



### ***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.

### ***Ultimate weaponry***

*(lobster, asparagus, truffle)*

Whilst researching for my Fish cookbook, I found that the largest UK lobster ever caught was in 1931 in Fowey Cornwall, weighing a huge 9.3 kg. The Lobster is a natural born killer with very powerful claws; one for crushing, the other for cutting. Rich, powerful ingredients with countless possibilities.

### **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 the course the joy you receive in eating the bread.

### ***Just down the road***

*(ricotta, courgette, broad beans)*

Many miles have been travelled and countless hours have been spent during my ongoing quest to find the very best British producers to supply Muse with ingredients. We celebrate Old Hall Farm, located “just down the road” from my Norfolk roots



### ***A slow-paced life***

*(snails, garlic, red wine)*

The humble snail, slow moving but certainly packs a punch in flavour. Cooking under renowned chef Pierre Koffmann, I fell in love with the art of preparing this wonderful garden creature.

### ***Total Blackout***

*(cuttlefish, verbena, seaweed)*

Whilst fond memories remain with me of Pierre Koffman's signature dish of scallops with black ink, preparation was messy & lengthy. It was the cuttlefish stew for the staff that I would love to forget.

### ***Old with new***

*(lamb, turnip, peas)*

Herdwick sheep have been farmed in the Lake District for centuries. Their ancestors go back to the first known domestication of sheep! A heritage breed paired with new seasonal produce.

### ***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!

### ***Strawberry fields forever***

*(strawberry, yoghurt, basil)*

As we approach summer, I am reminded of sweet memories of family outings in endless fields of beautiful strawberries lying in raised beds raised amongst layers of straw. Always an absolute joy seeing these juicy sweet delights popping up. And of course, any opportunity to stuff my pocket and my face!