



### **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.

### **Down to Earth**

*(Jerusalem artichoke, carrot, mandarin)*

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.

### **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 in the actual eating of bread.

### **From a humble beginning**

*(onion, eel, lovage)*

I have peeled many onions in my time as a chef, mainly for stocks or to flavour a dish rather than using the onion as key component of the dish. However here at Muse, our very humble onion takes centre stage! We are filled with gratitude from the king of vegetables that should never be overlooked.



### **Life is full of pasta-bilities**

*(ravioli, cep, chestnut)*

There are many skills as a chef that you need to have in your back pocket, and making pasta is one of them. Under many of my mentors I made hundreds of raviolis that were poles apart in size, style & taste, however it was always exciting to see originality shine through.

### **The biggest bite**

*(monkfish, pepper, aubergine)*

Dylan Bean of Kernowsashimi is one of the best fish suppliers in the country, and he once took me fishing off the coast of Cornwall on his boat named Lady Hamilton. I remember landing the Monkfish which has the biggest mouth and teeth, however we should never judge on looks alone I thought.

### **Keep it clean**

*(pork, cabbage, apple)*

Pigs have always been portrayed as dirty animals, rolling around in mud, but they are in fact one of the cleanest and smartest farm animals. They even go as far as separating their eating and sleeping areas to keep their home in complete order.

### **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!

### **Not just for Christmas**

*(parsnip, pear and tarragon)*

Now that we are officially into the closing months of the year, we are looking at alternative winter produce to be creative with. The parsnip is a vegetable that I have always loved using pre-Christmas, as it has a natural sweetness that lends itself very well to pastry.