

Trend spot

Pineapple salad servers, £24, oliverbonas.com



London Life

Food

Raising the steaks

WHEN it comes to beer, six pints sounds like a lot to drink. But for Charles Ashbridge it is the magic number.

The farmer feeds that volume to his Dexter cows every day – in the evening, mind, they aren't complete animals – and the result is some of the most tender, complex-tasting steak I have eaten. It won't make you drunk, though you might end up cleverer because the creamy yellow fat surrounding the lean pink centre is rich in Omega-3 oils, which are said to boost brain function.

If the £195/kg Wagyu beef that London chefs are going wild for had been invented in England rather than Japan, the result would be a steak rather like this one.

Chef Luke Mackay, at Brompton Food Market, has cooked me a rare T-bone, with salt, pepper and a dab of olive oil. It is firmer than other steaks but cuts easily. Perhaps if Jeremy Clarkson had tried some of this he would have been calmer about the speed of service during that famous meal.

"Beer takes the edge off for the cows," says Mackay, who uses the

Food

Massaging meat won't do – for a truly tender slab of beef you need to get the cows drunk, says **Susannah Butter**

meat for steak sandwiches at his café and sells it to cook at home. "It adds to the fat content and relaxes the muscles. I'm told cows come running at beer time and seem to enjoy it."

Ashbridge says the animals don't feel drunk – they're around six times the size of people – "but beer is an acquired taste, just as it is for humans. No one thinks their first pint is amazing."

Ashbridge has been rearing cattle on the family farm, Taste Tradition in Cold Kirby, Yorkshire, since he was six. He says his method is influenced by the tender, marbled Wagyu and Kobe beef. "Dexter is some of the best-tasting beef I've had, so I wondered if I could enhance the flavour with beer from a local brewery, Hambleton Ales." The cows line their stomachs with hay that Mackay says "smells like

herbs de Provence" and start on the beer when they are 18 months old.

Mackay has pictures of the cows on his phone to show customers. He says it is the best beef he has tasted in his 15 years as a chef, cooking for Bill Clinton, novelist Sebastian Faulks and Gary Lineker. "It has a brilliant Maillard reaction," he says, referring to the chemical effect between amino acids and reducing sugars that creates flavour. "The texture is firmer; the meat is buttery and rich. Customers comment on the difference in taste between beer-fed and normal meat."

On the bone it lasts three weeks and off it is fine to eat for around four days. It isn't cheap, at £8.50 for a 250g sirloin steak. Ashbridge says it is 25 per cent more expensive to produce but there is value in good-quality meat.

Continued on Page 32



DANIEL HAMBURY

London's best Arti-jams

Even Miuccia Prada has fallen for artisan jam. The designer eats it with cheese, on black bread (obvs). Here in London we are jamming, adding it to cocktails, desserts and curries. Totes j-amaze.

Strawberry and pepper

Made by Catherine Piddington, a wonderful jambassador. Years of experimenting have led to fantastic combinations – this one has a kick that peeps up both sweet and savoury dishes. Apricot and rosemary is also worth trying. **£6, piddingtonjam.co.uk**



Hot banana

A versatile jam, subtly spiced with ginger and chilli. It's ethical too – makers Rubies in the Rubble use surplus fruits and vegetables to reduce waste. Jamie Oliver is a fan and commissioned a London piccalilli from them. **£3.69, rubiesintherubble.com**



Berry and liquorice jam

This Clerkenwell-made concoction is berry good indeed. It contains whole raspberries, blueberries and gooseberries. The Modern Pantry recommends using it in a martini. **£5.50, themodernpantry.co.uk**



Bermondsey bramble

Stewed in south London, this is a subtle, delicate number with a beautiful label. **£4.20, englandpreserves.co.uk**



Apricot and passion fruit jam

A terrifically tropical take on a classic. **£5.20, ottolenghi.co.uk**



Susannah Butter



EVENING STANDARD



DAILY MAIL



MAIL ON SUNDAY



THE TIMES

Beautiful

The Carole King Musical



THE INDEPENDENT



METRO



SUNDAY EXPRESS



THE OBSERVER

ALDWYCH THEATRE

NOW BOOKING UNTIL 2016 | 0845 200 7981 | beautifulinlondon.co.uk



Continued from Page 31

Mackay acknowledges that “lots of us can’t afford stunning meat every day”. His solution is to eat less but spend more. “Ask your butcher where the meat is from and if they don’t know don’t buy it.”

Mackay is the only person serving this boozy beef in London at the moment, so snap some up before it becomes the new Wagyu.

@susannahbutter

Steaks on a plate

Do you age your steak by exposing it to air, keep it wrapped up, or just serve extremely lean? Here are the best ways to beef up your cut.

180-day aged steak

It takes six months to reach its tender, gamey best. It is kept chilled but exposed to air, allowing it to mature in a similar way to a good cheese.

Goodman Canary Wharf, 3 South Quay Square, E14, goodmanrestaurants.com

90-day aged Danish steak

When Francis Cardenau and Jesper Boelskifte, the Michelin-starred “rock stars” of Danish restaurants, came to London, they brought their favourite meat with them. They believe 90 days is

the optimum duration for beef enzymes to break down and taste fantastic.

MASH, 77 Brewer Street, W1, mashsteak.co.uk

70-day aged steak

Chef Stevie Parle ages whole loins of Galloway beef for 70 days. Try the sirloin with marrowbone bread sauce and lovage liquor.

CRAFT LONDON, Peninsula Square, Greenwich Peninsula, SE10, craft-london.co.uk

55-day aged steak

Add bone marrow gravy or anchovy hollandaise.

Hawksmoor, across London, thehawksmoor.com

Wet-aged Wagyu steak

Is wet or dry ageing best? This wet option is coal-cooked and available as a sirloin or d-rump.

M, 2&3 Threadneedle Walk, 60 Threadneedle Street, EC2, mrestaurants.co.uk

Minute steak

For a healthy protein fix head to this LA-inspired restaurant for the Muscle Beach – a minute steak served with a poached egg, spinach and sweet potato hash.

Bel-Air, 54 Paul Street, EC2, bel-air.co



London is choc full of sweet treats for Easter. Time for a taste test of the very best eggs, says **Susannah Butter**



William Curley chick and mini eggs
Grown-up choc with salted caramel.
£14/£8, williamcurley.com



Paul A Young large dark egg
An intense cocoa fix made in London.
£39, paulayoung.co.uk



Prestat polka-dot egg
A real egg shell with hazelnut inside.
£3.95, prestat.co.uk



Claridge's Easter egg
Perfect for a milky sugar high.
£60, claridges.co.uk



Carluccio's egg in a pasta nest
Complete with chocolate pasta.
£15.95, carluccios.com



Amelia Rope sea salt caramel eggs
The pale lemon sea salt caramel is close to perfect. £9.99, ameliarope.com



Zen egg by Nobu
Inspired by Japanese gardens.
£30, noburestaurants.com/london



Organic dark chocolate egg
Bittersweet tones and plenty of cocoa. £14, daylesford.com



Milk chocolate chicken
Buttery with a honeyed taste
£9.95, paul-uk.com



Pierre Marcolini milk Pop Art egg
Delicate Belgian chocolate, done well.
£33, marcolini-eboutique.com

Cookery School
Weeknights 7pm

LONDON
LIVE

Your Capital's TV Channel

Freeview 8 Sky 117 Virgin 159

Tomorrow
Tech



The new TV
gadgets
PLUS meet
the vapists