**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, delica pumpkin, corn*

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.

**Mother’s Potato Salad**

*potato, truffle, artichoke*

This dish takes me back to digging up fresh potatoes from the garden with my mother and cooking them within minutes using fresh herbs also picked from our garden. Although this is far from a traditional potato salad, the smell and flavours remind me of how excited I was to cook our home grown produce for the first time.

**She Sells Seashells by the Seashore**

*scallop, cherry, almond*

My favourite tongue twister poem as a child. Scallop shells are foraged by beachcombers for their classic shape and beautiful colours. This dish is a combination of foraging both from the land and 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.

**From Savoury to Sweet**

*cream cheese, cucumber, dill*

As a child I would always ask my mother for one of my favourite sandwiches to take with me as a snack whenever we would go on a trip. This is my take of something savoury being changed to something sweet...