

LONDON



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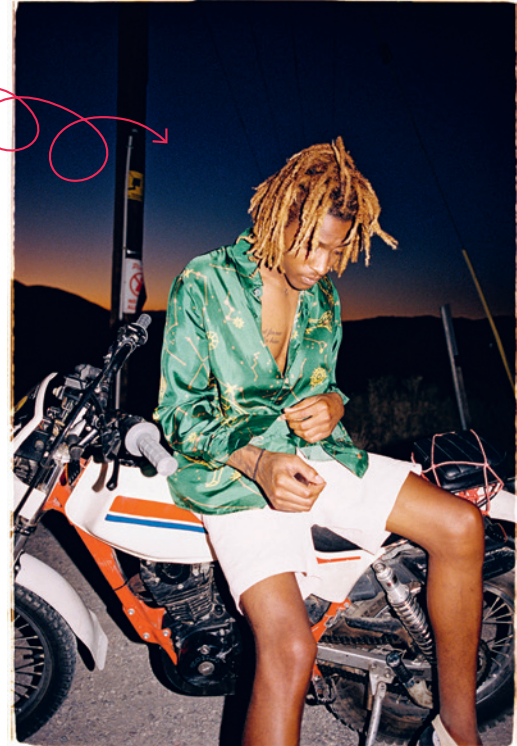


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HOMING PIDGIN

One of London's most acclaimed neighbourhood restaurant's just turned four – yet, from its home in London Fields, it still hasn't ever served the same dish twice. Here chefs Hamish Pearce and Michael Robins pick out some highlights.

How hard is it to never serve the same dish twice?

Hamish: It's certainly difficult, but it drives us.

Michael: Some dishes have been planned for months but in some cases an interesting ingredient will pop up and it makes its way onto a menu in a few days.

Hamish: Pidgin attracts chefs that are comfortable with being uncomfortable. Constantly changing the menu and throwing ourselves into the unknown can be stressful, but we strive for a very positive environment where people want to come to work.

Michael: Changing the menu so much isn't for everyone. We love visiting other restaurants that do it but there's also a lot to be said for the classics and the restaurants that have had the same staple dishes for years.

This might be tricky considering how many there have been... But can you pick out your favourite dishes?

Hamish: We did a dish called 'Drop the beet'. It's a foie gras, creme fraiche and brown butter espuma with pickled and grilled badger flame beets, beet chips



and fermented wild garlic purée.

Michael: Another stand out dish would be a dessert of sake lees, a byproduct of sake. We made it into a semifreddo and served it with a yuzu and sake granita. It's topped with some puffed sushi rice crisps and saki compressed cherries. Delicious.

What are your favourite restaurants?

Hamish: There are so many great restaurants in this city. Some that really stand out for me are Brawn, Brat, Black Axe Mangal and the Ledbury. We have so much respect for how Silo and Amass in Copenhagen concentrate on zero waste and it is really changing how we approach our cooking. Uncle Boons and Estela in New York and Attica in Melbourne are all big inspirations too.

@pidginlondon



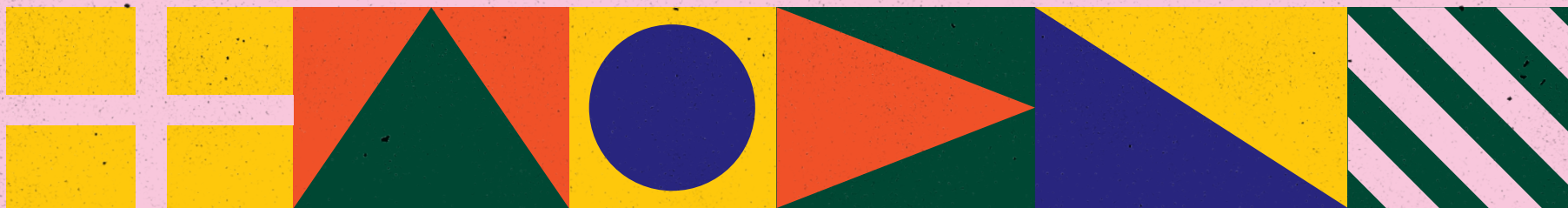
HUCKLETREE

Jin Kwon,
Bringing Cutting Edge
K Beauty to Europe
Founder TONIC15,
Huckletree West

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BRAVER TOGETHER

Workspaces, Community, Acceleration



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♦ Central
♦ SHOP / Outdoor

JAPANESE ASCENT

Japanese outdoor brand Snow Peak
is set to open its first store in Europe.

YUKIO YAMAI, AN accomplished mountaineer from Japan who loved tackling the precipices of Mount Tanigawa, created his own line of climbing gear in 1958. It was just one year after the young Californian Yvon Chouinard founded Chouinard Equipment, the predecessor to Patagonia, at a time when the world had a growing obsession with rock climbing.

Since then, Yamai's brand, Snow Peak, has become highly regarded around the world for its impeccable aesthetic and functional design. Products range from camping cookware, stainless steel stoves, tarps and tents to space-age hoodies and camouflage and insect-shielding mesh tracksuits. Later this month, the brand will open its first store in Europe at St James' Market, spanning 4,300 square feet with a shopping area split over three floors and a cafe. Fans – and there are a lot of them – have been waiting a long time for this.

'My grandfather had a passion for mountaineering and my father for camping, while mine lies in apparel,' says Lisa Yamai, Snow Peak's vice president and head of design. 'As the generations change, so does Snow Peak's style, but we are always connecting people and nature.'

As well as the new London store, the brand has a big year ahead. 'I've developed a new range of unisex clothing, but more focussed on womenswear, under the label Yamai, that has just launched in Tokyo and Paris. We have focussed on natural fabrics and dyeing processes that have a much more organic feel. We have the



SS20 high summer New Balance collaboration in the final stages of development. It is the first time that New Balance have created a whole new silhouette for a shoe when collaborating with a brand.'

These days, Lisa is working hard to preserve made-in-Japan manufacturing practices. 'When thinking about the way in which people connect to each other,' she says, 'it is always natural for us to work with the craftsmen who are skilled in traditional Japanese garment manufacture. Alongside them, we want to update these styles for modern lifestyles. We source almost 100% of our materials from Japan. I believe the performance and quality of Japanese materials are the best in the world and I am working on innovating new materials with fabric manufacturers every season. They create the materials that don't exist, but that I really want. Our manufacturers are alchemists.'

@snowpeakuk

♦ East
♦ EAT / Italian

Padella #2

IN 2016, THE people behind Trullo, one of the capital's best Italians, opened a fresh pasta restaurant in London Bridge – and ever since, queues outside have wrapped around the corner into Borough Market with people prepared to wait over an hour for their fix of *cacio e pepe* or the eight-hour beef shin ragu, a signature dish. The new site will open on Shoreditch's Phipp Street early next year. Jordan Frieda and chef Tim Siadatan say to expect more of the same: a short menu of fresh pasta at affordable prices (and, we're guessing, more queues).

@padella_pasta



♦ East
♦ EAT / Italian

Atherton's brasserie



A DECADE ON from making his name at Gordon Ramsay's Maze, Jason Atherton has returned to Mayfair's Grosvenor Square with new brasserie Betterment (along with four Michelin stars and 18

restaurants under his belt). Betterment falls under Atherton's Social Group, which counts Pollen Street Social and Social Eating House in its stable. Expect a seasonally-driven menu from an open grill, with dishes ranging from grilled pork axe and coast turbot to plant-based dishes.

@thebettermentmayfair

♦ North
♦ EAT / Home

Grizzly burgers



IF YOU'RE WONDERING why the latest burger joint to land in Brixton is named after Canada's national animal, you'll be relieved to know that Black Bear Burger is inspired by the ski seasons founders Stew and Liz Down did at Whistler and has nothing to do with the make-up of the patty. The Brixton Village restaurant is a sister to the original site in Box Park, Shoreditch, and the menu features the same grass-fed and dry-aged-on-the-bone beef. There's also a vegan burger and a strong side-dish game that includes Canada's artery-clogging poutine and buffalo wings.

@black_bear_burger

MERCH
WATCH

♥ Citywide
• SHOP / Streetwear

PATTY & BUN

Hot merch from brands not necessarily known for their fashion credentials.

BURGER SPECIALISTS Patty & Bun have been releasing merch since they launched seven years ago. Here Tom Monaghan, with them from the start, explains why.

When and why did you start releasing clothes?

We're known for pumping out the best burgers in the galaxy – I would say that – but we've never wanted to just be a restaurant group. We put out Spotify playlists, hold events and play music at festivals, in addition to all the t-shirt collaborations we put out. We started doing them a few years ago, the idea being that we ask artists to experience Patty & Bun for themselves, go away and come up with a design that represents us, but in their own style. It's always exciting to see what they come up with.

Which brands have you worked with?

London based graffiti artists **The Lurkers**. **Done London**, the Lewisham-based clothing designers and screen printing heroes. **Artista**, an amazing artist who uses big bold floral designs. Hugely talented illustrator **Tony Riff**. The football magazine **Mundial**. The vintage clothing store in Soho, **Dukes Cupboard**. **Skeleton Cardboard**, the minimalistic line-drawing artist with a running skeleton theme. **Bowlcut**, Peckham's satirical t-shirt designer. And there have been more...

How do you pick people and brands to work with?

We approach artists and brands that we love, and usually they're based in London. It not only enriches our brand,

but also celebrates the huge talent across the capital. Along with the t-shirts we usually put on a little launch night at one of our shops. For example we recently put on a table football competition for Mundial mag fans at a little bar in Hackney. We may also do a burger alongside the t-shirt that we have as our monthly special. This allows the artist to have creative input into the ingredients and show off their artistic flair.

Which Patty merch has sold best?

I'd say it was the first one we did with The Lurkers. They have a really loyal following and the launch party we hosted caused a bit of a road block! We parked our food truck 'Shirley' outside our old shop on Redchurch Street in Shoreditch and sold the t-shirts from it. They pretty much sold out that night. We like to keep the t-shirts super limited to increase the exclusivity and hype. Once they're sold out, they're sold out.

What value do collaborations bring the company?

Being exposed to new people through these collaborations helps us gain more fans. People will naturally gravitate to you if you are associated with artists or brands that they already respect. These new fans don't necessarily need to have bought the shirt, but the exposure of the collaboration we get through social media is very powerful. It's also just really fun. If it wasn't, we'd never dream of doing it.

@pattyandbun



♥ North
• EAT / Markets

North Star

NORTH LONDON ICON CAMDEN Market is celebrating 45 years in the business with a new drinking and dining precinct targeted at locals. Located at the foot of the Amy Winehouse memorial statue and accessible via the Chalk Farm Road entrance, the North Yard is designed for locals to avoid the tourist hordes and frenetic pace for which the market has become famous. There will be vegan burgers and shakes from Rudy's Dirty Vegan Diner, while independent butcher and grill Camden Town Roadkill and Kuku Riku, who offer Jospier charcoal rotisserie chicken, will cater to meat fiends. Indian flavours come via Baba G's Indian-inflected burgers and traditional chai house Pamban, and there's all the grilled cheese from The Cheese Bar plus deli goods from The Camden Grocer.

@NorthYard_Camden

♥ East
• DRINK / Brewing

Culture club

OUR KOMBUCHA BREWERY

is located inside a massive old car garage in Hackney Wick that we share with our friends at Crate Brewery. Most of the week we're brewing, bottling and packaging kombucha by hand with a small team,' says Adam Vanni, the co-founder of JARR Kombucha, who has just announced he will be hosting a series of evening workshops aboard the Alfred Le Roy, a canal boat on the River Lea, as well as guided brewery tours. Vanni, who ferments his kombucha 'the old fashioned way' using only tea, water, sugar and a symbiotic culture of bacteria and yeast, says the secret to making good kombucha is using good ingredients. 'We spent six months sourcing the best ingredients we can find, and another six months testing those ingredients to get the balance of flavours right,' he says. 'My favourite kombucha at the moment is our hemp kombucha. We've substituted organic hemp stalks grown and harvested in Oxfordshire, for tea leaves, and it has notes of nectarine and peach.' This recipe and many others will be on offer at the workshops, which are taking place on 30 October and 13 November.

@jarrkombucha



♥ Central
• EAT / Fine dining

Autumn humm

ONE OF THE MOST hyped restaurant openings of the year is finally almost upon us. In November, the New York chef Daniel Humm is set to take over the main restaurant at Claridge's hotel. With his Eleven Madison Park regularly touted as one of the very best restaurants in New York (not to mention topping the World's 50 Best list), expectations are high for this London opening, called Davies and Brook, after the two streets that Claridge's is on. It'll be taking over from Fera, the restaurant that Simon Rogan launched.

@daviesandbrook



♥ Citywide
• EAT / Global

MY LONDON CLAIRE PTAK

Snapshots of food culture high and low across the city through the eyes of some of the people who know it best. This month: Claire Ptak, founder of Violet Bakery.



ENTREPRENEUR AND BAKER

Claire Ptak started a market stall on Broadway Market selling baked goods before opening her Hackney cafe, Violet, in 2010. Last year the American pastry chef made the royal wedding cake for Prince Harry and Meghan Markle and next year she will open a second site near Mare Street Market. Here she offers a brief guide to her top spots around the capital. @violetcakeslondon

What's your favourite neighbourhood restaurant?

BRAWN. Everyday Ed, the top chef there, makes really honest food, inspired by all the places he loves in Europe. They also have an amazing wine list. You can go a couple nights a week and either have a few small bites or a full meal but either way you will always feel satisfied.

Best cheap eat?

Easy – the lentil soup served with a massive wedge of lemon at **MANGAL PIDE** on Stoke Newington Road.

Who does the best desserts in the capital?

Jeremy Lee at **QUO VADIS**. It's always some kind of Scottish, Irish or English pudding that your grandmother's grandmother invented – and it's always delicious, totally seasonal, over the top and full of cream. It's rare that chef's make great desserts but Jeremy is an exception.

Tell us about your favourite cake you make.

At the moment it's a **VANILLA SPONGE WITH FRUIT COMPOTE** (roasted rhubarb or plum) and a brown sugar Swiss meringue icing, which makes it less sweet than some of my other cakes.

Where is best for buying produce?

Any of the **NATOORA STORES** or Leila's shop in Shoreditch.

How does London compare to other big global cities when it comes to cakes and sweet treats culture?

It's great. There are so many new bakeries and cake shops opening up all over the capital. To name a few: **MAISON BERTAUX** on Greek Street, **MARGOT BAKERY** in north London and **FLOR** in Borough Market.



♥ East
• EAT / Italian

PIZZA – NOT AS YOU KNOW IT

Wild ingredients, super low waste and a dizzying amount of collaborations – welcome to Hackney's Flat Earth Pizzas, founded by partners Sarah Brading and Rich Baker.

You both quit successful jobs to start Flat Earth Pizza. Why?

Sarah: I've always worked in hospitality and marketing, so creating a concept and bringing together everything I've learned was always a goal for me.

Rich: I've led many businesses down the years and people around me have always said I have the skill and passion to start my own thing. But you never believe it. I needed the conviction from Sarah to make that initial step to follow my heart. I'm a country boy after all, and have always been into the beauty of dormant winters, spring rebirth and the abundance of life in summer and autumn. It's magical that one small seed can provide you with 30 courgettes or 100 tomatoes.

Has starting the business felt like a big risk?

Rich: Deciding to live on a narrowboat has reduced our outgoings and made us less risk averse. If we fail, we could write off our calculated loss and return to consultancy. We thought we knew each other well from living together in a small home, but then we started working together and you see another side of the relationship. It's a massively positive change but one which requires us to look at how we manage our behaviours.

Sarah: Living and working together means deeper compromises. But the most challenging part has been the exhausting nature of all the passion we're pouring into it.

Tell us about the concept behind your menu.

Sarah: Rich forages key ingredients and volunteers at Growing Communities – a group of organic farms around London – where we also get our veg from. We are low waste. We ferment and pickle lots of veg to preserve it for longer (as well as creating interesting flavours and enhancing gut health). And our pizzas are carefully sized for one person so they don't feel gluttonous to eat.

Rich: We want to make pizzas with the same kind of romanticism as a rural Italian family! No fuss and herbs, pickles and sauces stockpiled in the larder from previous outings.

You've already done a lot of collaborations...

We have – with the likes of Jessie Ferments (queen fermenter and pickler), Kinda Co (dairy-free cheese), Club Cultured (London's organic tempeh), The Arty Vegan (father-daughter combo producing the best tofu), Lucy Charlotte Floral (a former Burberry corporate cog turned freelance florist) and Tom Artacus (East London-based digital artist).

What makes good pizza? What are yours like?

Rich: Flavour from every bite. No pizza coma after. **Sarah:** The dough Rich makes using a mix of E5 Bakehouse and Gilchrist's flour. It creates a pillowy, organic, heritage grain dough. **Rich:** Tradition is set aside, while our flavour combinations depend on what's in season and accessible to us in Hackney.

Sarah: We have a BBQ tempeh one with fermented cherry tomato bombs, wild slaw on a red onion passata. Another has pickled blackberries with walnuts, wild rocket and green garlic béchamel. **Rich:** One of my favourites at the moment has Neal's



Yard Dairy Stichelton, wild mushrooms and a savoury apple jam made with apples I've picked from Haggerston Park – a mere five minute walk from our venue.

What are your plans for the year ahead?

Sarah: Our residency at The Hive lasts until the end of the year. Then we'll extend or find a new home. **Rich:** We're really proud of our business model. We went live with all new kit and a great Italian oven for under £8,000. If in six months time we're sharing our pizza with 150 people a night alongside some fab collaborators, I'll be a very happy pizzaiole chef.

@flatearthpizzas

Citywide
EAT / Asian

FIVE FILIPINO FAVOURITES

From the rainbow shaved ice dessert 'halu halo' to the grated cassava and coconut milk cake, here's your insider guide to the best Filipino food and flavours across the capital, picked by the cooks and chefs who know it best.

THERE IS NO one way to think about Filipino food – the archipelago in South East Asia has nearly 200 ethnolinguistic groups, all of which have their own traditions, food and history. Yet Filipino chefs have been drawing attention to their cuisine recently, as more Filipino restaurants appear in the capital. Here are five favourite dishes, from some this city's most exciting Filipino chefs.



HALU HALO

'*Halu halo* is a shaved ice dessert and the toppings are endless,' says Mae Williams of supper club Food With Mae. 'When I make this for my events I make *ube* (purple yam) ice cream and *leche* (milk) flan and add sugar palm fruits, coconut, fresh shredded jackfruit, ripe plantain and plenty of evaporated milk.'

@foodwithmae

CHICKEN SOPAS

'This is made from whole chicken chopped on the bone, water and pasta, cooked till soft and finished with milk,' says Omar Shah of restaurants Bintang, Ramo Ramen and Mamasons Dirty Ice Cream. 'In the Philippines, evaporated milk would be used. Variations include additions of diced carrots, celery, hard boiled quail eggs and sliced up frankfurters, which I loved as a kid. Coming back from school I would usually find a large pot of this resting on the hob. I make a version of this in one of my

restaurants called Ramo Ramen. Swapping out macaroni for Japanese *tonkotsu* style ramen noodles. A lot of work goes into this bowl and I'm super proud of it. We go through hundreds of litres a week – my customers love it.'

@omarshah

PAN DE SAL

'In every town there is a *panaderia* (bakery) and you will find *pan de sal*,' says Nigel Motely of Kapihan. 'There's still a wide wealth divide in the Philippines, but everyone can afford pan de sal and you always buy it from the same panaderia. Despite the name meaning 'of salt', the bread is actually slightly sweet and is coated in small breadcrumbs for texture. When fresh from the oven it has a crispy exterior and fluffy interior. Our version uses sourdough, giving a delicious subtle twang.'

@k_a_p_i_h_a_n

PINAKBET

'*Pinakbet* is a vegetable based dish which originated from the Ilocos region of north west Luzon,' says Ferdinand 'Budgie' Montoya of Sarap, a Filipino barbecue restaurant opening in Brixton soon. 'It's cooked with a variety of locally sourced vegetables but namely bitter melon, string beans, aubergine, okra and in the Tagalog version there is

usually pumpkin added. The other key component to the dish is *bagoong*, a local fermented shrimp and fish paste. I haven't put a version of pinakbet on the menu yet – and it won't appear until I can recreate it well enough to respect my mum's version.'

@sarap_london

CASSAVA CAKE

'Cassava cake is a dessert that uses grated cassava, condensed milk and coconut milk and is a popular *merienda* (afternoon tea) dish,' says Budgie. 'It was introduced to the Philippines from Latin America during the Spanish occupation through what was known as the Manila Galleons. We have been serving a version since our second residency in Dalston. I use my mother's classic cassava cake recipe and use that to fill a very flake short crust pastry case and topped it with *macapuno* strings and sugar and brulee the top of the tart when we serve. It's been a real hit for us at our pop-ups!'

@sarap_london



South
EAT / Italian

A PENCHANT FOR PASTA

LONDON'S PASTA BOOM is showing little sign of slowing down, with the opening of Legare in London Bridge: a Mediterranean-inspired fresh pasta and natural wine joint from ex-Trullo head chef Matt Beardmore and ex-Barrafina GM Jay Patel.

What's your inspiration?

Jay: I was drawn to how the Spanish make simple ingredients shine with great olive oil, salt and vinegar. We found when we travelled across Portugal and Italy that the same principle applied – a love for exceptional produce dictated the direction of a dish, not the other way around.

Matt: We aren't trying to do anything groundbreaking or pretentious; just food that we know and love.

Why do you think pasta is enjoying such a renaissance at the moment?

Matt: Simply, everyone loves pasta, and I also think people realise now that it can be so much more than what they have become used to.

Jay: I think the trend towards handmade pasta made daily

has happened partly because consumers care about the provenance of the food they eat, but also because the final product is better. I think diners prefer smaller restaurants with a higher focus on quality and craftsmanship now.

Do you ever make pasta at home? Where do you source ingredients and machinery from?

Jay: I rarely buy dried pasta for the house, but if I do, I go for Massimo Mancini's. He's one of few producers who grows his own wheat ethically. The flavour and colour vary depending on the harvest, but it's always fantastic. And I have a basic Imperia pasta machine, which costs about £60.

What are your favourite Italian restaurants?

Jay: In London, Locanda Locatelli is my favourite. Abroad, it's probably Buca in Yorkville Toronto – the level of quality, the number of covers they do, and the execution of every dish is perfect...

Matt: Having worked there for four years I would have to say Trullo. And of course The River Cafe are experts in what they do and one of my favourite spots for a special lunch.

@legarelondon

East
EAT / Korean

SMOKING GUN

Taewoo Kim's new residency Anju is named after the Korean term for 'food eaten with alcohol'. So it shouldn't have any problem fitting into its new home, The Gun pub, in Hackney.

ANJU, WHICH ALREADY had a residency in Green Lanes – the only Korean amongst all the Turkish eateries – has just opened at a second location; a long-term residency at Hackney's cherished boozier, The Gun. Fittingly, 'anju' is the Korean term for food that's eaten with alcohol. A bespoke menu has been created adapting the dishes from Green Lanes to instead pair them with pints. Taewoo Kim, Anju's head chef and founder, talks about growing up in Korea, the food culture there and what kind of food to expect at his new residency.

Tell us about the home-cooked food from your childhood in South Korea.

It's always been common for South Koreans to go out and eat so when I was a kid I didn't have much home cooked food. But these outings made me love street food and cheap and tasty restaurant food from an early age. I was lucky to visit some of the best barbecue restaurants in South Korea at the time.

Where did you grow up?

In Gangnam, a popular area in Seoul which has been a hotspot for K-pop stars and, of course, food. We serve Gangnam Fries at Anju, a fusion dish of fries topped with kimchi, cheese and bulgogi beef as a nod to my hometown.

What kind of food are you cooking at The Gun?

I'd had the idea of bringing Korean food to a pub for a while as nowhere else was doing it. Traditionally when we go out in Korea, whether it's for drinks or food, we share everything and I wanted to bring that style to The Gun. At Anju, the food is presented on a tray so people can share. Our barbecue dishes are served in old-school Korean bento boxes. We add cherry wood smoke to give extra flavour to the meat so when the box is opened, a puff of



smoke is revealed. It makes it feel like the meat was prepared right in front of you, just like at a traditional Korean barbecue.

What's your favourite Korean restaurant in London?

Soju & Co in Soho is run by a friend of mine. Go for the traditional Korean barbecue experience where you cook the food yourself at the table.

What's your favourite Korean cheap eat?

Yori, near Piccadilly Circus. It serves really authentic *tteokbokki*, small rice cakes stir fried in gochujang chilli sauce, one of the most popular Korean street foods.

And the best places to buy Korean produce?

I go to Korean grocery store H Mart for the essentials and Oseyo for tasty snacks called Choco Pie – a soft biscuit covered in chocolate with marshmallow in the middle. Delicious! They also have *sikhye*, which is a very sweet rice punch drink.

How is the Korean food scene in London developing?

The Korean food scene in London has been booming for over five years and continues to grow, which is great. But I'd say there might too much Korean fried chicken now! Some of it isn't very authentic, unfortunately. But more and more Londoners are discovering Korean food and hopefully they appreciate it when they find something really authentic.

@anju_restaurant



East
EAT / Pasta

Lunch for a fiver

—SCARPETTA

SCARPETTA, NAMED AFTER the Italian post-prandial tradition of mopping up the sauce left on your plate at the end of a meal, is the place for handmade pasta for when a sandwich just won't cut it for lunch. With three sites across the City in Canary Wharf, Bishopsgate and Cannon Street pumping out saucy bowls of penne, spaghetti and other fresh pasta made in-house each morning, a highlight is the Veggie Norma. Inspired by Sicily's iconic aubergine, tomato and ricotta salata pasta alla Norma, a small bowl comes in at just under £5 on the lunch menu. After work, Scarpetta's aperitivo offering spans Italian wine and negronis served with *cicchetti* (snacks) like meatballs, arancini, burrata and bruschetta before more bowls of pasta.

@scarpettalondon



My co-founder just quit.

My restaurant burned down.

My startup is ruining my mental health.



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♥ East
• EAT / BURMESE

RECIPE

—LAHPET

BURMESE FOOD MEANS 'less stir-frying and flash-frying and more slow-cooking and big pots of stew,' Dan told Great British Chefs. 'Burmese food doesn't have the pungent spice of Indian, or the sharp contrast and spicy kick of Thai. It's softer and more rounded.' The kind of dishes served at Lahpet fit this description well, the coconut noodles with chicken in particular, which is a recipe conceived by Zaw, who was running an Indian takeaway that also served a few Burmese dishes in Herne Hill before Dan approached him to start a Burmese restaurant together, which, in London, are still few and far between. Here Zaw runs through how to make one of his signature dishes.

@lahpet



In 2018, Dan Anton and Zaw Mahesh moved their small restaurant, Lahpet, from Hackney to a much larger space in Shoreditch, where they continue to serve up a fresh and modern take on little-known Burmese dishes, taking in flavours from India and Thailand.



COCONUT NOODLES WITH CHICKEN

SERVES 4-6

2 white onions	4-6 whole Asian shallots, peeled
50g ginger	4 tbs toasted chickpea (besan) flour
1 bird's eye chilli	400g cooked egg noodles
4 large garlic cloves	4 medium-boiled eggs, halved or quartered
4 tbs peanut oil	1 bunch spring onions, finely sliced
1kg boneless chicken thigh, diced	Chopped coriander and lime wedges, to serve
3 tsp ground paprika	
5 tsp ground turmeric	
50-60ml fish sauce	
1.5L chicken stock	
160ml tin coconut milk	

1. Finely chop the white onions, ginger, chilli and garlic or blitz in a food processor. Add the peanut oil to a large, sturdy saucepan over medium-low heat and gently cook the mixture for 10 minutes or until soft and slightly golden.

2. Add chicken to the pan followed by the paprika, turmeric and a dash of fish sauce – keep stirring

until the surface of chicken is white and sealed. Add the chicken stock and cook for a further 10 minutes over medium heat before adding the coconut milk and the whole Asian shallots. Reduce heat to low and cook for a further 15-20 minutes until slightly reduced.

3. Boil the kettle, then whisk around 500ml boiling water with the chickpea flour in a jug until a smooth consistency. You should now have a velvety and aromatic chicken coconut broth on a low boil which needs thickening. Slowly add the chickpea flour mixture to the pan, stirring the soup until it begins to thicken – be careful not to over-thicken. Taste and add more fish sauce to season, or more water to dilute if needed. Cook on a low simmer for a final 5 minutes.

4. To serve, ladle the coconut broth into large bowls, then divide the noodles and chicken among the bowls. Garnish with the boiled egg, spring onion and plenty of coriander and freshly squeezed lime.

♥ Citywide
• SHOP / Sustainable

Food – and fashion – for thought

DESIGNER SOPHIE DUNSTER launched Gung Ho in 2017 with one distinct aim – to create clothes that got people talking about sustainability. And each year the team pick an issue that they feel is in need of conversation. 'Food For Thought', which just launched at the beginning of autumn, is this year's theme, aiming to draw attention to the impact food has on the environment.

Each piece of clothing tells a story. The Pesticide print, for example, has a fruit or vegetable with a wash across it representing how much pesticide is usually used with that type of produce. The Water print has animal shapes, with

the size depending on how much water is needed to farm it. 'The next time someone compliments you on what you're wearing you'll have a little more to say than just "thanks!",' says Sophie.

The launch of her new collection saw Sophie and her team work with 12 female chefs which became a dinner-cum-fashion show at Shoreditch's The Curtain boutique hotel in September.

@gung_ho_london



♥ East
• DRINK / Spirits

World of whisky

THE CAPITAL'S OLDEST whisky specialist retailer, Milroy's, opened its first shop on Greek Street in Soho in 1964 – where it remains to this day, with one of the largest and most comprehensive whisky offerings in London. Now the team have expanded, opening a whisky palace set across four floors of a Spitalfields townhouse. There's a cocktail bar, a tasting room and a whisky bar featuring 1,000 different bottles from all around the world – Japan, South Africa, Scotland, they're going to have it all.

@milroysofsoho



♥ West
• NEIGHBOURHOOD GUIDE

NOTTING HILL

Each month we spotlight a London postcode that is a destination for food, drink and shopping – with a perfect blend of old and new. And right now, Notting Hill is changing maybe faster than ever.

IS THERE A more quintessential London neighbourhood than Notting Hill? Its pastel-painted houses, heaving vintage market and riotous annual Carnival all neatly sum up the diverse character of the UK's capital city.

While many of the artists and immigrants that turned this part of West London into the cultural soup it is today may have moved a bit further out of town, experimental entrepreneurs are still finding reasons to set up here.

The recent flurry of openings in Notting Hill are a case in point. In June, online farmers market **Natoora (12)** opened its first ever cafe here, serving a 'radically seasonal' menu as well as allowing customers to buy chef-standard fruit and veg to take home. **Liberté Chérié (2)**, perhaps London's best-looking zero-waste food store with its walk-in Victorian pantry vibes is another new arrival, selling packaging-free produce by weight, mostly sourced from within the UK.

Prezzemolo & Vitale (10), a deli hailing from Sicily, also recently chose Notting Hill as the location for its second London outpost, while the local supply of craft beer has increased thanks to West London indie bottleshop chain **Real Ale (3)**, which opened up on Golborne Road in March and also has stores in Maida Vale and Twickenham. There is one newcomer in particular, though, that sums up Notting Hill's transformation from bohemian to boujie: **Gold (11)**, a modern European restaurant set up by ex-Soho House and River Cafe employees, which has already attracted not just rave reviews but princesses (see Tatler for all the details on Beatrice and Eugenie's night out here).

These refined food outlets have slotted neatly alongside other businesses which have set up in recent years to serve Notting Hill's affluent crowd. Since 2003, **The Grocer on Elgin (9)** has made its name by selling what many claim to be London's best ready meals, which are prepared by the store's in-house chef, Frederic Flamme, and vouched for by the likes of Brian Eno and Patsy Kensit. In 2012, when 'farm to table' was hitting peak popularity, **The Shed (13)** opened, serving dishes made from wild and foraged British ingredients.

As London's neighbourhoods transform it's easy to forget what originally made them worth hanging about in – not just by tourists but locals, too. **Cafe O'Porto (1)** and **Lisboa Patisserie (1)** are still slugging it out to see who can sell the most *pasteis de nata* on Golborne Road, as they have done for decades, while Spanish deli **R Garcia & Sons (5)** has been selling slabs of nutty, nougaty turrón alongside other items from back home (cheese, wine and even Spanish shower gels) for over 60 years. Elsewhere, Granger & Co set up in 2012 and remains one of the area's most popular food spots, serving an easy Antipodean style of cooking at the Notting Hill end of Westbourne Grove. And when aperitivo hour comes around, many Italians in London would agree the best place to go for snacks and a spritz is **Negoziò Classica (8)**.



DESTINATION: GASTROPUB

What inspired the owners of The Marksman pub in Hackney to reopen a beloved east end boozer with a swanky menu? Why does The Camberwell Arms bother putting so much effort into its award-winning Sunday lunch?

Before those pubs and others like them had even considered the economics of prioritising food over booze, Notting Hill was already busy refining the gastropub model.

This area is home to what is arguably the country's first Gastro Pub, **The Cow (4)**, opened by Tom Conran in 1995. Today, The Cow continues to serve some of the best food out of a pub kitchen, with seafood being its particular speciality. As expected of an Irish pub, one of the most popular orders is Guinness paired with oysters. The chicken kiev is pretty good, too.

One of London's best-known gastropubs, **The Westbourne (7)**, owned by artist Sebastian Boyle, is also here, alongside one of the capital's more unexpected. In 2006, **Ukai (6)** opened on Portobello Road – a gastropub serving up plates of sushi.



STILL STANDING

From one of Chinatown's longstanding restaurant owners and community activists to a legendary century-old sandwich shop and deli in Marylebone, in this regular feature, we celebrate the Londoners who have been doing their jobs not just for years but decades – because they love it.

Central

EAT / Chinese

Y Ming



THE BRIGHT TURQUOISE restaurant Y Ming stands out against the brown brick buildings surrounding it on the edge of Soho. Inside, white tablecloths and calm waiters welcome you to the restaurant that first opened as 'Ming' in 1986, the year Christine Yau came to London from Hong Kong.

'Really, it was a mistake I got into this business,' she explains. She had met up with two friends, both of whom were working in Chinese restaurants, and they convinced her that this was the business to get into. 'It is a tough though and different if you actually own the restaurant. After a year both men found the challenge too much.' But Christine stayed on, she explains, mainly out of stubbornness.

At this time Chinese restaurants were mainly catering to Western palettes, such as beef in oyster sauce and sweet and sour chicken. But when left to her own devices, Christine decided that this was not the restaurant she wanted. She wanted to tell a bigger story about Chinese food and culture.

So Christine set about writing recipes. She wrote recipes for Dan Dan noodles and Mongolian lamb;

“Ming to me means precious, open, brightness; and Y is for me [Yau]. It's my restaurant”

she explored cuisines throughout China. 'Then I sent them all to my friend Irene in Hong Kong asking her to pass them on to her mother Beijing, and all her mother's friends, to cook them and feed back.'

Armed with her new menu, Christine gave the restaurant a new look, the blue that it is today, and a new name. 'Ming to me means precious, open, brightness; and Y is for me [Yau]. It's my restaurant,' she explains.

But it was a difficult transition. Christine was an outsider. Firstly she technically sits in Soho and not Chinatown, but also she didn't come from the same places that many in Chinatown did. And, of course, she was a woman. 'The chefs would demand more money



thinking that I would be lost without them,' Christine explains, but one of the younger chefs was not part of the clique and she convinced him to work with her and cook her recipes and therefore grew a whole new team.

Over the years Christine has become a vital part of the Chinese community, volunteering at the Chinese Community Centre and receiving an MBE in recognition of her charity work. She also played an integral role in setting up the Chinese New Year celebrations and, in 2016, helping to get the new and much photographed Chinatown gate built.

It is easy to forget that there's more to central London than shops and restaurants. Through Christine's stories you see it as a thriving, complicated, important community. For example, she talks about how the pastor at St Anne in Soho has made a huge impact in bringing people together, she speaks about tricky community relationships, and launching the Chinese Victim Support group with the police.

Londoners have changed over the last few years, she says. 'They travel more, they know what they are eating, we have to do less explaining and convincing,' she says. But, the same people still come back to Y Ming, now with offspring – the 4th generation – are experiencing Y Ming. 'Whatever you do, you have to make the food good,' Christine says. 'Only then will you survive.'



Established: 1986

Founder: Hong Kong native Christine Yau

Best dish: Double-braised pork in hot pot

West

EAT / Deli

Paul Rothe & Son



BEHIND THE COUNTER at Paul Rothe & Son, the sandwich makers bob and weave around each other – one slathering butter upon baps, the other reaching around to grab all the other ingredients as the space swells and empties with suits filtering in and out clutching paper parcels. This is the usual lunchtime rush at the deli on Marylebone Lane, which lasts for a hectic three hours Monday to Friday.

'We don't operate on barcodes, we assemble anything you want and I think that approach makes us unique,' says Paul Rothe, the grandson of the original. The weirdest request he recalls was an order from a young woman of pork sausage, sardines and Branston pickle, which she ordered every day for a month.

The place has been going strong since it was opened in 1900 by Paul's grandfather. An émigré from Hamburg, he was drawn to deli life in London, working at two before founding his own. It has now passed through three generations and the fourth, Paul's son Stephen, currently works alongside the current reigning Rothe waiting to assume the mantle.

Along the way it has morphed from deli to cafe, serving up sandwiches and soups alongside their retail offering – you can still get some German staples, Paul's favourite being a hot frankfurter sandwich – 'Cholesterol permitting,' he laughs.

'I like to think we offer something people can't get elsewhere and, because it's our own business, we treat everyone like they're regulars, which you wouldn't get at a chain,' says Rothe, speaking about how the place has



endured as the landscape of Marylebone changed around it. Once surrounded by the likes of fish sellers and ladies' hatters, it now calls upmarket hairdressers and clothing shops from international brands neighbours.

While the street may have changed, step inside and it's like time stood still. The 70s wood panelling and fixed grey leather banquettes, installed by the incumbent Paul's father in the 50s, hark back to a time when lunch wasn't eaten at desks, and an office dweller's midday meal wasn't a misery of overpriced chain offerings (everything on the menu is below £5) or supermarket meal deals. It's a bastion of the proper lunch, a champion of flowery baps and real egg mayonnaise, none of that low-cal stuff.

As well as slinging sandwiches, Paul Rothe & Son sells a vast array of jarred goods. The walls are covered in neat rows of jams, chutneys, mustards and piccalillis; if it can be spread on bread they probably have it. It gives the place the feel of a lovingly stocked pantry. Rothe is a slight man with a kind face and a lilting London accent. This year he celebrated 50 years working at the deli and as far as he's concerned he's got no intention to stopping any time soon. 'I've got the enthusiasm to carry on and I think we will even as Marylebone keeps changing. People will always want a sandwich. They tick all the boxes.'



Established: 1900

Founder: Paul Rothe (the grandfather)

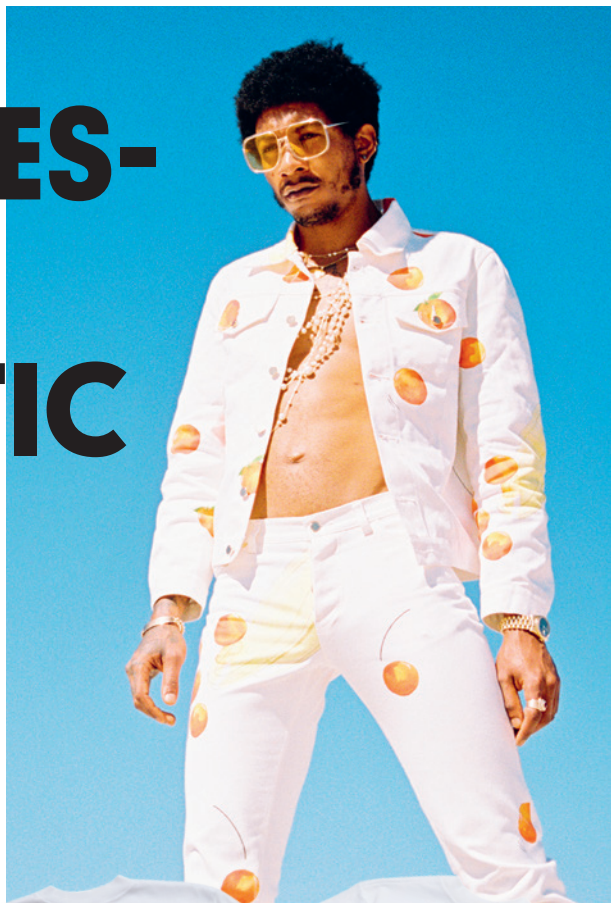
On sale: Fresh sandwiches, jams, pickles, chutneys

Citywide
SHOP / Luxury leisurewear

AN 'APRES-SPORT' AESTHETIC

SELF-DESCRIBED AS having a 'palette that simultaneously evokes the clay courts of Stade Roland Garros' as well as 'the sunbaked terracotta of North Africa' and 'accented with fresh tennis whites and pops of pastel', Casablanca is a difficult brand to describe but is definitely worth a look. Its 33-year-old designer, Charaf Tajer, who ran one of Paris' hottest nightlife spots, Le Pompon, and co-founded streetwear brand Pigalle, has collaborated with the likes of Virgil Abloh and comes from a background in architecture. 'We are living in a time where there is a lot of irony,' he has said. Central to his collection is what he calls the 'duality of the modern man'. 'With Casablanca, we are always going to develop this bipolarity. I would say as a man, you always want to be comfortable. In a tracksuit, you want to be comfortable. In a suit, you still want to be comfortable, but you also want to be elegant as well.' Check out some of his latest collection, Midnight in Casablanca, below.

@casablancabrand



Central
DRINK / Champagne

POPPING CORKS



Bubbledogs wine and champagne bar in Fitzrovia, run by Sandia Chang, is launching Champagne Friends this month and stretching into next year. The series of events will see Sandia's favourite wine bars and close friends – P Franco, Bastarda and Noble Rot among them – put their stamp on the Bubbledogs champagne list. Here, Sandia selects five of her own favourite bottles of fizz.

DHONDT GRELLT DANS US PREMIER TEMPS
From six hectares across Sezanne, Cuis, and Avenay val d'Or, this Champagne is dominantly Chardonnay, part Pinot Noir and Pinot Meunier and vividly refreshing yet delicate and fruity; one to be enjoyed often.

CHAMPAGNE BRUT SOLESENCE 7 VILLAGES EXTRA BRUT
This wine, a blend of Chardonnay, Pinot Meunier and Pinot Noir, is particularly interesting with an unusual flavour profile: fresh but fruity and well structured.

JEROME PERVOST 'LA CLOSERIE DES BEGUINES' CHAMPAGNE, FRANCE, NV
One of my favourites, this is intense with both citrusy and exotic spice notes. It's rich and powerful with a dry finish. There's no doubt this is truly unique.

CHARLES DUFOUR BULLES DE COMPTOIR CHAMPAGNE EXTRA BRUT
I really enjoy Charle Dufour's wines. He follows completely organic practices and you can really taste it in every sip. This wine is a blend of Pinot Noir and Chardonnay with a small amount of Pinot Blanc – full of character and delicious.

GEORGES LAVAL GARENNES EXTRA BRUT
This wine is predominantly Pinot Meunier from the village of Chambrecy in North-Eastern France, and very small parts Chardonnay and Pinot Noir. This is great one to accompany pork or a rich fish such as salmon.

CHAMPAGNE FRIENDS HIGHLIGHTS:
8 October Sager + Wilde
26 November P Franco
17 December Newcomer Wines
@bubbledogsuk

Central
Eat / Desserts

Hitting the sweet spot

GIANT COOKIES, SOFT-SERVE ice cream and slushies are what Crème, which has just opened on Soho's D'Arblay Street, does best. Four 150g cookies form the basis of the menu – double chocolate, milk chocolate, white chocolate-miso and oat and raisin – as well as seasonal specials such as a crème de marron and orange and salted caramel. Here co-founder and chef Jeremy Coste talks about how to bake the perfect cookie and why life's too short to feel guilty about eating them.

What's the secret to good cookie dough?

It might appear simple, but it isn't.... We tested our dough for two years before getting it perfect. Dough takes a lot of factors into account like the temperature, rest time, flour type and the amount of gluten in the flour as well as the quality of the butter and chocolate. We tried many different chocolates until we found a Belgian brand we liked. For example, the way it melts is really important: not enough and you have semi solid chips, too much and the cookies get very messy.



Where does the best cookies?

Like many of London's restaurateurs, we have always found New York a huge inspiration, particularly in terms of the bakeries and confectionery. The cookies over there are super-sized and shamelessly decadent and in a time when everything is going gluten- and sugar-free, there's something quite refreshing about the NY approach of accepting baked goods for what they are and putting taste above calorie content. We hadn't seen anyone baking cookies in the same way over here.

How has your French heritage impacted your baking?

My family has a bakery in the French alps that's been going for more than 30 years. So for me, bakeries feel like home. I was classically trained in French patisserie at Paul Bocuse in Lyon and, when I opened North Audley Cantine restaurant [in Mayfair, London] we placed a lot of importance on great desserts. At the end of a meal you should leave on a high, with a memory that takes you back to your childhood. And this is the same for Crème. We welcome people to treat and indulge themselves with no guilt.

@creme.london



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North
EAT / Supper clubs

BRUNCH BROTHERS

From political science and wedding dress design in Syria to the Jungle in Calais and asylum eggs in north London, Mo Rahimeh from Mo's Eggs isn't your standard chef.

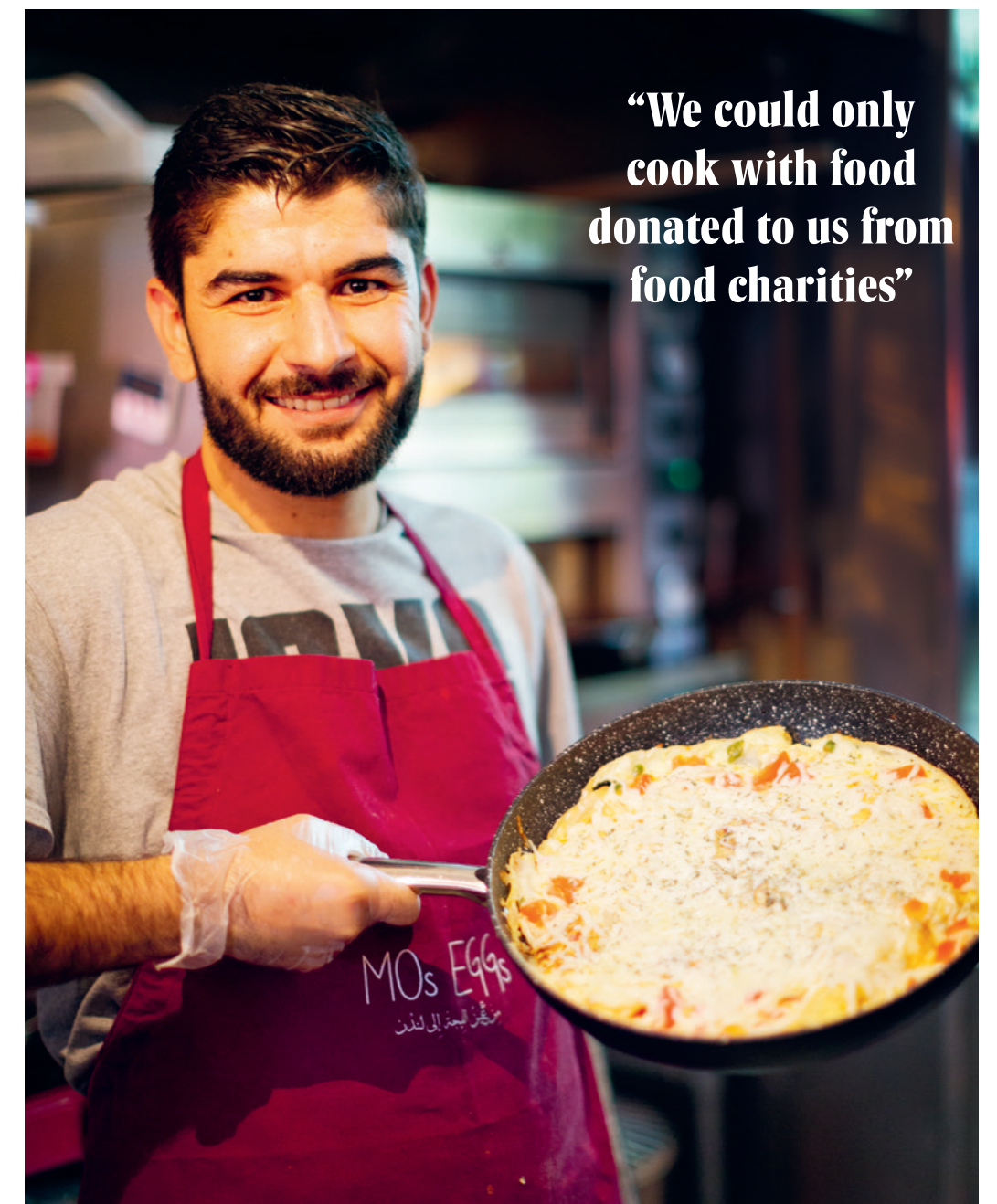
THERE ARE NOT many cooks who come up with their signature dishes in the cramped, make-do conditions of a refugee camp. Then again, there aren't many cooks like Mohammed Rahimeh, or Mo for short, who have such a story to tell with their food. Mo's pop-up Syrian brunch – the first of its kind in London – was conceived to bring people together over food, a lesson Mo learned during his time in the Jungle refugee camp in Calais, France, before resettling in the UK.

'I just had a small gas cooking stove and one large pan,' says Mo. 'We could only cook with food donated to us from food charities, and making delicious food to share with others in the camp was my way of giving back the love I was shown during this difficult time of my life.'

These days Mo has a complete kitchen and team of staff run by his close friend Mo (pictured below) – his 'bother' who he met in Calais – who plate bowls of hummus, pour pomegranate juice cocktails and dish up Mo's infamous Jungle Eggs and Asylum Eggs at his monthly brunch pop-up at Lost Boys Pizza in Archway.

While he didn't know it at the time, the recipes that Mo developed in the Jungle in 2016, where he not only cooked but volunteered as a translator for various aid agencies, ended up being the precursor to his London pop-up. After he had relocated to London, one of the aid workers he had met in the Jungle asked him to cater for her birthday party, which she held at her local pizzeria, Lost Boys. The idea was tossed around that Mo should start a pop-up, and the rest, as they say, is history.

'I studied political science and also made wedding dresses in Syria, but I discovered I was good at making food, so here I am now, cooking,' says Mo, who is weighing up plans to make the pop-up fortnightly to keep up with demand.



"We could only cook with food donated to us from food charities"

Over three sittings on a lazy Sunday (10am, midday and 2pm) Mo and Mo serve a Syrian feast for 100 people that begins with pomegranate and cranberry cocktails and cardamom- and ginger-spiced coffee. Tables are laid with share-plates of olives and chopped cucumber and carrot to dip in Mo's silky smooth hummus served three ways (plain, avocado and beetroot). Then it's two courses of eggs, because: 'in my region Ain al-Fijah in the south of Syria, we eat a lot of eggs. We eat them for breakfast every day. I love them!'

The signature Jungle Eggs are saucy baked eggs cooked with tomato, garlic and onion; while the cheesy Asylum Eggs have a strong chilli kick and are studded with chopped fresh tomato and parsley. Bowls of chopped Syrian salad made from mint, cucumber, feta, iceberg lettuce and pomegranate gems tossed together cool the heat of the eggs and there's plenty of soft flat-bread to mop it all up. While the food is certainly a drawcard, it's the effortless conviviality that Mo and his team create in that small room with communal tables in North London that make this dining experience so memorable.

'So, everything good?' Mo asks the room when he emerges from the kitchen at the end of a brunch service with a broad smile on his face and a cup of coffee in hand. The nodding is unanimous as Mo circles the room, stopping at each table for chats, fist-pumps and photos. As guests roll out the door with bellies bursting, Mo reveals that he has recently graduated from ICE Academy – a free business incubator for refugee entrepreneurs, and hints that we should all watch this space.

@mos_eggs



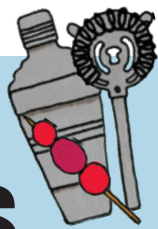


◆ Citywide
◆ DRINK / Cocktails

5 DRINKS TO SIP AT LONDON COCKTAIL WEEK



The London cocktail scene spans everything from local dive bars to swanky hotel lounges and for 10 years now, London Cocktail Week has been celebrating the libations that make these drinking dens so special. The event is back this year for 10 days instead of seven with over 250 bars showing off their best with discounts, events and bespoke tipples. There'll also be a hub in Shoreditch's Truman Brewery featuring 40 pop-up bars and a host of street food. However, for the intrepid drinker with a desire for discovery and a topped-up Oyster card, here are the five cocktails (and some added extras) across the city you can't miss this London Cocktail Week (3-14 October).



THE BRAND NEW SHOES
Marylebone's FAM is a no-fuss cocktail joint (despite what its address might suggest) with a killer soundtrack of 70s hits – expect to hear some Tom Jones and Stevie

Wonder for sure. The diamond nestled among the gems on FAM's menu of classics (the margarita is worth a try) and signatures is The Brand New Shoes. Pleasingly frothy and sweet, it's a mix of gin and English sparkling wine with a scoop of seasonal sorbet mixed in for syrupy-ness.
[@fam.bar](#)

MIRROR MARGARITA

Many a concoction was thrown away in the pursuit of this impossibly clear margarita. It is one of a kind and a true labour of love from Hacha's founder Deano Montcrief. The sparkling tittle an exceptional marg with the perfect level of salty and sour that makes it slip down so easily. The Dalston spot is London's only Agaveria and has 25 constantly rotating bottles of mezcal, tequila, soto and raicilla to try in their tasting flights, which are also worth the trip.
[@hachabar](#)



SOMNA

At Bloomsbury's Reverend JW Simpson cocktails reign. There is no food on offer, the most you can expect is a bowl of nuts, making it a proper drinking hole (it's underground so this can be



taken literally). The Old Fashioned here is solid and there are a host of worthy non-alcoholic options, but if there was one drink to try it's got to be the Somna. A gin-based cocktail, it's the perfect mix of sour and sweet with Merlet Soeurs Cerises, pomegranate and a pistachio foam.
[@revjwsimpson](#)

THE AMERICANO

On the more playful side of cocktails, Genuine Liqueur's upstairs bar is 70s galore; there's a lot of Tom Selleck and even more wood panelling in the Fitzrovia bar. They've become known for their Cha-Chunkers. They're cans of pop which have been widened to fit an upturned mini in the top. A heady mix of Campari, Cocchi Torino and olive bitter served in the classy soda drinker's can, San Pellegrino Blood Orange, The Americano is a good place to start.
[@genuineliqueureldn](#)



BETONY SMUDGE

Burnt sage leaves accompany the Betony Smudge, served at the Hackney Central basement bar Behind This Wall. Stirred and served up with Manhattan Bols barrel aged Genever; Theoria Perfidie 'earthy mix' liqueur and Emilio Hidalgo Pedro Ximenez.
[@btwldn](#)



◆ Citywide
◆ EAT / Private dining

FARE EXCHANGE

From working with Warren Buffett to starting an ethical private dining company – the unusual journey of Saima Khan.

SAIMA KHAN HAD a high-powered job in finance when she bumped into business magnate Warren Buffett. The pair struck up a friendship and later, at dinner at her apartment on New York's Lower East Side (along with Warren's wife, Astrid, who brought along their pals Bill and Melinda Gates), Warren said to Saima: 'When was the last time you were excited?' Saima's response: 'Whenever I cook' led her to quitting her job in finance to found The Hampstead Kitchen, a London-based private dining company with a social conscience that has grown from its humble roots to three kitchens employing 170 staff.

How would you describe your style of cooking? Cross-cultural cooking centred on the style of sharing feasts. My menus focus on Mediterranean, Middle Eastern, Nordic, Scandi and Persian dishes.

What did you cook for your high-powered dinner guests? When Warren, Astrid, Bill and Melinda came over, we had chicken karachi, lamb biryani and fresh chapatis. For dessert, a traditional Persian rice, cream and rose water pudding with rose petals and pistachios.

Tell us about the philanthropic arm of the business. We provide meals for the homeless with all residual food on a weekly basis.

I personally visit the Zaatar camp (the largest refugees camp on the border of Syria and Jordan) to help with cooking and provide supplies and micro-loans to help refugees get their small businesses off the ground. Each quarter we host an event and donate the proceeds to charity. Our last event series raised nearly £11,000 for the Grenfell community.

What's unique about your style of cooking? The Hampstead Kitchen's ethos is unity and our food is a representation of that. We make sure that each of our clients know that ex-offenders, refugees and ex-homeless staff lovingly cook their food.

How do you use food as a way to connect people and face the big questions? We recently collaborated with Sambal Shioik to celebrate Eid and served a Malaysian-Pakistan sharing banquet. We are about to host an 'Anti-Brexit' dinner with journalists, writers, and politicians, focusing on food from the EU countries and featuring produce picked by migrant workers like cherries, to highlight the positives aspects of what immigrants, migrants, refugees bring to our diverse city.
[@thehampsteadkitchen](#)



◆ North
◆ EAT / Malaysian

LADY LAKSA

Malaysian food is strangely underrepresented in London. Mandy Yin aims to put that right with her neighbourhood laska bar Sambal Shioik.

AFTER YEARS RUNNING a market food stall and hosting various pop-ups, Mandy Yin opened her restaurant Sambal Shioik on Holloway Road last year. A laksa bar, the menu's main focus is the Malaysian noodle soup, but there are also rice dishes, starters and specials that highlight the breadth of Malaysian cuisine.

Laksa is dish that changes as you move through Malaysia, with each state having its own version and each town giving it a twist. Laksa is a dish that undoes any concept of authenticity; it's a dish that's about the people and reflects individual cooks' tastes. Mandy's laksa is based on the Peranakan laksa kahwin, which she had in Malacca, but it also infused with her childhood memory of Malay curry laksa from primary school lunches and has a twist of the sour flavours of a Penang assam laksa.

With her non-laksa dishes, Mandy aims to showcase some of Malaysia's lesser-known foods. 'The country's food heritage draws on elements from Malay, Chinese, Southern Indian, Eurasian, Thai and indigenous cuisine,' she explains. This past summer has been about exploring her own heritage of Peranakan food, with chicken curry kapitan and shrimp, and tamarind and betel leaf curry.

Mandy explains that Malaysian food is complex. 'It is strong, punchy, umami-driven, but also delicate and comforting. I take great pride in showcasing our cuisine, packing it in easily understood concepts yet staying true to its origins. A lot of dishes require a very precise knowledge and most will involve a complex list of ingredients that require a lot of time and effort to process,' she says.

A lot of her dishes draw on Malaysia's rich food cultural heritage. Roti canai stalls tend to be run by Indian vendors, she explains, while Peranakan cuisine comes from the intermarriage of Chinese traders and local Malay women along the Malacca straits in the 1500s. Through Sambal Shioik's rotating rice dishes and specials Mandy gets to explore all these different Malaysian foods, as well as drawing on her travels throughout South East Asia, and making sure that she visits the different regions of Malaysia. Upcoming diners at Sambal Shioik can expect the flavours of East Malaysia making an appearance. 'I have just got back from an incredible trip to Sarawak in Borneo, where I was able to learn about the Iban people and Hakka, Teochew and Fuzhou Chinese cuisines prevalent there. So this autumn we are developing completely new dishes based on this experience using Sarawak white pepper and comforting Sarawak Chinese flavours.'

[@sambalshioik](#)



MANDY'S MALAYSIAN HITLIST FAVOURITE FOODS

Laksa: I like wok-fried Penang *char kway teow* and dry fried smoky Kuala Lumpur *hokkien mee* full of lard.

Mamak southern Indian food: crispy roti canai, paper-thin dosa and vadai savoury doughnuts.

Rice: Chinese chicken rice with ginger chilli sauce, Malay nasi lemak coconut rice with anchovies, egg and sambal chilli sauce.

FAVOURITE RESTAURANTS

Roti King in Euston; Melur on Edgware Road; and the Malaysian High Commission canteen in Bayswater – but you need a Malaysian passport to enter!

FAVOURITE SUPPLIERS

Win Yip, Loon Fung and Longdan supermarkets have a number of outlets around London. Plus, Star Night Supermarket on Mare Street and New Loon Moon Supermarket on Gerrard Street.

◆ Citywide
◆ SHOP / Health

DREAM ON

Winter makes it harder to rise and shine, but new sleep-centric brands are reshaping our relationship with how we sleep.



SUMMER, YOUR TIME IS UP. September's unseasonably warm weekends offered false hope, but October will not be so forgiving. Soon, the clocks will go back, spelling the end of evening sunshine. And getting out of bed each morning will be that little bit harder.

Dark mornings and gloomy evenings confuse our internal body clocks, making it harder to get a good night's sleep. Thankfully, plenty of startups have launched products to induce rest. Supernatural nootropics (supplements) from London brands such as Form, Anatome and Bodyism are a significant upgrade on the melatonin pills that line high-street health-food store shelves, while fans of the supplements brand The Nue Co swear by its valerian root, passion flower and catnip concoction for a peaceful snooze.

Not convinced? We asked Damian Soong, who co-founded Form with Natalia Bojanic in 2017, to share the science behind a good night's sleep.

How do changing seasons affect our sleep? Circadian rhythms, together with our 'Suprachiasmatic Nucleus' (think of it as your body's master clock), control the production of hormones that regulate our sleep cycles. One of the main factors that influences our circadian rhythm is daylight – this is why you find it harder to

wake in winter. A lack of sleep can impair attention, alertness and concentration. Sleep also plays a role in consolidating memories. If you don't get enough sleep, you might find yourself being more forgetful and have a tougher job learning new things.

How can a nootropic help? What are the ingredients to look out for? Often a sleep issue can be due to a nutritional deficiency. Our product, ZZZZs, combines 5-HTP with magnesium, zinc and calming amino acids. 5-HTP is the precursor to serotonin, which can be converted into the hormone melatonin. Melatonin plays an important role in regulating sleep, but supplementing melatonin itself is not recommended since it can blunt your body's own production.

How else can we wind down before bed? Caffeine will stay in your system for six to nine hours, so have your last cup no later than 2.30pm. Also ensure you're not eating too close to bedtime and limit alcohol. Also limit your screen time for two hours before bed; the light interferes with your circadian rhythm.

[@formnutrition](#) [@thenue_co](#) [@anatomelondon](#)

The great escape

ROADTRIP #2: The latest edition in a series by Courier and THE OUT uncovering the best road trips from London.

This issue, surfing champ, model and yoga teacher **Sophie Hellyer** embarks on a **wild swimming** adventure. Sophie uses THE OUT, the new car rental app for adventurous Londoners, to set off from her home in west London to take the plunge at **Frensham Pond**, a secret inland beach in Surrey that's only an hour's drive out of the capital. 'Although I live in London, I always want to immerse myself in nature as much as possible,' Sophie says. 'Cold-water swimming is my favourite past-time, so I couldn't wait to **escape the city** and go for a wild dip in the crystal clear waters of Frensham Pond – one of my favourite swimming spots in England.'

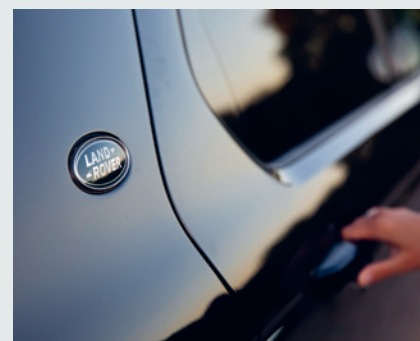
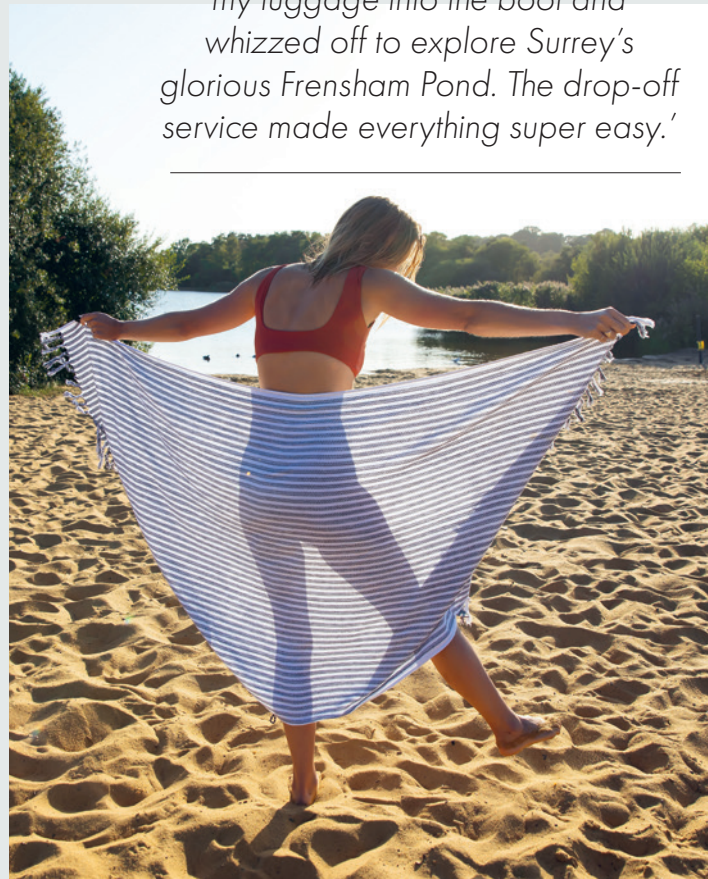
Sophie's ride – a new **Land Rover Discovery Sport** – was conveniently delivered to her door by THE OUT the night before her trip, allowing her to begin her journey early. 'I woke up at dawn, chucked my luggage into the boot and whizzed off,' says Sophie, whose first stop was her local cafe Boys 'n' Berry in Fulham for a matcha latte and freshly baked pastry.

'On my drive to Frensham Pond, I stopped at the town of Elstead along the River Wey for supplies for a post-swim picnic on the sand. I was lucky enough to forage some wild blackberries, too!,' she says.

After watching sunset from the water's edge, Sophie headed back to London and made the most of the **pick-up service**, which collected the car from her home at the end of the day.

Follow the adventure: @sophiehellyer @theout.uk

'I woke up at dawn, chucked my luggage into the boot and whizzed off to explore Surrey's glorious Frensham Pond. The drop-off service made everything super easy.'



GET OUT OF TOWN WITH THE OUT

Take the wheel whenever adventure calls. Here's how:

- Download THE OUT app, choose your desired vehicle and book in just minutes.
- THE OUT will deliver your ride to your door – that includes addresses anywhere within London Zones 1-5, plus Heathrow and Gatwick airports.
- Your booking includes unlimited mileage, insurance, delivery and collection.



'I love being in open water. Whether it's the ocean, a river, a pond or a reservoir, it keeps me balanced and happy.'



ON THE ROAD

Sophie's top places to explore on a road trip from London to Frensham Pond in Surrey, powered by THE OUT.

01. Power start

'Every good road trip starts with a great brekkie. After a quick pitstop for a matcha latte and a pain au chocolat at Boys 'n' Berry cafe in Fulham, I was good to go.' @boysnberry_london

02. Wild at heart

'I took a detour en route to the pond to forage for wild berries – and it paid off with a stash of juicy blackberries I added to my picnic spread on the sandy bank of the pond.' #middleofnowhere

03. River Wey

'I passed through a cute village called Elstead, which sits on the River Wey. I parked up at an old 17th century mill and relaxed in the garden. I couldn't believe the mill's water-wheel was still turning.' millestead.co.uk

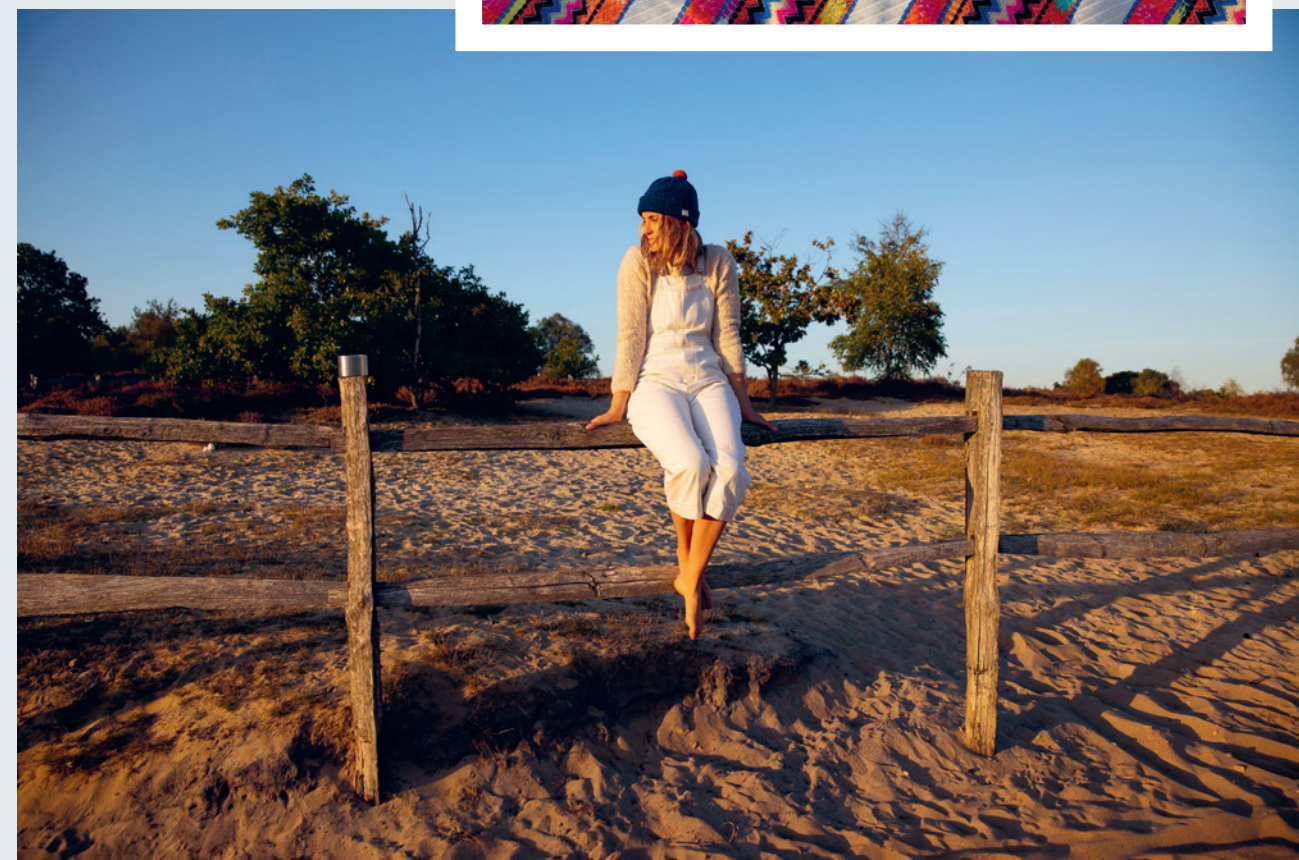
04. Frensham Pond

'After grabbing some picnic supplies from a deli in town, I arrived at the pond in the afternoon. There are actually two ponds: one has a lovely man-made beach which slopes gently into the water and is suitable for swimming. The water was shallow and serene. One of the other swimmers had even brought her pet duck with her. I started feeding it peas and it climbed all over me. It was totally bizarre!' surreyhill.org



Clockwise from top left: Preparing for a day of wild swimming with Sophie Hellyer and THE OUT; en route to Frensham Pond; dip your toes in golden sand and sparkling water at Frensham Pond, just an hour's drive from London.

OPPOSITE PAGE from top: with her car conveniently delivered by THE OUT to her door, the only stops Sophie needs are for coffee, snacks and wild berries on her way out of London to the sandy shore of Frensham Pond.



THE OUT

THEOUT.COM

Citywide
EAT / Peruvian

SOME LIKE IT HOT

Martin Morales took what he knew and brought Peruvian food to the forefront of London's food scene. Now he's introducing new menu concepts.



FOR THE PERUVIAN restaurateur Martin

Morales, making ceviche is not something to be taken lightly. 'It's the first dish I ever ate!' he says. 'The key to ceviche is its "tiger's milk" – the name we give the Peruvian marinade used in ceviches, made of fresh lime juice and chillies among other ingredients, which is high in vitamin C, zesty and refreshing.'

After opening Ceviche Soho, next came the Old Street branch, followed by Andina in Shoreditch and then the bakery Andina Panaderia. With the new menus across the restaurants, he is celebrating the Peruvian chilli with a variety of spicy new dishes on offer until late October. 'We've been adding in some new ceviches, including Passionate Salmon, which is tangy passion fruit tiger's milk ceviche mixed with quinoa and watercress,' he says. 'Other new ceviches include a Wasabass (seabass, golden berries, wasabi tiger's milk). For me, it's all about going back to the food I grew up eating.'

London's South American food scene been developing quickly over the past few years. 'When we first opened

Ceviche Frith Street, back in 2012, the food scene was very different. Not only was it the first Peruvian restaurant of its kind, but also many of the dishes are inherently healthy, vegetarian and gluten free. Back then, that was unheard of. Since then, there's definitely been a growing interest and love for South American food.'

When asked to name his top three chillies, he struggles. 'I'd have to say four,' he says. 'Peru has hundreds of varieties, and all the dishes at Ceviche and Andina have an element of chilli added to them. If I had to choose, Amarillo would definitely be one. It is similar to a scotch bonnet, but a milder punch and is very aromatic – we use it as the base chilli for most of the tiger milk we use for our ceviches. Then Limo, which comes in a range of colours and is the real star of the chilli world and works wonders in traditional ceviches. For real heat, it has to be the Rocoto!'

@andinalondon @cevicheuk



Central
SHOP / Casualwear

Napapijri x Soho



GOOD TIMING: AS winter comes around, Napapijri has just opened a pop-up store at 3-4 Carnaby Street. The Italian casualwear brand – with a Norwegian flag as its logo and a Finnish-sounding name – was founded in 1987 with the release of its Bering climbing bag, which is still manufactured today. Since then the started producing ultra-durable coats, jackets and jumpers using innovative materials, capable of withstanding even the most unreasonable weather – and London showers. The store will stay open until March 2020.

@napapijri

paper and watch the world go by. We also have community events like our Wednesday night run club and Sunday cycle rides.

What's been your biggest challenge so far? Once you're in the small and really fortunate portion of the population who have the means and the lack of responsibilities to take the risk of opening a coffee shop, the best pieces of advice I've had given to me are to find the right location, keep things simple and be patient. Also: keep faith that you made the right decision – when the newness has worn off, you have a bad trading week and there's a leak you have to deal with at 6.30am before your customers arrive!

What makes a good coffee? The founder of San Francisco-based chain Blue Bottle Coffee, James Freeman, gets this spot on – it's about delicious coffee served by a hospitable professional. There are plenty of places to find good coffee in London, but coffee is more memorable when it's served by a barista who remembers your order and knows your name.

@laneeight_coffee



South
Drink / Coffee

CAFE CONCEPT

A new cafe in East Dulwich combines coffee and running with community. Here its founder George Rendall explains why.

What led you to opening a cafe? I was working in management consulting at Accenture, and before that I'd owned and sold a coffee shop on Warren Street called Mile 27. While the city was great for networking and improving my business skills, the buzz of owning a coffee shop is where I'm most at home.

What's the idea behind the cafe? We want to be the go-to place for locals to meet up, to bring their laptop or to read the



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East
EAT / AMERICAN

PROFILE: TOM BROWNE, DECATUR

Meet the man behind some of the best Louisiana-style street food in the capital.

AFTER A HIATUS, Tom Browne is back with Decatur, the pop-up residencies that quickly became known for the quality of its southern-style US comfort food.

Originally from Nottingham, Tom came to cooking via an unusual route. He was introduced to the American South on tour as the drummer of a hardcore punk band. In New Orleans his best friend met his future wife and Tom fell in love with the food. He then took on a job running a travel agency in East Village, New York, while travelling a lot to Louisiana.

When Tom returned to the UK in his mid-20s he decided to change careers and worked at a number of restaurants before setting up Decatur. But food had always been a big part of life. 'My childhood was delicious, thanks to my mum, who moved to England from Karachi in Pakistan in the 1960s and apparently managed to master every cuisine on the flight path back to the UK,' Tom says.

Originally Decatur started as a street-food venture, at KERB and then Druid St Market, before a strange twist of fate. After someone stole his van – 'including the beautiful food stall that my dad, a cabinet maker, had built for me to look like a Creole cottage!' – he had to turn to indoor residencies. In the end, the move made a lot more sense as it has enabled Tom to explore the vast



array of Southern cuisine. 'There are so many parallels between Southern and British cuisine and ingredients – from exceptional shellfish, to nose to tail ethos and game hunting,' says Tom of his decision to cook Southern American cuisine.

'I'm always trying to cook food that is more than just a dumbed down pastiche version of Southern food, by making dishes that are rarely seen in London and treating what is an incredible, rich, and varied cuisine with as much respect as it deserves.'

This autumn has seen Decatur at Deeneys in Leyton, with plans for more residencies this winter – plus a hope to find a permanent spot at some point.

@decaturlondon



East
DRINK / Cocktails

Negroni cult



THE NEIGHBOURHOOD SPOT Diddy's – owned by Hackney locals, bar manager Diddy Varley and architect Jayden Ali – has created a smoky version of the negroni just in time for Autumn. Diddy has unveiled her new bar menu, which is split into sections and reads like a love-letter to London's top cocktails: Spritz, Margaritas, Sours and Negronis. There's the Sbeergliato, a play on the notorious negroni sbagliato which uses Pilsner instead of Prosecco, a tequila espresso martini, and the Ancho Reyes Negroni made with Campari, vermouth, mezcal, and Ancho Reyes, a relatively new Mexican liquor that adds a kick to the smokey short drink.



'This is a strong and smoky cocktail with a hint of spice. Ancho Reyes is a really interesting spirit as it is not a spiced version of another alcohol – the chilli is the spirit, which gives it a really great flavour instead of some infused drinks where you get all fire and no depth,' says Diddy. 'I find that when people enjoy the bitterness of a negroni they tend to become more adventurous and want even more extreme versions, this concoction is for those who have already been initiated into the negroni cult!'

@diddysbar



CHILE NEGRONI

With all negronis, consistency is key – so no free-pouring. Everything in a negroni is there because it has a purpose – even the orange oils in the garnish elevate the cocktail and make you look very profesh!

MAKES 1

35ml Campari
35ml Punt e Mes
17.5ml Mezcal Verde
17.5ml Ancho Reyes Chile
1 orange

1. Combine all ingredients in a mixing glass and stir with ice. Strain into an ice filled rocks glass.

2. For the orange twist, use a small serrated knife a potato peeler to peel a long ribbon of orange peel. Hold the sides of the peel between your thumb and forefinger and gently squeeze the rind so that the orange oils fall on top of your cocktail and then run the rind along the rim of the glass. When you've finished twist the peel into a coil and add to the glass. Serve immediately.

CATALOG

Brands to watch and products to get your hands on this month – from fashion that spans contemporary utilitarian to ultra-feminine, handmade ceramics and a fragrance that takes you to distant shores.



WARHOL ON BASQUIAT

A voyeuristic look at the artists' complex relationship through the eyes of Warhol via rare photos and diary entries. [@taschen](#)



VEJA

Conscious kicks: **Venturi Suede Rouille Dried-Petal Pierre** water-repellent trainers made in Brazil from recycled plastic bottles and organic cotton. [@veja](#)

PALOMA WOOL:
ART-INSPIRED
WEARABLE
FASHION



PALOMA WOOL

Spanish brand Paloma Wool was founded by Paloma Lana in Barcelona and combines art with fashion. It started off as a sweater on Instagram in 2014 and has since exploded into a full ready-to-wear line that includes its now signature linen cropped tops, feminine stitched cotton shirts, bodysuits and dresses like this **Guru** midi-dress with vivid lava print. [@palomawool](#)



FERM LIVING

The curvaceous **Hourglass Pot** comes in three sizes and can be flipped either way depending on your plant. [@fermliving](#)



HEIHO

Source pins, prints, patches and totes from this anti-socialite lifestyle shop curated by Isobel Kho. Pictured: **Waves** embroidered patch and **Sentimental** pin. [@heihoshop](#)



MAD ET LEN

The candles from this French brand named after Proust's madeline (get it?) capture the scent of distant cities. **Nightsouk** is rich with vanilla, incense and patchouli. [@madetlen](#)



AIME LEON DORE

The **Polar Fleece Vest** from this sporty lifestyle brand out of Queens, NY, comes three ways. Here is the Forest Green, Rust Red, Pumpkin Orange combo. [@aimeleondore](#)



19-69

Kasbah from artisan fragrance brand 19-69 is a genderless perfume with notes of white honey, amber, sandalwood and oriental spices. [@official_nineteen_sixty_nine](#)

<<<
'19-69, FOUNDED BY SWEDISH ARTIST JOHAN BERGELIN, CAPTURES THE ESSENCE OF MOMENTS IN TIME THROUGH SCENT. KASBAH IS INFLUENCED BY THE 60S AND 70S PARTY SCENE IN MARRAKESH HOSTED BY YSL, MICK JAGGER AND VERUSCHKA.



BATTENWEAR

Embrace the great outdoors from the midst of the concrete jungle with this **Canvas Logo Tote** from New York-based outdoor label Battenwear. [@battenwear](#)



BEACH LONDON

Now you can wear your favourite tapas snack thanks to British illustrator and designer Henry Rose, whose **Sardinas Scarf** is available at Beach London. [@beachlondon](#)



AFFIX

Founded by a team of creative heavyweights and inspired by utilitarianism, Affix is the go-to label for contemporary workwear, like this khaki **Affxwrks Cap**. [@affixworks](#)



LOUISE MADZIA

Louise Madzia's ceramics are handmade in the UK and decorated with her line-drawn fluid forms such as these **Peace, OK and High Ten** mini pots. [@louisemadzia](#)



SLOWDOWN STUDIO

Slowdown Studio collaborates with artists around the world to produce homewares such as this **April Throw** blanket by Spanish artist Natalia Vico. [@slowdownstudio](#)

HATO PRESS

Use the environmentally friendly **Oru A6 Notebook** horizontally for drawing, or flip it portrait for note taking. Pages come plain or with riso printed dots. [@hatopress](#)



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