

Over to you

What you're up to in the kitchen this month



Star Letter

I have two cobnut trees in my garden and every year I harvest the nuts, but I don't think I'm really making the most of them. The nuts are now nearly ready to pick, but I'm stuck for ideas on what to do – do you have any suggestions?

Coral D'eath, Doddington

Cobnuts are a bastion of the British summer, so we couldn't go without a recipe or two in this issue. Give our cake a go on p.74!

Now that I've spotted the sun finally poking its head around the clouds, I'm getting really excited about spending time outdoors this summer! I've gathered a folder of picnic-friendly recipes, but I wonder if you could recommend a couple of tasty

additions for me to add to my hamper?
Debbie Lampe, Clacton-on-Sea

We sure can, Debbie! Check out our pick of the best hamper fillers on p.66



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Ask the Expert

WHY DO YOU HAVE TO LET MEAT REST?

Summer sunshine is synonymous with long evenings, cool drinks and barbecues, but many of us miss out on the real enjoyment of beautifully barbecued meat by not allowing it to rest after cooking. During the cooking process the heat applied to meat causes the proteins to contract or

toughen; these muscles need to have time to relax in order to enhance the quality of the meat. By allowing the meat to rest it will become more moist and tender and ultimately more flavoursome. Simply leave somewhere warm and rest for approximately ten minutes before serving.

Chef Alan Swinson is a Master Chef at Le Cordon Bleu London



This month we've been basking in the glory of the perfect Jersey Royal, whipping up street food feasts and spreading the news about our exciting new food awards – turn to p.104 to find out how you can get involved! While @mandkbutchers were following up their top quality steak with Mary Berry's lemon and mascarpone cake from last issue, others have been making the most of delicious British strawberries – we're huge fans of homemade strawberry gin! Tell us what's going on in your kitchen and follow @buybritishfood or write to Holly at holly.shackleton@aceville.co.uk

