



APPLE SNOW

From the Metropole Hotel & Spa in Llandrindod Wells

Ingredients

500g cooking apples, ideally Bramleys
75g caster sugar
Grated zest and juice of 1 lemon
1 large free range egg white.
150ml double cream

Method

Peel, quarter and core the apples and thinly slice them into a saucepan.
Add 50g of the sugar, the lemon zest and juice and 50ml water.
Bring to a simmer and cook for about 15 minutes, stirring often, until the apples have completely broken down into a pulp. Set aside to cool completely.
Whisk the egg white in a clean bowl until it holds soft peaks, then add the remaining 25g sugar and whisk again until you have a meringue that holds soft peaks.
Fold this lightly into the apple puree with a large metal spoon.
Whip the cream until it just holds soft peaks. Fold the whipped cream into the apple puree in the same way as the egg whites, keeping as much air in the mix as possible.
Spoon into four glasses or sundae dishes and refrigerate for an hour or so before serving. Serve with a Jammie Dodger if you like.

An apple a day...

The UK's apple season gets under way this month, with some of the earliest varieties ripe and ready for picking. Here we bring you three recipes that champion the fruit...

THE old adage says an apple a day keeps the doctor away. Apples are certainly packed full of nutrition, and, locally grown and in season, they are brimming with flavour.
The earliest mention of apples in the UK was in King Alfred's English translation of Pope Gregory's Pastoral Care, in the 9th Century. With the Norman Conquest in the 11th Century, apple growing, especially in monasteries, became

hugely popular, with trees brought from France cross-pollinated with UK apple trees to produce a host of new varieties.
In Wales we have one of the rarest apples of all - the Bardsey Apple or Afal Ynys Enlli, discovered in 1998 by north Walian fruit grower Ian Sturrock.
The recipes here show just how versatile the simple apple is, both in terms of delicious puddings and as an accompaniment to meat such as pork.

SLOW-COOKED PORK BELLY, MASH, AND CELERIAC & APPLE REMOULADE

From Jim Dobson, head chef at the Fox and Hounds, Llancafnan

Ingredients

1/2 pork belly boned and scored
Sea salt to lightly cover skin on belly
100ml white wine
300ml apple juice
1.5 litres chicken stock

For the celeriac and apple remoulade:
1 celeriac (peeled and finely sliced on a mandolin, then sliced very finely by hand into match sticks)
3 banana shallots
2 cloves garlic
1 tbsp grain mustard
2 medium Bramley apples
Pinch of chopped thyme
200ml double cream
70g butter
Seasoning

For the mash:
6 Desiree potatoes
150g butter
100ml milk
100ml cream
Seasoning

Method

Salt the skin side of the belly and leave on a tray in the fridge for one hour.

Sweat off one leek, three carrots, two sticks of celery and an onion - colour and then add pork bones from the belly.
After five minutes add wine and reduce by half, then add the chicken and veal stock - reduce by half. Wash salt off belly.
Put the vegetables in the bottom of a deep tray, put the pork belly on top (skin side down), cover with the stock and greaseproof over the top and then foil.
Cook for four hours at 145C.
Carefully take out and cool slightly then press - cover with greaseproof and press with a tray and heavy object in for at least six hours.
Strain the stock for the sauce and reduce if necessary for your desired thickness of sauce.
When cooking the belly, trim up sides of belly and neatly portion to size, drizzle oil in a cold pan and place belly skin side down and leave until golden.
Place in the oven for 12-15 mins at 170C.
For the remoulade, lightly cook the shallots in butter, then add the garlic and thyme, stir for two minutes then add the cream and reduce it by half.
Add the celeriac and apple and stir until tender. Take off the heat and add mustard and season.
To make the mash, bake potatoes in their skins until soft, scoop out and add the milk, cream and butter that has been heated together in a pan until bubbling. Mash together until smooth and then season.



APPLE TART TATIN

From Simon King, chef/proprietor at restaurant 1861, near Abergavenny

Ingredients

300g caster sugar
100ml water
8 locally-grown eating apples
4 puff pastry discs rolled into 15cm circles, 3mm to 4mm thick

Method

Dissolve the sugar in the water in a copper pan, bring to the boil and boil hard until an amber-coloured caramel is achieved. Then quickly pour the hot caramel into 15cm bli-ni-style pans (alternatively any deep oven proof dish or frying pan will suffice, but cut your pastry discs accordingly).
Peel and core your apples, arrange neatly in the pan (on top of your caramel and bearing in mind that your display will eventually be upside down). Cover the apples with your pastry disc.
Pierce a couple of holes in the pastry to allow steam to escape and place in a pre-heated oven at 200C and bake for 18 to 20 minutes or until bubbling at the edges and the pastry is golden brown.
Remove from the oven and leave to stand for a minimum of a minute. Turn the tart out onto a plate and serve with a scoop of ice cream or fresh cream.



STRAIGHT OFF THE VINE

Neil Cammies

WE were oop north in that there Hull to see our lovely pals and visit the brilliant Humber Street Sesh festival.

The festival involved tumps of local bands on various stages, rocking, folkling and acousticing their way through two days of musical brilliance, and of course the odd plate of food and a glass of something interesting was always on offer.

The night before we went for dinner in the beautiful town of Beverley - famous for its stunning cathedral and gee-gee racing. Our destination was the highly regarded eaterie The Westwood.

If you were to design a perfect setting for a fine plate of British cuisine then you

could do a lot worse than choose this excellent establishment.

From the moment you are greeted by the ace front of house - Esther, please take a bow - you knew you were in safe hands.

Her product knowledge was superb, as was the eclectic and imaginative wine list, which was there to challenge and excite, and an inspiration for this column.

Regions and grape varieties were off the beaten track and carefully chosen to match the lovely plates on offer.

We pondered a Slovenian pinot bianco, which was off-dry and lustrous, but we plumped for a pansa blanca from Catalonia, which showed weightier stone fruits that would sit well with the flavoursome food.

I always say please try to move from your comfort zone with wine and explore the gorgeous glasses to be had that thousands upon thousands of wine-makers and varieties have to offer.

So, kicking off with a duo from Virgin



Wines, which has sent me a bumper crop of interesting sunny whites.

Starting with an ASIA DE CUBA COSMOPOLITAN RIESLING 2017 (£12.99, Virgin Wines) from German producer Hiestand.

On the nose the merest hint of lime peel shows alongside a touch of white floral prettiness too.

Across the palate the off-dry entry is a tasty combination of elderflower and lime citrus which is attractive and easy going.

No forced complexity just some smiley, summer fruit going about its business in a refreshing and enjoyable glass.

This style would be equally banging with a retro prawn cocktail or a Thai curry.

Argentina was a wine-producing country that kept its forearm around its homework for many decades until - about 20 years ago - it burst onto the scene internationally, mainly pushing rich red varieties, such as the classic French Cahors staple malbec, to our shores.

They are rather good at whites too, with



torrontes and chardonnay being particularly successful.

It's the latter I'm looking at here with the ZUCCARDI Q CHARDONNAY VALLE DE UCO, MENDOZA (£15.99, Virgin Wines). Fruit from the elevated vineyards of Tupungato (1,250m) supply the majority of the grapes of this cracking drop.

The buttery tones from the oak aging gives the bouquet a richness and a promise of weft and heft (good name for a vocal duo) on the palate.

In the mouth the stonefruit and peardrop notes are refined and surprisingly delicate after such forthright aromas on the nose.

Through the mid palate, bright acidity adds dimension and dexterity which continues through to the elegant finish.

This adds to the roster of superb wines that Sebastián Zuccardi continues to produce and is a very reliable indication of quality.

Finally, an absolute favourite grape variety of mine is marsanne and the CO-OP IRRESISTIBLE MARSANNE DU LANGUEDOC 2018 (£8, Co-op)

is a great place to start and widely available.

Made by Languedoc winemaker Jean-Claude Mas and, as you'd expect from this fine chap, this is a belter - with or without food.

On the nose the soft honeyed bouquet of pears and a little white peach fairly flies from the glass.

In the mouth a smidge of vanilla come through with the rising tide of rich apricot and pear fruit.

Across the mid palate and finish has a lick of stony minerality which adds to the wine's appeal.

Such a versatile drop that is equally delicious with seafood, fish dishes or white meats. A thoroughly decent drop of rarely found marsanne, made by a great wine-maker.



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