

MEET AND GREET

What's not to love about getting the finest cuts from Yorkshire's top farms delivered to your door? **Lamb2Ewe**, the new online meat delivery from vetted farmers, is a cut above the rest, specialising in high welfare and sustainable lamb, beef and chicken, plus spice mixes, meat rubs and veg boxes for all your barbecuing needs. Quarter lamb box, various cuts, £60. lamb2ewe.co.uk



EAT YOUR SEA GREENS

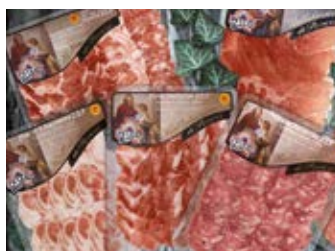
Named after the patron saint of fisherman, samphire is found growing in rocky coastal areas and marshes, and is both crisp and salty. In its prime this month, it can be used raw in salads (if rinsed well) but is more often cooked – either briefly, fried in butter, or for a couple of minutes in simmering water or a steamer. With such a distinctive taste, it really doesn't need much adding to it. Fish and seafood are one of its simplest partners, and one of the best according to chef Tom Brown of East London's Cornerstone. 'It's wonderful blanched, to retain its vibrant green colour, and then served with raw fish, such as sea bass. All you need is a good squeeze of lemon for the perfect combination.'

ON ICE

To help you make the most crucial decision of the summer, we've tested the best new ices. The long-awaited Biscoff ice cream (three for £3.89, Waitrose) has pieces of the lauded biscuit and a moreish layer of Lotus Biscoff. Halo Top ice cream now comes in stick form, with flavours like peanut butter and strawberry cheesecake (three for £5, ocado.com).



Food *news*



ITALIAN JOB

Embrace the Italian art of laid-back summer dining as Piacenza PDO cured meats of Emilia Romagna from Salumificio Peveri Carlo have arrived in the UK. From Pancetta Piacentina PDO and slivers of Coppa Piacentina PDO to La Mandola Il Salame dal Prosciutto and Culatta ham, it's time to master the art of the charcuterie board. From £1.60 (80g). bellavitashop.co.uk

RUN RINGS AROUND THEM

Made with organic ingredients and a hint of sweetness from Canadian maple syrup, Bross Bagels is Edinburgh's ode to the Montreal bake – and now Larah Bross's bagels are available to order nationwide. From sesame and poppy seed to wholemeal or vegan, these baked-to-order morsels have enough satisfying heft to hold up thickly spread cream cheese and deli-style fillings. From £8.50 for ten. brossbagels.com



Arrivals

FOOD



COOL AID

Craft soft drinks are alive and kicking. Dalston's Soda's two new sparkling numbers, rhubarb and elderflower, are packed full of British fruit, botanicals and spring water, with no added sugar. 4 x 330ml, £3.99. sainsburys.co.uk

BOOK CLUB



Greenfeast: Spring, Summer is the first in a pair of season-led vegetable (and fruit) books by Nigel Slater. From roast spring veg with peanut sauce to peaches with blackberries and ice cream, his beautiful recipes are the ultimate inspiration for quick plant-based meals (most taking 30 minutes), whether you're veggie or not. Fourth Estate, £22



Part travelogue, part food memoir, Felicity Cloake's latest book **One More Croissant for the Road**, follows her 2,300km cycle across France in search of the definitive versions of classic French dishes. From sticky tarte tatin to gutsy cassoulet via poule au pot and rich tartiflette, this is a Tour de France with quite the difference. HarperCollins, £14.99



For most cooks, their garden is an extension of the kitchen. **The Garden Chef**, from leading chefs including Magnus Nilsson and Skye Gynge, shines a light on growing methods and key plants, plus offers a host of recipes (think steamed bass with cockles and summer pistou). Phaidon, £29.95

EASTERN PROMISE

This summer, ditch lemon curd in favour of The Cherry Tree's rich, fruity and floral Turkish Delight version. Add it to buttercream to sandwich between sponge cakes or use instead of jam in buttery biscuits. 300g, £3.95. cherrytreepreserves.co.uk



THE BIG FREEZE

Freezer food is emerging from its 1990s rut – think fresher, tastier ingredients and less waste. Top of our list is Waitrose's new range featuring British ray wings en papillote. 275g, £6. waitrose.com



TAKE responsibility

We look at the products and projects putting sustainability, ethical practices and community at the fore to help you eat responsibly

1 Great Taste award-winner Mama Buci bush honey is helping communities across the Miombo forests of Central Zambia. Over 7,000 families harvest the product by hand, with the company setting up local schools, too. The light Summer Harvest raw honey tastes great with cheese. 340g, £5.99. mamabuci.com



2 Reusable food wraps are the bee's knees for those looking to go plastic-free. Unlike sandwich bags and cling film, the organic beeswax-coated cotton wraps are breathable, antibacterial and biodegradable: simply wash after each use. We love Lakeland's (from £7.99) and

Beebee's (from £9.50) for sandwiches, while Vegan Food Wraps offers a beeswax-free variety (£10). lakeland.co.uk beebeewraps.com veganfoodwraps.co.uk

3 Madagascan Bourbon Salt is known locally in Malagasy as 'siratany' (salt of the earth). Made by women in three villages in south-west Madagascar, this bright-white, fair-trade salt is relatively low in sodium with a light mineral flavour. Nestled in hand-sewn calico bags, a tag reveals the story of the salt's journey to the UK. 100g, £3. steenbergs.co.uk

4 After learning that male goats in the dairy industry were being put down at birth, Broughgammon Farm in Ballycastle, Northern Ireland, decided to buy and raise them for charcuterie and meat boxes instead. On site they also offer farm-to-fork tours and butchery, cheesemaking and fermentation classes. broughgammon.com



5 **Secrets of Great Second Meals** by Sara Dickerman (William Morrow, £25) will make you rethink the concept of leftovers, from saving time (on both shopping and prep) and money, to reducing your carbon footprint.

Words by Anna Berill. Photos by Angela Dukes; Workingline Images; Renée Anjanette; Joe Conran; Marc Millar Photography; Ed Schofield; Ian Wallace; Mowle Kay