

INDEPENDENT EATERIES

LIVERPOOL
SUMMER 21



THE GIN EXPERIENCE: A STORY BEHIND EVERY GLASS

Terry Langton, tells us how he grew from a garage distillery to Royal Albert Dock bar and how there's a story behind every gin they serve.

MASTER OF THE CHINESE CULINARY ARTS

Master Chef Dave Critchley, talks about his experience and how Lu Ban aim to bring Chinese culinary arts education to the UK.

SUSTAINABLE LIVING: REDUCING FOOD WASTE

The founders of The Fermentation Station, talk all about the sustainable benefits of fermentation.

Feast Your Eyes

Strategic, Bespoke Branding for
Restaurants, Cafés and Bars



Dreaming to craft an *unforgettable brand experience* for your customers?

Look no further, we can help you to brand your business with a consistent look and feel throughout your customers journey.

HELLO FOODIES

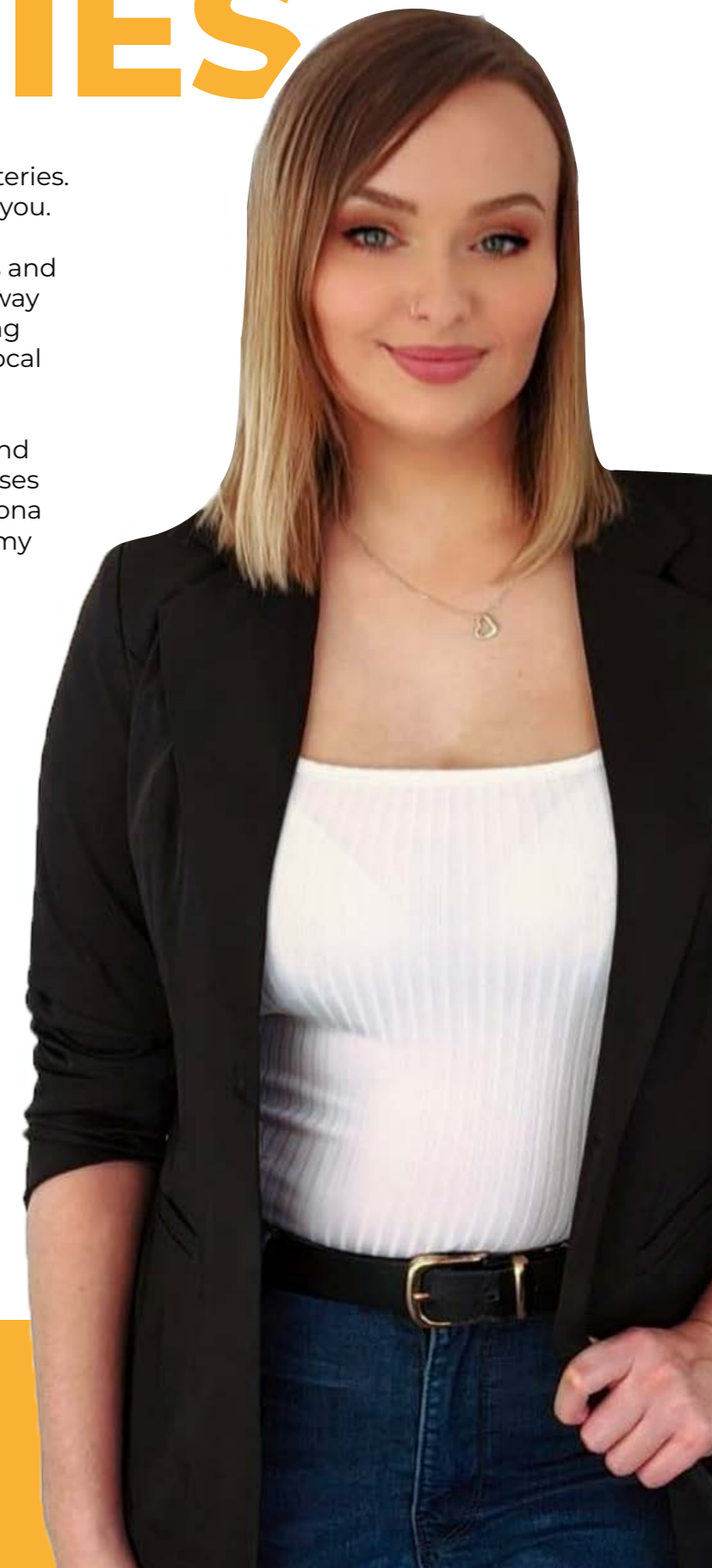
Welcome to the first issue of Independent Eateries. I am very excited to share this magazine with you.

I'm Imogen, Founder of Independent Eateries and Feast Your Eyes. I created this magazine as a way of embracing my passion for design and eating good food, but also as a way to connect the local community.

As a brand designer specialising in the food and drink scene I have come across many businesses that have been negatively effected by the corona virus pandemic. This free digital magazine is my way to help the hospitality industry to recover and bring people together over the shared interest of food.

Throughout the project I have been able to work with numerous passionate business owners and chefs with the chance to hear their incredible stories one on one. I have heard their amazing origin stories and passions with an insight to their struggles and resilience throughout the pandemic. I can't wait to share these stories with you and look forward to the future of Independent Eateries.

Imogen Sandbach,
Founder and Editor in Chief



EDITOR-IN-CHIEF

Imogen Sandbach

PHOTOGRAPHY

Anthony Lavender
Mark Carr
Antonio Franco

EDITORIAL

Samantha Bentall
Chris Grundy
Louise Kissack
Amina Malik
Andrea Perkins
Rob Tyrer

DESIGN

Imogen Sandbach



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For all advertising enquiries please contact:

independent eateries@gmail.com

THE GIN EXPERIENCE: A STORY BEHIND EVERY GLASS SERVED

There's more to Turncoat Bar and Distillery than meets the eye. Managing Director, Terry Langton, told Imogen Sandbach how he grew from a garage distillery to Royal Albert Dock bar and how there's a story behind every gin they serve.

WHY DID YOU DECIDE TO SET UP A DISTILLERY?

Well, I used to be a brewer, hence the name Turncoat. I had a brewery called Love Lane Brewery, and I was also involved in another brewery called Black Lodge. My life was all about brewing beer. I did that for about eight years and then I decided it was time to sell up and do something different and that's when I got the idea to start a distillery.

I STARTED SMALL, JUST A LITTLE DISTILLERY IN MY GARAGE.

Luckily, our two gins were very really well received, so we moved into a unit, bought a larger still and started making new gins and growing the business. Then in 2018 Royal Albert Dock approached us and asked if we wanted to partner up and put a bar in one of their basements. We obviously said yes. We thought it was a great location and would really help us expand our customer base and brand. It was a huge challenge getting everything ready in time, and then of course, lock down happened four weeks after we finally opened, but it was still worth the work.

AS GIN HAS GROWN IN POPULARITY HAS IT INFLUENCED YOUR RECIPES?

Yes definitely. You're always paranoid when you start anything new because you haven't found your feet and you don't really know what you can do or what you're about. You don't know if what you're doing is going to land with people.

ULTIMATELY, YOU'RE MAKING GIN BUT WHAT'S YOUR CONTRIBUTION TO THE GIN WORLD?

I mean, you have to kind of work that out. So, I think we decided really early on that everything we do is going to be distilled. You can make gins in all sorts of different ways. You can make a compound gin where you rest the botanicals in the ethanol, but you don't re-distil it, you just filter it and then you get a coloured, flavoured gin, or you can blend different gins together, but we decided that everything we make is going to be distilled.

AS PEOPLE GET TO KNOW GIN BETTER AND BECOME MORE

Photo: Turncoat Pizza by Imogen Sandbach



**SOPHISTICATED IN THEIR CHOICES,
THEY'LL WANT TO KNOW THE
STORY BEHIND IT.**

They'll want to know who makes it and how it's made. We have to have that integrity and we want to stay really small as a distillery, only selling to independent companies.

Our aim is to make lots of different gins that interest people and have a story behind them and we want to collaborate with other companies. We've already collaborated with Leaf and with the Botanical Garden. We've collaborated with a brewery in Manchester for one of our gins and we've made a gin from Marray.

**WE TRY TO BE PART OF THE
COMMUNITY RATHER THAN MAKE
A COMMODITY GIN FOR THE MASS
MARKET.**

**SO, IT'S MORE ABOUT THE EXPERIENCE
AND THE STORY BEHIND IT RATHER
THAN 'JUST ANOTHER BOTTLE OF
GIN'?**

That's it, absolutely. And this is where the bar came in. We were offered the bar, and I just thought, that's an extension of the story, we're not just a website and then you see us at events and managing festivals. You can actually come into the bar.

**APART FROM GIN, WHAT ELSE CAN
PEOPLE FIND IN YOUR BAR?**

We focus on gin, beer and pizza. We've installed 15 beer lines to get as many local beers on as possible. We make sure a lot of the lines are from local breweries like Chapter, Carnival, Black Lodge, Neptune and we're finally getting Birkenhead's Glen Affric on the lines too. We've also invested in a huge pizza oven and kitchen, so we can make our own pizzas from scratch. We make all our own dough, and the oven is wood fired only, which is a great combination of freshness and flavour.

Our cocktail menu is doing really well. Good ingredients and good processes with no

gimmicks. Our team are really friendly and down to earth.

**WE'RE NOT A PRETENTIOUS
COMPANY. WE JUST WANT
CUSTOMERS TO ENJOY OUR OFFER
AND HAVE A GOOD TIME.**

**DO YOU HAVE OUTDOOR SPACE OR
OFFER DELIVERIES?**

We do have a lovely outdoor space which seats up to 30 people. We're a basement bar, but our space upstairs has great views of Albert Dock. Our distillery offers deliveries of all our gins, and you can pick up all of our range at the bar.

**WHAT ARE YOUR GOALS FOR THE
FUTURE?**

We've just invested in a pop-up kitchen at the Bombed-Out Church. Our pizza team is selling hundreds of pizzas a day over there. We're also hoping to open a new bar very soon.

**WHAT'S THE BEST-SELLING ITEM ON
YOUR MENU?**

Dragon Tears Gin and Tonic. It's a very unique gin, made using Dragon Tears, which are the flowers that bud on a Jasmin plant. Our best-selling beer is Parabola Pale Ale from Chapter, and our best-selling pizza is the Meat, Heat and Sweet. It's a delicious pizza with Nduja, pepperoni which is drizzled with honey. There's also a vegan version which flies out!

WHERE CAN CUSTOMERS FIND YOU?

www.turncoatdistillery.com
@turncoatbar
@weareturncoat (distillery)



Photo: Turncoat Gin by Imogen Sandbach

#SAVE MY SEAT

A campaign by Foursquare

Foursquare Group recently launched the #SaveMySeat campaign to help customers understand the impact of 'No Shows' on our independent hospitality industry.

Throughout the pandemic, the Group has supported the hospitality industry to ensure as Liam Jones founder of Foursquare Group, puts it; "we help the industry that we serve". The Group is keen to normalise the idea of paying a deposit when booking a table at your favourite independent restaurant as 'No Shows' are a huge issue for hospitality venues.

1 IN 5 RESTAURANT BOOKINGS NEVER SHOW UP, IMPACTING THE INDUSTRY BY MORE THAN £16BN PER YEAR.

However it's quickly become apparent that other industries are facing similar challenges. Speaking about the campaign, Foursquare's Hospitality Director Louise Kissack says: "Over the past few weeks it's become apparent that this is not just an issue in the hospitality industry. Within the first few days of launching our #SaveMySeat campaign, I'd heard from beauticians, massage therapists and home cake bakers – all experiencing the same issues with no-shows, and all shouldering the cost of customers failing to cancel. We want customers to understand that when a local indie asks you for a small deposit on booking it's simply their way of safeguarding their business and protecting their future."

Foursquare Group helps independent hospitality, retail and leisure businesses to succeed. Their aim - through various products, tools and advice - is for independents to start, run, grow and protect themselves in a successful, easy and effective

way. Asking customers to pay a small deposit when booking is one way in which independent venues can gain some level of certainty and plan for the future, however independents are far less likely to ask for deposits than larger chains.

A recent twitter poll asked customers whether they would be prepared to help solve the no-show problem by paying a deposit when booking a restaurant.

IN A RECENT POLL OF 2,000 CUSTOMERS, 95% ARE IN FAVOUR TO PAYING A DEPOSIT WHEN BOOKING A RESTAURANT.

Over 2,000 guests responded with 95% of people being in favour of the idea. So, if most customers are in favour, and restaurants are still suffering the effects of no-shows then surely implementing a booking and deposit system goes some way to solving the problem... Yet many independents are still hesitant to ask their customers to put their money where their mouth is."

Foursquare Group is now calling on the public to support them in protecting our much-loved eateries and favourite drinking spots so that they can bounce back from the devastating reality of Covid-19 and ultimately, stick around. "This is how we see it." Louise says. "Customers who don't want to pay a deposit are not invested in their visit to your venue, or the future success of your business. And those customers who fail to show for bookings are not only letting you down, but they're also disappointing your loyal customers who can't make a reservation when you're fully booked. After all, we want our favourite places to be around for us to enjoy for many years to come!"



A Campaign by
FOURSQUAREGROUP
IN YOUR CORNER

ONE IN FIVE

20% of restaurant bookings never show up, impacting the restaurant industry to the tune of £16bn a year. #SaveMySeat

STORE
MALUCCO@HOME • ORGANIC FRUIT & VEG
BOTTLE SHOP • SPECIALITY COFFEE
KETO BOKES • MEAL PREP
IN HOUSE BAKERY • VEGAN PRODUCE
"Local independent co-operatives"
Working together with local suppliers,
stocking artisanal produce & together
helping their businesses grow.
ALL AVAILABLE INSIDE
**CLICK & COLLECT
ONLINE ORDERING**
Coming Soon

Photo: Castle Street By Vaadhoo Media



FANTASTIC PLACES TO LUNCH IN LIVERPOOL

By Chris Grundy @The_Liverpool_Foodie

DELIFONSECA

Brunswick Way, L3 4BN
delifonseca.co.uk
0151 255 080

CARLISI

92-94 Dale St, L2 5TF
carlisi.co.uk
0151 236 9030

FREE STATE KITCHEN

Maryland St, L1 9DE
freestatekitchen.co.uk
0151 708 5005

MAGGIE FU

346 Smithdown Rd, L15 5AN
maggiefu.co.uk
0151 733 9300

MA BOYLE'S

7 Tower Gardens, L3 1LG
maboyles.com
0151 236 0070

DELIFONSECA

Delifonseca has been a favourite of mine for years! Not only is the setting of this Delicatessen / Restaurant one of the best in the city, but the quality of the food is second to none.

Delifonseca's menu is perfect for Lunch, whether you are wanting something light, or something to keep you going through the day, these guys have got you covered.

My latest visit saw me trying their Moules Frites... well to tell you the truth... I was torn between this and the Flat Iron Steak Sandwich. So I did what every customer should do when they can't decide... I asked Tom!

I also had him to surprise me with a glass of Vino (Molinio Vento - Viano) to accompany

whatever dish he decided for me, and once again he did not disappoint.

BESIDES THEIR UNBELIEVABLE FOOD, SERVICE IS DEFINITELY SOMETHING THAT SETS THESE GUYS APART FROM EVERYONE IN THE CITY.

From the second you walk up to that door to the second you leave, these guys can't do more than enough for you. If anyone knows what they're talking about when it comes to food. It is Delifonseca.



Photo: Mussels at Delifonseca by Chris Grundy

“an authentic Italian experience right in the heart of our beautiful city”

CARLISI

I've been obsessed with Carlisi since they opened their doors in August 2018. Owners Alessio & Federico Carlisi provide an authentic Italian experience right in the heart of our beautiful city.

Offering up Italian style sandwiches, Arancini, and the best cannolis I've ever tasted. Carlisi is a perfect spot for light lunch to go with some fantastic drinks served up by Federico, his Old Fashioned cocktail is a delight.

The team are always very attentive and genuinely appreciate you as a customer, they love what they do and they are very good at it.

FREE STATE KITCHEN

If you fancy a burger look no further than Free State Kitchen. Deciding to set up Free State Kitchen after travelling to the US, and loving the diversity and humbleness of the classic American diner, owners Kate & Gary Hughes have created a restaurant with a contemporary twist on the American Classics.



Their Garden also plays a huge role, not only is it stunning to have a nice Gin out there on a lovely day, but also allows them to grow their own produce. Using the apples in their Apple Pie and also the herbs and veg to use in their salads.

THEIR SIGNATURE DOUBLE FRENCH ONION BURGER HAS WON AWARDS

But a personal favourite of mine is their Buffalo Chicken Burger! What is not to love about spicy chicken and cheese sandwiched between a soft brioche bun?!



MAGGIE FU

Asian Street Food in the heart of Liverpool, Maggie Fu offers up something for everyone! Family run and independent, the restaurant has recently opened the doors to their second site on Hanover Street in Liverpool's City Centre.

All meals are freshly prepared, and you have not lived until you have tried their Spicy Ho Fun noodles. These guys are a firm favourite of mine and you MUST visit them! Meet you at Maggie's for a bit of salt n pepper chicken and a Chang!

MA BOYLE'S

Ma Boyle's is getting ready for an al fresco summer! The venue reached its 150th anniversary last year – which it will celebrate properly in 2021, a year late due to the pandemic. Ma Boyle's is a true Liverpool institution.

TUCKED AWAY OFF WATER STREET AND NESTLED BY THE BEAUTIFUL ST NICK'S CHURCH GARDENS, THE ALEHOUSE AND EATERY IS A TRULY HISTORIC LOCATION.

Food portions are what you would expect from good pub food... HUGE... The location can't be better either! Cocktails are great as well, but their sticky toffee pudding is STUNNING!

SUSTAINABLE LIVING: REDUCING YOUR FOOD WASTE

Amy and Sam Yarker are specialists in the art of fermenting food and drink. In an interview with Imogen Sandbach, they spoke all about the sustainable benefits of fermentation, and how you can waste less, do more good for your body and the rest of the planet.

WHAT IS THE FERMENTATION STATION ALL ABOUT?

The Fermentation Station is about bringing quality, small-batch, sustainable, seasonal, gut-loving and plant-based ferments to people. We inspire to educate more individuals on the diversity and deliciousness of fermented foods and the potential to lower our food waste whilst encouraging positive health outcomes.

WE WORK ON A SEASONAL BASIS, CREATING FERMENTS WITH THE BEAUTIFUL LOCAL FRUIT AND VEGETABLES THAT ARE GROWN AND SUPPLIED IN EACH GIVEN SEASON.

WHAT IS THE ORIGIN STORY BEHIND THE FERMENTATION STATION?

Fermentation actually began as a hobby at home, the standard kimchi as a main ferment is really becoming an in thing and I suppose for us that's what really drew us in.

The time during Lock down 1.0 gave us the opportunity to nurture our passion and the ferments we wanted to experiment with. Before we knew it The Fermentation Station was born.

WHY DID YOU CHOOSE FERMENTATION AS A PROCESS?

The sustainability focus of using seasonal waste products is what is most important to us. Using the process of fermentation to preserve what is seasonal enables you to use it for months to come. During lock down when we went shopping we would pick up things that other people would look at and say I'm not going to buy that is it soft, off coloured or just wasn't perfect. We would take it home and we would have a look to see what we could do with it.

A good example is when we went to the bakery on Allerton road and the woman told us she was throwing these grapes out and asked if we wanted them. They're not grapes that I would traditionally look for, they were little tiny things but I chopped them up and fermented and they were absolutely



We inspire to educate more individuals on the diversity and deliciousness of fermented foods and the potential to lower our food waste whilst encouraging positive health outcomes.

fantastic. We put them on cheese boards, tajines and sandwiches for weeks and this would have gone in the bin, instead they were used in a multitude of recipes.

WHAT ARE OTHER SUSTAINABLE ASPECTS OF YOUR BRAND?

As a vegan I would never create a brand that didn't revolve around my ethics and what I believe in, that is why all of our ferments are plant based. All of our packaging is recyclable, even our labels are compostable or they come from recycled paper so they can go back into the ground. None of our fermentation touches plastics as we want as little waste as possible when we make our products.

WHICH PRODUCT DO YOU RECOMMEND OUR READERS TO TRY?

Our Bread and Butter Pickles are our real hero show stopper product. We cannot make and jar these pickles fast enough before they fly off our shelves. They're chunky, crunchy and they have that sour delicious funk.

WHAT IS YOUR ADVICE FOR PEOPLE WHO ARE LOOKING TO LOWER THEIR FOOD WASTAGE?

We're more than happy to work with people and are open to collaborations to come in and show you the ropes but I think it's just about being a little bit imaginative and innovative with your thinking,

IT IS ABOUT CHANGING YOUR MINDSET AND VIEWING WASTE DIFFERENTLY.

We very quickly look at fruit or veg and say it's a little bit browner, it's a little bit of this colour and throw it away just because that's not what we're used to.

We were reading about how much food and drink gets wasted and found that when red wine bottles get thrown away there is usually a little bit left in the bottle, this leads to approximately £290 million worth of wine being thrown away every year.

The great thing is that when you leave red wine it oxidises and turns into vinegar so you could make your own red wine vinegar just by leaving it on the side and letting it oxidise, you can add a little bit of cider vinegar to speed it up but realistically if you leave it it's not a waste product, it just becomes another product. You could just fill a jar with all the little bits of wine that's left over and by the end of the year you'll have a red wine vinegar that you can use in your cooking.

We are currently working on our Events and Workshops and would suggest anyone interested in the fermentation process or decreasing their food wastage to join us. Our workshops focus on getting your hands dirty and making your own ferments to take home. We will work alongside attendees to create delicious ferments that can be recreated at home and will include a taster of menu ideas for your ferment.

OUR EVENTS ARE AN EXPERIENCE BASED DINING AND SHOW THE DIVERSITY OF FERMENTED FOOD BEYOND WHAT YOU CAN PURCHASE IN A SUPERMARKET.

We would showcase the best of seasonal produce and include collaboration with other small independent businesses.

WHAT CAN PEOPLE EXPECT FROM YOUR WORKSHOPS AND EVENTS?

We have already launched a couple workshops, we have a few running on the Wirral and a little bit out towards Cheshire at the moment.

In the workshops you will learn the fundamentals and process of fermentation and what it means. We will give you a taste of our kimchi and then we will give you a taste of a shop bought one that you would find on a shelf which was probably pasteurised so you can compare the different taste and texture profiles.

You will then make your own custom jar, so you might want your kimchi spicy so we will show you how to do it. You might want more carrot or radish or you can add extra garlic, all of those things that's all customised by what you want and what your tastes tells you and then we would give you that jar then to take home with instructions on how to ferment it and how long it needs to be left. You will also be given suggestions of what you can cook with your ferment at home.


The other thing that we're doing which were really excited about is a 6 course tasting menu which is at Claremont farm. It is six courses that are all focused around ferments and they're not ferments that you would buy from our website.

There are interesting and innovative techniques that we are using that you wouldn't know were necessarily fermented but are actually traditional ferments. It will be 6 courses of small plates that will be paired with fermented drinks that will be alcoholic or non alcoholic. Throughout the night we will talk about the techniques and why we've chosen them. You can purchase tickets to our events via our website.

WHERE CAN PEOPLE FIND YOU?

www.thefermentation-station.co.uk

Instagram @thefermentationstationuk.
Facebook @TheFermentationStationUK
Twitter @FermentationUK



I have never really been a huge fan of brownies, in fact I never really liked them at all. I made it my mission to have the best recipe everyone would love. It took a lot of trial and error, but it was worth it. I hope you all love this recipe as much as I did developing it.

Happy baking

Amina x

CLASSIC BROWN BUTTER BROWNIES

By Amina Malik @Aminaskitchenette
aminaskitchenette.com

INGREDIENTS

150g High Quality Chocolate
50g Butter
200g Granulated Sugar
50g Light Brown Sugar
2 Eggs
Dash of vanilla extract
100g Flour
1 tbsp Corn Starch
2 tbsp Cocoa Powder
1/8 tsp baking powder

BROWNIE VARIATIONS

100g Chocolate Chunks
4 tbsp Peanut Butter
2 tbsp Nutella
A handful of Baby Marshmallows

SERVES: 6-8

TAKES: 45 MINS

1. Preheat the oven to 180°C. Line an 8 inch square baking dish with greaseproof paper.

2. Start off with browning the butter in a pan on a medium-low heat. Make sure to keep an eye on it whilst stirring for 5-8 minutes. Once the milk solids have turned a golden brown, take off the heat. While warm, add the chocolate in the melted butter, stirring till fully incorporated. Leave to the side.

Browning the butter is an important component in making these brownies rich and fudge. (if you don't know how, there are plenty of videos online!)

3. Beat the eggs and sugar together until it is light in colour. Mix the melted butter/chocolate mixture into the eggs/sugar and mix well. Add in the vanilla extract.

I found that it is best to incorporate the eggs and sugar well with a hand/stand mixer. You want to make sure that this mixture is light in colour and forms ribbons. This way you'll get a lovely sheen, crisp top.

4. Sift in the flour, corn-starch, cocoa powder, baking powder and salt. Fold in well. Make sure to not over mix to avoid a cake like texture.

Make sure you only use plain flour so that you can adjust the amount of baking powder you need. I used 1/8 teaspoon of baking powder (although this is optional) to give a slight rise. Adding too much will cause the brownies to rise and then fall too flat.

5. Add any one (or two) of the brownie variations of your choice and fold lightly into the mixture. Transfer into the baking dish and bake for 20-25 minutes or longer depending on how fudgy/cakey you like your brownies.

You want to make sure you do NOT overbake these brownies. If you poke a wooden toothpick in the middle and still see a few moist crumbs, its okay! When you take it out the oven and it still seems too moist, the residual heat will continue to cook the brownie.

6. Remove and let it cool completely in the tray and bon appetite! Serve with a glass of milk or warmed up with ice cream!

RECONNECTING WITH NATURE: PLANT BASED TREATS

Who can resist the lure of a healthy treat? Natalie Shilton has built her business, The Nakery, on irresistible cakes that are plant-based, gluten and refined sugar free. Imogen Sandbach went to find out more about the wholesome philosophy behind Natalie's business.

WHAT DO YOU OFFER?

Raw vegan treats that are 100% plant-based, gluten-free, refined sugar free and made with love. We also have supercharged smoothies and shakes and a weekend waffle bar.

HOW DID YOU CAME UP WITH THE IDEA FOR THE NAKERY?

It started back in 2015 when I was halfway through a psychology degree at John Moores University.

I WAS STRUGGLING WITH DISORDERED EATING AND FELL IN LOVE WITH CREATING NATURAL RAW TREATS THAT BEGAN TO HEAL MY TOXIC RELATIONSHIP WITH FOOD.

I wanted to spread this healing further, so I set up an Instagram page, back then known as "Nat's Natural Nutrition" which picked up traction really fast. I gained interest from local businesses and cafés, all wanting to stock the treats, and I started to offer

deliveries and collections around the city - all whilst baking from home.

As I started to outgrow my home kitchen, I moved to a professional space with bigger equipment and then left university in my final year due to the demand. I knew I had to put all of my energy into the business, so that's what I did, and I haven't looked back since! Now we're based in Liverpool city centre, and I also create natural skincare products, record my podcast and host my own YouTube channel where I share my most loved recipes.

WHAT IS YOUR BRAND ABOUT?

My brand is all about re-connecting people with nature and sharing the healing properties of the truly amazing plants and herbs that have been used for centuries.

LIFE SHOULDN'T BE ABOUT RESTRICTION, I WANT PEOPLE TO BE ABLE TO EXPERIENCE THE RICHNESS, NOURISHMENT AND WHOLENESS THAT PLANT-BASED TREATS CAN PROVIDE.

Raw vegan treats that are 100% plant-based, gluten-free, refined sugar free and made with love.

IT'S BRILLIANT NEWS THAT YOU WERE ABLE TO EXPAND INTO SKINCARE DURING THE PANDEMIC.

I created Nakery Skin in the last lock down. It's the same kind of ethos as The Nakery, so it's all completely natural. I love using natural skincare myself and I wanted to share that with other people. I started to make my own products in the first lock down because I had the time, and I just found it really nice to connect with the plants in that way. So, I thought why not create some products? That's how it started, and then it snowballed.

WHY DO YOU THINK IT'S IMPORTANT FOR PEOPLE TO RECONNECT WITH NATURE?

I'VE JUST FINISHED WORKING ON A SHORT DOCUMENTARY. IT TOUCHES ON EATING DISORDERS AND SOCIETY'S BEAUTY STANDARDS AND PRESSURES, ESPECIALLY FOR WOMEN.

I'm working with a videographer and we both felt a strong desire to create this because I've suffered with an eating disorder myself, and I've met so many other people who also have similar disorders who don't even necessarily show it outwardly. I thought it was really important to talk about it.

So many people volunteered to be involved. So, I was like, "Yeah, let's do it." And the main thing we took away from these interviews was that women wanted to reconnect with nature,

IT HELPED THEM TO DROP ALL THE ILLUSIONS OF SOCIETY AND THE PRESSURES THAT SOCIETY PUTS ON US. IN NATURE THEY FELT LIKE THEY COULD RECONNECT TO THEIR TRUE SELVES.

So that validated what I already knew, I understood how important it was to connect with nature and stay true to our highest self. Then all of these women in the interviews were saying the same thing. And we were like, wow, there's one common message from all of these women who've had very different experiences. Let's go back to nature. So, yeah, I do think it's so vital.

SO, IT SOUNDS AS THOUGH THIS HAS BEEN A LEARNING JOURNEY FOR YOU?

Definitely. I'm trying to educate myself on other things now as well, such as herbalism, because that's something that I've gotten into quite recently. And I think that's going to help me to take the brand to the next level because I'm not only learning about the herbs on a physiological level for the body, but I'm also learning about the spirit of the different herbs and plants, which transforms



us in ways that we can't measure, but we can feel. And for me, dropping into that feeling, rather than the logical mind all the time has been a game changer. Because I feel like for so long, I was just in this logical mind, but now when I'm dropping more into the intuition, and feeling my way through things, it's completely just changed the way I live and the way I work.

HOW DO YOU THINK THAT THE SPIRITUALITY AND THE HERBALISM THAT YOU'RE PASSIONATE ABOUT IS MAKING ITS WAY INTO THE TREATS THAT YOU OFFER IN THE NAKERY?

We use a lot of ancient healing foods such as cacao, and recently, I trained to learn more about the benefits of ceremonial cacao which has a lot of intention and a lot of prayer put into it at every stage of the process from when it's picked to when it's packed.

IT REALLY MAGNIFIES NOT ONLY THE POSITIVE EFFECTS FOR THE BODY, BUT THE MIND AND SPIRIT TOO.

The more I'm learning about ingredients, the more I want to take it up to the next level.

HAVE YOU GOT ANY NEW PRODUCTS COMING OUT?

This summer, we'll have all kinds of summer drinks and ice-creams on the menu. We make vegan ice cream which is free from refined sugar. We make that with cashews, coconut milk and coconut oil, and then we add different frozen fruits into it and cacao, and things like that. They can be sold by the scoop or on sticks. And of course, we've got our delicious smoothie menu.

WHICH SMOOTHIE WOULD YOU RECOMMEND TO OUR READERS?

Not So Mellow Yellow, but that's just because I absolutely love mango. We've been using the honey mangoes, and they are incredible. If you haven't tried honey mangoes, they're delicious. And then we blend them into a mango lassi type drink, which is very nice. So yeah, it's anything with mango in it for me.

WHERE CAN READERS FIND YOU?

44 Berry St, Liverpool L1 9DF
@thatnakerygirl on Instagram and youtube



LIVERPOOL'S BEST CHINESE EATERIES

By Melissa Chan @Bigfoodbigcity

DIM SUM-BODY ASK FOR THE BEST CHINESE IN LIVERPOOL?

Well look no further, I bare the answers. Liverpool's China town is home to the oldest Chinese community in Europe and locates some of the BEST Chinese restaurants around (as well as the prettiest arch I reckon.)

I've got to say, Chinese food can be one of the most versatile and most delicious cuisines - although I may be biased growing up in a Chinese family and being exposed to the cuisine throughout my life - the food can vary from sweet and savoury dishes, small plates to VERY large and the sense of community and warmth it brings to the table, everyone should indulge when they can.

BIG BOWL NOODLE BAR:

12-14 Berry Street, L1 4JF

First up on my list is Big Bowl Noodle Bar, located at the end of Berry Street, close to Bold street. By the name, I think you can gather what the portion sizes are.

WITH AN EXTENSIVE RANGE OF DISHES TO CHOOSE FROM, YOU CAN'T REALLY GO WRONG.

Costing on average £6-8 per dish, you will be full and satisfied to the brim (with probably extra to take home to enjoy later). The tables are decorated full of little hand written notes and drawings from customers.

The service is quick and they do combination meals, platters and their legendary 'Big Bowl Noodle' and 'Big Bowl Rice' which will leave you stuffed but wanting to finish because it tastes so good.

TOKYO:

7 Berry Street, L1 9DF

I'm Berry (Street) crazy about the Chinese cuisine dotted around Liverpool. Another delicious go to spot is the Tokyo, dotted with its simple benches and wooden decor. Their £5 lunch meal deal has my heart; either a starter soup (hot & sour or chicken & sweetcorn) then a choice of main or A big noodle soup...

GREAT FOR A QUICK AND CHEAP EATERY, YET FULL OF TASTE.

GOOD TASTE:

187-189 London Road, L3 8JG

Working our way around town, is Good taste restaurant located on London road.

THIS IS A PROPER HIDDEN GEM WHICH WE FOUND DURING OUR LOCK DOWN TAKEAWAY ADDICTION

Now, I think they may do THE biggest portion and tastiest version of a Singapore vermicelli. It has the perfect amount of spice, as well as a range of meats and specifically two prawns usually, very perfect for when you're going halves with someone!



Photo: Yum Cha

YUM CHA:

99 Lark Lane, L17 8UP

We got an array of dim sum including traffic light dumplings (Jiaozi, Har Gao, So Choi), char sui bao, King prawn Cheung fun and Sheng Jian bao.

The colours of the dough and fillings were so capturing, certainly a sight for eating with your eyes. The flavours also amazing, it just left you wanting more and more, we were almost full before our main dishes.

CHUNG KU:

2 Riverside Drive, Trans Pennine Trail, L3 4DB

**WANTING BEAUTIFUL SCENERY
WHILST YOU MUNCH AWAY ON
THE MOST AUTHENTIC DIM SUM?
CHUNG KU IS THE PLACE FOR YOU.**

Located overlooking the river Mersey, it's a beautiful restaurant both within and out and follows many Chinese traditions. With the lazy Susan's in the middle of the large round tables, the carts filled high with bamboo baskets holding steaming dim sum dishes, you can't help but feel excited yet settled in the environment. Their 3 meat roast is the best middle dish for the table. The meat is so tender and juicy, paired with simple boiled rice and a side of jasmine tea to wash it down with.

CHAMBER 36:

45-49 Berry Street, L1 9DF

Another lock down find, however during a previous Chinese New Year, I managed to pick up a takeaway box.

**THEIR SINGAPORE VERMICELLI IS
ALSO A HOUSEHOLD FAVOURITE,
WITH THE RIGHT AMOUNT OF SPICE
AND A GOOD SELECTION OF MEATS,
IT IS A GREAT TREAT.**

Although I haven't ventured to their indoors, the look of their cocktails and beautiful sleek interior, I do make it my mission.



Photo: Chamber 36

FINE DINING WITHOUT THE FUSS

Kilty & Co have established themselves as one of the finest catering companies in Liverpool. Eddie Kilty took time out of his kitchen to talk to Imogen Sandbach about the origins of his business and his plans for the future.

WHAT LED YOU TO BECOME A CHEF?

I think it all started from school when I won the Junior Master Chef competition. I won an apprenticeship and started working at a couple of local restaurants in Liverpool. From there I moved to a hotel in the Lake District where I worked as a head chef with 2 AA Rosettes. Then three years ago I started Kilty and Co. I was interested in giving people the high-end restaurant experience in their own homes.

WHAT'S THE BEST-SELLING ITEM ON YOUR MENU?

It depends on the season. When people contact me about private dining, they always ask for a sample menu, but I usually show them some previous menus because every menu I create is different. The food is based around the seasons and what's available at the time. I usually write the menu about four weeks prior to the event when I speak to my supplier and find out what's going to be available.

WOULD YOU EVER OPEN A RESTAURANT?

YES, I'D LIKE TO. I WANT TO BE KNOWN FOR GIVING QUALITY

FOODS AND SEASONAL PRODUCE AND WORKING CLOSELY WITH LOCAL ARTISAN SUPPLIERS TO CREATE THE BEST FOOD POSSIBLE.

I'd like the food to speak for itself without the stuffy atmosphere with the tablecloths and interruptions to conversation. That's the side I don't like. I enjoy the food and obviously the service has to be there to a certain level, but I think I'd rather create a hipster vibe where the waiters don't have to be in a shirt and tie, they can just be in a t-shirt and jeans with an apron. So, everyone's chilled but they still have the knowledge under the surface. That's the sort of place I'd like to create.

WHAT ARE YOUR GOALS FOR NEXT YEAR?

I'm looking to expand more on the events side. I'll be doing more weddings because I know there's obviously going to be a big market for the next two or three years because of the backlog of weddings from last year.

If anyone wants to find out more about catering for weddings, they can email me at eat@kiltyandco.co.uk

VERIFIED VEGGIE CHILLI

By Rob Tyrer @verifiedveggie

First of all, I don't like recipes. Every time I cook I constantly change things both for taste and to use up what I have in. For example, I forgot to get carrots whilst making this recipe for the magazine. So please feel free to have a play, switch things in and out to discover your perfect chilli.

INGREDIENTS

2 red onions
2 large carrots
4 chillies
4 cloves of garlic
2 long sweet peppers
2 bell peppers
Mix of beans
2 tins of chopped tomatoes
Coriander
Spices:
- Cayenne pepper
- Chilli powder
- Paprika
Lime
Hot sauce / Tabasco

SERVES: 6

TAKES: 45 MINS

STEP 1

Place the long peppers on the hob flame. Please, please, put on your extractor fan(s), close the door and open the windows because things are about to get smoky. Turn the peppers until blackened all over then transfer to and wrap up tightly in foil. Leave to the side.

STEP 2

Roughly chop the onions and carrots and finely chop the chillies and garlic (or use a garlic press/grater). Add to a blender and pulse slightly. Heat oil in a pan over medium heat and, when hot, add the onions, carrots, chilli and garlic to the pan. Add salt and cook for 5-10 minutes, until softened and stirring occasionally.

STEP 3

Roughly chop the bell pepper and pulse in the blender (or keep chunky!). Add to the pan and cook for 1-2 minutes before adding the spices. Cook for 1 minute. Drain and rinse the beans and then add to the pan.

STEP 4

Add the chopped tomatoes to the pan and increase the heat to boil. Open wrapped peppers (be careful of escaping steam!) and remove blackened skin by rubbing with a paper towel. Roughly chop the pepper and add to the pan. Reduce the heat, add water if needed and simmer for 25-30 minutes, or until the chilli is at your desired thickness.

STEP 5

Add chopped coriander and lime juice (and hot sauce). Serve with rice, topped with coriander and a lime wedge.



MASTER OF THE CHINESE CULINARY ARTS

In an interview with Imogen Sandbach, Master Chef Dave Critchley, Executive Head Chef at Lu Ban talks all about his culinary journey, learnings from Master Wu and Lu Ban's partnership with China to bring education of the Chinese culinary arts and culture to the UK.

WHAT IS THE ORIGIN STORY OF LU BAN AND WHAT YOU SET OUT TO ACHIEVE?

It's quite a long story. But the quickest and the easiest way to say it is Lu Ban, first and foremost is an education business. The International Academy of Chinese Culinary Arts, was set up within Lu Ban, unfortunately, things have been delayed due to COVID, but the academy is actually the main aspect of this business, the restaurant almost comes secondary.

THE RESTAURANT IS A SHOWCASE FOR EVERYTHING THAT'S HAPPENING IN OUR ACADEMY

Which is a partnership between the UK and China.

A lot of time, and money has gone into creating this concept whereby we can have international students from all over the world traveling to Liverpool, to go through a course that will be run from Lu Ban. At the end of the course they'll leave here with an amazing internationally recognized qualification. So it's a really interesting concept.

We partnered with the leading college of culinary arts in China. After my stay, we came back and opened up the restaurant inspired by what we experienced. As soon as possible, we will get the academy launched. Then you will really see what Lu

Ban is all about, which is this beacon of education towards Chinese culinary arts and culture in the UK.

THIS IS VERY MUCH A FIRST OF ITS KIND IN THE WORLD, WHICH IS REALLY EXCITING FOR LIVERPOOL

WHAT HAS INFLUENCED THE WAY YOU COOK AND HOW YOU TEACH OTHERS?

It was after returning from China and we opened up the restaurant, the news came through. Master Wu wanted to take me on as his final apprentice



"Chinese food, but not as you know it"

It is not what a UK person is used to seeing on a Chinese menu. It's not westernised food. All the flavours we try to keep authentic and true. With the recipes that we do get sent from China I like to bring my artistic flair to the party

and make things look visually beautiful and stunning. Much like what I saw out in China, it was very visual, very beautiful and very flavourful. So all in all it is a fantastic experience. Great food, great cocktails, great wines and fantastic service as well.

It literally means that I will be the last person he trains before he retires, which is a huge honour for me, because I will be bestowed with everything he possesses, all his knowledge, his recipes, even his knives will eventually belong to me.

TO BE HIS FINAL APPRENTICE, IS A HUGE HONOUR, AND IS A WORLD FIRST THAT I AM VERY PROUD TO HAVE ACHIEVED.

We've started the process now where Master Wu is teaching me. After I was inducted, which we have had to do via video link due to COVID, I became the first registered Western apprentice to a Chinese master chef with the support of Tianjin Cuisine Association.

So massive pressure, but I am really proud to achieve those things.

MY PHILOSOPHY NOW IS TO PASS ON EVERYTHING THAT I HAVE LEARNT.

That is the master plan for all of this, to continue the training of Chinese culinary arts across the world.

WHAT KIND OF FOOD AND EXPERIENCES DO YOU OFFER AT LU BAN?

The word experience is exactly what we're going for here. This is a venue where you're not just coming in for your dinner or a quick bite to eat. This is an experience that we're trying to give to our guests here. So the dishes are all heavily influenced by

my training on what I saw out in some of the most amazing restaurants I have ever been to in China. What we probably call New Style Chinese cuisine, which is very prevalent now over in China. This is the style that chefs out there are using, creating some incredible dishes absolutely on another level.



Photo: Peach of Immortality By Allen Markey



"If you leave Lu Ban knowing more about Chinese food and culture, then we're doing exactly what we set out to achieve"

WHAT DISH DO YOU RECOMMEND OUR READERS TO TRY WHEN THEY VISIT LU BAN?

That's a tough question. It's been a tough year, we haven't had a full year's worth of trade yet. We've had a few menu tweaks over the five, six months that we have been allowed to open. We've got two real stand out winners, which is the Chocolates Sphere, which is a chocolate and peanut sphere with a salted caramel sauce that kind of melts at the table in front of the guests. That's obviously very impressive. One of our signature desserts was the Cherry Blossom Tree. Again, very visual, very Instagram, very beautiful and tastes fantastic and it is a spectacle to see.

There's a couple of dishes I would really like every customer to try when they come, one of them has never left the menu and it was the first dish I was showing out in China, which kind of blew my mind a little bit. It is the Five Flavour Cucumber.

IT'S STUNNINGLY SIMPLE, BUT WHEN YOU TASTE THE FLAVOURS, IT WILL BLOW YOUR MIND.

With these amazing five flavours that are prevalent throughout Chinese cuisine, it is literally the ethos of Chinese cuisine. Every one of these flavour profiles is here in this dish. So, it's the perfect dish to start your meal with.



Photo: The Chocolates Sphere By Allen Markey



Photo: Lu Ban By Allen Markey

WHAT ARE THE PLANS FOR THE FUTURE OF LU BAN AND YOUR OWN PERSONAL PROJECTS?

The priority is ensuring Lu Ban stays open and is a vibrant business and it is busy every day, that is the dream at the moment. We want to launch the Academy, which would run at the start of the week, and have the international students over here. We're always designed to come here and launch everything that we wanted to launch last time around, in terms of moving forwards, I'm sure in the future, we'd love to have a second Lu Ban or even something slightly different, that would also be fantastic.

For right now we are securing this business and trying to protect all the jobs that we provide. Personally, I can't wait to get back to China and pick up my studies again, because they were really hit hard in terms of Covid, I couldn't do a lot of the stuff that was planned for me for last year. We'll pick that up again. I've just started my Mandarin lessons again and hopefully by the end of this year, I should be able to speak at least a modicum of Mandarin.

WHERE CAN READERS FIND YOU ONLINE AND VISIT LU BAN IN LIVERPOOL?

Lu Ban is in the Cains Brewery Village, just through the Guinness courtyard.

Lubanrestaurant.co.uk
Instagram: @LubanLiverpool
Twitter: @LubanLiverpool

Instagram: @ChefDaveJ
Twitter: @DaveJCritchley



Photo: Royal Albert Dock by Vaadhoo Media

ROYAL ALBERT DOCK

Alongside the plethora of restaurants, cafés and bars to choose from visitors can take advantage of the impressive retail and leisure offering at the Dock, featuring world class museums and attractions.

Where to find us: Royal Albert Dock is a 20-minute walk from Lime Street, Liverpool's mainline station, through Liverpool ONE. 3-4 The Colonnades, Liverpool L3 4AA



TURNCOAT BAR

Tucked in the vaults of the Royal Albert Dock, best-selling gin distiller Turncoat is the perfect place for an evening drink with a range of craft beers and gin tasting experiences.



LUNYA LITA

Serving large plates at lunchtime and tapas in the evening, LunyaLita is a restaurant, bar and deli bringing the sun-drenched scents of Catalunya to the Dock.



PEABERRY COFFEE HOUSE & KITCHEN

From light pre-show meals, to grab-and-go lunches or laid back mains, the family-led team specialises in wholesome, freshly-prepared, locally-sourced food.



MARAY

Maray serves an exciting, eclectic and seasonal food menu, inspired by the flavours of the Middle East. Alongside great cocktails and wine.



Photo: Bold Street by Antonio Franco

BOLD STREET

With its plethora of independent eateries and retailers, Bold Street is the place in Liverpool City Centre to really experience Liverpool's unique character.

Where to find us: Liverpool's Central Station is at the foot of Rope Walks famous Bold Street. L1 4HF



SLIMS

Slims is a New York style diner serving up burgers, sandwiches, small plates and roasts along with cocktails, coffees and milkshakes in a laid back surrounding.



THE ITALIAN CLUB FISH

'Fish Club' as it has become known to fans is essentially a 'Fish Café' – a marriage between Scottish and Italian styles, heavily influenced by the Crolla family's heritage in Scotland.



BOLD STREET COFFEE

With a range of speciality coffees Bold Street Coffee is perfect if you want to discover something new. Like many cafés in Liverpool, they are known for a relaxed atmosphere, good music and personality.



CAFE TABAC

Established in 1974, in the style of the great Bohemian cafés of Europe, Cafe Tabac has always been a hub for the creative residents of Liverpool, attracting artists, actors, singers and performers.



Photo: Castle Street by Vaadhoo Media

CASTLE STREET

It may only be a small street, but it is absolutely brimming with character and is a favourite for many. Formerly known for its banking and commerce, it has some beautiful, ornate structures that now house restaurants, bars and hotels. The street is fast-becoming the place to be for a glass of fizz, bottomless brunch, bottomless pizza

Where to find us: Castle Street is an 11-minute walk from Lime Street, Liverpool's mainline station. Castle Street, L2 0NR.



CASTLE STREET TOWNHOUSE

Classic comfort dishes & drinks from breakfast to late-night, with rich interior & outdoor seating. Castle street townhouse is defiantly somewhere to check out on your next day/night out.



MALUCO PIZZERIA

Maluco is a Brazilian Rodizio pizza restaurant with an 'all you can eat' style of restaurant service. They serve amazing wood-fired oven & craft cocktails.



HERITAGE

Situated in the heart of Liverpool, this hidden gem boasts a fine dining and wine experience to share with family and friends.



MOWGLI (WATER STREET)

With venues both on Water Street and Bold Street which are incredibly popular. Mowgli's Indian home cooking, street food style eating has proved a big hit with Liverpool locals and it's not hard to see why.



LARK LANE

Lark Lane is one of Liverpool's hidden gems, nestled between Sefton Park and Aigburth Road to the south of the city centre. If you're planning on visiting Sefton Park, Lark Lane is an ideal choice for lunch or an alternative night out for evening drink down the lane.

Where to find us: A short walk from Sefton Park, L17 8UU



HAFLA HAFLA

Famous for their halloumi fries and pittas, Haffla Haffla offers a range of middle eastern inspired street food with fresh, bold & vibrant flavours.



POLIDOR 68

Polidor 68 is a French inspired wine/cocktail bar and bistro serving artful treats from breakfast to brunch and from lunch to dinner.



LOVE AND ROCKETS

If you love craft beer and pizza Love & Rockets is the perfect choice for you. They also have a large outdoor area, perfect for drinks in the sun.



THE OLD SCHOOL HOUSE

Located at the site of the former 19th C Christchurch school The Old School House majors in wild sourdough, beer breads, pretzels, foccacia, and wood fired pizza.



Photo: Chutima Honsakul from The Guardian

FROM FAMILY FOOD STALL TO FOUNDING A UK FIRST

In an interview with Imogen Sandbach, Thai Apron Founder, Chutima Honsakul talks all about her culinary passion and how she became the UK's first Thai Meal Kit delivery service.

IS THAI FOOD SOMETHING THAT HAS ALWAYS BEEN IMPORTANT TO YOU?

I was born in Thailand, raised in Manchester since I was 5 years old. The only thing I remember about life in Thailand was my mum use to have her own street food stall in my hometown, Rayong.

GROWING UP I'VE ALWAYS LOVED THAI FOOD AND I BECAME MORE INTERESTED IN LEARNING TO COOK MY MUMS RECIPES.

In my teenage years, from age 15 I spent 5 years working in a various Thai restaurants including our family run Thai restaurant, where I watched my uncle, the head chef, Closely on his tips and tricks. I also visited Thailand once a year, as well as looking forward to visit the rest of my family back home, eating all the food was what I especially looked forward to. I love being close to my roots, this has really helped me to become the Chef I am.

WHAT LED YOU TO CREATE THAI APRON?

At the beginning of the first lock down back in May, last year. I was furloughed, and I started my own personal blog to post my recipes and my cooking at home. I came across some other brands that were doing meal kits, I tried one of their kits and got friendly with them, this gave me the idea to try it out too. I researched on the market and there aren't any Thai meal kits doing this at the moment. So that was an opportunity for me and it began from there.

IN LOCK DOWN I BECAME THE UK'S FIRST THAI MEAL KIT DELIVERY SERVICE.

WHAT IS YOUR BRAND ALL ABOUT?

We bring premium Authentic Thai ingredients to your door, to help you cook real Thai food using my traditional recipes and homemade sauces.

HOW HAS THE PANDEMIC AFFECTED YOU AND YOUR BUSINESS?

It has been the perfect time to grow my business and help people learn to cook Thai food because people didn't want to go out. Going out to find these oriental ingredients aren't always easy,

SOME TOWNS MIGHT NOT HAVE ASIAN GROCERS, SO IT'S NOT EASY TO FIND ALL THESE THAI INGREDIENTS. THAT IS WHERE THAI APRON COMES IN, EVERYTHING WILL JUST COME TO YOU.

WHAT ARE YOUR PLANS AND GOALS FOR THE FUTURE?

I do plan to offer cooking classes in person when everything's back to normal. So I can be one on one with people and teach them how to cook Thai food. I will also be featuring pop up and market stalls.

WHAT IS YOUR BEST SELLING MENU ITEM/S AND WHY?

I think the pad thai because it's got a distinct flavor, and it's unique as well. It is the dish that everybody probably knows when they think of Thai food. The khao soi, not a lot of people have heard or tried it but they should definitely try it out, it is unique and something different.

WHERE CAN READER FIND YOU?

@thaiapron, www.thaiapron.co.uk



Photo: Pad Kra Pow - Thai Apron



The Watering Can celebrates two 'blooming fabulous' years in Greenbank Park



The Watering Can opened its doors in April 2019, set within 12 acres of stunning Victorian park space, a lifelong dream for owners Keith Perryman and Phil Starling who have a passion for developing spaces in parks and gardens.

It didn't take long for The Watering Can to take root and flourish within the local community and the beautifully designed glass fronted venue, oozing with rustic

charm, floral plantings and unique interior and exterior finishes became a firm favourite with park-goers as well as attracting new people to enjoy the wonderful surroundings of one of Liverpool's finest parks.

Despite the operational and financial challenges of a global pandemic The Watering Can has remained optimistic throughout and adapted service according to government guidelines as well using

the time to make a few design tweaks and maintenance updates. The Watering Can, which opens seven days a week, have welcomed in excess of 150,000 guests through their doors in the past two years and most could not have failed to be charmed by the stunning oasis which nestles in the outskirts of the park providing stunning views for guests. Owner Keith Perryman said

"OUR SECOND BIRTHDAY IS A MILESTONE WE ARE PROUD OF"

"We worked so hard during our first year to be the best venue we possibly could be to support our neighbourhood and during the pandemic we have adapted and changed at every turn. We re-opened indoors on Monday with a brand new menu, full of beautiful seasonal additions as well as some tweaks to our most popular dishes. Our team have done so well.

WE ARE PROUD CUSTODIANS OF THIS STUNNING SPACE AND OUR PRIORITY HAS ALWAYS BEEN TO REMAIN SYMPATHETIC TO THE PARK AND ITS SURROUNDINGS.

We play an active role in supporting Liverpool City Council's Parks and Gardens team maintaining the park and operate regular litter picks with our own team. We designed the venue to seamlessly welcome the outside inside and despite all of the challenges we are flourishing and continuing to grow. We have a fantastic team of 30 people and we supported them with a full wage during the pandemic. I believe we have one of the best teams and one of the best locations in the city".

Currently operating from 9am-6pm Monday-Sunday and we are currently putting plans in place to open later on Friday and Saturday evening. The Watering Can serves a substantial Breakfast menu to start your day, including a 'Full English Breakfast', comprising of Aigburth smoked bacon, Bexley's sausage, Stornoway black pudding, free range fried egg, baked beans, hash brown, grilled tomato, mushroom with sourdough toast £9.95, there is also a vegan and vegetarian option available. Mouth-watering lighter bites are also available including Smashed Avocado and pan fried

Halloumi, served with tomato chutney, lime, chilli and basis with sourdough toast (v) £6.95 as well as A fresh seasonal fruit salad with Greek yoghurt, glazed passion fruit, chopped nuts and Auntie Pat's allotment honey (v)(n) (gf) £6.50.

The brand new seasonal Lunchtime menu, served from 12.15pm-6.00pm offers a selection of Nibbles, Smaller Plates, Bigger Plates, Sandwiches, Burgers, Salads, Sides and Desserts. From French onion soup, served with a Snowdonia cheddar cheese crouton (gf) £5.95 to a Club Sandwich with grilled chicken breast, Aigburth smoked bacon, Emmental cheese, tomato, lettuce, on toasted wholemeal bread with a side of Caesar dressing £8.95. Alternatively, you could enjoy one of the Bigger Plates on offer including a Spring Risotto with Asparagus, broad beans, sugar snap peas, vegan pesto, nasturtium, radish (vg) £10.95, or a Seafood linguine with King prawns, mussels, calamari, tomato sauce and homemade linguine for £14.95 or a Chicken Milanese with pan fried breaded chicken, griddled asparagus, Caesar dressing, dill and lemon for £13.95.

Owner Phil Starling said "We have thoroughly enjoyed our first two years in Greenbank Park and we look forward to welcoming more guests to enjoy everything that this beautiful space has to offer. Our commitment to our team and our customers is unwavering and we are delighted to have been able to establish The Watering Can, which has brought so much to the area.

WE ARE PROUD TO HAVE HOSTED MANY MEMORABLE SPECIAL OCCASIONS FOR OUR CUSTOMERS AND LOOK FORWARD TO HOSTING MANY MORE.

For now though, we will raise a drink to two blooming fabulous years of The Watering Can and look forward to what the future holds!"

www.thewateringcanliverpool.com
To book call 0151 319 2366.

POSITIVE VIBES AT FAMILY RUN PLANT BASED CAFE

Imogen Sandbach chats to Maria Mappouridis from The Vibe, Liverpool's latest vegan eaterie – a destination that's sure to make its mark on the city's tastebuds.

CAN YOU TELL US ABOUT YOUR CAFÉ?

The Vibe is an independent family business. I'm in partnership with my dad, Andrew Mappouridis. But we also have my mum and my brother involved so we're a real team!

THE VIBE IS A CAFE THAT'S 100% PLANT-BASED AND FOCUSES ON HEARTY, WHOLE FOODS THAT PEOPLE CAN ENJOY IN A NICE, WARM, WELCOMING SPACE.

We called it The Vibe because it's all about the atmosphere. It's a space for the community and we want everyone to feel welcome. We're all about giving people things that make them feel good, whether it be food or drinks or service with a smile.

WHAT MADE YOU WANT TO START THIS BUSINESS?

My family has always been in the food industry. My dad had fish and chip shops and although I originally studied art at

university and trained as a goldsmith, I think the food industry has always been in my blood! I started working in cafés and restaurants more when I was travelling in Australia, and I just loved it!

WHAT MADE YOU WANT TO OPEN A VEGAN CAFÉ?

I COME FROM A GREEK CYPRIOT FAMILY, SO GROWING UP IT WAS ALL ABOUT KEBABS AND HALLOUMI CHEESE.

I always enjoyed eating meat and never thought I would ever be vegetarian, but when I moved in with my best friend Victoria who was vegan, we would cook together and I learnt so much from her. Victoria was really getting into animal rights activism and she was having meetings at the flat and I would be intrigued and ask them, "What's the big deal? Why is meat so bad?"

Eventually, when I started doing my own research and what I found just blew my

mind as I'd never ever thought about it before and was so shocked by the mass levels of cruelty towards the animals in the animal agriculture industry. So, then I started getting involved with all this activism and also working in veggie restaurants.

I FOUND IT SO POWERFUL, GIVING PEOPLE GOOD FOOD AND POSITIVE ENERGY THROUGH GOOD SERVICE.

A few years later, my dad went vegan too, because we were all cooking together, it was just a natural progression. So, he sold his fish and chip shop and we started working together to open a vegan café instead.

WHAT IS YOUR BRAND ALL ABOUT?

It's definitely about veganism and living a plant-based lifestyle, but it's also about community. We really love our city of Liverpool, and we want to give people something that's good for them - mind, body and soul.

WHAT'S YOUR BEST SELLER?

The Big One, which is a vegan version of an English breakfast with vegan sausages, tofu scramble and homemade baked beans. And everyone loves our vegan poached and fried 'eggs' all made from whole foods, with no hidden nasties. We also do a V'eggs' Royale which is smoked carrot, which resembles smoked salmon with a vegan

poached egg and cashew 'hollandaise' drizzled on top. It's all beautifully presented and it's definitely one of our best sellers. It's a very special dish, and it tastes amazing.

WHAT ARE YOUR PLANS FOR THE FUTURE?

We've got so many ideas for events. We've got a gorgeous upstairs space, I want to focus on utilizing that space, when we're not using it at the weekends when we're the busiest to have events that fit with that ethos of mindfulness, community and plant-based living. Our ideal events will be aimed at helping people live a more conscious and caring lifestyle through things like yoga, meditation and breathwork. We've got a women's networking group called 'Not Your Babe Collective' doing events upstairs as well in the next few months.

I WANT THE COMMUNITY TO BE ABLE TO USE THE SPACE AND MAKE IT MORE THAN A CAFE OR A RESTAURANT.

I would like The Vibe to become a welcoming space for the community to come together, connect and do things that bring them joy with themselves and each other.

WHERE CAN PEOPLE FIND YOU ONLINE?

We're on Instagram as The.Vibe.Cafe and also Facebook TheVibeCafe.Liverpool and people can email us at thevibecafe.liverpool@gmail.com for any for information.



Photo: The Salmnot Bagel and Green Goodness Smoothie by Imogen Sandbach

FOOD STUFF: INDEPENDENT FOOD DELIVERED

An innovative new food delivery service is coming to the North West, delivering food from the best independent restaurants in town.

**USE CODE FOODLOVER20
FOR 20% OFF YOUR FIRST ORDER!**



As passionate foodies, we knew there was a big problem in the industry, even before the pandemic struck. The takeaway industry was booming but we felt independents were unable to make the most of it.

**HIGH FEES,
UNREPRESENTABLE
RIDERS AND LOW
QUALITY BRANDS
WERE THE AREAS WE
WANTED TO START
ADDRESSING**

We started to build the platform 18 months ago - nothing flash but something to get going with. We set out to ring-fence local independent eateries with proper foodies to make supporting local super easy. We believe one model can't work for all and we're proud to craft our product to serve solely the smaller guys in the industry.

We launched with 5 Cambridge-based restaurants in May 2020. In a short space of time we proved takeaway needed a fresh look - one that takes care of riders, customers and restaurants equally as part of a community. 5 restaurants turned to 20 very quickly...20 grew to 30.

**20,000 ORDERS WITH
ZERO EMISSIONS**

We earmarked Manchester as the indie mecca from day-one and we're stoked to get stuck in fixing the delivery industry for small food brands up north. We've got awesome Manchester brands like Northern Soul, House of Hasheba, South Manny Flavas, Hip Hop Chip Shop, Moose Cafe, Parmogeddon, V-rev, K Bom and 9 Cut Fried Chicken already on board and braced for launch. We go live on the 15th May!

**WE'RE AIMING TO
BUILD A COMMUNITY
WHERE RIDERS AND
RESTAURANTS ARE
TREATED FAIRLY
AND CUSTOMERS CAN
TRUST IN EVERY MEAL.**

If you're looking for a cool flexible job that pays national living wage with loads of cool perks, hit us up to become a rider!

**WHAT MAKES
FOODSTUFF DIFFERENT?**

- Rider welfare is paramount - we pay national living wage with holiday and perks
- Indie restaurants only, no chains allowed!
- Only the best in the industry
- Fair fees for restaurants

WEAREFOODSTUFF.CO.UK



LOOKING FOR A CHANGE OF SCENERY?

Check out these independent Liverpool coffee shops you may not have tried yet

KEY LIME COFFEE

178 Market Way, L1 1NG
.keylimecoffee.co.uk
0151 708 0404

SPACE COFFEE

382 Aigburth Rd, L19 3QD
@spacecoffeerestaurant
0151 494 2979

OAKFIELD

122 Oakfield Rd, L4 0UQ
@oakfield_coffee_house
07957 000562

THE BRAIN FOOD CAFE

Norton St, L3 8LR
thebraincharity.org.uk
0800 008 6417

KEY LIME COFFEE

Key lime Coffee is a family run business offering Locally sourced Coffee and Tea, American inspired breakfasts, waffles pancakes shakes.

Located opposite Lime Street station, the vacant unit was transformed into a rustic industrial style Coffee Shop to bring a relaxing space to a busy shopping centre. A great alternative to the busy food court selling usual fast food.

SPACE COFFEE

Located on Aigburth Road, Space Coffee is more than just a coffee shop. Open 9am till 11pm everyday, Space coffee becomes a restaurant in the evening.

Known for their breakfasts, Space Coffee also serve home made burgers, steaks and more.

OAKFIELD COFFEE HOUSE

Oakfield Coffee House is a new venue on Oakfield Road, 2 minutes walk from Liverpool's ground.

Providing a relaxed, chilled space. They welcome locals and tourists alike, if that is just to grab a coffee & cake on the go or to settle down and watch the world go by, chat with friends or set up the laptop and escape into whatever work you do.

THE BRAIN FOOD CAFE

The Brain Food Cafe offers hot drinks, snacks and hearty and healthy meals which all incorporate superfood ingredients which are good for the brain.

In the future, The Brain Charity hope to create an edible wall in their centre in partnership Baltic Triangle charity Farm Urban. This will provide a source of fresh, leafy greens for the cafe and also help to educate service users about hydroponics, the art of vertical food-growing, and sustainable eating.





MUSIC AND BEER: A COMMUNITY COLLABORATION

One of the most iconic buildings on Smithdown Road has to be The Handyman Pub. Imogen Sandbach went along to talk to the manager, Kevin McCarthur, and get the lowdown on the latest incarnation for this historic building.

YOU'RE BASED IN A VERY ICONIC BUILDING, CAN YOU TELL ME MORE ABOUT IT?

The building itself was originally a horse stables but was converted into Sefton Picturedrome in 1911. In fact, it's still got the projection room at the top, which one day, we would like to open up as a wee snug or something.

MOST PEOPLE WILL REMEMBER IT AS THE HANDYMAN'S SUPERMARKET, WHICH IT HAD BEEN FOR 48 YEARS BEFORE WE TOOK OVER.

This idea to open it as a pub came from a collaboration between myself and Architectural Emporium who have carried out a lot of projects around Liverpool. They knew I'd run Kelly's Dispensary on Smithdown Road and they approached me to work on this project. The building could easily have ended up as flats, but fortunately,

we sat down and put some plans together for this pub.

WAS KEEPING THE BUILDINGS HISTORY WITHIN YOUR BRANDING IMPORTANT TO YOU?

The architects came up with the idea, but as you can see on the labels, we've incorporated a measuring tape into our branding to keep the idea of the handyman alive, because the shop was here 48 years and that's what everyone remembers. So, we definitely wanted to give a nod to that in our branding.

IT MUST BE A GREAT VENUE FOR LIVE MUSIC.

The amount of space is unbelievable. We actually used the entire space for the first live event, which had a capacity for 350 people, but that was a for a pop-up event, and we knew that wouldn't work in the long term. Eventually we had the idea to split the space

THE FRONT ROOM IS FOR NICE CASUAL DRINKING AND THE BACKROOM HAS A CAPACITY OF 130 PEOPLE FOR LIVE MUSIC.

THAT SOUNDS LIKE SOMETHING THAT REALLY WORKS FOR YOUR CUSTOMERS.

Definitely. Both sets of customers appreciate that. Lots of people love live music but other people just want to come for a pint. If you're getting a band blasting away in the background and you

just want to enjoy your pint, that's not going to work for you. But now you can enjoy the music in the back or sit down in the front area and it's still peaceful.

TELL US MORE ABOUT YOUR GINS AND CRAFT ALES.

When we were coming up with ideas for the place, we had a call from some mutual friends who were brewers, and they were looking for a place for their brewery. That's when we came up with the idea of having the brew kit above the bar. It's quite a tourist attraction. We

started with an IPA and then decided because it was the Handyman Supermarket we'd just keep the name and that's basically how we developed Handyman IPA.

We've now got 12 different beers, and three gins, again called Handyman. We've developed an orange gin, named Navy Strength and a wonderful artisan gin, with a smoky feel called Oak Rested that really sums this place up.

WHAT PLANS DO YOU HAVE IN THE PIPELINE?

I'd like to expand across Liverpool, especially with the

gin. My personal aim, once everywhere opens up again, is to start looking for venues in Liverpool and then to move across the Northwest and eventually to become a national brand. I'm also aiming to start hosting gin events and beer festivals.

ARE YOU LOOKING TO COLLABORATE WITH OTHER BUSINESSES?

Definitely. And we'll be collaborating with other breweries and buyers so they can have their own design and brew their drinks here. We're also looking to collaborate with bands.

FANS WILL BE ABLE TO DOWNLOAD A BARCODE, WATCH THE MUSIC AND USE THE BARCODE TO ORDER THE DRINKS THAT GO WITH THE MUSIC.

HOW CAN MUSICIANS COLLABORATE WITH YOU?

Get in touch and we'll organise a tasting session. We'll listen to their music and we'll work out the beer that goes best with their music. If it's a nice, happy melody, you might do an IPA but if it's a darker sound, you'd want

something that reflects that depth. But it would be down to what the band like, taste-wise as well. And then they can also do part of a video or a photo shoot here and then a performance as well.

SO, YOU'RE CREATING A WHOLE EXPERIENCE.

Definitely, we want to provide people with a great all-round experience and something totally unique. That's what I want the Handyman Bar and Brewery to be known for.



Photo: by Gary McCullagh - Ekiboo Photography

PLANT BASED EATERIES IN LIVERPOOL

By Andrea Perkins @beatrouteliverpool

THE LIVERPOOL FOOD SCENE HAS BEEN BOOMING OVER THE LAST FEW YEARS.

Plant based cafés and restaurants are popping up in both the city centre and suburbs. Making dining out so much easier for a vegan than it used to be! There are many more places that are vegetarian/vegan. Also most city centre restaurants have one or more vegan options.

A little bit about me. I'm Andrea and after being vegetarian for 36 years, I became vegan just over two years ago. I'm passionate

about food, all living beings, the Earth, music and Liverpool! I run Beatroute Liverpool, taking visitors and locals on vegan food tours of the city. The tours are a combination of guided walk and food crawl. Introducing you to some of the amazing vegan food from local independent businesses. While learning a little about the city and hearing some stories and anecdotes along the way.

The tours are not only for vegans! As long as you have an open mind and a willingness to try new food, you will be warmly welcomed. For now enjoy my list of vegan, veggie friendly eateries that I recommend you try.



VEGAN

DOWN THE HATCH

Renowned for burgers, wings and nuggets, fries, and their scrumptious loaded fries. All washed down with great beers, shakes or cocktails. You will not leave hungry and you may not feel hungry for days after!

62 Duke St, L1 5AA
downthehatchliv.co.uk
0151 708 0860

FROST BURGERS

Frost Burgers is the brainchild of entrepreneur/youtuber Monami Frost. Serving juicy flavourful burgers with all the toppings. I cannot begin to describe how good these are, you'll just have to pop in and try for yourself!

58 Wood St, L1 4AQ
frostburgers.com
0151 709 3434

POTTS COFFEE

With friendly staff Potts Coffee is a small and welcoming coffee shop/cafe. Their menu also includes breakfast burritos, lunch dishes and a range of cakes.

18a Slater street, Ropewalks, L1 4BS
pottscoffee.co.uk
0151 708 5300

THE CALEDONIA

A traditional pub that is 100% vegan. Great food, great drinks, fantastic staff and with live music virtually every night. The Cali has a community feel, great to pop in for a bite to eat or a full on night out.

22 Caledonia St, L7 7DX
thecaledonialiverpool.com
0151 306 2496

THE NAKERY

A special mention has to go to The Nakery, although not a cafe or restaurant. This delightful shop serves the most amazing raw, vegan, refined sugar free, cakes. They are chock full of healthy ingredients and are so rich and indulgent to eat!

44 Berry Street, L1 9DF
07495 532648

THE VIBE

Healthy and nutritious has never tasted so good. 100% plant based, the menu includes fried v-egg with avocado or beans on toast and even vegan eggs benedict!

Chancery House, 96 Paradise St, L1 3HE
thevibecafe.co.uk
0151 707 8847

VEGGIE REPUBLIC

Veggie Republic is an all round vegan restaurant with an extensive menu including pizzas, burgers, salads, curries and lasagne. I personally can't get enough of their burritos!

16 Cook St, L2 9RF
veggiepublic.co.uk
0151 306 9848

VEGETARIAN/VEGAN

BUNDOBUST

Serving vegetarian and vegan Indian street food in a communal dining setting, Bundobust is ideal for a bite to eat at lunch time or a few beers and food with friends in the evening.

7/19 Bold Street,, L1 4DN
bundobust.com
0151 705 1688

ORGANICO

Organico serves only organic vegetarian and vegan dishes ranging from breakfast through lunch to amazing cakes and desserts. They also have a selection of healthy shots, juices and smoothies to choose from.

74 Bold St, L1 4HR
organicoliverpool.co.uk
0151 458 0412

SANSKRUTI

An Indian restaurant serving vegetarian and vegan foods. The menu states clearly which items are vegan, with many more that can be adapted. The family sized Naan bread is a sight to behold. It is great for mopping up the Kathal Lazeez, a North Indian style jackfruit curry.

Bixteth St, L3 9LP
sanskritirestaurant.co.uk/liverpool
0151 236 8886



Photo: Veggie Republic

GOOD VEGAN OPTIONS

BAKCHICH

A Lebanese restaurant serving great food with a menu that is easy to identify the vegan options. Of course they have hummus! But they have so much more too, including the delicious Spicy Lebanese Chip Butty.

54 Bold St, L1 4EA
bakchich.co.uk/liverpool.php
0151 707 1255

CHAMBER

A Pan Asian restaurant and bar, with influences from China, Japan and Korea. They have a separate vegan menu with a choice of small plates or mains. They are also an award winning bar with a mouthwatering array of cocktails.

36 45-49 Berry St, L1 9DF
chamber-36.co.uk

MARAY

Serving small plates of Middle Eastern inspired food, with a separate vegan menu. Maray has gone from strength to strength expanding to three branches in Liverpool. Vegan or not, the Disco Cauliflower has become a legend in its own lunchtime.

91 Bold St, L1 4HF
Albert Dock, L3 4AD
57 Allerton Rd, L18 2DA
maray.co.uk
0151 709 5820

MOWGLI

Another Indian Street Food restaurant on Bold Street. Mowgli now has two branches within the city and many more across the country. Mowgli offers a separate vegan menu. Which includes a Tiffin box, where the chef decides what dishes you get. Highly recommended if you are struggling to narrow down your selection! Also be sure to also order the Vegan Yoghurt Chaat Bombs if you've never had them before.

69 Bold St, L1 4EZ
3 Water St, L2 0RD
mowglstreetfood.com
0151 7095820

YUET BEN

Yuet Ben has been serving vegetarian and vegan Chinese food for decades. They have a separate vegetarian menu of which most things are vegan or can be adapted on request.

1 Upper Duke St, L1 9DU
yuetben.co.uk/
0151 709 5772



Photo: Veggie and vegan tiffin by Imogen Sandbach



FOR THE HOME COOKS AND MASTER CHEFS

My Kitchen Spices and Northern Chilli Co are businesses full of flavour. Joshua Davies from My Kitchen Spices and Dave Jones from Northern Chilli Co took time out of their kitchen to talk to Imogen Sandbach about their businesses.

MY KITCHEN SPICES

WHAT IS YOUR BRAND ALL ABOUT?

My Kitchen Spices is all about using high-quality ingredients. That doesn't cost an arm and a leg.

WE CREATE TRADITIONAL SPICE BLENDS FROM AROUND THE WORLD THAT ARE AS SIMPLE AS STIRRING IN WITH THE REST OF THE INGREDIENTS.

We are hoping that it helps people gain confidence in the kitchen and creating delicious meals for their friends and family.

WHAT DO YOU OFFER?

We offer a range of hand mixed spice blends, ground spices and gift boxes that allow our customers to try new and exciting meals. All of our packaging is either recyclable or biodegradable and we are looking into new ways of offering our customers sustainable choices.

WHAT IS YOUR BUSINESS ORIGIN STORY?

I started blending my own spices throughout the first lock down to offer people the chance to get high-quality spice blends delivered straight to their door. It was a chance to give people something different with flavours from around the world whilst not being able to go to local restaurants and cafés.

WHAT IS YOUR BEST SELLING MENU ITEM/S AND WHY?

Our best selling item is the Taste Of Africa Box. It comes with five different spice blends and I think that people enjoy trying something different. Indian, Chinese, Italian, American, South American restaurants can be found all over the UK but trying recipes and spices from Africa allows people to experience something different.

WHERE CAN CUSTOMERS FIND YOU?

www.mykitchenspices.co.uk

NORTHERN CHILLI CO

WHAT IS YOUR BRAND ALL ABOUT?

We're not just a hot sauce brand, we're passionate about chillies, spice and flavour in all its forms, but the hot sauce is what I reach for to drizzle on my food most nights so I better start there.

So many hot sauces are of the "skulls on the bottle" variety, but are far too hot for most and taste very one-dimensional. There's none of that here.

FLAVOUR FIRST AND FOREMOST, ALL-NATURAL SMALL BATCHES IS ALWAYS, AND WILL ALWAYS, BE THE GOAL.

I've only just begun, but I hope to one day see my sauce in Liverpool's fantastic burger restaurants, farm shops and of course on people's dining tables!

WHAT DOES NORTHERN CHILLI CO OFFER?

So far we're perfecting our initial hot sauce offering, with the first official batch fermenting as we speak which you can pre-order now from @northern_chilli_co on Instagram.

Each batch of sauce takes 4-6 weeks to make, to make sure we get the up most flavour out of the best ingredients. There's lots more beyond hot sauces on the way.

WHY DID YOU CREATE NORTHERN CHILLI CO?

I love food, spicy food and bbq usually. I'm also at my happiest in the garden. A friend mentioned that they were growing chillies. When I asked what they do with them, they responded "not sure, they're too hot to do anything with really", and I realised that so many people don't appreciate the actual flavour of so many chillies as they just don't know what to do with them.

MY GOAL IS TO DELIVER THE INCREDIBLE AND DIVERSE FLAVOUR OF CHILLIES TO THE NORTH AND CHANGE PEOPLE'S PERCEPTION ON CHILLIES JUST BEING "HOT".

WHERE CAN CUSTOMERS FIND YOU?

So far we're only on Instagram at @northern_chilli_co, do come say hello and give us a follow!

It's a chilli, gardening and bbq appreciation page as much as a place to order our stuff I'd love to meet more chilli-loving northerners.



Photo: My Kitchen Spices



A FOODIE'S DREAM COME TRUE

Introducing Nibble, your friendly, female run, independent cafe In the Northern Quarter. Imogen Sandbach chats to the cafe owner, Lauren Irlam all about her baking passion and hospitality journey.

WHAT IS YOUR BRAND ALL ABOUT?

Nibble is a truly independent female run business, and we are all about the people. We love hospitality, we love going the extra mile to keep our lovely customers happy, and it's important that we offer something for everyone. We always have lots of different options for those with dietary requirements so no-one has to miss out.

EVERYTHING IS COOKED BY US GIRLS, AND WE WORK REALLY HARD TO DO THAT WHILE CREATING OUR OWN LITTLE SAFE SPACE IN THE CITY.

WHAT DO YOU OFFER?

We offer all day brunch, lunch, handmade cakes, local coffee, fresh smoothies, healthy salads, lots of specials, and we do UK delivery too.

WHAT IS YOUR BUSINESS ORIGIN STORY?

I'm not sure where to start, so I guess the beginning would be a good place.

I've worked in hospitality for a little while. I started out selling brownies (yes I'm obsessed) and sweet stuff at markets around Manchester while working a full time job that I hated, stuck in a rut from all angles and not knowing what I wanted to do with my life.

I'd studied Human Nutrition at uni, and love everything about food, so I started looking for a job in the industry. I'd never waitressed before but I started as a Supervisor and seemed pretty good at it! I was promoted to Assistant Manager, then to General Manager.

It was always a dream to have my own place, and during a visit up North from my parents (yes, I'm originally a Southerner – don't judge me too harshly!), we had a look online at

businesses for sale. Caught up in the moment, I saw the cafe a few days later. Two weeks after that, I had bought a café and was completely unprepared for it!

I HAD NO MONEY. I HAD NO TIME. SO MUCH TO DO. AND NO IDEA WHERE TO START, OTHER THAN TO WORK REALLY HARD TO MAKE IT WORK.

WHAT ARE YOUR PLANS AND GOALS FOR THE FUTURE?

More of the same! I'm open minded about the future, but for now all I'm focussing on is delivering the best possible experience for our customers and trying to make sure people are coming in the first place so we can find some stability after the crazy year we've had.

WHAT IS YOUR BEST SELLING MENU ITEM?

Our Ultimate Breakfast Bagel - bacon, fried egg, smoked Monterey Jack cheese, our house pea and watercress guacamole, fresh tomato and spicy roast red pepper sauce. Beetroot Fudge Brownies - vegan and gluten free!

WHERE CAN CUSTOMERS FIND YOU?

36 Oldham Street, Manchester, M11JN
@nibble_nq
www.nibblenq.com



THANK YOU!

I want to say a big thank you to everyone who has been involved and supportive throughout the process of creating the magazine.

Thank you to Mark Carr, Antonio Franco and Anthony Lavender for providing amazing photos for the magazine and to Samantha Bentall for your copywriting skills putting together the interview articles.

Thank you to the food bloggers and recipe creators for the content you have created for the magazine and to my family and friends who have hyped up the magazine the whole way sharing their support.

I have really enjoyed creating the magazine and I look forward to the future of Independent Eateries. Until next time, goodbye foodies.

Imogen

Imogen Sandbach,
Founder and Editor in Chief

independenteateries.co.uk
independenteateries@gmail.com



Order brownies, blondies and cookies straight to your front door

Based in Liverpool, delivering UK wide Sophie's Kitchen is an independent business providing boss baked goods, using their platform to raise awareness around mental health and raising money for mental health charities.

sophieskitchenliverpool.com





Fig and the Wild grazing tables are all about bringing people together around beautiful table of food. No pomp or ceremony, the quality and visual aesthetic speaks for itself. Perfect for huge shindigs, intimate gatherings, press launches and parties alike it's the perfect way to feed your guests. Add on some tablescaping from our friends at Agnes and Bee and your guests won't know whether it's a work or art or to get stuck in.

hello@figandthewild.co.uk