



### **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, delicate pumpkin, candied carrots*

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.

### **Worth Waiting For**

*girolle, chanterelle, sweetcorn*

We love to complain about the constant weather changes in the UK but I am always thankful as the ever-changing seasons bring new taste explosions. I have been waiting all summer for autumn to come around and the abundance of exciting produce that comes with it.

### **Check Out My Mussel**

*mussel, beef fat, dulce*

Our soft deep ocean rope grown mussel and beef tendon. Both giving a lip-smacking mouth of unctuousness and flavour, seasoned by the sea...

### **Never Ending Time**

*squid, fennel, chicken*

However simple a dish may look, the time it takes to prepare it can go unnoticed. I would always say savour, not devour. Many hours disappear in the preparing and cooking of the squid, and days have been spent perfecting.

### **If It Ain't Broke...**

*lamb, tomato, aubergine*

...Don't fix it, was always a phrase I would hear over (and over) again from my grandfather. Classic combinations are there for a reason, and although we may want to alter or tweak, tomato and aubergine are classics which we have complimented with a foraged relish to give it some punch.

### **Mother's Puzzle**

*lemon, basil, almond*

I would always ask myself "what if..." and "why..." when my mother made desserts. Nothing was ever weighed out or measured properly, it was all done by eye, yet they were always perfect, which puzzled me, this dessert brings back these memories.

### **Life Has Never Been So Sweet**

*plum, cardamom, grains*

I have always been intrigued into the cross over between salty and sweet, this is a combination of the two, using fermentation and patience.