

Forever picking

Snacks inspired by the seasons. This stems from my recollection of being in the garden with my mother and picking anything that was edible.

The rule of three

The number 3 is a mystical & spiritual number featured in many guises & Folklores. 3 wishes, 3 lives, 3 guesses, 3 little pigs, 3 bears, 3 Billy goats gruff. Therefore 3 snacks will always be better than 2.

Just down the road

ricotta, beetroot, bergamot

Many miles have been travelled, and countless hours have been spent during my ongoing quest to find the very best of British producers to supply Muse with ingredients. We celebrate Old Hall Farm as one of them because it's just down the road from where I grew up in Norfolk.

Making & breaking

The comfort and satisfaction I get from making and eating bread stems from a long journey with many memories along the way. To me, it means comfort, satisfaction, sharing, connection, love and of course the joy you receive from the actual eating of bread.

From a humble beginning

onion, sorrel, cheese

I have peeled many onions in my time as a chef, simply for making stocks or to flavour dishes rather than playing the main role. However, here our very humble onion takes centre stage and we are filled with gratitude for this king of vegetables that should never be overlooked.



Down to earth

celeriac, truffle, mushrooms

I have always been fascinated by this wonderful vegetable due to its simple earthy flavour that is matched by no other. It can reach deep umami bomb flavours, as well as being as light as a butterfly.

Simple is never easy

brill, January king cabbage, blood orange

However simple a dish may look; the time it takes to prepare it can go unnoticed. Hours can disappear in preparing and cooking, yet it can take seconds to eat, so always savour, not devour this labour of love.

Swim for your life

venison, clementine, parsnip

The Sika deer was brought to these shores in the late 1800's to Brown Sea Island off Dorset. They duly escaped as they are excellent swimmers and so became true wild deer rather than a park reared version.

Wait and see

Many of you will remember your mother's voice when asking "What's for dessert?" All I will say is that it is a sweet, seasonal delight!

An apple a day

apple, caramel, cider

My grandfather was not a great home cook but every winter he would bake cooking apples from his garden for breakfast. The sweet aroma of apple, butter and caramelized sugar would fill the house with the most amazing smell. The scent and taste of apple & caramel will always be a lasting memory.