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June – July 22

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Front Cover

Purple Podded Peas
– @Ania Elias – A category winner (see p.33) at Pink Lady® Food Photographer of the Year.



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Mrs Bite

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Publisher/Editor

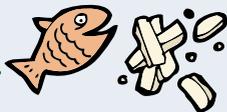
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Salt 'n' Sauce

A sprinkle of what is happening around the city and beyond



Tarquin's Handcrafted Cornish Gin has launched grab-and-go cans. Created by Master Distiller Tarquin Leadbetter, the new cans combine a light tonic with Tarquin's flagship Cornish Dry Gin. Expect crisp, piney notes from the juniper, balanced with fresh citrus and a bright floral finish, all housed within a sleek signature blue can. *Tarquin's Gin & Tonic cans are available from the website, and in select retailers as well as in Tarquin's Padstow, St Ives and Fowey shops - RRP £3.*



Congratulations to all the winners of **The Pink Lady Food Photographer of the Year Award 2022**. The overall winner this year was a photograph taken on Khayyam Chowk, an ordinary Indian street in Srinagar by day that transforms into a buzzing food hub at night, as vendors fire up charcoal ovens and fill the air with the smoky aroma of grilled delights such as wazwan kebabs, the popular Kashmiri street food. Sights, aromas and ambience is captured in *Kebabiyana* by Debdatta Chakraborty, India.



Edinburgh's largest free-to-enter food festival will be back with another delicious helping Friday 22-Sunday 31 July. Launched in the summer of 2015 in tandem with Scotland's Year of Food and Drink, the festival celebrates the very best of Scotland's produce. **Edinburgh Food Festival** will open on Friday 22 July in Edinburgh's bustling festival hub, Assembly George Square Gardens, and run for ten days with a generous serving of workshops, chef demonstrations, street food and market stalls. *Visit edfoodfest.com and follow @EdFoodFest on social for news and updates.*



The Newsroom in Leith Street and opposite St James Quarter is planning to open a basement bar in mid-June.



And the regional winner of the Farm Shop and Deli Awards for Scotland is *drumroll* **The Cheese Lady!** Congratulations to Svetlana Kukharchuk for this recent win. Svetlana is better known as The Cheese Lady and is based in Haddington. She has also written a book 'The Cheese Connoisseur's Handbook'.

Kopparberg has introduced three new sparkling cocktails in time for summer. Packaged in a slimline 250ml can, each cocktail uses Kopparberg's range of premium spirits as a base – Gin, Rum & Vodka. *The Cosmopolitan, Dark 'N Stormy and Tom Collins are available across wide retail distribution now at £2 per can.*



Calum Ralston, younger brother of Edinburgh chefs, Stuart (Noto, Aizle and Great British Menu) and Scott Ralston, has been appointed new head chef at Superico Restaurant at 83 Hanover Street. Calum describes his cooking style as simple, clean and fresh, taking inspiration from classic French cuisine, as well as flavours from Asia and South America. *He now leads the kitchen team to oversee the 40-cover Superico Restaurant at 83 Hanover Street.*

Tom Kitchin and his wife Michaela are opening **KORA** by **Tom Kitchin**

this spring in Brunsfield. The name is inspired by the Goddess of spring, flowers, and vegetation in Greek mythology which aligns with the chef's "nature to plate" ethic.





Mackie's Crisps have launched a new 40g packet of its pickled onion flavour which will feature in Meal Deals across Scotland. The 40g packet is set for an initial run of 100,000 bags and hopes to reach more than £85,000 in sales. Retailing for 85p, the flavour will sit alongside the 40g range, which includes Sea Salt, Mature Cheddar and Onion, and Haggis and Cracked Black Pepper.



Chef Tunde Abifarin and his culinary outfit 'Farin Road' now have a permanent residence at **Tani Modi**, an independent café on Hanover Street. Open Fridays and Saturdays from 5.30pm 'Chef Abi', as he is known, presents cuisine from across Africa. Try dishes like Jerk from the Caribbean, Kachumbari from Tanzania, Agashe from Sudan, Chakalaka from South Africa and more.

The Toll House at Canonmills is due to open this summer. The owners' Paul Brennan and Chef Stuart Muir brought Dine and Dine at Murrayfield to the city and with this exciting new venture, they are unearthing and regenerating a little piece of Edinburgh heritage. Located at Canonmills and perched above the Water of Leith – historically The Toll House was where boats paid their tolls to cross this stretch of the river into Edinburgh. Bite had a sneak preview of the glossy, new premises, which have been beautifully designed. Expect the best Scottish produce in sylvan and waterside surroundings.



Iceland has expanded its Yo! Sushi range with 10 new products to choose from, including Japanese street food favourites like Hoisin Duck Bao Buns, Vegetable Gyozas and Popcorn Cauliflower. Also, up for grabs for those wanting their Katsu fix is the launch of Katsu Curry Noodle Soup and Katsu Chicken Bao Kit – ideal for a Saturday night fakeaway! Available at Iceland and The Food Warehouse.



The Bonnie Badger, Gullane, seasonal Forage & Feast – a seasonal series of workshops on Friday 22nd April, in collaboration with Wee Folk of the Woods – a long-standing and trusted supplier of Chef Tom Kitchin and the Kitchin Group. Guests spend a morning foraging before returning to the venue to enjoy a 3-course lunch and cocktail. There are also events on Friday 17th June and Friday 2nd September. **Further info at info@bonniebadger.com**



MACKIE'S of Scotland has introduced two new flavour combinations representing a celebration of locally-grown summer fruits. White Chocolate and Raspberry becomes the latest addition to its Indulgent range, while Strawberry Swirl will become an immediate part of the classic range. All the fruit used has been sourced from a fellow Aberdeenshire family farming business, Castleton Farm.



Merchant Gourmet – the leading pulses and grains brand – has launched its Fiery Jamaican-Style Grains and Pulses (RRP £2) as a seasonal summer pouch. Combining exotic aromas from the Caribbean, the new limited edition has a combination of spiced pulses and grains. Merchant Gourmet has partnered with artist Tomekah George and the result is a new exciting vibrant gold and red packaging design. To feel the heat, the healthy mix has been cooked with an authentic scotch bonnet jerk paste, creamy coconut and fresh lime, inspired by flavours from Jamaica. **Available in Ocado and Morrisons and online.**



Congratulations to **Grace Chocolates** on their new website, with its clean design and simple navigation. The company works with women touched by the criminal justice system and helps them to make positive changes in their lives through the business of making chocolates – www.gracechocolates.co.uk

Out of Town Review: **Craig Millar @ 16**

West End *St Monans, Fife*

Scallop with squid ink



With so many beautiful spots along the Fife coast; the whole of the East Neuk is worth taking some time to explore. The food and drink offerings really are second to none; from harbourside lobster shacks to Michelin-starred fine dining. Craig Millar's eponymous restaurant in St Monans has long been on our list to try, if only to finally sample his much-acclaimed twice-baked Isle of Mull Cheese Soufflé.

The dining room has the most glorious views across the harbour and beyond, and manages to be bright and fresh whilst at the same time exuding warmth, with an air of relaxed sophistication. The menu on our visit is a five or six-course tasting menu with choices for the main and cheese courses. From the offset when we are presented with our first starter, a plump herb crumbed Scallop with squid

Pea Mousse



ink and a silken cauliflower purée sprinkled with puffed rice, the confidence in the cooking is clear. No gimmicks, just excellent local ingredients treated with respect and presented elegantly on the plate.

The Pea Mousse tastes of summertime; bright pea flavour with zips of acidity from the pickled shallot and mushroom. I have chosen the Halibut main and the cooking of it is superb. Flaky, juicy fish is paired with morels, asparagus and wild garlic and brown butter sauce. Lisa's choice of Duck looks as impressive as it tastes. Perfectly pink and full of flavour, with a celeriac fondant and the sweetest carrot, the mushroom ketchup that it sits on brings everything together harmoniously.

We both opt for the Cheese Soufflé next, and it certainly lives up to its reputation.

Halibut



Cheese Soufflé



The tangy, buttery Isle of Mull cheddar is perfect in this and it's clear to see why it was a much sought-after takeaway offering during lockdowns last year. The salty, savoury dish is a real highlight for both of us. As we move onto the dessert courses, the sharp Apple Sorbet in the first of them acts as a zingy palate cleanser, along with the yoghurt, apple purée and oatly crumble. We really aren't sure

Duck



what to expect from the final course: Dark Chocolate Marquise, vanilla ice cream, sea salt, olive oil, and balsamic. It's such an unusual combination that neither of us has tried before, but it is complex and interesting and incredibly delicious.

As excellent as the food has been all evening, it's such a pleasure to witness front of house service that hits the same high standard. Every member of staff that we spoke to was warm, welcoming, knowledgeable and truly added to our whole experience. Rather than ticking this restaurant off of our list, it's very much staying put for a return visit. (J. Blair)

Craig Millar @ 16 West End, St Monans,

Fife KY10 2BX

– 01333 730327

– craigmillar@16westend.com

– www.16westend.com

– Facebook: <https://www.facebook.com/Craig-Millar16-West-End-154041721328178>

– Instagram: https://www.instagram.com/craig_millar_16_west_end

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Strong Waters *Drawing on the city's charmed circle*

Edinburgh's Holyrood Distillery has launched two 'Strong Waters' into the UK market.

'Charmed Circle', are the results of Holyrood's experimentation with heritage barleys and their progressive approach to spirit-making.

Fuelled by a passion for Edinburgh's brewing past and the land that surrounds the distillery, Nick Ravenhall and Marc Watson set about trialling some of the UK's most famed barley varieties, as well as digging deep to explore the very water that is found under the city. Drawing on Scotland's native drinking culture around white spirits, Holyrood has categorised these spirits as 'Strong Waters' which is an archaic name, usually referring to any alcoholic liquids that were not being set aside as aqua vitae.

For centuries distillers have focused on a barley's efficiency rather than its flavour, and as a result so many of Britain's most popular barleys have been abandoned over time in favour of higher yielding varieties. By examining other properties and the potential

of heritage barley varieties such as Golden Promise and Chevalier, Holyrood's team soon discovered the innate and powerful flavours, textures and aromas they could produce.

Holyrood distilled these barleys as part of their signature single malt new make and then blended them with neutral grain spirit, intensifying the flavours of the barleys, whilst also developing their richness and mouthfeel, creating texture in the resulting spirits. These innovative liquids aim to bring flavour back to the white spirit sector, to be enjoyed neat and in longer mixed drinks.

While Scotland's capital has an established brewing history, not many modern spirit makers are utilising the city's terroir and high-quality water supply that once powered brewing in the city. The very name of the new Strong Waters refers to a collection of wells situated around Arthur's Seat. Known as the 'Charmed Circle,' this cluster of wells supplied the flourishing brewing community the city once held, with some of the wells and water

aquifer still in use underneath the distillery today.

Heritage barley connects the liquid with the land in the same way as wine relates to its terroir.

The two expressions reveal interesting facets of the cityscape, the brewers that came before and the season in which they were developed. The Golden Promise is a classic British spring barley variety that was the dominant variety in Scotland during the 1970s, whilst Chevalier also dominated the English brewing crop for around 60 years. Holyrood aims to bring these barleys back to their former glory, highlighting barley as a key flavour component in white spirit making. (S. Wilson)

Tasting Notes

Golden Promise: Comprises 15% Golden Promise

- New Make Spirit + 85% GNS + water
- N. Bright, citrus, lemon zest, refreshing orange blossom
- B. Clean, mouthcoating, lemon blossom lift
- F. Clean, gentle, moreish

Chevalier: Comprises 15% Chevalier

- New Make Spirit + 85% GNS + water
- N. Creamy, butter, digestive biscuit
- B. Rich, mouthcoating, churned cream and butter
- F. Long rich, moreish

Holyrood Distillery, 19 St Leonard's Lane, Edinburgh. EH8 9SH

– www.holyrooddistillery.co.uk

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Flight Club



Review: **Tipsy Midgie** *A new drinkery in the old town*

Tipsy Midgie is a new whisky and gin drinkery located between Arthur's Seat and the St Leonard's Street cop shop made famous by Ian Rankin. On the North/South axis, it is between Dumbiedykes and the Holyrood distillery.

Previously Jeanie Dean's, the bar has been revamped and now has the feel of a connoisseurs' club rather than a 'spit and sawdust' howff.

A classy royal blue colour scheme nods to the design of owner Colin Hind's previous successful ventures, namely, The Kilted Lobster and The Whisky Forager. Textured wallpaper, a neon blue sign, and a polished resin bar with swirls of indigo, sea green and

amber are contemporary features, while the welcome is traditional and friendly.

Colin is affable and his passion for and knowledge of the Uisge Beatha very much sets the scene.

We think Rebus would approve.

On a Sunday afternoon, the ambience is mellow as the sun filters into the bar. I am with Mr Bite and my friend Liz, who comments that Tipsy Midgie would make an ideal film set location. Whisky advertisers take note.

A few people are in for the Sunday afternoon 'Flight Club', a blind tasting of five single malts. Mr Bite and I both choose drinks from the 'Hyball' menu where Colin uses Scotland's

six whisky regions as inspiration, takes the flavour profile and then adds mixers to create unique drinks. We both love the "Bour Bon-Bon": Deanston Kentucky Cask with Red Cola and Lime Granita, with the latter balancing the sweetness of the spirit and cola. Mr Bite also samples the "MonstArdbeg" which combines Ardbeg Wee Beastie with rosemary salt and a splash of Buckfast. Served in a short glass, Colin says it is his take on a Scottish margarita or a "maggie/rita".

Liz and I also sample perfect gin serves. She has Seaglass Gin with Yuzu and I have Secret Herb Garden Rose Gin with Mandarin. Colin also recommends a couple of whiskies for us to try, Whisky Row stands out. So does 'Ana', a birch liqueur from wild food and drink

What's on



on flavour innovation. (S. Wilson)

Tipsy Midgie, 67 St Leonard's Hill, Edinburgh EH8 9SB – 0131 563 9061 – Opening times: Tuesday, Thursday-Sunday, 2pm-12am. Closed Mondays & Wednesdays

innovators Buck and Birch – a great after-dinner sipper. Glassware is beautiful and drink appropriate, mostly vintage.

Colin regularly goes to a station behind the bar and we hear clanging and ice-crushing noises which remind us of the Tom Waits song "What's He Building in There?" In this instance, it is unique drinks that reflect both his passion for whisky and a cheffy lens

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Review: Heron *Aperitivo time*

Tomás Gormley and Sam Yorke, the two chefs behind the lockdown fine-dining at-home success – Bad Seeds – and more recently, Heron, the stylish restaurant on the Shore, which opened last summer, have added a new bar menu, to run alongside their current à la carte and tasting menu offerings.

If like me, you are obsessed with the ‘Stanley Tucci: Searching Italy’ series currently airing @ BBC iPlayer, you’ll know the Italian Aperitivo is a cultural tradition that usually takes place between 6pm and 8pm.

It’s an event that serves as an appetizer to dinner with the purpose of socialising with friends while drinking sunset-hued cocktails and snacking on a selection of cheeses and salami, bruschetta and sometimes fried foods.

A traditional Aperitivo drink might be an Aperol spritzer but I decided to dive straight into a gin and tonic. Seoridh Fraser, their knowledgeable and well-travelled Bar Manager, recommended the Old Poison Selkie London Dry Gin and tonic. Old Poison is the smallest speakeasy distillery in Edinburgh founded by mixologist Fabrizio Cioffi. With its woody, rooty notes, lifted by zesty citrus and a touch of spice, I wasn’t disappointed.

While not necessarily Italian, Heron’s idea behind their new menu is to offer a more casual and approachable experience for food and drink enthusiasts in a more relaxed environment.

And that’s exactly what my partners in crime, aka the Social Bitches, and I experience when we cross the cultural divide to the

picturesque Water of Leith to try out Heron’s new menu, in celebration of Derek’s birthday.

Having previously lunched at Heron, we knew we were in for a treat, not only for an experimental and exciting menu but also for the location and their affable staff. In fact, we were having such a good time, I’m sure we overstayed our welcome.

Served at their bar or their lounge areas, this menu is available from 5.30pm to 10pm, Wednesday-Sunday.

Like their full dining experience, their bar menu still has sustainability and flavour at the core of what they offer. The portions are bite-sized but these smaller plates, of which there are 10 on offer, are reasonably priced between £3 and £10.

New bar menu

There’s a strong nod to seafood – not great if you have an allergy, as I do – but I was

still able to enjoy the Company Sourdough served with Miso Butter, whilst my dining companions devour their bread with Brown Crab Butter. I particularly enjoy the Pork Belly with Kimchi and Sesame, the East Coast Cured Charcuterie and the big, fat juicy Gordal olives.

If you have voracious appetites or aren’t planning dinner after, you’ll probably want to order five to six each, although I am more than happy with four.

Reservations aren’t necessarily required to enjoy the bar menu at Heron, but peak times on Friday and Saturday will have limited availability due to space. Once word gets out, it might be better to plan ahead. (K. Teakle)

Heron, 87-91 Henderson St, The Shore, Leith, Edinburgh EH6 6ED – 0131 554 1242 – www.heron.scot – Opening times: Dinner Wednesday-Sunday 5:30pm-9:30pm, Lunch Saturday-Sunday noon-2:30pm



Pork Belly



Cured Charcuterie

Review: **The Lighthouse Bar & Restaurant** *Last century elegance aboard Fingal*

If you are looking for a unique five-star experience, this is the place to go.

Fingal is a luxury boat/hotel that also houses The Lighthouse Bar & Restaurant and is permanently berthed at Alexandra Dock in Leith.

Originally commissioned by the Northern Lighthouse Board in 1963, fast forward to 2014 and Fingal was acquired by its present owners The Royal Yacht Britannia Trust. The former lighthouse boat turned 'superyacht' opened to the public in 2019 following a five-million-pound conversion.

Today it boasts a number one spot on Tripadvisor and its last century elegance recalls that of the Titanic. A red carpet takes you aboard to reception, and then a glass tubular elevator lifts you to the deck where the restaurant and bar are located at the bow of the boat. Staff wear discreet gold tridents on their lapels, surfaces are polished to perfection, glasses gleam and the ceiling shimmers and ripples like water.

Kate and I are seated and napkins are broken. I have a chat with the barman about the cocktail list noting it includes the classic Champagne Cocktail. The cocktail menu not only lists the ingredients in each drink but also details tasting notes, and glassware and has illustrations. I order the signature Lighthouse Martini which is described as "bold, sinfully dry, wonderfully cold and crisp". It is pre-batched and served from a chilled lighthouse-shaped bottle; substance equals style – and pickled Amalfi lemon garnish shows attention to detail.



Lighthouse Martini



Bar



Hot Smoked Salmon



Buttermilk Panna Cotta

Freshly baked rye and sourdough rolls and Edinburgh Butter Company butter see us through the short transition from aperitifs to starters.

The menu is seasonal and I swither between Norfolk Asparagus and West Coast Langoustines. The waiter tells me the latter are sweet and fresh and we learn the staff had a tasting two days before – so they are well-informed and happy to advise. My giant prawns are served with diced mango which complements their innate sweetness. Hot Smoked Salmon, Steak, Rump of Lamb and Steak are all devoured with gusto. Kate's salmon was smoked on board and served with buckwheat blinis, cucumber relish and herby cream cheese. The lamb coats my mouth with flavour and skinny merguez sausages add some gentle spice.

Desserts are Apple Tarte Tatin for Kate and, for me, Buttermilk Panna Cotta which is oozy inside. Wye Valley strawberries have been macerated and a rhubarb compote adds fruity sharpness. The dish is a sophisticated twist on strawberries and cream and it reminds me that summer is on its way.

Petit Fours with Peppermint Tea and a Latte complete our nautical dinner which Kate describes as: "an absolute delight". One Tripadvisor reviewer also puts it well "I was spoiled rotten!"

Impeccable service, ambience, unique surroundings and food all tick the "five-star" box so dinner on Fingal is a treat, and we all deserve a treat, don't we? (S. Wilson)

The Lighthouse Bar & Restaurant at Fingal, Alexandra Dock, Leith, Edinburgh EH6 7DX – 0131 357 5000 – www.fingal.co.uk



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Review: **Ka Pao** Pao-erful fayre at St James Quarter

Ka Pao, meaning 'Holy Basil' in Thai, joined the line-up of eateries in St James Quarter earlier this year.

The Glasgow-based restaurant group, also responsible for the renowned Ox and Finch, have one branch of Ka Pao in the tinderbox city featuring food inspired by South-East Asian Cuisine. This second branch is on the fourth floor located next to Bonnie & Wild.

On an early Saturday evening, Ka Pao is full to the brim and bubbling with energy. Eleonora and I take a window seat (note we have booked) as the waitress explains the menu which comprises starters, small plates, mains and desserts. E notes that it would be helpful to have appropriate headers on the menu to do this job but the staff are super friendly, informed and efficient. At one point during our dining experience, a bottle of 'tap' is replaced swiftly as we drain it.

We order a Negroni and a Burnt Orange Margarita, which may not fit into the category of traditional South-East Asian food but are in keeping with the exciting flavour profiles that our meal will deliver.

Someone has recommended the Caramel Chicken so we order that, along with Salt and Szechuan Pepper Oyster Mushrooms and two mains of Red Curry of Sea Trout, Coley and Langoustines.

The coating on the chicken is surprisingly light and not cloyingly sweet, the meat is juicy and we

Red Curry of Sea Trout



Oyster Mushrooms



easily demolish these moreish bites. Mushrooms are perfumed with star anise; E finds the dish a little salty but we agree that both these small plates excite the palate.

Our main courses feature lots of heady, aromatic lemongrass and are again light. Eleonora compliments the bowl of sticky jasmine rice that we share. I like the smoky whole tomatoes.

We regret that we aren't able to eat more in one sitting as the dishes are full of tempting ingredients like lime leaves, peanuts, ginger, charred grapes, cashew nut butter, and sriracha.

Out of the ten main courses, three are vegan, but tempting vegan as opposed to processed vegan. So the ubiquitous Hispi Cabbage is served here with cashew nut butter and sriracha but you could also choose dishes where celeriac or Jerusalem artichoke star. Side dishes of healthy cucumber and carrots are livened with rhubarb, hazelnuts, and peanuts.

The sharing menu for four at £27.50 each looks set to rival Chaoprayha in Castle Street.

Ka Pao is one of those new breeds of eateries that are unstuffy, fast-paced and designed for sharing plates of tasty, imaginative, food while also retaining an eye on price. With the cost-of-living crisis looming this may be a winning mix for those still able to eat out. (S. Wilson)

Ka Pao Edinburgh, St James Quarter, Edinburgh EH1 3AE – 0131-385-1040 – www.ka-pao.com/Edinburgh

Review: Cannonball *Firing high on the food*

And the winner for the best restaurant view in Scotland goes to *drum roll* ... Cannonball Restaurant on Castlehill at the top of the Royal Mile.

Simone and I visit to sample the new tasting menu 'Feast of Scotland' and are breathless at the view of the castle from our table at this historic, three-storey building.

The site dates back to the 1650s but the tenement was built in the 18th century and it became a school in 1905. More recently it housed the Scottish Parliament offices while Holyrood was being built. As with The Mound, oyster shells were found when the building was excavated as part of its refurbishment to the current restaurant and bar. It seems as if the whole of the Old Town is built on discarded shells, signalling how popular Scottish seafood once was.

Simone and I are on the top floor and our window seat frames the castle. Only the esplanade is between us and Edinburgh's jewel that crowns the city's skyline.

Cannonball is part of the Contini stable of restaurants that includes The Scottish Café at The Scottish National Gallery and Contini in George Street. I eat at these places so am familiar with the ethos of sourcing local,

East Lothian Potato Soup



Rabbit Leg Rilletete



Rice Pudding, Rhubarb Compote



seasonal produce that patrons Carina and Victor Contini commit to. They work with some 60 artisan producers.

The only question that niggles me as I sit down with Simone is whether, in these difficult times, the price tag of £65 will prove 'value for money', even with the unrivalled location.

East Lothian potato soup, crispy shallots and saffron potato skin powder is the second course and I am slightly perturbed. Tattie soup? On a tasting menu? Sounds a bit 'last century'. However, it transpires that this bowl of deliciousness is an unexpected front runner for my favourite course. Potatoes are whizzed to silky consistency, shallots have a chewy, moreish texture and saffron and oil lend aroma and unctuousness. It fills my heart with joy that

our humble root veg can be elevated to such glory.

A rabbit leg rilletete as amuse bouche and still steaming, freshly-baked bread rolls with whipped Edinburgh Butter Company butter sprinkled with Isle of Skye Sea Salt preceded the soup. All are expertly executed scrumptious small dishes.

We both choose fish for our third and fourth

courses. Simone comments on how tricky it is to cook the Peterhead Plaice to such perfection. It has dark crisped skin and moist snowy flesh. The Shetland mussels in the broth have a delicate smokiness and are surely the plumpest ever, we muse. North Sea Halibut is similarly unspoiled by the cooking process and served on a soft scallion and potato blini, which in turn sits on a bed of parsley and caper pesto. Seasoning is spot on.

Although portions are well judged, we are struggling a bit with belts and buttons, but oozy, creamy Morangie Brie is appreciated and desserts beg to be eaten.

Simone has rice pudding with rhubarb compote and says: "The rice is sweet and creamy with a bit of bite and the rhubarb is tangy; a lovely light dish."

My Chocolate Cannonball has the added

drama of a Whisky Flambé. The bitterness of the 70% dark chocolate ball, stem ginger and alcohol balance the richness of the mousse. It is a triple xxx adult dessert – flakes need not apply.

The tasting menu at Cannonball Restaurant is without doubt value-for-money. Neither the chef nor the waiting staff put a foot wrong and the food celebrates Scotland, as do the views. If you choose to visit you will no doubt leave the restaurant as we did, high on food and the experience. (S.Wilson)

Top tip: the bar is a classy place to pop in for an aperitif and to soak up the ambience as the sun goes down.

Cannonball, 356 Castlehill, Edinburgh EH1 2NE – 0131 225 1550 – www.contini.com/cannonball



Fred's Garden: **Monkton Garden Update**

Last time I wrote about Monkton garden, we were in the middle of February and making our beds from scratch. The weather wasn't too kind and it took some serious thinking and strong will to push all of the compost-filled wheelbarrows some 100 metres.

We have laid 14 beds so far, some have already been planted with a good mix of salads and vegetables; spinach, turnips, leeks, onions and more are in the ground and doing quite well. Other beds have a protective cover but by the end of May they will be planted too. The beds that will eventually be inside the polytunnel have also been laid and will be planted with a summer crop until the tunnel is built, then winter crops will be planted. They measure 43 feet x 23 and the tunnel will be installed towards the end of August. I am very excited.

Our composting bay is also up and running and two of seven bays are in full use recycling all of L'escargot restaurant waste with a mix of wood chips and horse manure. I am happy to be making compost again, a lot will be needed to maintain and nourish our vegetable beds.

Having a roof over the composting bay also helps us recycle water, which will be needed over the summer as we do not intend to use the main water supply. The no-dig beds should also retain moisture as much as possible to feed our crops.

We also have vegetable boxes made from recycled potato crates, which are producing very well with all sorts of herbs and small leaves. The height is perfect for comfort



when hand-picking. I only use my thumb and one finger to pick in order to select only the best for my customers who are happy and have really enjoyed some lovely salads and garnishes in the restaurant.

This has all happened so fast, I can hardly believe we are already growing and picking despite the vegetables taking longer. Tomato plants too are on their way and showing a few leaves, broad beans are growing fast too, so are the spring onions. Beetroots of all kinds have been planted.

'Project Fred's Garden' does not happen without issues but I hope all will be a success and that we can fully supply the restaurant in due course. We have the space and should be able to grow the quantities needed, if not more.
(F. Berkmler)

*Voila mes amis a bientôt, Fred
Chef-owner l'escargot bleu restaurant
and winebar Edinburgh*



Review: **Bross Deli** *Bagels and beer, beats and a bar*

This is the new Bross Deli in St James Quarter, which takes the popular Edinburgh brand and turns it into “not just a bagel store”.

Founder Larah – or Mama – Bross began her bagel empire in 2017 as a bakery and cafe in Portobello, and since then has been seemingly unstoppable, opening one store at a time across the city. The Canadian-born entrepreneur once had hopes of being a Broadway star and, at the deli’s opening night in March, her bright-yellow lightning-bolt earrings hint at her gregarious, to-the-stage-born nature.

Part of the store’s claim to fame is its use of Montreal bagels rather than their New York counterparts. Mix that with Scottish ingredients, a street culture vibe and Bross’ Jewish flair, and the deli is already living up to the brand’s quirk and all-round deliciousness. Think McKnish, which takes a traditional dish and combines it with haggis, or Matzah Ball Soup (aka Jewish penicillin) as classic examples. (Note: it’s Jew-ish at Bross with a hyphen. Because liberties are taken with said Jewish cuisine.)

But here’s the twist: while the showstoppers are always going to be the bagels, Bross Deli one-ups itself. Mama Bross has teamed up with local beer company Brewgooder and Leith distillery Electric Spirit Co to start the party. If you’re in the area on Saturdays and Sundays, it’s well worth stopping by for a beer, “Bloody Bross” cocktail, bagel and a good dance as the resident DJ hits the decks.

We might add here that the deli is open from 8am to 10pm, so while you may want to stop past for the said beats and bite to



Bagels Beers and Beatz

eat, a breakfast bagel may also be more your thing. Including a “Morning Glory Hole” with facon and latke or “Not the Wurst” with vegan square sausage and grilled beef tomato, both on a vegan bun.

In summary: “We’ve created a menu that brings comfort to the soul,” says Mama Bross, “whether you’re feeding the family from our kids’ menu, finally face-to-face with friends, or want to revive some of that party vibe we’ve all missed for so long.”

Final verdict: Go. For a nice chardonnay, a Brewgooder beer and whichever bagel strikes your fancy. We’re absolutely eyeing up the Challah French toast for our next visit. (K. Wilkins)



Challah French Toast

For more information, visit brossbagels.com or the store with the neon pink signs at St James Quarter or email HQ@brossbagels.com

Out of Town Review: Daytripper to Dunfermline and Jack 'O' Bryan's

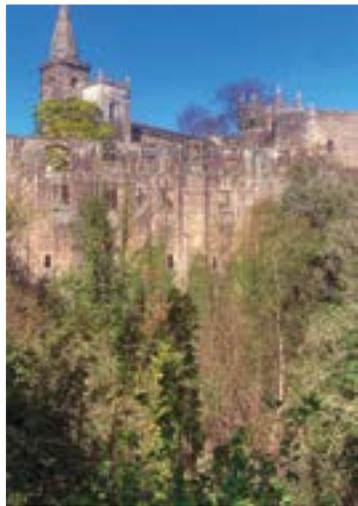
Dunfermline is known as 'the auld grey town' but the Heritage Quarter and Pittencrieff Park are lush and green in what was the ancient capital of Scotland until the 17th century.

My friend Liz and I only dip our toes into one corner of the town when we visit. We run out of time, not things to do.

The morning is mostly spent at the Abbey and Palace. Queen Margaret founded the former, which was originally a small church built to mark her marriage to Malcolm Canmore in 1070. An image of the nuptials is depicted in one of many stained-glass windows. See if you can spot the black spider in one of them too! Robert the Bruce is a direct descendant of the Queen and his tomb is inside the church alongside those of several other royals.

We spend the morning soaking up history, which also necessitates a visit to the 'pink hoose', aka the A-Listed Abbotts' House (only the gift shop is open at present) and to the new library and museum with its top floor views of the abbey, palace and three bridges across the Firth of Forth. The name 'Robert the Bruce', carved in stone on the roof of the abbey tower is set off by a saltire blue sky.

Lunch is booked at Jack 'O' Bryan's next to Pittencrieff Park and a short walk to the high street allows us to admire the park entrance with its tree-lined avenue and bronze statue of Andrew Carnegie who gifted the 76 acres. Stop at the wrought iron gates and the restaurant is on your right.



The Palace viewed from The Gorge in Pittencrieff Park

The menu has a strong Iberian influence, not the first Spanish connection of the day. Abbey guide 'Willie' told us that morning of how Back Douglas took the heart of Robert the Bruce to the battle of Teba as part of the crusades. The Spanish town still celebrates this Scottish connection.

My Aubergine Fritter starter is complemented by smoked paprika, orange and honey molasses sauce under crisp, light tempura that dissolves to make way for the melting vegetable. My main of Iberian Fish Supper has

'buttered sprats' sprinkled across moist, pristine cod.

Across the table, Liz enjoys Prawn Scampi with dots of saffron aioli and diced chorizo followed by a generous portion of Monkfish (how appropriate), the daily special. Rhubarb desserts (curd, dehydrated, gel) with raspberry marshmallow and blood orange sorbet mean we should really skip the handmade chocolates in the display cabinet; but the artistry arrests us and Liz notes their flavours, again, have "a smack of Spain".

Alongside lunch we drink cocktails and wines full of summer florals and fruit and walk off our meal in the park where we inspect the medieval doocot, miss the remains of Malcolm Canmore's tower and the free-roaming peacocks; gaze through the glass at the hothouse plants and admire the palace view from the mighty gorge that slices down the edge of Pittencrieff. We are blessed with sun, so the medieval European feel to our day is amplified.

As stated above we ran out of time. The hothouse and Carnegie Museum were closed by mid-afternoon so do check timings and plan any day trip rigidly. For us it just gives us a good excuse to return to enjoy more history, sightseeing and a visit to Jack 'O' Bryan's is an absolute must for any self-respecting gastronome. (S. Wilson)

**Jack 'O' Bryan's, 5 Chalmers Street,
Dunfermline KY12 8AT
— 01383 324720
— www.jackobryans.com**



Cod (Iberian Fish Supper)



Rhubarb

Cocktails: **Braw Liquor Club**

Put the fun into cocktail drinking

Braw Liquor Club, a brand-new Scottish start-up, has launched across the UK offering small batch, premium cocktails for any occasion.

A lockdown success, Braw Liquor Club was born on the Isle of Bute by Elizabeth MacKirdy, who returned home after living in London.

Although Elizabeth had no previous experience in the drinks industry – she had spent over 10 years in fashion buying for stores such as Selfridges, Fenwick and House of Fraser – what she has created draws on her eye for detail, style and a wish to plug a gap in the market for ready to drink premium cocktails, created with Scottish ingredients.

The luxurious range consists of two pre-blended classic cocktails in a choice of sizes, each with a contemporary and Scottish twist and the first of their kind from the West Coast. The cocktails are hand-crafted and sustainably made with ingredients sourced locally.

There are two cocktails available. The Bramble, a blend of Scottish gin from Royal Deeside with lemon squeezed in Cumbernauld, blackberries and gooseberry, has both sweet and sour notes. The second, a modern twist on the Old Fashioned, uses a Scottish Speyside whisky paired with sea tangle, an edible red seaweed from the East Neuk of Fife, and delivers salty yet sweet toffee notes and was my favourite.

Elizabeth explains the inspiration for her new business venture:

“I couldn’t find a Scottish cocktail brand that was using Scottish ingredients with transparency, being mindful of their processes and branded in a contemporary way.

The idea of creating one was an exciting opportunity, yet completely out of my comfort zone. Over the past year I have mixed many drinks and pushed myself to figure out each and every stage of development, from trademarks, sitting my personal licence and finally receiving the first batch through production.”

All blends are vegan friendly, dairy free, gluten free with no allergens. Each order comes in recyclable packaging including a coaster which includes the company’s contemporary branding, which represents the Scottish landscape, hills and sea, alongside a thank you card including all ingredients and serving suggestion.

Each bottle is hand-numbered and part of a limited batch. The cocktails are available online at: www.brawliquorclub.com and come in a variety of sizes: 200ml, 500ml and 750ml and are priced at £12-£36 plus UK postage.

After the last two years of the pandemic, this inspiring young entrepreneur is certainly putting the good times back into cocktail drinking with friends. And if you’re a fan of supporting local, small businesses, now’s the time to join the Braw Liquor Club and get your order in. You’ll be promised a braw good time. (K. Teakle)



Lunch Special

Our Teishoku set menu is available during our lunchtime service (between 12pm and 3pm) on Tuesdays, Wednesdays and Thursdays!

Get two main dishes from a set list which includes popular dishes like our Kara-age Chicken, Agnesau Dare, and Pork Tonkatsu.

It is served with rice and miso for just £14.50



Takeaway/Delivery

Sushi on the go!

Our Bruntsfield Bistro offers collection all day between Tuesday and Sunday as well as delivery on Tuesdays, Wednesdays, Thursdays, and Sundays after 5:30pm.

You can order through our website as well as through delivery apps like Deliveroo, Uber Eats, and What The Fork. Perfect for enjoying some of our authentic Japanese cuisine on the go, from the comfort of your sofa, or even as part of a picnic on The Meadows in the sunshine.



AA Rosette and Golden Chopstick Winner.

10 Gillespie Place EH10 4HS Edinburgh – 0131 281 0526 – www.harajukukitchen.co.uk

Monday: Closed, Tuesday to Friday: 12-3pm, 5-10:30pm, Saturday: 12-10:30pm, Sunday: 12-4pm, 5-9pm

Conjuring Wild Spirits at Buck & Birch

After a successful debut in 2021, flavour innovators Buck & Birch have relaunched the second batch of their spirit and namesake, BIRCH. The ethos of Buck & Birch's founders, Tom Chisholm and Rupert Waites, is to revisit Scotland's natural larder in order to create innovative, gastronomic offerings.

BIRCH is an alternative to gin and vodka where pure spirit is married with raw birch sap and seasoned with wild birch flavours. The result is a smooth yet complex botanical spirit with delicate notes of cucumber, rosemary and eucalyptus.

As an aside, Mrs Bite recently sampled the Ana Birch syrup caramel liqueur, (another B&B birch-based drink), over ice at the new bar Topsy Midgie and was impressed with its silky mouthfeel. It would be a perfect after-dinner sipper.

Regarding BIRCH, Tom said:

"10 years in the making, there has always been lively discussion at Buck & Birch about producing a spirit strength drink, but we were never in any rush – finding the right one was the most important thing.

The birch tree has always been integral to



our business (it's even in our name), so we knew we wanted to create something in its honour, and harnessing all its character was key. After the success of the first batch, we know it was truly worth the wait and we are excited to bring the new seasonal batch of BIRCH to our followers and fans"

Birch tapping is a traditional foodway in northern Europe where the trees thrive. The sap is harvested during a short window in spring when it is rising. This sap can then be drunk straight or fermented for alcohol, syrup or vinegar. The tree has an elegant, skinny trunk with white bark and heart-shaped, delicate leaves. The twigs can be used to make tea. In fact all parts

of the tree have been used, for fire or food, in the past. BIRCH contains a twig (a bit like the worm in a bottle of tequila).

BIRCH spirit can be chilled in the freezer and served neat, poured over ice and topped with light tonic or soda, garnished with rosemary or a slice of citrus to accentuate the herbal notes.

For cocktail enthusiasts, BIRCH can be mixed in a classic martini with vermouth and either a twist of lemon or an olive, depending on belief in tradition (S. Wilson).



Photo: Michael Szepes / iStock

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HUMANITARIAN
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Pink Lady® Food Photographer of the Year

For our front cover this month we chose to feature Purple Podded Peas by Ania Elias. The photograph won 2nd place in the category Cream of the Crop at the Pink Lady® Food Photographer of the Year awards and Mrs Bite liked the unique take on seasonal summer peas.

The annual competition was launched in 2011 and is open to professional and non-professionals, old and young, as a way to celebrate the very best in food photography and film from around the world. Since 2011, over 80,000 images and films have been submitted from 96 countries.

Pink Lady® Food Photographer of the Year was founded by Caroline Kenyon and her team at The Food Awards Company and is sponsored by Pink Lady – the premium global apple brand.

Ania Elias said of her photograph:

“As a food photographer, I love to explore fresh produce in its natural state – it’s an infinite source of fascinating colours, shapes, textures and patterns.

The inspiration behind this image came from my small vegetable garden in the English countryside. I’m always on the lookout for new, interesting varieties of fruit or vegetables that I can grow (and photograph of course!) and these purple podded peas immediately caught my attention.

I knew I wanted a macro shot to capture the smallest of details. I also wanted to keep the composition simple and let the food speak for itself. The peas, with their vibrant purple colour and lots of beautiful texture, looked

perfect on their own and they didn’t need much except for great lighting. Highlighting their best qualities only took a bit of planning before I picked up my camera.

I reached for an old French deep cast iron casserole dish and carefully arranged the peas inside it. You can achieve some truly beautiful light when you move your set up inside a deeper container or a wooden box. By moving your set up around, you can direct the light where you want it, to create gorgeous, deep shadows. In this case, I used natural light which was striking the subject from behind. I find this works particularly well for a more dramatic, mysterious and moody shot which is what my vision for this photo was. It also adds more interest and contrast, giving the subject more depth.

When you’re working in a minimalist style, composition and how you place your subject within your frame is key to how much impact the image will create. Repetition worked particularly well in this case. For an even bigger impact, I decided to break up the pattern of the peas by splitting one of the pods open which made it the greatest point of interest and the greatest area of contrast. This is where your eyes are being drawn to immediately when you look at this image.

Using simple food styling techniques to highlight the beauty of the subject helped in this case to transform a simple image into something memorable.”



Off the Trolley: What's in a Scone?

I tried a new recipe for scones the other day. They were delicious, but this was largely due to a cinnamon glaze drizzled over the top. Icing glazes are definitely not a traditional scone topping, but this recipe came from a reputable British establishment – and it was yummy.

The icing inclusion got me wondering: what exactly is a scone? What makes a scone versus a rock bun, or a fat rascal? What about tattie scones, and drop scones? And what is the difference between a scone and a North American biscuit?

Sadly I can give you very few definitive answers to these questions. There are many opinions, but no agreement. However, I can tell you that a scone is a quick bread, usually made with baking powder, flour, fat and a liquid. It can be filled with fruit, cheese, nuts, chocolate, or just about anything else. Sometimes it's sweetened with a bit of sugar, but it doesn't have to be. It's shaped or cut in circles or triangles and baked until golden.

Perhaps closest to the scone is the North American biscuit, which experts will tell you is actually a very different beast. Biscuits should be flakey rather than crumbly, and tend to be unsweetened. They can be eaten as a savoury side to a meal, or on their own topped with butter or jam. The distinctions between scones and biscuits are subtle, but can provoke passionate debate in certain circles.

Rock buns seem to be scones but are generally dropped rather than rolled and cut. This gives them their rough, rocky appearance, and name. They are usually filled with candied peel or fruit, although chocolate also seems to be



acceptable. A fat rascal is a Yorkshire variation, topped with almonds and cherries to make a mischievous face.

Drop scones and tattie scones are scones in name only. Drop scones are closer to pancakes than traditional scones, while tattie scones are flat and made with potato. Meanwhile, Welsh cakes are in fact very scone-like, but don't call themselves scones at all. They are cooked on a griddle rather than in the oven, but otherwise bear all the scone hallmarks.

You might have thought the most controversial thing about a scone was how to pronounce it. But it turns out there's plenty to debate about scones – and that's before we even touch the cream or jam first argument. (R. Edwards)

What's in Season – Sunflowers the Ukrainian Symbol for Peace #FuckPutin

How many of us have a bottle of sunflower oil in our kitchens?

Today, in our uncertain world, this beautiful flower has come to symbolise the resilience of the Ukrainian people. It is a key crop that was (and will be again, for that I'm sure) an export product of vital importance. As the supply is diminishing, I hold this unassuming ingredient in great awe and it will be treated with profound respect; each splash into a pan will come to represent the people of Ukraine and their ongoing defiance in the face of immeasurable suffering. I'm not going to dwell on this, instead let's celebrate the strength of these amazing people.

I have been asked by friends who are hoping to sponsor a young woman from the west of the country, what they can do to make her feel more at home: what should they be cooking? They've been pointed to a couple of Instagram accounts, *Olia Hercules* (@oliahercules) and *Edinburgh based, Caroline Eden* (@edentravels). Both these women are food writers involved in the 'Cook for Ukraine' events, making sure that Ukraine isn't forgotten.

Back to what to cook. My passion is baking, so I will be focusing on making some of the more traditional breads and cakes. I've made *Syrnyk*, similar to our Scotch pancakes, but made with cottage cheese. There will be honey



cake – *Medivnyk*, layered honey dough and sweetened sour cream; *Pampushky* – garlicky rolls normally served with *Borscht*. Another cake on the cards is *Pliatsok* – a poppyseed cake with cherry jelly. But the staple has to be bread. Like many countries across Europe, bread is an important feature in Ukraine, a symbol of friendship and sharing. There will be *Kalach*, *Pashka* and simple white *Makariv* bread. There will be *Varenyky*, dumplings filled with cottage cheese, dill, potatoes or sweet stuffed with sour cherries. (L. Harris)

If, like me, you know little about the food culture of Ukraine, go look at www.ukrainian-recipes.com

As an aside, did you know that the Ukrainian flag represents the blue sky above yellow wheatfields?

What else is in my basket: A list of ingredients from *Olia Hercules* – Beetroot, potatoes, cabbage, carrots, onions, garlic, sauerkraut, sour cherries, kefir, poppy seeds, sunflower seeds, pumpkin seeds, raw honey, fermented cucumbers, *Twarog* cheese or cottage cheese, toasted buckwheat, dill, caraway seeds, unrefined sunflower oil, lemons.

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 everyday. **Saltire Court (1st floor), 10 Cambridge Street, Edinburgh EH1 2ED** – 0131 218 1818 – dineedinburgh.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 £50 – a steal! Set lunch is two courses for £17, three for £20. 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 9am-9.30pm; Sunday 10am-10.30pm.

French

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 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

Italian

Osteria Dei Saporì – Gabriele Dagostino and Cristiano Guarnacci invite you to come together and enjoy traditional cucina Italiana. The concept

is simple. Flavourful authentic Italian food which can be enjoyed by all the family. Finest quality ingredients such as Pacchier pasta, extra virgin olive oil, are imported directly from Italy while fish and seafood are locally-sourced. Produce combines with cuisine and culture to give you a real taste of Italy. Extremely affordable and well worth a visit. **4 Bridge Road, Colinton, Edinburgh EH13 0LF** – 0131 629 2962 – osteriadeisaporì20@gmail.com – osteriadeisaporì.co.uk

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; Saturday & Sunday noon-11pm. Catering and private functions available 24/7. 10 Gillespie Place, Edinburgh** – 0131 281 0526 – @Harajukukitchen – www.harajukukitchen.co.uk

Scottish

Nobles Café Bar & Restaurant – A sumptuous eatery and loveable neighbourhood pub, full of old world maritime charm and modern twists. Delectable seasonal menus and refined pub classics are prepared using the best of local ingredients. Crisp craft beers,

considered wines and thoughtfully crafted cocktails all served until late. Also boasting a famous weekend brunch, Nobles is a home away from home for discerning foodies and drinks aficionados alike. **44a Constitution Street, Leith EH6 6RS** – 0131 629 7215 – noblesbarleith.co.uk

Bars

The Abbotsford – The city's finest 'island bar'. Est. 1902 specialising in Scottish real ales (6) 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. Sunday roasts (*til 6pm). **1 Cumberland Street, EH3 6RT** – 0131 558 3134 – www.cumberlandbar.co.uk – enquiries@cumberlandbar.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 whisky's. 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 Bar – 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

The Street – A popular mixed bar at the top of the very funky Broughton Street. By day the

large glass frontage provides an ideal place to relax inside or outside with a coffee to people watch, whilst at night it attracts a livelier crowd with a buzzing atmosphere. Good pub food such as homemade burgers and enchiladas until 9pm and snacks such as nachos, homemade chilli & potato wedges until midnight Sunday-Thursday. Antipasti plates. Premium selection of beers, wines & spirits and cocktails. **2b Picardy Place, Edinburgh EH1 3JT – 0131 556 4727**
 – www.thestreetbaredinburgh.co.uk

Cafés

The Food Chain Café at Dynamic Earth – Café within the Visit Scotland 5 star visitor attraction Dynamic Earth. The café is family oriented, serving bowls of chilli, baked potatoes, soups, sandwiches, cakes, traybakes, and Luca's ice cream. Eating is tempting and easy-on-the-pocket. Kids can make up their own lunches with items housed in fun rocket helmets. There are even lemon and apple flavoured edible straws and a sustainable ethos is evident. Outdoor seating is perfect for fuelling or reviving yourself from a jaunt up Arthur's Seat. **Holyrood Road, Edinburgh EH8 8AS – 0131 550 7800**
 – www.dynamicearth.co.uk/visit/food-chain-cafe

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 – www.unionofgenius.com** come find our van too under Street Food.

Street Food

Harajuku Streetfood 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 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

Chocolatier/Pâtissière

Sebastian Kobelt – Award-winning and renowned artisan chocolatier. Sebastian's inspirations include local Scottish ingredients, worldwide exotic flavours, the changing seasons and his German grandfather. Sebastian has worked at Michelin restaurants and boasts the coveted title of German Chocolate Master. He now runs a bespoke small business offering a variety of gifts and treats for every occasion or everyday life. **Browse for selection boxes, truffles, bars, cakes, nuts and confections and order online at www.sebastiankobelt.com**

Tea

Rosevear Teas – The Rosevear tea brand was created by Isabelle and Adam Rosevear. They have 3 shops in Edinburgh and stock 130 teas

including directly-sourced teas, herbal infusions and 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.roseveartea.co.uk
100 Bruntsfield Place, Edinburgh EH10 4ES – 0131 261 9854;
71 Broughton Street, Edinburgh EH1 3JR – 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 – 0131 557 1600**
 – www.lescargotbleu.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

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

