

QUICK BITES



SMALL IS BEAUTIFUL

Extra small, extra cute, extra eco: tiny Keep Cups are perfect for espresso. (£6.20/keepcup.com)

BUDDING BLUMENTHALS

Food nerd and proud? Get yourself to the Truman Brewery on the 21 and 22 October for the Experimental Food



Society Spectacular. The event will feature butter sculptors, sonic food artists, food magicians, cake artists, food futurologists, conceptual food artists and jellymongers to name a few. (£5, experimental foodsociety.com)

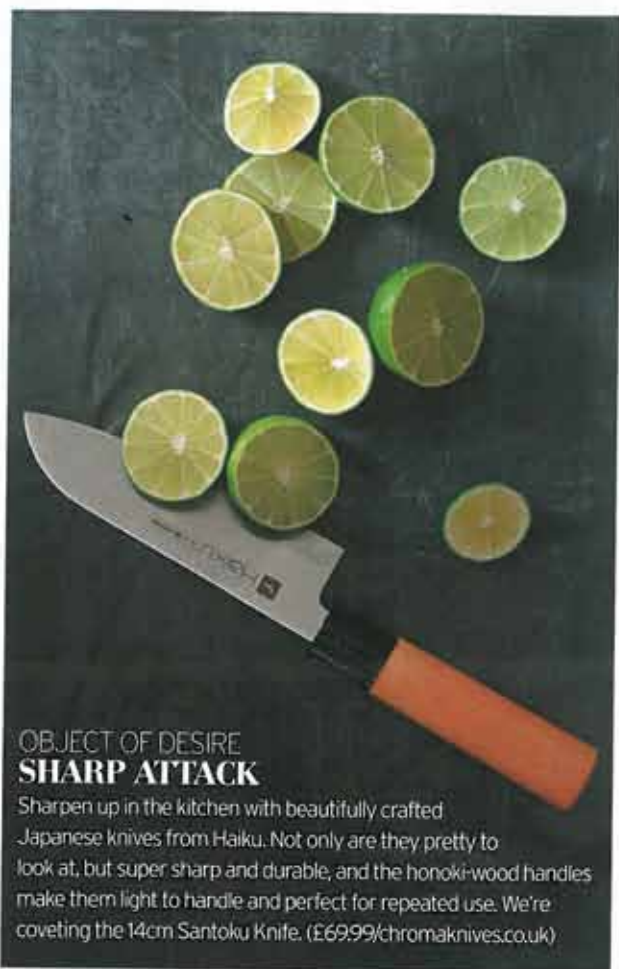


POSH PINNIES

Update your kitchen wardrobe at poshandlovely.com: our pick is this smart half pinny. (£30)

DELICIOUS DELIVERY

A deli-box packed with Mediterranean delights, straight to your door? What's not to love? The Good Fork delivers deli classics from Spain, France, Italy and Tunisia, so order yourself a treat or a gift voucher for a friend. (From £27.50/thegoodfork.co.uk)



OBJECT OF DESIRE SHARP ATTACK

Sharpen up in the kitchen with beautifully crafted Japanese knives from Haiku. Not only are they pretty to look at, but super sharp and durable, and the honoki-wood handles make them light to handle and perfect for repeated use. We're coveting the 14cm Santoku Knife. (£69.99/chromaknives.co.uk)



GREEN OLIVE

UNDER THE THATCH Dr Greg Stevenson's co-letting business grew on a passion for saving dere

houses. He restores them using traditional techniques such as lime instead of cement, thatched roofs and oil-based paints. All profits go back into building conservation work. Originating in Wales, it now includes England, Scotland, and has a couple of projects in France, Spain and Portugal. It's no longer just thatched cottages either: there are gypsy caravans, historic old trains, yurts and log cabins. One newly finished property is a cosy one-bed cottage in Pembrokeshire. It had been empty since the 40s but has now been sympathetically restored with central heating, an open fire and a wood burner, and is close to excellent tin-shed pub Tafarn Sinc. Three-night weekends from £199, four-night mid-week breaks from £199. Under the Thatch is offering a 10% discount to anyone who books one of their properties during November (underthethatch.co.uk)



CHEAT SHEET BURGERS

Think you know how to make a good burger? Tom Byng, founder of Byron, explains the three golden rules. (byronhamburgers.com)



1 Start with good meat. Choose a butcher that you trust and ask for a cut of beef from the forequarter, ideally chuck, and ask for it to be minced coarsely twice through a 4mm grinder. Press the mince into 180g patties with your hands, taking care not to overwork the mince.

At Byron our cattle comes from small farms and roams freely in the Scottish Highlands eating grass for two or three years before slaughter. Producing good beef is no more complicated than that.

2 A proper hamburger is best enjoyed when cooked pink with the juices flowing. To cook the patties place them on a hot ridged grill pan and season the exposed side with a little sea salt and pepper. Three minutes each side will produce a medium rare burger beautifully charred on the outside and pink and juicy on the inside. Gently 'feel' the patty with a spatula - soft will be rare and firm will be well done.

3 Use super fresh buns cut in two (I go for a soft, squishy, white bap about 4 inches in diameter). When building your hamburger keep it simple adding slices of beef tomatoes (the best you can find), a handful of fresh crisp lettuce, ripped to fit (iceberg or escarole is good), thinly sliced red onion, with some mayonnaise, ketchup and mustard. Eat with one hand, or two - cutlery would be heresy!