



IN SEASON NOW!



**READ IT...**

If you're interested in cooking with fresh, seasonal ingredients you'll love this new book by Annabel Langbein. *The Free Range Cook* (£20, Mitchell Beazley, 020 7632 5400, octopusbooks.co.uk) is organised into sections: From the Garden, From the Orchard, From the

Larder and so on, encouraging you to enjoy whatever is in season when it's at its very best. The recipe for Harvest Tomato Sauce is lovely for this time of year.

We love...  
**Freshly caught mackerel**

**GRILLED** Make slashes on each side of 4 whole, gutted mackerel and transfer to a shallow dish. Make a marinade by mixing 2 deseeded, finely chopped red chillies, the grated zest and juice of 2 limes, 2 tbsps olive oil, 40g chopped coriander, 2 crushed garlic cloves and a little sea salt. Pour one third of the mix into each fish and spread the remainder over the skin. Cover and leave in the fridge for an hour. Preheat the grill to high and cook for 6 to 7 minutes on each side until the skin is crispy and the flesh cooked. Serves 4.

**IN A PATE** Remove the skin from 4 cooked mackerel fillets. Place in a blender with 450g cream cheese and the juice of one lemon. Whizz into a pâté. Season and chill in the fridge. Serve with French bread.

3 of the best...  
**Water carafes**



**1 GLASS SET** carafe, H40cm, plus four tumblers, £24.95, Dwell, 0845 675 9090, dwell.co.uk. **2 TUNISIAN BASKET WEAVE** H25.5cm, £29, Toast, 0844 557 0460, toast.co.uk. **3 MIA HAND-BLOWN** H29cm, £10, Raft, 020 8450 5078, raftfurniture.co.uk.

**FOOD MASTERS**

*Kentish cobnuts*

'As a cobnut producer and Chairman of The Kentish Cobnuts Association, I get a real buzz when the season starts - officially on St Philibert's Day, which falls on 22nd August,' says Alexander Hunt of Potash Farm in St Mary's Platt, Kent. 'Eat fresh cobnuts straight after picking in late August and September. They can be added to salads, cakes and crumbles and are also excellent roasted, which brings out their flavour.'

**Try Rhubarb and Ginger Chutney with Kentish Cobnuts, £6.50 for 373g, from Potash Farm, 01732 882734, kentishcobnuts.com.**



**EVERYDAY MUST-HAVE**

**Bread bin**

This new bread bin from Ella's Kitchen Company is large enough to hold several loaves. It has a detachable board and a handy place to store your bread knife.



**Nordic bread bin, H270cm by W430mm by D285mm, £95, Ella's Kitchen Company, 01588 673976, ellaskitchencompany.com.**

**TREAT YOURSELF...**

*Blackberry bellini*

Make blackberry cordial as the base for a champagne cocktail. Sort and wash 1.5kg blackberries. Put in a pan and just cover with cold water. Boil until the berries burst and mash to extract the juice. Strain through a metal sieve. Put the blackberry juice, 400g sugar, 1 tsp lemon juice and a cinnamon stick in a pan. Bring to the boil and simmer until the sugar dissolves. Cool and decant into sterilised bottles (makes about 3 litres). The cordial will keep in the fridge for around a week. Add one measure of blackberry cordial to a flute and top up with champagne or Prosecco.

