

TUCK IN

BEER HUNTER
ARKUR DALEY

Brewhouse & Kitchen Haka'ed Off 5% ABV, available on draught at the Brewhouse & Kitchen, Sophia Gardens, Cardiff

BREWHOUSE & Kitchen is a chain of brewpubs and earlier this year, it opened its first Welsh brewpub at the former Mochyn Ddu pub.

The pub brews a range of beers and lagers as well as running masterclasses on beers and even brewery experience days.

Haka'ed Off is a traditional IPA and is golden yellow in colour with a thin, wispy, white head. Orange citrus is noticeable in the aroma together with a hint of caramel.

Smooth, initially sweet malty flavour soon replaced by the orange citrus of the hops used to brew this beer. Long-lasting bitter orange citrus aftertaste. The citrus hops definitely dominate the flavour in this beer.

THIRSTY WORK

Sam Wylie-Harris selects seven of the best Provencal roses.

■ Mirabeau Pure Magnum 2017, Cotes de Provence, France (£27.99, available in store at Waitrose and WaitroseCellar.com). Appealingly pale, with wild strawberry and citrus flavours and a pure, mineral finish.

■ Mirabeau Classic Cotes de Provence Rose 2017, France (£10.99, WaitroseCellar.com). Vivid aromas, deep strawberry and raspberry flavours and mouthwatering acidity.

■ AIX Rose 2017 Coteaux d'Aix en Provence Magnum, France (£26.99, Majestic). Blossomy aromas, refreshing notes of watermelon, strawberries and florals with depth of flavour and a long, generous finish.

■ Taste the Difference Cotes de Provence Rose 2017, France (currently reduced to £7.75 from £9, Sainsbury's). Freshly crushed berry aromas and a fresh, pure finish.

■ Berry Bros & Rudd Provence Rose by Chateau la Mascaronne 2017, France (£12.95, Berry Bros & Rudd). Juicy red berry fruits, an attractive citrusy, spicy note adding interest and lovely fresh acidity.

■ The Palm By Whispering Angel 2017, France (£14.95, FromVineyardsDirect.com). Fresh, dry and elegant, with subtle fruity notes and exceptional length, it will taste just as delightful with or without a glimmer of sunshine.

Enjoy the taste of summer

Summer's here so it's time for some al fresco dining. Here are recipes from three local chefs to enjoy this season

HERE'S nothing nicer than a home-made burger made with Welsh beef to scorch lightly on the barbecue - and there are plenty of delicious fresh dishes to accompany them during the summer too.

The great thing about summer vegetables is that there's plenty of colour around: flowers such as nasturtiums to decorate salads, courgette flowers battered and fried to add a flourish, the glorious freshness of new beans and peas, and British asparagus, which beats the imported varieties for flavour, tenderness and texture.

Puddings are a breeze, with luscious strawberries to make ice cream with, or just to eat with some vanilla sugar and double cream.

Here are just three summer recipes to get you started...

Courgette fritter platter (serves six) by Angela Gray

Ingredients
Fritters

75g grated potato
½ small onion, very thinly sliced
1 fat garlic clove, grated with a little sea salt
200g courgette, coarsely grated
½ teaspoon sea salt
1 medium free-range egg
2 sprigs mint, leaves chopped
3 sprigs parsley, leaves chopped
¼ teaspoon black pepper
25g self-raising flour
Stuffed courgette flowers
6 courgette flowers
200g ricotta or soft goat's cheese
2 tablespoons grated Parmesan
1 dessertspoon Greek yoghurt
1 free-range egg yolk
1 tablespoon chopped soft herbs e.g. basil, chives, parsley
¼ teaspoon sea salt and a pinch of black pepper
Batter
75g plain flour
30g cornflour
½ teaspoon baking powder
200ml chilled sparkling water
Sunflower or olive oil for frying

Method

First, prepare the stuffed courgette flowers. Mix together the cheeses, Greek yoghurt, egg yolk, herbs and season with ¼ teaspoon sea salt and a pinch of black pepper. Open the flowers and spoon or pipe the mixture inside to fill each flower, leaving the ends free to close in the filling.

Mix together the batter and set aside whilst you make the fritters.

Place all the ingredients for the fritters in a bowl and mix together. You may need a little more flour depending on the moisture level in the potato and courgette. The finished mixture should be thick and creamy.

Heat a large/wide pan ¼ filled with sunflower/olive oil, pop a little of the fritter mixture to test the heat. When it starts to sizzle add a dessertspoon of the mixture, about six at a time, and cook until a medium golden colour, turn over to complete the cooking. Drain well on double-layered kitchen paper. Keep warm in the oven at 70°C/Fan 50°C/Gas ½.

To cook the flowers, dip each into the batter holding on to the flower tip so the filling stays intact. Allow excess batter to run off the flower, then carefully ease it into the oil. Cook three at a time until lightly golden, turning half way through to ensure even cooking. Drain well.

Plate the fritters and flowers, garnish with summer herbs and salad leaves. Serve with yogurt.

■ From Angela Gray's Summer Recipes, published by Graffeg, pictures by Huw Jones

Smoked salmon terrine by Topstak's Gallery café near Cowbridge

Ingredients

600g smoked salmon slices
600g cream cheese
150ml double cream
Grated zest and juice of one lemon
2 tablespoons chopped chives

Method

Grease a 900g/2lb loaf tin with some vegetable oil, then line it with cling film, then cover with a layer of smoked salmon, which should be trimmed so that it fits comfortably.

Blend the cream cheese, cream, lemon zest and juice in a food processor, stir in the chives with a little black pepper to season. Spread a thin layer of the cream cheese mixture over as



Courgette fritter platter by Angela Gray
HUW JONES

evenly as you can. Top with a layer of salmon slices. Repeat with the cream cheese and salmon until it is all finished - you should end with a layer of smoked salmon. This may be six or seven layers, depending on how gen-



Smoked salmon terrine by Topstak's Gallery café near Cowbridge

erous you have been with.

Cover with cling film, pressing down gently, then chill overnight.

To serve, turn onto a platter and carefully peel off the cling film. Serve with lemon wedges and a slice of good, toasted bread.

Home-made burger with fresh salad by Jim Dobson of The Fox and Hounds, Llancarfan, Vale of Glamorgan

Ingredients

1kg good-quality Welsh beef mince
1 small onion, finely chopped
2 garlic cloves, finely chopped
2 tsp Dijon mustard
1 tbsp Worcestershire sauce
1 free-range egg yolk to bind the mixture
Good quality burger buns

Method

Place all the ingredients for the burgers in a large bowl. Season and mix well. Cover and chill in the fridge for 1 hour. Shape the mixture into eight burgers, or fewer, if you'd like them fatter.

Light the barbecue and wait until the coals are glowing red before you



Burger by Jim Dobson at Fox and Hounds, Llancarfan
HUW JONES

cook - a fierce, quick cooking will sear the outside of the burger giving it flavour. Brush both sides of the burger with oil, before cooking on the coals - how long you leave them depends on how well done you like your beef.

It's up to you what you add with the burger inside the bun - sliced gherkin, melted cheese, sliced tomato, some mayonnaise, thinly sliced red onion, lettuce, avocado, mustard - the choice of ingredients is up to you.

Hotel's restaurant is one to recommend to others

THE TASTE TEAM CHECKS OUT THE CAE COURT HOTEL, BRIDGEND

AS SOMEONE who loves to eat out, I'm always on the hunt for new places to try out.

And while I live in Bridgend, surprisingly, I'd never heard of the the Cae Court Hotel until recently after speaking to a friend who had been there.

The Cae Court is a boutique hotel, overlooking the River Ogmore and located near Bridgend town centre.

The hotel has a lovely seating area outside which would be a fantastic way to start your evening with a drink in the summer.

The decor inside the hotel is incredibly modern and stylish and the Eaves Restaurant is bright with white walls and silver lights hanging from the ceiling.

As it only has space for 40 people, it makes for a peaceful cosy atmosphere with the sound of quiet music playing in the background.

As the waiter handed us our menus, we both decided to eat from the set menu - two courses cost £17.95 and three courses cost £20.95, which seems reasonable for a boutique hotel. There is also an a la carte menu.

The set menu is available Tuesdays to Fridays for both lunch and dinner and on Saturdays for lunch only.

Before our starters, we were served a complementary bread roll which was served cold, followed by two rounds of cheese and tomato style bread.

It was a lot of bread to have before our starters had arrived and it would have been nice to have a pause between each one being served.

The menu has a good selection of dishes and the starters included soup of the day (£6), Waldorf Perl las salad (£6.95), Duo of melon and Parma ham (£7) and Omsen egg and black pudding (£7.50).

I decided to have the salmon (£8) while my brother had crispy belly pork (£7.95). The cured salmon was presented nicely and it was incredibly fresh. However, it lacked the delightful saltiness of smoked salmon, so it's not something I would rush to order again.

The crispy belly pork was incredible and I wish I'd chosen this dish myself. The pork was warm and served in a crispy crumb and was perfectly tender. It also came with a curry and barbecue sauce which may sound a little strange but actually worked really well together.

The mains on the set menu included Coq au vin (£12.50), pan fried fillet of hake (£12.95) and red onion and Perl wen tart (£11.95).

Despite having to pay an extra £5 if you wanted the steak (£17.50) from



Short horn burger and fries



Cured salmon and horseradish



Crispy belly pork



Baked lemon cheesecake

the set menu, I just had to have it as I'm a big steak lover.

I always ask for my steak to be medium to well done, and it was cooked just the way I like it - still tender, slightly juicy, but no sign of blood in the meat. It was also well presented with separate pots of French fries, peppercorn sauce and a tomato.

While the French fries were warm, they could have been slightly hotter but this wasn't a big issue. The au poivre sauce (peppercorn sauce) complemented the dish perfectly.

My brother had the Cae Court short horn burger (£11.95) and, once again, you couldn't fault the presentation. The burger was so juicy that it was prone to falling apart and was served with skinny fries. Both of us cleared our plates, which is always a good sign.

Next up was dessert and on the menu were baked lemon cheesecake (£6.50), treacle tart (£6.50) and French and Welsh cheese selection

(£9). If you wanted to have the cheese board from the set menu then you had to pay an extra £3.

I went for the lemon cheesecake. It was gorgeous, the lemon was fresh, light and it was served at the perfect size - not too big after two courses.

We also had the treacle tart, which was quite rich and the dark sticky texture had the flavour of Christmas pudding.

Overall we were really impressed with the service, the staff were helpful and always asking us if everything was OK. The waiter would casually top up our wine, which is always a nice touch.

The price for three courses is also great value for money considering the service you also get. I left feeling amazed that this restaurant was on my doorstep and I had never visited before.

I would definitely go back and I will be recommending my family and friends too.

■ The Cae Court Hotel is at 12 Merthyrnawr Road, Bridgend CF31 3NH. The restaurant is closed Mondays and only lunch is served on Sundays. Call 01656 668866 or visit www.caecourt.com

The Taste Team
Restaurant, cafe and bar reviews plus a side of tasty news from WalesOnline foodies

