



### ***Forever picking***

Snacks inspired by the seasons. This stems from my recollection of being in the garden with my mother and picking anything that was edible.

### ***Ultimate weaponry***

*(lobster, asparagus, truffle)*

Whilst researching for my Fish cookbook I found that the largest UK lobster ever caught was in 1931 in Fowey Cornwall. Weighing a huge 9.3 kg. The Lobster: a natural born killer with very powerful claws; one for crushing, the other for cutting. Rich, powerful ingredients with countless possibilities.

### ***Just down the road***

*(ricotta, courgette, broad beans)*

Many miles have been travelled and countless hours have been spent during my ongoing quest to find the very best British producers to supply Muse with ingredients. We celebrate Old Hall Farm, located "just down the road" from my Norfolk roots.

### ***Conquering the Beech tree***

*(scallop, pork fat, burnt apple)*

My first memory as a child was a sense of fearlessness. I was always taking risks and looking for challenges. We had a very tall and beautiful copper beech tree in our garden that I would climb again and again. As chefs, we must always challenge ourselves.



### ***As mother nature intended***

*(brill, white asparagus, morel)*

No other season can compare with Spring for fresh ingredients and matching flavours so it's no surprise that it's a chef's favourite time of year. Here we let the ingredients speak for themselves.

### ***Old with new***

*(lamb, turnip, peas)*

Herdwick sheep have been farmed in the Lake District for centuries. Their ancestors go back to the first known domestication of sheep! A heritage breed paired with new season produce.

### ***Wait and see***

Many of you will remember your mother's voice when asking "what's for dessert?" All I will say is that it is a sweet, seasonal delight!

### ***Strawberry fields forever***

*(strawberry, yoghurt, basil)*

As we approach summer, I am reminded of sweet memories of family outings in endless field of beautiful strawberries lying in raised beds raised amongst layers of straw.

Always an absolute joy seeing these juicy sweet delights popping up.

And of course, any opportunity to stuff my pockets and my face!