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DANNY REES: FUUU FUK HERUES

CHOCOL THE FOOD OF LOYE

FIVE TO TRY: HOTEL FINE DINING

LIFE IN THE KITCHEN: THE PLOUGH & HARROW

REAL RECIPE: CHANA SAAG

BOOZY DUDE: WINTER WARMERS







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WELCOME

appy New Year! Christmas is done and dusted, and so too are those wonderful days of eating, drinking and – ultimately – being merry. While we were tempted to do an issue dedicated to healthy eating, to cater for all those new year diets, we decided to instead go for the opposite and talk about crucial winter warmers and comfort foods.

For example, on page 10, our resident innovation chef David Llewellyn shows us how to get the best from chocolate this Valentine's Day, while we also welcome new drinks writer Adam Sillman, who highlights three delicious tipples to keep you warm this winter (page 26).

Elsewhere, our favourite vegan and local cookery teacher Danny Rees explains why a vegan lifestyle is actually quite heroic (page 17). We also have Gigi Gao from the Favourite Authentic Chinese returning to give us a brief look at how she's bringing real Chinese culture to Swansea, on page 14.

Finally, on page 21, I take us on a little tour around some of the Uplands' foodie hotspots, while Steve Homer gives us the lowdown on the Michelin system and what it means for Swansea (page 13).

And of course, our regular features also return, including Foodie News, Five to Try, and details on all the upcoming Local Produce Markets.

Buon appetito and see you next issue!





Taste Swansea food magazine is delighted to be associated with:



sabor de almería



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HOT PRODUCTS

Atkins & Potts Sauces



Something we've really enjoyed this winter is working our way through the Atkins & Potts range of sauces. They offer a huge variety of sweet and savoury sauces - from relishes and chutneys, to syrups and glazes - catering for any occasion. Select from a range which includes Garlic and Green Bird's Eye Chilli. Moroccan Harissa, and Wild Mushroom and Tarragon, among many others!

Available from Chaplin & Sons, Killay

Real Coffee Sumatra Single Origin

Real Coffee is a breath of fresh the Nespresso compatible capsule market, as they offer a mix of Fairtrade and organic coffees in 100% recyclable capsules. coffee is strong and flavourful, and tastes exactly how coffee is meant to taste. The highlight is their organic single origin Sumatra, which offers powerful taste, with notes of chocolate and liquorice.

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Chaplin's Chutneys

January!) or a cold meat platter, you won't go far wrong with one of Chaplin's home-made chutneys. They have a delicious and varied range, including a home-made Farmhouse, Real Poppadom Chutney. Well worth checking out.







Saturday 11th February

Table bookings from 7pm onwards

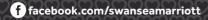
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FOODIE NEWS



GOWER FOOD FESTIVAL

n Saturday, 14 January, the historic Gower Heritage Centre will be home to the *Gower Wassail Food and Music Festival*, promising an entertaining event packed with gastronomic delights. The ancient Welsh tradition of Wassailing is said to help promote a good apple harvest the following autumn, so we will naturally see plenty of apples and cider on offer. This year's menu also includes Welsh rarebit, Welsh lamb cawl, Welsh cheeses, BBQ pulled pork, apple puddings and more! The event – which will feature lots of music, dancers and entertainment – runs all day from 10am.





NEW VEGAN STORE OPENS

S wansea vegans have another reason to be happy this new year, as the brand new Brontosaurus Vegan Lifestyle Store has opened in Swansea Market. From the first week of January, the new vegan shop - in Unit 23B - will be selling chilled, frozen and pre-packed vegan products, specialist dietary products for vegans with allergies/intolerances, as well as a range of vegan cosmetics and lifestyle products. They also plan to stock vegan products from local businesses such as Pop Cycle and Mr Nice Pie. We look forward to visiting!

WHAT'S NEW?

If you have any foodie news for the next issue we'd love to include it - please email

GOODBYE CHATTERY

t's been sad to say goodbye to The Chattery, which was a staple of the Uplands for... well, as long as we can remember. They served an excellent menu of home-cooked food, and a superb Welsh rarebit, in a casual, unpretentious atmosphere. We've heard that a new wine bar will take its place in the near future, which should complement the host of other bars in the area. But hats off to The Chattery, which will be missed by everyone at Taste Swansea.

VEG FEST RETURNS!

E ven though it's still more than six months away, we are pleased to hear that the Swansea Vegan Festival 2017 has been confirmed! It will return to the Brangwyn Hall on Saturday, 15 July. Last year's inaugural festival was incredibly popular, with more than 3,200 people popping along to enjoy the event, showcasing vegan food from around the world, as well as cooking demos and ethical fashion. Check out swanseavegfest.wordpress.com for festival updates.



SOSBAN CHARITY TEA

lanelli's Sosban will be hosting a very special afternoon tea at the restaurant on Sunday, 29 January, in support of *Welsh Hearts'* #lovemyheart campaign. In addition to a delicious range of traditional home-made cakes and sandwiches (and, of course, tea), the day will feature entertainment and raffle prizes. The tea costs £20 per person, with a portion of the proceeds going towards *Welsh Hearts*. We recommend you book ahead!

Planning a Pop-Up Kitchen in Swansea soon? Email the details to info@tasteswansea.com

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DATES FOR THE DIARY

MARINA MARKET Sun 12 Feb. Sun 12 Mar

UPLANDS MARKET Sat 28 Jan, sat 25 Feb, sat 25 Mar

MUMBLES LOCAL PRODUCE MARKET SAT 14 JAN, SAT 11 FEB, SAT 11 MAR

SKETTY LOCAL PRODUCE MARKET SAT 4 FEB, SAT 4 MAR © EVANGELICAL CHURCH. SKETTY

PENCLAWDD LOCAL PRODUCE MARKET SAT 21 JAN, SAT 18 FEB, SAT 18 MAR @ PENCLAWDD COMMUNITY CENTRE

PENNARD LOCAL PRODUCE MARKET Sun 8 Jan, sun 12 Feb, sun 12 Mar @ Pennard Community Hall

PONTYATES LOCAL PRODUCE MARKET SAT 21 JAN, SAT 18 FEB, SAT 18 MAR @ PONTYATES WELFARE HALL

PONTYBEREM LOCAL PRODUCE MARKET SAT 7 JAN, SAT 11 FEB, SAT 11 MAR PONTYBEREM HALL

> MORRISTON MARKET SAT 4 FEB, SAT 4 MAR @ WOODFIELD STREET

MARKETS

We kick off 2017 with another full line-up of Swansea's quality regular local produce markets, which offer shoppers a wide range of food, drink and crafts to choose from – including fruit and veg, breads, beers, cakes and jams.

If you can't get to any, don't forget to check out the goods on offer at Swansea Market, which is open every day (apart from Sundays). Foodie highlights include *Sandy's Lunchbox, Goodies Deli, The Healthier Alternative*, and a plethora of good fruit and veg, meat and cake stalls.

The following dates are correct as far as we know, although **all are subject to change.** Contact the market organisers directly for more information.



Are we missing any? Let us know! Email info@tasteswansea.com

GHOGOLATE – THE FOOD OF LOVE!

BY DAVID LLEWELLYN

With Valentine's Day approaching, Taste Swansea's innovation and development chef DAVID LLEWELLYN uses his regular column to discuss chocolate – one of the greatest love foods there is – and some inventive ways to use it, with everything from venison to bourbon!

an Chocolate also makes a rich, glossy sauce for venison. Sear the venison fillets in a pan on a medium-high heat for a few minutes each side until cooked to your liking, then remove from the pan, cover with foil and leave and to rest. In the same pan, pour in

from the bottom, reduce the wine by 2/3, then add 250ml of good quality chicken stock.

Reduce the stock again by 2/3 or

until the sauce coats the back of

a spoon. Add 25g of cubed cold

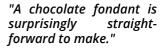
around 250ml of red wine and -

using a wooden spoon - scrape

off all the lovely caramelised bits

butter and 15g of grated 70% cocoa solids chocolate. Spoon over the cooked venison and serve with some creamy mashed potato and simple greens.

I couldn't write an article on chocolate without including a few classics and a bit of fun to end a meal.



It's so rewarding when you break the surface, revealing its oozing centre. For this, you will first need to brush your moulds or ramekins with a little melted butter. Melt 100g of butter and 100g of good quality chocolate (60% cocoa or above) in a bowl, over a pan of hot water or in the

or me, there's always an electrifying connection between love and food. Being gathered around a table, sharing food with loved ones, friends and family is an integral part of life. As you all interact and get lost in stories and laughter, the food you eat only brings greater pleasure.

And when it comes to the romance of Valentine's Day, chocolate will no doubt feature in that special meal you have planned – but it can be used for so much more than simply a decadent end to a meal.

When used in small amounts, chocolate adds an amazingly silky, complex flavour to all manner of dishes. For example, grating some bittersweet chocolate into a Mexican chilli or adding some coco powder to your BBQ rub for ribs, can really give your dishes an amazing edge.







microwave. Once melted, mix together until smooth.

Next whisk two whole eggs, one egg yolk and 50g of caster sugar until fluffy and pale. Whisk the eggs into the melted chocolate, then simply fold in around 15g of flour making sure not to knock out too much air. Pour your mixture into your moulds, then leave in the fridge for at least a few hours

until set. Bake at 180C for around 8-10 minutes (depending on the size of mould) and serve immediately with some crème fraiche and a grating of fresh orange zest.

"Next on our list - some alcohol!"

This is a playful bourbon chocolate cocktail that takes a milkshake to the next level. First make a simple sugar syrup by melting together 100g of water and 100g of sugar until the sugar has dissolved, then stir in 80g of chopped chocolate, a splash of vanilla essence and a good pinch of sea salt, and leave to cool.

In a tall glass, pour in a good glug of the chocolate sauce followed by a measure of bourbon whiskey. Top this up with whole milk and finish with a big scoop of vanilla ice cream. Give it a quick stir, then drizzle over more chocolate to finish. One for adults, but perfect to share if you don't mind fighting over who gets the most!

Whatever you are planning this Valentine's Day, enjoy spending time around the table with the one you love – and the chocolate, of course!

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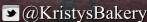
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MICHELIN UNCOVERED!

Taste Swansea's assistant editor and well-travelled foodie STEVE HOMER takes a look at the coveted Michelin Guide, and explains the ins and outs of the notorious Michelin Star – as well as uncovering what it actually means for Swansea and Llanelli.

t's not the first time that I have overheard enthusiastic foodies in Swansea discussing the merits of their preferred local restaurant being awarded a Michelin Star in that respective year's Michelin Guide. But let's debunk the myth before we proceed any further – there are no restaurants in the Swansea area that have gained the much coveted Michelin Star! In fact, there are no restaurants that have achieved the next accolade down (the Bib Gourmand). However, there are some notable restaurants within the Swansea area that have been given an 'honorary mention' in the said Guide.

Should you wish to sample the fare of a Michelin Star restaurant in Wales then you have to travel well beyond the boundaries of the Swansea and Llanelli area. It's Penarth that hosts the nearest Michelin Star restaurant, in the guise of *Restaurant James Sommerin*, which incidentally doesn't even make it to number one on Trip Advisor!

In view of the confusion, we have decided to unearth the mysteries of the Michelin Guide, with our 'guide to the Guide'. The Michelin Guide is very simple to understand, as it is divided into clear categories, between restaurants and hotels. But for our purposes I will cover only the restaurant categories.

The restaurant categories can be best described as quoted in the Guide itself:



Michelin Stars

င္မ်ာင္မ်ာင္မွာ (Exceptional cuisine, worth a special journey!)

(Excellent cooking, worth a detour!)

(High quality cooking, worth a stop!)

Bib Gourmand (Good quality, good value cooking)

As for Swansea and areas in the Taste Swansea catchment area, there are only four *(previously six in 2016)* notable restaurants that have mentions in the Guide, although there are still no Bib Gourmands and most definitely no Michelin Star rated restaurants. The four that have made the Guide for 2017 are as follows:

- Slice (Sketty)
- Hansons of Chelsea (Swansea)
- Fairyhill (Gower)
- Sosban (Llanelli)

Far be it for me to say, but there are new players and some existing restaurants well worthy of inclusion in the Guide for 2018. We'll just have to see if they make it!





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THE GREAT FOODS OF CHINA: CHINESE CULTURE

With Chinese New Year on its way, our go-to girl on Chinese food, GIGI GAO – owner of The Favourite Authentic Chinese on Brynymor Road – gives us a taste of how she's bringing Chinese culture to Swansea.



BY GIGI GAO

he best thing about taking over ownership of the Favourite a few years ago was that it allowed me to introduce real Chinese culture into Swansea. We have also recently redecorated, which has given me the opportunity to bring even more authentic Chinese culture to the restaurant.

I talked about tea last issue and that is a huge part of our culture, but it's not just about food and drink. When customers come the restaurant we aren't just serving food, but an experience. You not only enjoy the dishes, but the presentation and the historical significance of what you eat from.

For example our plates and cutlery are blue and white porcelain, which is a very typical Chinese style. As well as chopsticks we do have forks, which are sometimes easier for non-Chinese diners to use, even though we rarely use them in China – and we *never* use knives. So it's actually a mix of cultures!



We have also just had our new tablecloths imported from China, and they were made specifically for us. In China they tend to use this style of tablecloth for big special occasions, like weddings and family parties, and they are very unique to Swansea. Each tablecloth has its own picture and meaning – like the Pine and Crane which means a happy and long life – so every time you dine you see something different!

Another thing have changed recently is the artwork on the walls. For example, we have lots of paintings of goldfish around the walls, and goldfish are a symbol of happiness, good luck and good fortune.



Finally, at the end of January we welcome in Chinese New Year. 2017 is the year of the Rooster. So happy new year to all readers of Taste Swansea and our customers! Gong Xi Fa Cai!



FOOD MATTERS: FOOD FOR HEROES!

with Danny Rees

What makes a hero? It's not just about fighting crime or saving a human life – it's about the food choices you make every day, as local chef, cookery teacher and passionate vegan DANNY REES explains.



every guy in the world wants to be a hero. I know I do. In my mind a hero is fit, healthy, a great role model for others, and someone who stands up for the voiceless and oppressed. I wanted to be the hero of my own story and so I did just that – I became a vegan.

I stopped supporting the cruel industrial farming of animals, and showed my children the difference you can make in the world when you set your mind to it. I admit it hasn't been easy – giving up a 40-year-old habit never is – but gradually adopting a more compassionate lifestyle has just become normal to me.

I can hear the giggles from here: "vegans aren't heroes!" you may cry. Well they are if you're a chicken, pig, cow, lamb or fish! My view is that the numbers of animals slaughtered will only decrease if each individual takes accountability for their behaviour and everybody is responsible for what they are personally doing.

Being a vegan means you are a progressive sort, hopeful that you can affect positive change around you and I'm no different. I want to live in a fairer, more compassionate, less cruel world and one more vegan in the UK means up to 110 animals saved per year. That's a significant amount of suffering avoided and, while it's unlikely that the whole world will go vegan any time soon, it's encouraging to know that I make a real difference just through what I choose to eat.

A lot of guys find the concept of being a vegan the antithesis of being a 'man'. I get it. I don't identify with some vegan men either, but you don't have to be an [insert your own male vegan stereotype here] to care for your body or have compassion for animals. Men are obsessed with eating loads of animal protein to fuel workouts and muscle

"One more vegan in the UK means up to 110 animals saved per year."



growth, completely oblivious to the fact that the plant world delivers all the protein your body needs minus the saturated fat and growth hormones. For me though, being a real man is about being compassionate towards others and there's nothing more defenceless than a chicken or a pig. If you want to test your manhood, go hunt a wild animal with your bare hands and see how you get on.

If I'm honest I love 'dude food' and I was anxious about the things I wouldn't be eating any more, such as sausages, burgers and – my favourite food in the world – pies. Sure, I love healthy dishes, but I was brought up on comfort food. I fretted about how I could have a plate of warm, comforting food without compromising my vegan values.

I eventually found my savoury saviours, Mr Nice Pie and Petit Piorot's vegan comfort food. Both can be found at Swansea's fantastic Uplands Market. Mr Nice Pie is quite possibly my favourite food producer in the area and I can't get enough of his amazing vegan pies. My favourite is the mushroom as L can have it with mashed potato and vegetables (or indeed chips), but they do a range of other fillings including a spiced rendang curry and a Moroccan tagine flavour. Meanwhile. nothing beats a burger when



you are out and about and I went for the 'mugshot' burger from Poirot's which was delicious. They are a new street food outfit that give a percentage of their profits to wildlife conservation, which made me even happier to part with my cash.

My ambition now is that I can encourage a few like-minded guys to try a few vegan dishes and start the journey. Go on, be a hero today.

Are you someone who is ready for a change? Do you want to be healthier, lose a few pounds and live a more compassionate life? If so, then you are not alone – follow Danny Rees on his vegan Facebook page www.facebook.com/wanna bevegan for practical advice and moral support.

LIFE IN THE KITCHEN:

CHEF NICK JONES, Plough and Harrow (Murton)





Our popular regular feature returns, where we get to speak with some of the finest chefs in and around Swansea. In this issue we've been chatting with Nick Jones, head chef and owner of the Plough and Harrow in Murton. A creative chef with a penchant for adding modern twists to classic dishes, Nick shares with us his favourite foods, place to eat, and his dream of opening a restaurant in Swansea Market.

What was the first meal you ever cooked?

The first meal I cooked was when I was about 14. I topped a tomato and gutted it, then cracked a hen's egg inside, seasoned, then replaced the top of the tomato. I then baked it, keeping the egg soft in the middle. Served with toast soldiers!

What's your favourite meal to cook for yourself?

That would be tapas – or my world version of it. I love to graze. I make a mean bruschetta and love olives, garlic and seafood, especially squid and scallops. So I just play around with the flavours and see what's on the market stalls on the day I go down to Swansea Market. I love wandering around the market and making up dishes in my head, based on what's fresh that day. I'd love

to have a restaurant inside the market one day and do just that – making up the menu daily based on what's available, not allowing myself to use a single ingredient that's not available in the market stalls.

Do you have a favourite ingredient to cook with?

The ingredient I couldn't do without is laverbread. Mainly because I could eat it all day.





What's the most popular item on your menu at the moment?

Our most popular dish is the same as it has been for the last three years: our overnight-roasted free-range belly pork, with fennel sausage stuffing, and crackling. Smoked bacon and leek hash, cloudy cider gravy, Murton Farm curly kale. It's been a winner since day one. We just change the sausage meat stuffing and veg with the seasons.

When you are not working, where else in Swansea do you enjoy eating out?

When I'm not working I have to be a single dad! So most eating is now done in the home, but there are a good handful of places in Swansea. I love sushi so Nishimura is a favourite. And you can't beat a salted seabass and fillet steak combo at La Parilla. And the Rasoi Indian is great. Anywhere that doesn't use frozen anything. I can't wait to try Garuda and the Beach House, and get back to the Pant-y-Gwydr again... it's nice to say there are too many to mention. The choice is great for Swansea and Gower.

What's the best thing about being a chef?

The best thing about being a chef is the chance to be creative and play with flavours and ideas. I like to keep my food hearty and traditional at the core, but play around with it or tweak it to give it a modern edge. Whatever we do must be justified and improve the dish, or create a positive angle. Like serving the hay smoking at the table. Or spraying cider vinegar on

to our battered cod at the table. Flaming crème brulee. Putting popcorn or popping candy on desserts. A trio of soups in one bowl. But most of the cleverness is in the dish itself – the new and exciting ingredient matches and so on.

And the worst?

The worst thing is when some diners forget that businesses are made of people, and not just bricks and mortar.

Finally, if you weren't a chef, what would you be doing?

If I wasn't cheffing, I would have liked to have been a film director, and it is still a big ambition. I'm involved with writing and production groups, and intend to actively get into writing and producing in the next few years. I've been involved in the restaurant industry for over 20 years now so feel I need to broaden my activities.





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George Chaplin & Sons



SWANSEA ON A PLATE: THE UPLANDS BY O

By Chris Carra



Where do you start in such an eventful district? How about with some spice! And the long-standing **Vietnam** is always a good call – a small but very unique restaurant. If you can get past the retro look, you'll find a great menu of authentic dishes, most with a very good kick!

Sticking with the East, and on the opposite side of the road you'll find the new Indian restaurant **Maya**, which is the first dedicated curry house in the heart of the Uplands for years – offering up a very good curry – while the Japanese chefs in nearby **Wasabi** make a mean Yaki Soba.

Catering for veggies in the Uplands is **Crumbs Kitchen** on the corner of Gwydr Square, which is a good choice for anyone – veggie or not – with some robust salads and hearty stews.



Cha Nem Spring Rolls at Vietnam

If you like your coffee, both **Squirell** (formerly Steam) and **Brewstone** are great to drop into, with the former serving up classic sandwiches and soups, while the latter has a full restaurant menu including stone-baked pizzas.

Just out for some drinks? **The Uplands Tavern** is a classic pub, which is popular with both students as well as the less-studenty drinkers of the world. Next door sits **Noah's Yard** which is equally as popular, and offers a very contemporary atmosphere. Both excellent choices for the warmer evenings, with great roadside beer gardens.

Finally, keep an eye out for a handful of brand new eateries including **Burger Co** – a trendy burger eatery – and **German Doner Kebab**, which is a

BURGER Co.

Burger Co. at night

burger eatery – and newly opened full restaurant offering authentic kebabs. I'm yet to try either, but look forward to dining in them shortly!



The new German Doner Kebab

Where's next on Chris's journey? Find out in the next issue of Taste Swansea. In the meantime, feel free to send us your suggestions: info@tasteswansea.com.







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FIVE TO TRY: HOTEL FINE DINING



While there's little reason to stay in a local hotel if you already live in the city, that doesn't mean you can't enjoy the delicious fine-dining menus that some of Swansea's hotels serve up daily. And here are five hotels whose restaurants are well worth a visit:

THE MARRIOTT HOTEL

The Marriott Hotel's fantastic Bayside Grill offers an elegant but relaxed setting, with a group of talented chefs that serve up an extensive menu of Welsh fine dining, as well as contemporary global cuisine. Their themed evenings and Sunday lunches are also excellent, while the comfortable bar area offers snacks and lighter bites.

THE GRAND HOTEL

Set just opposite Swansea's central train station, the Grand Hotel is in the perfect location for tourists, or locals about to take a trip. And their modern brasserie, *Peco One*, serves up a full fine-dining menu, with everything from seafood to risotto. For a more casual dining experience, check out their *Moloney's Bar and Grill*.

THE DRAGON HOTEL

This popular central hotel is home to the *The Dragon Brasserie*, which offers awardwinning European style fine dining, alongside lighter meals and snacks, in a location that's very accessible to the city centre and Wind Street. Open daily, the light and airy restaurant is perfect for relaxed lunches as much as it is intimate evening meals.

STRADEY PARK HOTEL

Set inside the lovely Stradey Park Hotel in Llanelli, the popular Samphires Restaurant offers an impressive menu that makes good use of fresh, locally-sourced produce, and allows diners to enjoy panoramic views of both Gower and Carmarthen Bay. Their three-course Taste of Carmarthenshire' set meal gives a good sample of what local producers have to offer.

NORTON HOUSE HOTEL

Tucked away on Norton Road in Mumbles, the Norton House Hotel have a popular fine-dining *Seafood Bistro*, that specialises in locally-sourced fish and shellfish, just a stone's throw from Swansea bay. Although the likes of mussels, scallops, oysters and crab are their forte, their menu is expansive and includes a range of meat dishes and vegetarian options.



REAL RECIPES: CHANA SAAG

A FAVOURITE VEGETARIAN CURRY BY CHRIS CARRA

In our newest feature we ask a 'regular person' (i.e. someone who isn't a chef), to share a recipe. Kicking us off is Taste Swansea editor CHRIS CARRA, who talks about one of his favourite veggie curries. If you have a recipe you want to share, send it to info@tasteswansea.com.

A vegetarian curry is one of my go-to dishes in the kitchen – they taste great, never leave you hungry, are simple to put together, and are much healthier and cost less to make than the meat alternatives. What's not to love?

One classic Indian dish I've been making for a few years is a chana saag – a flavourful and satisfying chickpea and spinach curry that's perfect for these winter evenings. I used to go off a recipe I found on the BBC Good Food website, but at the end of last year I picked up a copy of Meera Sodha's Fresh India – full of easy Indian veggie recipes – and was delighted to find a more refined version of chana saag, which I have now adopted.

So here is my take on the dish, with plenty of inspiration from Meera's new book.

INGREDIENTS

3 tablespoons rapeseed oil ½ teaspoon yellow mustard seeds
1 teaspoon cumin seeds
2 large onions, diced
5 cloves of garlic
Around a tablespoon of grated fresh ginger



1 x 400g tin of chopped tomatoes 2 x 400g tin of chickpeas 1 ½ teaspoons ground coriander 1 teaspoon chilli powder ½ teaspoon ground turmeric 1 teaspoon of salt 500g baby spinach

WHAT TO DO

1. Put the oil in a large lidded pan – I use ceramic as it's both non-stick and gives a nice even hear



When the oil is warm, add the cumin seeds and mustard seeds. The original recipe called for black mustard seeds, but I have always used yellow (I believe these are slightly sweeter and less pungent than the black version). When the seeds start to pop, throw in the diced onions.

2. When these have been fried for at least ten minutes (the longer the better) and have suitably browned, add the grated ginger and crushed garlic, then fry for a couple of minutes. Try to brown the garlic slightly.



3. It's time to add the tomatoes, as well as about a third of the empty can filled with water. Cook this for about 10 minutes, stirring occasionally.



4. When this is relatively dry you can add in both cans of chickpeas. Drain them first (giving them a bit of a rinse in the can) then mix in until warmed.



5. After a few minutes you can add the ground coriander, chilli powder, turmeric and salt. Usually I tend to add a little more turmeric than called for, but I go easy on the chilli powder – I suggest experimenting yourself.



6. When suitably mixed, give the spinach a rinse then start to fold it into the pan. Hopefully you have selected a pan that's big enough (I always make the mistake of using one that's too small), because it can be a tricky process. The best method is to add a few handfuls, fold it into the mixture until it wilts, then repeat and repeat.



7. When the spinach is all in, give it about five minutes to cook on a medium heat. You're then ready to serve. Naturally basmati rice is a great accompaniment, but I tend to serve it with a large garlic and coriander naan bread and some natural yoghurt, with a little lime pickle.

Fancy sending in a recipe of your own? Send us the list of ingredients, what to do, and a couple of photos and if we choose you for the next issue we'll send you a copy of Meera's Fresh India book.

BOOTY DUDE: WINTER WARMERS

If you're staying in for a couple of drinks this weekend, forget about finishing off that crate of lager or the last of the festive Prosecco – you'll want to try a real winter warmer! And our new expert drinks guy ADAM SILLMAN is here to run us through three excellent tipples – a beer, wine and whiskey – that will please any palate this winter.

Christmas has come and gone, and we're all full of new year's promise – but the nights are still cold and we need a big warm hug, whether that's a physical embrace or something proper tasty in a glass. So here are a couple of my favourite winter drinks to try this month.

Beer: Tiny Rebel Brewery, Stay Puft Marshmallow Porter

Porter is a great cold-season beverage in its natural state. Its dark malt forward profile and slightly sweeter finish makes it a real comforting staple drink for me when the nights grow short and frosty, but when you add the indulgent, sweet flavour of marshmallow it becomes something magical. The toasty malt notes mingle with the mallow and deliver a boozy version of a s'more (if you don't know what s'mores are you're really missing out). I really can't imagine a better winter combo than that.

Wine: Giuseppe Campagnola, Valpolicella 'Ripasso'

The wines of Valpolicella are widely enjoyed in Italy, ranking just after Chianti in total production. Made from a blend of Molinara, Corvina Veronese and Rondinella grapes, it's a fantastic and versatile wine that can be enjoyed

with a wide range of foods, but whenever I see a bottle of Valpolicella carrying the moniker of Ripasso I know I'm in for a treat. Ripasso wines start their lives in a traditional fashion, where the grapes are picked, pressed, then fermented – easy peasy. But then, after some storage, the wine undergoes a secondary fermentation in contact with dried grape skins previously used to produce Amarone. This second fermentation adds notes of darker fruit, some woody spice and chocolate to an already pleasant palate of cherry and bright red fruit, resulting in a velvety textured glass of wine, which is great with stews, red meats, cheese and pasta dishes. All the things we need to keep us going in the cold.

Whiskey: Pendryn Portwood

A few years back, Penderyn released a small batch of their iconic Welsh whiskey aged in former port casks at 41% vol. Critics and fans of the distillery rejoiced but stocks quickly ran dry. Back at a higher 46% vol., to fall in line with the rest of the range and still without an age statement (although my guess is it's quite young), we have a whiskey with rich dried fruit, dark chocolate and a toasty element not dissimilar to a hot slice of bara brith. This is a dram you can sit with and explore at length, finding something new with every sip.



WINNER - Gastropub of the Year 2016
- Food Awards Wales
WINNER - Best Pub in West Glamorgan 2016
- The National Pub & Bar Awards
WINNER - Top 3 Pub in Swansea 2015
- Three Best Rated UK
Top 100 Sunday Lunches in UK 2016
- Sunday Times Newspaper









Not just a Gastropub but a drinking bar too...

Opening times
Monday 5-11pm

Tuesday - Saturday 12-3pm/5-11pm

Sunday/Bank Holidays 12-10:30pm

Take-away Fish & Chips Tue-Sat 12-2:30/5-6pm Lunchtime @ The Plough Enjoy two courses for £16.95

Tuesday to Saturday Lunchtimes

Thursday Steak Night
Enjoy two 7oz Sirloin Steak,
House Sauce, Triple cooked
Chips and a bottle of
either Rioja or Pinot
for only £32 per couple.

A la Carte served

Monday 6-8:45pm*

Tuesday - Saturday 12-2:30pm/6-8:45pm

> Sunday Lunch 12-4pm

Bank Holidays 12-3pm *Except bank holidays

Tel:01792 234459

The Plough & Harrow, 88 Oldway, Murton, Gower, Swansea, SA3 3DJ www.ploughandharrow.eu





Cafe TwoCann is an Award Winning Cafe, Bar & Restaurant in Swansea's SA1 Waterfront development. With a menu based around the highest quality food, using local & homemade produce.

Opening Times

Monday- Tuesday 11:30am- 3pm Wednesday- Friday 11:30am- 10:30pm Saturday 10:30am - 10:30pm Sunday 10:30am - 4pm

Lunch Menu

Served from 12 noon Monday - Saturday Book today for our relaunched menu

Evening Menu

Our new A La Carte evening menu along with our chef's specials!

Sunday Lunches

Served 12pm-4pm

2 courses - £15.95 3 courses - £18.95

Breakfast at TwoCann

Served from 10:30am Saturday & Sunday

Vegetarian & Gluten Free options available Book online today via our website or ResDiary





Afternoon Tea at TwoCann

Served every day from 2:30pm £14.50 per person £18.50 with prosecco Includes delicious cakes, finger sandwiches, TwoCann Welsh cakes, macaroons & more. Booking essential.

Valentine's Day

2 sittings at 6pm & 8:30pm Celebrate Valentine's Day at TwoCann with our special three course menu

Wine & Dine Evenings

Our first Wine & Dine evening of 2017 will take place on Thursday 23rd February Visit our website for details on our theme and to book your place!



Book Katering TwoCann for quality food & service for any event. Now working in partnership with Dragon Marquees & Events limited. Visit our website for details.

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