.
0131 5381815
www.ledivin.co.uk



La p'tite folie

La P'tite Folie or "The Little Madness" offers contemporary French cuisine in the heart of Edinburgh's West End.



La P'tite Folie, 9 Randolph Place, Edinburgh, EH3 7TE

Tel: 0131 225 8678 Email: info@laptitefolie.co.uk

Open 12pm-3pm / 6pm-10pm (11pm Friday & Saturday) / Closed Sunday & Monday

Review:

Macau Kitchen *Holy Macau!*

Luso-Asian Macanese and Malacca Portuguese food

I love discovering a new restaurant. With excellent reviews across the board and multiple awards to its name, Macau Kitchen can hardly be called a 'hidden gem'. But being slightly outside the centre of town it is possible that many people, myself being one of them, have never heard of it.

The Newington restaurant offers Luso-Asian Macanese and Malacca Portuguese food, drawing on the influences of places along the Portuguese spice route, Goa, Malacca and Macau. Fusion cuisine can often be a bit of a gimmick, however, when it brings together cuisines with such a longstanding shared food culture and history, as in this case, it can produce some of the most exciting and innovative dishes.

The restaurant itself is small and quaint and full of unique knick-knacks that draw on the national heritage of the food. The servers are friendly and accommodating, happy to provide advice on the dishes to an ignorant customer.

The menu includes 'small plates' and 'large plates', so wanting to try everything as always, we opt for one small plate and three large plates between two. In hindsight, this was way too much food, but each dish is so unique and delicious that I'm glad we got to try them all. "You're going to love it!" my server announces with great prescience.

Having loved the salt cod croquettes in Portugal, we have to go for the Bolinhos de

Bacalhau to start, which are predictably delicious. For mains, we try the Chef's Signature dish, Aromatic Crispy Duck – which comes on a bed of vegetables in a tangy, creamy coconut curry sauce. The meat is sweet and tender, once we have managed to remove it from the bones with only chopsticks and a spoon, and the sauce is insanely good.

We also have Classic Minchi, a minced beef dish that is slightly like a cottage pie, except it is served with fried potatoes, rice and a fried egg – a hearty, moreish and comforting meal.

Our third 'large plate' is a very spicy but flavourful and perfectly-cooked Calamari Stir Fry. Despite being ridiculously full, we have to finish with warm, crispy Pasteis de Nata with cinnamon on top.



Calamari Stir Fry

It's probably a little early in the year to pick my best meal of 2023, but I have a feeling that Macau Kitchen will be a definite contender. (D. Spencer)

Macau Kitchen - 93 Saint Leonards Street, Edinburgh, EH8 9QY, United Kingdom
For bookings: Call/ Text/WhatsApp:
+44 (0)7577667334

Opening times: Thursday, Friday, Saturday & Sunday: 5pm - 10pm (last call at 8.45pm)
Lunch: Friday, Saturday & Sunday: 12pm - 2pm (last call at 1pm)
Closed on Monday, Tuesday & Wednesday

Review: **Tuk Tuk**

Tuk Tuk Indian Street Food has opened a second branch in Drummond Street to join the first which is based in Tollcross. An event that provides the perfect excuse for a slap up Indian feast.

When I arrive at the entrance to the Old Town venue I am greeted by delicious smells wafting through the air.

Inside the decor is playful and punchy; neon signs, hand-painted Bollywood murals and a palette of bright colours all feature. The front room is painted orange and the back one green; together they can accommodate over 90 covers. With so many bums on seats needed, the owners have ensured that Tuk Tuk ticks a lot of boxes for those wanting to eat out during the current cost-of-living crisis. BYOB helps although my friend Simone and I are happy to drink Mango Lassis and non-alcoholic beers as both complement the spicy food. Poppadoms are salty, blistered and snappy and chutneys are hot, minty, fruity, moreish.

The menu is designed for sharing and we choose a selection of starters and small mains. Nothing is over £9 a pop; starters are all under £6.50 and the most expensive curry is the Lamb Lassooni at £8.25, which I order. The meat is so tender it falls apart at the mere hint of approaching cutlery. The sauce is cooked with whole garlic cloves and whole spices. Every grain is separated in the saffron-hued Pilau Rice. This colourful food is served on glinting silver and copper plates, tiffins and handis. Simone has a silky Unauthentic Chicken Korma; the name reflecting the irreverent dining ambience. Our starters comprise Onion Bhajis made with fresh beetroot and Puri Yoghurt Bombs which we share.

Indian Street Food



A selection of yummy dishes

The manager tells me they have made an effort to include an abundance of vegan and vegetarian choices on the menu. So there are dishes based on ingredients such as potatoes, peas, chickpeas, onion, beets, lentils, spinach i.e. real food rather than ultra-processed vegan fakes. In fact six out of the ten starters and six out of 13 main courses are genuinely 'plant-based'. All food can be ordered online and delivered to your home or workplace too.

For pudding I have an Indian twist on the Affogato, the Naughty Chia Affogato and Simone has Gulab Jamun and Ice Cream. Recycled materials also feature in the restaurant. Off-cut British timber waste has been used to create the tabletops, while a bar (for softies and corkage) is made of over 90% recycled materials.

Everything adds up to an overall vibe of ethical, diverse, canteen-style eating and sharing. (S. Wilson)

*Tuk Tuk Indian Street Food Edinburgh
Southside - 16 Drummond Street, Edinburgh
EH8 9TX - 0131 228 3322
southside@tuktukonline.com*



Interior

17

Bite



Butter Chicken



Chicken Lollops

Wines of Chile on tour

What do you know about Chilean Wine?

Before I attended a recent masterclass, I associated this South American country primarily with the words 'red' and 'new world'. But after a fascinating masterclass with Master of Wine, Patrick Schmitt, aka editor of the magazine *The Drinks Business* I have a greater awareness of Chilean viticulture. The class was aimed at the hospitality trade but Bite picked some basic information and tips which we can share.

Many of the characteristics of Chilean wines are determined by geography. In the North of the country is desert, in the South Patagonia, to the East is the Andes range and to the West the Pacific. The cold water ocean Humboldt Current also exerts an influence. Generally the cool conditions result in wines that have ripe fruit balanced by high acidity and structure.

Two other factors to be considered alongside climate, are the presence of heritage vines and the range of varieties grown.

WHITES

Think Semillón, Chardonnay, Sauvignon Blanc, Pinot Gris, Riesling.

2022 Echeverría Sauvignon Blanc Reserva, Curico

I am not usually a SB person but this one impresses; it has a pronounced perfume and peachy taste with a touch of grapefruit/citrus.

2017/18 Carmen D.O. Quijada Semillón, Apalta-Colchagua

My tasting pal and photographer, Simone, points out that this wine would complement smoked salmon. I can see it and Chilean semillóns are well worth seeking out.

REDS

Think Carménère, Pais, Pinot Noir, Carignan, Cabernet Sauvignon, Merlot.

2020 Casa Silva Cesar Noir Romano, Colchagua

A highlight. Patrick describes the grape as a 'relic' originating from old French vines with no original rootstock and only 100 hectares devoted to growing. It is full of juicy red fruits but is also savoury and has plenty of tannins.

2019/20 Santa Rita Pewen, Carménère, Apalta-Colchagua

100% Varietal bursting with red fruits but with a taut structure.

Apart from the Carménère none of these wines are pricey and Patrick also gave a shout out for the Bicicleta Pinot Noir, from the Cono Sur winery, which is cheap and stocked in many of the supermarkets.

If your wine buying has got a little bit predictable perhaps it's time to choose Chilean. (S. Wilson)

Wine Tours...

Talking about wine....

19

Bite

Join Jean Michel from Languedoc Wine Tours and La Garrigue restaurant for a unique and unforgettable experience in the heart of Languedoc in the South of France.

Discover the picturesque vineyards, taste exceptional wines, and immerse yourself in the rich culture of the region. Book your spot now at languedocwinetours.co.uk and get ready to create unforgettable memories made in Languedoc.



Dates	Airport
Wed 24th to 31st May	(Nîmes)
Mon 5th to 12th June	(Beziers)
Mon 3rd to 10th July	(Beziers)
Mon 4th to 11th Sept	(Beziers)
Wed 4th to 11th Oct	(Nîmes)



languedocwinetours.co.uk

Review: **The Cocktail Mafia and Delightfully Delicious**

A match made in heaven

The Cocktail Mafia in the West End has fully established itself on Edinburgh's cocktail scene for its creative concoctions and cool, trendy decor. With a varied menu of classics and innovative mixes, along with a range of variations on a pornstar martini and sharing pitchers, it is easy to see why it has become so popular. Since it opened in 2021, the bar has been expanding its offering and now offers private parties and cocktail masterclasses.

However, one thing that was missing was food. And with a kitchen sitting empty and rents and energy prices sky high, a 'collab' with another local business was the obvious solution.

Cue Delightfully Delicious, already well known and receiving rave reviews for their cafe in Marchmont. With a focus on American comfort food, the partnership is a good match for The Cocktail Mafia's American prohibition/

gangster movie aesthetic. Plus, what could be better for soaking up strong liquor than a plate of buttermilk chicken?

Delightfully Delicious are justifiably famous for their fried chicken, served with waffles on their brunch menu. On Charlotte Lane it comes as is, with cajun seasoning, with korean wing sauce, in a burger and in a Hoagie roll, but there are also beef burgers, steak sandwiches, chicken/cauliflower wings, loaded fries and nachos on the menu.

On my recent visit just after Valentine's Day, my guest and I opt for the Veggie Nachos, Buttermilk Chicken with Korean sauce, Cajun Chicken Po Boi, and South American Loaded Fries with steak, chimichurri and chilli jam. While similar food can be acquired around the city, we are really impressed with the freshness and quality of the ingredients as well as the flavours of the homemade sauces.

The food is washed down by a delicious take on a French martini with chocolate (The Marie Antionette), a citrus and floral Japanese Hibiscus, a sweet and strong Black Forest with rum and cherry brandy, and a Dear Rosemary, which expertly balanced whisky with rosemary, blackcurrant and lemon.

We are certainly feeling the love and very much hope this perfect match will stand the test of time. (D.Spencer)

*The Cocktail Mafia, 15 Charlotte Lane,
Edinburgh, EH2 4QZ - 0131 629 1818
Food served: Mon-Thurs 6-10:30pm,
Fri-Sat 6-11pm, Sun 6-10pm*



Photo by Tim Drew

Review:

East Coast

Honest food in the Honest Town

East Coast has all the ingredients of a good Italian restaurant; it's family-friendly, has a focus on fish and shellfish and a proud Italian heritage. Located on Musselburgh High Street near the Brunton Theatre the restaurant is a ray of sunshine and a hub of warmth on an otherwise chilly, gray evening when Mr Bite and I visit.

We instantly relax and take our place amongst the group of locals enjoying the hospitality. There is a sister chippy next door which was the well-kent Coral Reef until the present owners Carlo and Katia Crolla began a new era with their rebranded East Coast. They were particularly active offering takeaways during lockdown.

We start by ordering some Gordal Olives to nibble on and complement our drinks. I have an East Coast Negroni; the campari gin-vermouth cocktail at East Coast is topped up with prosecco. Stewart Brewing is a local supplier and Mr Bite enjoys a bottle of St Giles ale.

The nibbles mean I only need a couple of Cumbrian Oysters for starters while Mr B has a Scotch Egg. The £10 price tag seems steep but it is the size of a large orange and the whisky sauce to the side is an ingenious touch. Moreover, the sausage meat wrapping is pleasantly herbaceous and the egg is gold standard organic.

We sink further into the unbuttoned vibe and choose a couple of indulgent feeling main courses. Lobster Spaghetti from the specials board for him and I go "all-out" with Lobster Thermidor. Both are rich dishes with the sweetest lobster I have tasted. Mr Bite likes that his pasta is cooked al dente. Pasta and piscine combos abound but there are also meat and veggie options.

We order Tiramisu and Cranachan Cheesecake for dessert. Tiramisu means "lift me up" and Ado Campeol who invented the dish died a couple of years ago. Apparently it was an accidental dessert that energised his wife when she was pregnant. This version is drenched with coffee liqueur and thick with cream. The cheesecake also has a thick wedge of heavy cream the texture of which is enhanced by the addition of oats. A tart raspberry compote cuts through the richness.

A very good meal all round with honest food from the "Honest Town" At East Coast.
(S. Wilson)

*East Coast - 171-173 North High Street,
Musselburgh, EH21 6AN - 0131 665 2079*



Review: Duck and Waffle *What the duck?*

On a dark night in Montmartre several years ago, Mr Bite and I stumbled upon a restaurant with a menu devoted to duck. It was an icy night with a sky that could have been painted by Van Gogh. Earlier we had watched the snowfall over Paris from the vantage point of Sacre Coeur. This little neighbourhood eatery was the perfect end to a perfect day.

The newly opened Duck and Waffle in St James's Centre also has a focus on duck in the form of its signature dish and namesake, but the setting is very different. This is a flashy, London, chain restaurant.

I visit with my foodie friends aka the 'Scone Divas' and as we sink into the D&W experience I ask for their collective feedback.

E describes the welcome: *"a big installation of stacked red waffle logos with a colourful duck on top greets you at the entrance. Once inside, the space is open plan but soft lines define differing spaces which gives a dynamic feel. The palette is yellow, red and vibrant. It feels like stepping into a fancy London venue."*



The staff take us to our table and make sure we are seated comfortably. We order drinks and scrutinise the menu. It is divided into sections: snacks, breads, raw, small plates, large plates and designed, in line with current trends, for sharing.

For me however, sharing implies abundance but at D&W the dishes are pricey which makes you feel you are sharing through financial necessity. In addition K comments: *"I'm not sure I'm a fan of the current trend for tapas, small plates dining experience. It feels disjointed and often one of your party will have finished their dish before the other has even been served/ started."*

F orders a Bacon-Wrapped Date with chorizo, Manchego, mustard. The dates are £4 each and one is presented on a garish porcelain object d'art - nouvelle cuisine style. Remind me what decade we are in.

K and I both order Foie Gras Crème Brûlée on a pork crackling & marmalade, brioche. The rich pâté is whipped silky, the speckled crackling on the sweet-glazed bun lends texture. It's a winner. N and I share two Cheesy Polenta Croquettes with truffle mayo. They are sparing at £4 each and nowhere near luscious enough. The Blue Cheese Croquettes at Black Grape kick them into touch.

E and K share the signature dish (£24). E notes it is disappointing: *"a gastro remake of a pancake with crispy bacon and maple syrup but for a higher price; a waffle topped with crispy leg confit and fried duck egg accompanied by maple syrup with added sesame seeds. Very American and with no sensational flavours."*



I lived in Glasgow for over a decade and my heart still aches for 'the dear green place'. Make no mistake I love the city and its people but when it comes to our two central belt cities it is a case of 'vive la difference'. Our party conclude that this show-off's natural habitat is out west. How can I put this delicately, *coughs*, "It's just not Edinburgh".

F concludes that D&W is a "glamorous venue with attentive service but the food doesn't live up to expectations Overpriced and expensive."

K finds the service intrusive. The bill should come with a side of smelling salts.

The night was fit for ducks with heavy rain falling outside but this soulless restaurant with its Americana-influenced menu wasn't.

My advice would be to go to a local, neighbourhood restaurant like the one Mr B and I visited in Montmartre. If it's the canard you crave, try l'escargot, La P'tite Folie or La Garrigue. (S. Wilson)

*Duck & Waffle Edinburgh - St James Quarter
400-402 St James Crescent, Edinburgh,
EH1 3AE - +441312022700*



Review: **Monboddo** at Double Tree Hilton

It's a lightly drizzly evening in Edinburgh's city centre – the ground floor of the DoubleTree Hilton on Bread Street to be more exact. Sitting opposite me at a table next to the window, Monboddo's executive head chef (and fellow South African) OJ Coleske is kindly going through the list of "wee plates" and "not so wee plates". "This isn't how you order," he jokes, ticking off his recommendations on the menu with a black pen.

Basically, the idea is to choose three to four small plates per person to share, which are then brought out as they're ready. To combine chef OJ's suggestions with our own, these include Company Bakery Sourdough with Salted Butter (a personal penchant), Sesame-coated Haggis Bon Bons, Chicory Salad, Cauliflower Fritters with cumin and mint yogurt, and Scottish Trout Rilletes.

The "not so wee plates" are more of your mains – these can be combined with a wee



Grilled Pork Tomahawk

plate or two as a starter or side but would be more than enough on their own. His pen hovering over the menu, OJ alternates between recommending the Sirloin Steak Slices and Grilled Pork Tomahawk. Can I admit the stewed figs sold me on trying the pork? And it was cooked to perfection (the pork too, not just the figs... I'll get my coat).

Dessert-wise, space wasn't on my side, but I'll certainly be back to try a Ginger Crème Brûlée.



Head Chef OJ Coleske

Diverting from the menu somewhat, I was interested to learn the restaurant is named after 18-century Scottish philosopher Lord Monboddo. He was known to be on the eccentric side and, rather randomly, not a fan of wearing clothes. While nudism may be discouraged while eating out, the idea here is to strip back on any formalities. The focus is instead on creating a relaxing atmosphere, sharing a few dishes and just having a bit of fun – clothes included. (K. Wilkins)

*Monboddo: 34 Bread Street, Edinburgh
EH3 9AF - 0131 221 5555*



Sky Bar – a room with a view

If you're looking for a Bellini overlooking the city, try the Sky Bar on the top floor. While generally an exclusive events venue, it is open for weekend-only bookings (and we do recommend booking) – the view of the castle from the floor-to-ceiling windows is spectacular. There are also signature serves created by the in-house team, including, for instance, Malibu Barbie-tequila, malibu, crème de banane, pineapple juice, and lime.



Nibbles:

a foodie Q&A with

Amy Elles of The Harbour Café

Bite asked the owner of Fife's Harbour Café in Elie some foodie questions to dig a little deeper into her background and inspirations.

Amy is one of Scotland's foremost chefs who represented Scotland on the BBC TV series *Great British Menu* in 2019 and 2020. She started out as pastry chef at The Grove Hotel in Hertfordshire before taking up a pastry chef role at Heston Blumenthal's three Michelin starred Fat Duck. She also worked at the Spanish Michelin starred restaurant, Casa Marcelo in Santiago de Compostela, at London's Moro restaurant and as a private chef travelling the world.

The Harbour Café will be re-opening in April of this year. Read the Bite review from 2021 online.

What would you order for your last meal?

Cheese soufflé with a small garden salad followed by grilled dover sole, mayonnaise, pan fried spinach and boiled, peeled potatoes. Washed down with some really good white Burgundy. Then coffee, petit fours and a Poire William.

What is your favourite restaurant and why?

I recently had the most delicious lunch at my friend's pub, The Kinneuchar Inn. It is just down the road from where we live. We ate in the private dining room on a Sunday which we filled with all the family and dined on squid, roast beef, veal chops whilst drinking some seriously good wine - perfect.

What is your favourite bar and why?

Bemelmans Bar at the Carlyle Hotel in NYC, well known for the illustrations by Ludwig Bemelman all over the walls. A gin martini is my drink of choice and I always order it dirty and dry. It's served in a jug that is probably big enough for two but I'm not sharing!

Most memorable holiday meal and why?

There are so so many! Possibly Sonalón restaurant in Verbier, Switzerland where my favourite dish was braised rabbit and a delicate beautiful crispy ravioli. When I worked in the Alps we used to save all of our tip money from cooking for guests in the chalet and go to Sonalón once a week and spend it all. I have some very good memories from my time there.



Who would you most like to go out to dinner with and why?

Billy Connolly, I think it would be a very funny dinner.

Who would you most like to go drinking with and why?

I would pick Alice Waters, she is pretty legendary and I am sure we would have endless conversations about her life in food.

What foods do you most remember from your childhood?

Cooking and food were an integral part of my upbringing and our days were always planned around what we were going to eat. I fondly remember mum frying veal escalopes on a Sunday and smelling the garlic, veal and lemon juice, listening to the soundtrack of When Harry met Sally and knowing that lunch was going to be amazing.

What is your 'go-to' quick supper?

I am pretty creative with nothing and get quite the buzz from making a dish with leftovers and popping some poached eggs on top.

What is your top food hack?

If you need a pan lid but don't have one then put a little water around the top of the pan then cling film it. It traps all the air and moisture in.

If you weren't a chef, what would you be?
Potentially a psychologist or a human rights lawyer.

Who is your food hero(ine) and why?

Alice Waters because she is a pioneer of beautiful food and writing. I have to mention Keith Floyd, without whom I may never have become a chef.

What is your favourite Edinburgh restaurant and/or bar and why?

The Little Chartroom, need I say more?

What is your comfort food?

Soft polenta and ragu.

The Harbour Café, The Toft, Elie Harbour, Fife KY9 1DT re-opening in April 2023
www.theharbourcafe.co.uk



Review:

The Little White Pig



Drinks are from Belhaven Brewery and Inverarity Morton and until now, LWP was known for being a gastro-pub. However, at the beginning of February 2023, they've taken a new direction with their menu, going for a more laid-back, pub grub kind of vibe.

David Vacek, the Little White Pig's Operations Manager, explains: "The gastro-pub menu was great but we wanted to simplify the menu so that the staff didn't spend hours prepping the various elements in the basement kitchen."

The menu offers: Bits & Bobs – priced at £6 each, (Monday – Friday, 12 – 3 pm, choose any three for just £12); three different types of Burgers, including a mushroom one - £13 or double up for £5 (Monday– Friday, 12 – 3 pm, choose any burger for £10); and four different types of mains. And on Fridays and Saturdays, there's a special, giving the kitchen a chance to get creative.

We try Haggis Bon Bons with Turnip Pickle (a bit disappointing – too dry), Hot Honey Chicken Wings with Blue Cheese Ranch (hot, spicy and delicious but very sticky so you'll need more than the one lemon wipe and a good supply of napkins) and the Arancini served with crispy onion and truffle mayo (pronounced as "a winning dish").

Trot on over for a laid-back pub vibe

My fellow diner opts for the 8oz Blackened & Smoked Denver Steak, with Peppercorn Sauce and Frites (£20) – devoured with no problem. The smoky medium-rare tender steak is cooked perfectly and declared "a nine out of 10".

I choose the special, which we all heard as a 6oz T-bone Steak, and perfect for sharing! But when the food is presented, we realise we'd misheard - what is actually a beautifully, cut tender 16oz T-bone with marrow gravy (thick and unctuous and full of flavour) with a bowl of buttered kale and fries. We still manage to do it justice though.

For dessert we share a dense chocolate and ale cake, salted caramel and whipped cream, which is a lovely discovery and I have a scoop of their homemade rhubarb sorbet, which is the perfect palate cleanser.

All in all, we had a Great evening but if I have one niggles, it would be to request not to sit at the table by the stairs. It's directly below the door so it's very chilly when anyone enters or exits.

A stone's throw from St Andrew's Square in Dublin Street, this little gem of a neighbourhood bar/restaurant is worth venturing off the beaten track for. Keep your eye on their social media for one-off 'events' and food offers. And if you're looking to host an event, check out their large, basement event space Noir, with its own entrance. More New York than Edinburgh, it's a flexible space that can be hired exclusively or by different areas for smaller groups. (K. Teakle)

The Little White Pig – 26b Dundee Street, Edinburgh EH3 6NN – 0131 556 3096



Denver Steak and Fries

Review: **Terra Marique** *Land and Sea*

Terra Marique: the name is from Latin and it means "by land and sea".

In Italy we have a famous TV programme called 4 ristoranti where the TV host dines with restaurateurs and the best in terms of four criteria of location, service, price and menu scoops the win.

In November 2022 the show visited Edinburgh to film an episode featuring Giuliano's, Frizzante, Locanda de Gusti and Terra Marique; they competed to win €5,000.

Terra Marique came a close second to Locanda de Gusti which is considered the best Italian eatery in Edinburgh by many. This is an achievement for a relatively young and lesser known venue; a fact that pushed me to make a reservation.

Terra Marique occupies the spot of the former Il Castello on Castle Terrace. Blue walls nod to the restaurant's name which is Latin for land and sea and which also orientates the menu.

We start with a Pecorino from Abruzzo (bright, drinkable and pleasant) and Cozze e Fagioli, Mussels and Beans Stew, and Scallops and Guanciale Warm Salad. The former is fresh, earthy with Southern Italy flavours lending warmth to the dish. Scallops are sweet and tender, Guanciale is crunchy and nutty and the vinegar-dressed leaves add acidity for a balanced taste.

For mains we choose a land option 'Pappardelle Amatriciana', home-made pasta with Guanciale and tomato sauce, and a sea option, Pan-Fried Cod, Potato

Velouté, Roast Leeks and Smoked Mussels. The pasta has the right consistency but the sauce could benefit from more kick. Fish is delicate, smoked mussels give an extra layer of interest creating contrast to the velouté and leeks.

Ilaria, the restaurant owner, tells us the desserts and we decide for Puff Pastry with Chocolate and Caramel Cream, which is intense but balanced.

Good food, service and value for money are hallmarks of Terra Marique. If this is what you look for in a restaurant, go ahead and book your table! (E. Vanello)

*Terra Marique - 36 Castle Terrace,
Edinburgh EH1 2EL - 0131 229 0070
Opening hours: Wednesday-Sunday from 5pm*




Mussel and Bean Stew

Off the Trolley: Measure for Measure

31

Bite



While cooking is often an opportunity to be creative, baking can be seen as a precise science. Recipes are consulted, and ingredients are carefully measured.

But in baking, many traditional recipes rely on basic measurements or ratios that can almost be committed to memory. A classic sponge is 225g each of flour, sugar, and butter plus 4 eggs. A traditional crumble topping is remembered as a 2-4-2 ratio: 2 ounces of butter, 4 of flour, and 2 of sugar. Pound cake is a very old recipe, found in 18th century cookbooks on both sides of the Atlantic. The name somewhat gives it away, but it takes a pound each of butter, flour, sugar and eggs (approximately 9 eggs). I saw a recipe for mincemeat that measures using “a bowl”. One bowl of this ingredient, half a bowl of another, and so on.

How you measure is important. North American and British recipes tend to measure differently: cups versus weights. But these are not the only two ways of measuring ingredients.

Old recipes may use measures that we no longer encounter everyday: a gill (5 ounces), a pinch (the amount you can pinch with your

thumb and first two fingers, or 1/16th of a teaspoon), a knob (no firm agreement - estimates range from 1 to 4 tablespoons). Some measures are quite charming. A saucer of flour refers to a rounded saucer full and equals one rounded measuring cup. A teacup is exactly that, and equals about ¾ of a cup.

And why stop with teacups and saucers? Nigella has a recipe for a yogurt pot cake. Ingredients are measured out using a 125mL yogurt pot: one pot each of yogurt, cornflour and oil, 2 each of sugar and flour.

Even better, traditional recipes for zabaglione (a creamy Italian dessert) contain 3 ingredients: egg yolks, sugar, and marsala wine. This recipe is based on a ratio of egg yolk to the other ingredients, and to achieve that ingredients are measured using half of an egg shell. Each person gets one egg yolk plus an eggshell measure of sugar and another of Marsala.

Often, baking requires precision. Recipes can fail if they're not carefully followed. But there are also opportunities to put away the recipe and go by tradition, by ratio, or by yogurt pot and egg shell. It's all part of the tradition of baking. (R. Edwards)

Fred's Garden

Life at Monkton garden

It's really hard to believe that we are in spring. It has been a long dark winter and temperatures have fluctuated wildly. In February I was wearing a t-shirt in the garden enjoying 17 degrees and in March the mercury plunged to subzero.

The latter was fertile ground for online chats around hot beds. Using hot compost or manure beds, a heated greenhouse or a window sill helps seedlings germinate. This allows gardeners to start sowing earlier.

There is none of this at Monkton. We use the polytunnel and the full sun of the day is normally enough to heat up the trays. Most will germinate at their own pace and so far I have been fairly successful.

However, this year I tried to be clever by sowing mid-February and only a few of my little veggie type kids came to life. It would have been great to show you pictures of the roughly 20 sowing crates full of smiling little plants ready to be transplanted in the ground but sadly it is a fail!

I had to start again. But since I am not totally stupid, and always take precautions, back in January I bought about ten little sowing trays that are only 5 cm by 20 cm. I filled them with potting compost and sowed 250 lettuce seeds, took them home and left them by the window. Bang on three days and all were out. I returned them to the garden and transferred them. Once a small plant has germinated it can take the cold and won't die (up to - 5/7 degrees). Small trays only work for very small seeds though so not for peas, broad beans or beetroots.

Lots can be sown from mid-February but I recommend waiting a bit for tomatoes, sweet peppers, aubergines and others.

My cupboard is full of different seeds as I am very keen on and obsessed with them. I am now building a glass structure to welcome my sweet peppers, some of the 36 types of tomatoes I have ordered and perhaps some melons.

My word count is up and the lovely Sharon doesn't like to reduce my text so I shall leave it for now but will be back for the next issue. Have a great spring sowing and take your time, but more than anything, have fun gardening and enjoy it.

A bientôt, Fred

Sign up to l'escargot Bleu newsletter at www.lescargotbleu.co.uk or visit my blog at the same address.

Frederic Berkmillier is the chef-owner of l'escargot bleu restaurant and wine bar in Edinburgh



November 2022



I am writing this month's chat fresh from the Fife Whisky Festival which got me thinking about whisky events and festivals.

Not all festivals are equal but they do generally follow the same format. You can expect enthusiastic drammers and distillery reps and hopefully a few independent bottling companies too. Brand ambassadors will chat, give tasters and explore their whisky brand with you. There are normally 40 or 50 exhibitors so a little discretion on what you taste and how much is useful. I always carry a small notepad and pen, taking a few notes on those whiskies that I want to research further and most festivals will give you a brochure. Depending on the ticket price festivals can be good value giving you the opportunity to try lots of expressions for a small fixed cost. Fife Whisky festival and Edinburgh's Whisky Fringe are two of my favourites.

At the Fife festival I chatted to Iain Forteath who is the master blender at Tomintoul / Glencadam, Colin from Old Pulteney/Balblair and Woody Tan from Woodrow's of Edinburgh, a new independent bottling company with some amazing liquid. As always the Daftmill stand and Glenfarclas also impressed.

This month at the bar we have been enjoying the latest releases from the Glenallachie Cuvee Cask, a complex and superbly orchestrated whisky from master distiller Billy Walker. Here the 9-year-old marries single malt finished in casks that previously held four types of premium European red wine: Languedoc, Recioto Della Valpolicella and two undisclosed Premier Cru Classés... this has been an absolute belter of a dram with our guests, and is selling out in shops too.

Whiskies to look out for this month include the much anticipated release from Kingsbarns. "DOOCOT" is light, intensely fruity, floral and complemented by a rich colour coming from the high quality casks it has been matured in. This new flagship single malt has enjoyed a longer maturation in Ex-Bourbon and Ex-STR Red Wine Barriques, replacing the "Dream to Dram" expression which is now being retired so make sure you grab a bottle or two. Slainte. (C. Hinds)



Colin Hinds runs Tippy Midgie bar at 67 St Leonards Hill - 0131 563 9061

What's in Season:

Tuscan food

as long as it's not Tripe!

Nice should really take this spot as she was the second city to be twinned with Edinburgh, but the food from the South of France lends itself to the summer, and as there is a shortage of salad stuff atm, we're heading to Florence instead. Like the Burgh, this Tuscan beauty is also a UNESCO World Heritage Site, with some amazing architecture, museums (like the Uffizi - home to Botticelli's 'Birth of Venus') and, of course, Michelangelo's David. It is a city of culture and some amazing food; well, it is the heart of Tuscany, so you'd expect great things. I have eaten many wonderful, and simple dishes there except one thing, panino co' i' lampredotto. This typical Florentine street food was something I really couldn't stomach (pun intended), a slow-cooked fourth bovine stomach; in other words, tripe! Heaped into a roll and slathered in salsa verde may be to some's liking but not for me. There

are far more palatable delights to eat, in my opinion - plenty of good cheese, various types of prosciutto, mortadella, bread (oh yea gods, the breads!), salami, and a huge selection of crostini including a chicken liver based one (see my recipe).

For the sweet toothed, like me, there will always be pastries, gelato and cantuccini perfect with a strong espresso or a glass of Vin Santo, both ideal for dunking the almondy biscuits. And we can't forget Torta della Nonna, Grandma's cake; a pastry case filled with a soft, lemon infused custard, dotted with pine nuts and sprinkled with icing sugar. This would have been my recipe but unfortunately the list of ingredients and method would have taken up the whole of my word count. There are plenty of recipes on the internet if you want to have a go.

Lea Harris aka @BakersBunny on Instagram

What Else is in My Basket

Hare, lamb, grey squirrel, roe deer (buck), wood pigeon, cockles, coley, sardines, sea trout, megrim, cod, crab, hake, scallops, lemon sole, langoustines, plaice, spoots, farmed halibut, ling, lobster, wild salmon and trout, kale, spring onions, carrots, morels, horseradish, chard, forced rhubarb, dandelion, watercress, dulse, asparagus, purple sprouting broccoli, samphire, kohlrabi, spring greens, wild garlic, rocket, spinach, Jersey Royals, elderflowers, gooseberries, cherries, vetch flowers.



Crostini Neri

½ carrot, celery stick, onion finely
chopped or minced (or 2 tbsl soffritto)
Extra virgin olive oil
1 bay leaf
300g chicken livers, washed
1 tbsp capers rinsed and squeezed
2 anchovy fillets in oil, smooshed
60g unsalted butter
Salt and pepper to taste

Method

- Fry off the carrot, celery and onion (or soffritto if using) in some oil, adding a tiny pinch of salt.
- Sauté for 10 mins over a medium heat, then throw in the livers and bay leaf, cook for about 15 mins, stirring every now and then.
- Add the rest of the ingredients and remove the bay leaf.
- Give a final stir and either blitz with a stick blender, throw into a food processor. Failing that, chop with a knife. Check seasoning.
- Serve on crostini, toast, soft polenta or pan-fried polenta cakes.

35

Bite



Restaurants

Brasseries & Bistros

Dine – Above the Traverse Theatre, this is a relaxed brasserie-style dining and drinking venue that nonetheless boasts distinguished awards from both Michelin and Visit Scotland. The venue also features a smart cocktail and champagne lounge with classic and innovative drinks served with style. Executive Chef Stuart Muir, formerly of Harvey Nichols, presents dining at its very best and is a passionate advocate of Scottish produce. There are à la carte and market menus every day. **Saltire Court (1st floor), 10 Cambridge Street, Edinburgh EH1 2ED – 0131 218 1818 – dineinedinburgh.co.uk**

Dine Murrayfield – Neighbourhood sibling of Dine in the city centre this restaurant nestles by the Water of Leith within the vicinity of Murrayfield Stadium and is open every day for breakfast, brunch, lunch and dinner. Menus are designed by Executive Chef and Award-Winning Chef Stuart Muir and put Scottish produce firmly centre stage. Winner of 'Best Neighbourhood Restaurant 2021', the venue is smart, light and airy with a leafy outlook. **For a reservation call 0131 374 4800 – or go to murrayfield.scot**

Whiskers Wine Bar & Bistro – Head chef Johnathan Cook trained under the Roux brand and it shows. The food is powerful on flavour and the cooking of superb Scottish produce is precise. Steak nights on Wednesday offer two rump steaks, chips and a bottle of wine for a total of £54 – a steal! Set lunch is two courses for £17.95, three for £20.95. Sunday Roast features ethical Hardiesmill Scotch Beef – the cattle eat species-rich grass, and there are no additives, pesticides, hormones or any nasties. One of the top 5 beef brands in the

world. This bistro is also and very much a wine bar featuring over 100 wines to sample and over 20 by the glass or carafe. Wine is sourced from a variety of suppliers. Charcuterie from East Coast Cured and Cheese from Mellis' are the perfect complement. **48 Raeburn Place, Stockbridge – 0131 343 3681 – enquiries at whiskerswinecafe.co.uk – Open Wednesday 5pm-12am; Thursday-Friday 12pm-12am; Saturday opening 12pm-12am and Sunday 12-8pm**

French

L'escargot bleu – Provenance, sourcing and sustainability define the cooking style at 'bleu'. Sourcing from small-scale traditional producers and suppliers from the length and breadth of Scotland, chef patron Fred Berkmillier also grows vegetables and herbs for his kitchen at Monkton Garden on the outskirts of Edinburgh. With wife Betty, they offer a warm and friendly welcome and a daily-changing, bistro-style menu. Fred is Catering Scotland's 'Chef of the Year' 2019 and 'bleu' was awarded Slow Food's Scottish Restaurant of the Year award in 2020. **56 Broughton Street – 0131 557 1600 – www.lescargotbleu.co.uk**

La Garrigue – Regional French cuisine and terroir wines from the Languedoc/Roussillon with spectacular views over Calton Hill. This warm, relaxed bistro brings all the warmth of Provence to you on a plate. Multiple awards include Gordon Ramsay's Best French Restaurant 2010 and a Michelin AA Rosette. Expect the best Scottish produce presented in classic French dishes such as Soupe de Poissons, Canard, Les Coquilles Saint Jacques, Clafoutis, Lavender 37 Listings Crème Brûlée. **To book call – 0131 557 3032 – 31 Jeffrey Street, Edinburgh – email reservations@lagarrigue.co.uk or visit www.lagarrigue.co.uk for more info.**

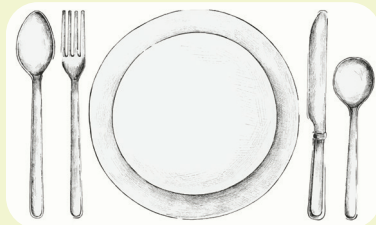
La P'tite Folie – Informal, bustling bistro with mixed clientele. Favourites include moules frites, steak frites, beef bourguignon, duck etc. Extensive wine list. **Two course lunch £16.50 noon-3pm. Dinner à la carte 6pm-10pm. Closed Sundays & Mondays. Large groups catered for, set dinner available. 9 Randolph Place – 0131 225 8678 – laptitefolie.co.uk**

Asian

Japanese Harajuku Kitchen – Edinburgh's most authentic Japanese restaurant. Awarded one AA Rosette for its outstanding cuisine and sushi which is always prepared with care, understanding and skill, using good quality ingredients. This light, bright and relaxed bistro specializes in small dishes, ideal for sharing, from classics such as Beef Tataki and Chicken Karaage to more unusual delicacies such as Salmon Nanban, Gomadare Salad and Takoyaki. They also offer a range of noodle and Japanese curry dishes and a wide variety of freshly made sushi, sashimi and maki – guaranteed to have you coming for more. **Monday-Friday noon-3pm, 5pm-10pm; closed Tuesday. Saturday & Sunday noon-11pm. 10 Gillespie Place, Edinburgh – 0131 281 0526 @Harajukukitchen | harajukukitchen.co.uk**

Kahani – Indian Street Food and Restaurant. Five minutes from St James Quarter and The Playhouse Theatre. BYOB with No Corkage. Delicious range of curries, authentic dishes and street food catering to all tastes and dietary requirements, vegetarian, vegan and gluten-free options. Enjoy dishes such as Goan Monkfish Curry, Punjabi Roast Lamb, Old School Pakora and much more. Suitable for every occasion from supper for two through to large parties. Outdoor lounge, private room, 75 seats. **Reservations recommended. Opening hours: Sun-Thurs 12 noon – 10 pm, Fri &**

Sat 12 noon – 11 pm. Call 0131 558 1947 or online www.kahanirestaurant.co.uk | 10/11 Antigua St, Edinburgh EH1 3NH



Bars

The Abbotsford – The city's finest 'island bar'. Est. 1902 specialising in Scottish real ales (8) and malt whiskies (100). Food served all day. Outside tables. Lunch & dinner in the restaurant 'Above'. **3-5 Rose Street, Edinburgh EH2 2PR – 0131 225 5276 – www.theabbotsford.com | enquiries@theabbotsford.com**

The Cumberland Bar – Spacious New Town local, lots of rooms and large beer garden. Six real ales on tap. Plus a good wine list. **Food all day Sat & Sun, from 4pm Mon-Fri. 1 Cumberland Street, EH3 6RT – www.cumberlandbar.co.uk – enquiries@cumberlandbar.co.uk 0131 558 3134**

Ryrie's Bar – Lovingly restored iconic bar next to Haymarket Station Est.1868. Eight real ales on tap, upstairs cocktail bar. Food served all day; pub classics, sharing bowls & plates. **EH12 5EY-0131 337 0550 www.ryriesbar.co.uk enquiries@ryriesbar.co.uk**

Teuchters Bar & Bunker – Tucked away on cobbled William Street this is a hidden gem popular with the locals. It is also one of the

most well-known rugby venues in the city with all international & Scottish Pro team games shown live on TV. The pub is centred around its extensive malt whisky selection with around 140 on display. There are also around a dozen international & blended whiskies on offer as well as the famous 'hoop of destiny' for those who cannot decide or just want a bit of fun. Teuchters also has an impressive draught beer selection which is predominantly Scottish too. There are 5 cask ales of which 2 are rotating guests whilst the keg selection of 18 includes 4 rotational taps. Bottled beers, a cracking wine list, gin, rum & soft drinks make up an eclectic mix of options for one & all. Bar; Sun-Wed 12pm-12am, Fri & Sat 12 noon-1am: Food; Sun-Thu 12pm-9pm, Fri & Sat 12pm-9.30pm. **26 William Street EH3 7NH – 0131 225 2973 – www.teuchtersbar.co.uk**

Teuchters Landing – bar, bothy & beer garden – Much-loved Scottish bar with an emphasis on Scottish food & drink. A traditional style freehouse in the shore area of Leith. The main bar is the former waiting room for the Leith to Aberdeen steamboat ferry which then opens out onto an extensive beer garden & floating pontoon with an outside bar too. This then leads to 'the bothy', another indoor area to escape those odd summer showers. There is an extensive malt whisky selection, around 140, as well as around a dozen international & blended whiskies. The famous 'hoop of destiny' is popular with everyone & was featured on the BBC documentary "Scotch"! The Story of Whisky". There is also a great range of Scottish cask keg & bottled beers as well as a great wine list, gin, rum & soft drinks. Something for all tastes. The eclectic food menu focuses on Scottish produce & is served 7 days a week, 9.15am-9.30pm.

Bar open 7 days a week, 11am-1am. **1a-1c Dock Place, Leith EH6 6LU – 0131 554 7427 – www.teuchtersbar.co.uk**

The Guildford Arms – Edinburgh's finest real ale bar. Est. 1898 (10) real ale taps mainly Scottish, 13 keg beers/ciders, good wine and whisky lists. Food served all day in the Victorian bar or boutique 'Gallery' restaurant above. **1-5 West Register Street – 0131 556 4312 – www.guildfordarms.com – enquiries@guildfordarms.com**

Cafés

Union of Genius Soup Café – You Need Soup! We have 6 different soups daily, plus a range of salads and vegan chilli. We always have a wide choice of meat, veggie, vegan and free from options. We have Artisan Roast coffee. Rosevear Teas, and hot chocolates from The Chocolate Tree and gluten-free cakes. We run a suspended soup and coffee service and we also donate soup to the Care Van which serves Edinburgh's rough sleepers every night of the year. Open 9am-4pm Monday-Friday, noon-4pm Saturday. **8 Forrest Road, Edinburgh EH1 2QN – 0131 226 4436 – [come find our van too under Street Food. www.unionofgenius.com](http://www.unionofgenius.com)**

Street Food

Harajuku Street Food Van – Located in the new St James Quarter at Little King Street, the nearest entrance from York Place. Try noodles, poke bowls and sushi burritos.

Union of Genius Soup Van – Find Dumbo our Citroen H on the northwest corner of George Square, next to the middle meadow walk. Dumbo carries 4 different Union of Genius soups each day, our legendary vegan chilli, and the awesomely addictive golden chicken chilli.

Come and say "Hi!" to our fab soupmongers. **Dumbo trades 11.30am-2.30pm Monday-Friday** – www.unionofgenius.com.

Food Shopping

Tea

Rosevear Teas – The Rosevear tea brand was created by Isabelle and Adam Rosevear in 2014. They have 3 shops in Edinburgh and stock more than 160 teas including directly-sourced teas, more than 30 different herbal infusions and many exclusive blends. They have a large choice of beautiful teapots, cups and all things tea that make great gifts for others or for yourself. Visit them at one of the shops where there is usually a brew on the stove or online at www.rosevearteas.co.uk **100 Bruntsfield Place, Edinburgh EH10 4ES ; 71 Broughton Street, Edinburgh EH1 3RJ – 0131 558 2530; 17 Clerk Street, Edinburgh EH8 9JH – 0131 667 8466.**

Wine Bars

Le Di-Vin – Edinburgh's most sophisticated wine bar beside French restaurant La P'tite Folie restaurant on Randolph Place. Charcuterie, Cheese and Fish platters and light plates. Wines by the glass from around the world. Open Monday-Saturday noon 'til late. Closed Sundays. **9 Randolph Place, EH3 7TE – 0131 538 1815 – www.ledivin.co.uk**

L'escargot bleu wine bar – beneath l'escargot bleu restaurant on Broughton Street, you'll discover a warm and welcoming bar where you can enjoy an aperitif before dining, a digestif after dining upstairs, or just pop in for a drink and a nibble. Serving cheese, charcuterie, olives, bread and other carefully sourced produce that are perfect to enjoy with a glass of wine. There are also two secluded little rooms with their own music systems where you can

relax with some wine and nibbles. Open during restaurant opening times. Dogs are welcome. **56 Broughton Street, Edinburgh EH1 3SA – www.lescargotbleu.co.uk 0131 557 1600**

Wine Holidays

Languedoc Wine Tours - Have a holiday with a difference! Visit the South of France with native Frenchman Jean-Michel of La Garrigue restaurant in Edinburgh. Discover picturesque vineyards, taste exceptional wines, and immerse yourself in the culture of the regions. Book your place and more info at Languedocwinestours.co.uk and a week of good food, fine wine and special memories await you. Dates this year are: Wed 24th – 31st May, Mon 5th – 12th June, Mon 3rd - 10th July, Mon 4th -11th September, Wed 4th – 11th October.



Bite

www.bite-magazine.com

@bite_mag



foodies FESTIVAL

INVERLEITH PARK
EDINBURGH
4-6 AUGUST 2023



MASTERCHEF CHAMPIONS • LIVE MUSIC • STREET FOOD
FUN DAY OUT • SHOPPING VILLAGE • [FOODIESFESTIVAL.COM](https://www.foodiesfestival.com)