

Hungry? Use your loaf

SEE OUR CHEFS IN THE FLESH

THURS-SUN, REGENT'S PARK

More than 40 of London's top restaurants will set up kitchens under canvas this week and sell taster portions of some of their finest dishes at the Taste of London festival. Mayor Boris Johnson will open the event on Thursday. Many of the country's top chefs will stage cooking demonstrations and take part in food debates, including Giorgio Locatelli, Richard Corrigan, Garry Rhoads and Hugh Fearnley-Whittingstall.

ADMISSION

Entry to the festival costs £21 (pre-booked, or £25 on the door) and visitors buy "Crowns" to pay for their food at the outlets. Apart from the standard ticket, there are other packages: **Premium ticket** £37 (entry plus £20 Crowns) **VIP ticket** £50 (entry plus £20 Crowns, entry to VIP tent and complimentary glass of champagne) **Laurent-Perrier Champagne Masterclass ticket** £75 (entry plus £20 worth of Crowns, VIP Lounge, glass of champagne and an exclusive champagne masterclass) **Children's tickets** £10 (6-10 years). Children under six get in free. For tickets call 0871 220 7132 or go to tastefestivals.com. For a list of restaurants taking part, go to thelondonpaper.com/going-out/bars-and-restaurants

With bread sales on the up as more and more of us save our lunch money by making sandwiches, **Dominic Midgley** asks four chefs exhibiting at this week's Taste festival to prepare the perfect sarnie

Ciabattina d'estate (mini summer ciabatta)

Ingredients

Mozzarella (from Borough Market), pesto (Waitrose), aubergine (Borough Market), sundried tomatoes (Borough Market), ciabatta (from any good bakery)

Francesco Mazzei

Chef-patron of L'Anima

Preparation: When you prepare the sandwich, use the jus of the griddled or baked aubergine to make a dressing - just add vinegar, olive oil, honey, and salt and pepper. Cut the ciabatta in half. Spread half of it with pesto, the other with roughly chopped



smoked aubergine. Cut the mozzarella into slices and place on one piece of bread and add tomatoes to the other. Drizzle over dressing. **What's so great about it?** It's highly nutritious, bursting with flavours and a beautiful sight for the eyes as well. Moreover, the ingredients are not expensive. **L'Anima, 1 Shouwen Street, EC2, lanima.co.uk**



Stir-fried duck and lime mayo wrap

Ingredients

Duck supreme (duck breast), spring onions, spices, roti or tortilla, mixed lettuce, plus a dressing made with five spice powder, lime, honey and mayo

Atul Kochhar

Chef director of Benares

Preparation: Slice two duck breasts (for four wraps) and stir-fry in olive oil. Add 1 tsp of red chilli and 1 tsp of five spice and, just before the end, 1tbsp of fresh coriander. Layer the meat with spring onions and lettuce leaves over a wrap. For the dressing, mix 4tbsp mayo, 1tsp honey, 1tsp lime rind, 1tsp five spice, and season to taste. Drizzle it over the filling and roll.

What's so great about it?

It is light, flavoursome and nourishing. And it's easy to make.

12a Berkeley Square House, Berkeley Square, W1, benaresrestaurant.com



The Kitchen Club sandwich

Ingredients

Granary bread spread with lime and avocado mayonnaise, and filled with prosciutto, lettuce, one slice Crozier Blue cheese, two slices roast chicken

Richard Corrigan

Chef-patron of Corrigan's and Bentley's

Preparation: Cut the ham fresh off the bone. With the chicken, we confit it in duck's fat then roast it but most people will use the trimmings from their Sunday roast.

What's so great about it? Crozier Blue is a fantastic cheese at this time of year because it's been matured for nine months, which means it was made from the sweet milk of a cow that was feeding on grass at its most luscious last summer.

Corrigan's Mayfair, 28 Upper Grosvenor Street, W1, 020 7499 9943 corriganmayfair.com



RARE GEM | Locatelli favours a beef focaccia

Focaccia with rocket, goat's cheese and homemade cured beef (bresaola)

Ingredients

400g thinly sliced bresaola, 150g goat's cheese (from Gastronomica stall at Borough Market), 3tbsp white wine vinegar, 6tbsp extra-virgin olive oil, juice of half a lemon, 4 handfuls of rocket, sea salt and freshly ground black pepper. We make our own focaccia but you can buy good focaccia from places such as Baker and Spice in King's Road

Giorgio Locatelli

Chef patron of Locanda Locatelli

Preparation: Put the cheese into a bowl and mash with a fork until it is half-smooth. Slowly mix in the vinegar and 5tbsp of the oil. The mixture should be a little coarse. Then mix the lemon juice and the rest of the oil and use to dress the rocket lightly. Season to taste. Finally, cut the focaccia in half lengthways, put the rocket in the centre, add the slice of bresaola and drizzle with the goat's cheese dressing. Finish with a good grinding of black pepper. We know what's in it and we have

produced it many a time and nowhere in the world is there bresaola as good or healthy as Osvaldo's.

What's so great about it? Focaccia is such a fantastic thing for lunch, supper or dinner. Bresaola is another of our Lombardia specialties from Valtellina. It is raw beef fillet that has been salted, marinated in wine and herbs, and then air-dried to give it a lovely, delicate flavour. It is sliced very thinly to serve as an antipasto with oil, lemon juice and black pepper. **Locanda Locatelli, 8 Seymour Street, W1, locandalocatelli.com**

the chat

PAUL ROSS



The radio presenter and father of five on Father's Day, the antics of his brother Jonathan and the importance of being careful

Father's Day this Sunday, do you feel you've earned a day in your honour?

If we're being honest, it's lovely to be made a fuss of and to get a few presents, but as we all know, it's basically a huge spin for the card industry. I've got five children so 10 years ago they would have all made cards and that's a very sweet thing. But Dolly, my eldest, is old enough to take me out and buy me a beer. Now that's what you have children for.

Their combined purchasing power should be able to get you some-

thing pretty decent...

You'd think so but the thing I've drilled into them, and my mum drilled it into me, is to find a bargain. We love Primark, Matalan, TK Maxx, and I always say to them, if it's not reduced in price, don't buy it. You know eventually, everything has got 40 per cent off. If teach them one thing, it's to look for the sale.

Sachsgate: how did you find out about brother Jonathan's antics?

Through the newspapers. People started asking me for comments. I was away, so no one could get hold of me anyway. I teased him and wished him good luck.

Be honest, did you laugh? Either at the joke or him being banned...

I didn't really laugh, because the trouble is when you read about anything, the newspaper has got an agenda and that is to sensationalise it as much as possible to sell more copies. In a way, I'm almost more interested in the way the newspapers approached it.

He's presenter of Film 2009. Does that mean you ring him to ask what's a good movie to watch before you go to the cinema?

Occasionally, I do film reviews myself. I like action films like *Pearl Harbor* but he absolutely hated it.

Did you laugh when Borat said on your brother's show: "Paul Ross is a big star in Kazakhstan. We have a statue of Paul Ross - 18 January is Paul Ross Day!"

I did. I knew Sacha years ago when we worked on the Granada talk channel. He was in the show as Sacha Baron Cohen. I knew him and Dan Mason, his producer, from our time together on *The Big Breakfast*. One day I'll visit that statue.

Paul Ross is a presenter on BBC London 94.9's Breakfast Show, weekdays 7-9am

ROB GRAINGE

Father's Day gift guide: P22-23