



FIZZ FESTIVAL

The People's Choice Awards at the Fizz Festival is always a fabulous affair, even though competition is fierce. Each visitor has the opportunity to vote for their favourites in each category and there's a surprising list of producers to choose from.

This year's winner of Best Champagne, sponsored by Slater + Gordon, was family-owned Champagne Thiénot NV Brut, with Hush Heath Balfour Rosé 2012 winning for the Best Sparkling Wine UK, sponsored by Lund Bennett.

For the rest of the world, in association with *Altrincham Today*, it was Narrative Ancient Method Chardonnay 2013, from Canada, imported by Red Squirrel.

We look forward to next year and learning lots more about fizz. (crackingwine.co.uk)

NOTEBOOK

FOOD & DRINK

I SEA PASTA

January is a time for making healthy decisions for the year to come, and it can be hard to eat the right foods and know what really is good for you. If you're a pasta fan, then you have to try the tagliatelle from I Sea Pasta.

It's fewer calories and carbs but more nutrients; including iodine, sodium, antioxidants, proteins, calcium, iron and omega-3. There's recipes galore to try, from bolognese to Caesar salad, and it's organic, gluten-free and one of the most sustainable foods on the planet, needing only the sunshine to grow.

For stockists visit seamorefood.com



PURCHASE of the MONTH

Casablanca candle, £48 (victoriacator.com)

Q&A

...with **STEVEN TUKE**, executive chef for The Vicarage Freehouse & Rooms

WHAT IS YOUR FAVOURITE INGREDIENT?

Butter! And I mean the real thing, not a substitute. It has the ability to transform a dish. It adds richness, sweetness, brings out a number of other flavours, and is a key ingredient in most of my favourite sauces and dressings.

WHAT IS YOUR FAVOURITE FOOD?

I have a huge sweet tooth, so I'm all about the sugar! Give me a slice of cake with a cup of tea and I'm a happy man.

WHAT IS YOUR DESERT ISLAND RECIPE?

I'll never tire of bannoffee pie! A crunchy, thick base with a light, fluffy filling and fresh bananas – plus a dusting of brown sugar. Like I say... sweet tooth!

WHAT IS YOUR FAVOURITE PIECE OF KITCHEN KIT?

My knives are my kitchen essentials. A good knife makes all the difference when it comes to perfect presentation. You wouldn't hack away at a fine piece of fillet steak would you? Also, my thermo mixer. It blends, cooks, weighs, steams... just throw in a combination of beautiful flavours and let the mixer do the rest!

(thevicaragecheshire.com)

