

A matter *of* TASTE

Travelling and tasting go hand in hand, and many flavours have found their way to Britain's shores. When you visit you'll find you can eat your way around the world – it's time to discover a menu like no other

Turkish IN LONDON

In London there are an estimated 200,000 people of Turkish and Turkish-Cypriot origin, based mainly in the north-east of the city. Here's where you'll find 'ocakbasi' restaurants specialising in charcoal-grilled meat and fish accompanied by pillow-soft flatbreads and salads doused in pomegranate dressing. It's great-value, no-frills cooking. **Mangal I** in Dalston is among the best – famous fans include top chef Jamie Oliver. mangal.com

Chinese IN MANCHESTER

Britain's largest Chinatown outside London is in Manchester, north-west England. Dominated by a huge red and gold arch on Faulkner Street, its old textile warehouses were repurposed by Chinese restaurateurs in the 1970s. A thriving hub of Chinese culture, it has a dizzying array of restaurants, as well as grocery and health stores. **Hunan** and **Little Yang Sing**, both on George Street, are two of the most popular places to eat here. www.hunanrestaurant.co.uk
littleyangsing.co.uk

Balti IN BIRMINGHAM

One of the UK's most popular curry dishes is the balti, said to have been invented by the Kashmiri community in this Midlands city in the early 1970s. The word balti means 'bucket' and refers to the thin, pressed-steel bowl that the curry is cooked and served in – watch out, because they can get very hot! Eat it in the area known as the 'Balti Triangle', with restaurants such as **Al Frash** and **Shababs** on Ladypool Road at the heart of the action. alfrash.com
shababs.co.uk

Italian IN WALES

A close-knit Italian community has thrived in south Wales for more than a century – thousands left their homeland in the 1800s to join an industrial boom taking place in the Welsh valleys. The most famous Italian restaurant is **Giovanni's** in Cardiff, whose fans include Welsh legends Sir Anthony Hopkins and Sir Tom Jones. For the best ice cream, try **Verdi's** in the fishing village of Mumbles, near Swansea. giovanniscardiff.co.uk
verdis-cafe.co.uk

Polish IN SCOTLAND

There has been a strong Polish presence in Scotland since the 1940s, when tens of thousands of Poles were stationed in the country during the Second World War. Today, more than 60,000 Poles live in Scotland and a large number have made their home in the capital, Edinburgh. Sample Polish delicacies such as potato pancakes and 'pierogi' (dumplings) at **Yellow Bench** café on Leith Walk. yellowbench.co.uk

Korean IN LONDON

The south-west suburb of New Malden has the UK's highest concentration of Korean residents, dating back to a time when it was home to the South Korean ambassador and electronics company Samsung. There are supermarkets and cafés, as well as a huge choice of restaurants serving home-style cooking. Many have barbecues built into the tables, where you can cook meat, fish and vegetables yourself to wrap in lettuce leaves and dip in spicy sauce. **Sorabol** on the High Street is considered one of the best. sorabol.co.uk



Grilled meat is a Turkish speciality

Go to south-west London for home-style Korean



Balti was created by Kashmiris in Birmingham

Manchester's Chinatown is the UK's second largest



Italians first came to Naples over 100 years ago

Pierogi are delicious Polish dumplings



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FIND MORE ONLINE
visitbritain.com/food

Dining WITH A DIFFERENCE

A good meal out is about more than what's on your plate - it's the whole experience. Here are some of Britain's more unusual restaurants to try

Memories ON A PLATE

An hour west of London is three-Michelin-starred **The Fat Duck**, where every course tells a story. The menu is described as a journey through childhood memories: for example, 'Sound of the Sea' is seafood served on edible sand that transports you back to beach holidays.

thefatduck.co.uk

Dine in a TREEHOUSE

Perched high up in a copse of lime trees within **The Alnwick Garden**, north-east England (beside the equally fantastic castle), is one of the world's largest wooden treehouses. Inside is a magical restaurant, the **Treehouse**, that serves seasonal, local food, and has twinkling lights, handcrafted furniture and a roaring log fire.

alnwickgarden.com



Dine at the Alnwick Treehouse restaurant

24-hour COOKING

Take the glass elevator up to the 40th floor of one London office block and you'll find the trendy restaurant **Duck & Waffle**, with panoramic views across the capital. It's open 24/7, serving cocktails and comfort food - perfect for a sunrise breakfast or a late-night dinner.

duckandwaffle.com

Feast in a LIBRARY

Head to Norwich in the east of England to dine in a Grade-II Listed former library that's more than a century old, still with its bookcases and wooden panels intact. **The Library** restaurant is perfect for literary-minded guests, plus, there's plenty to read if you're left waiting for your date.

thelibraryrestaurant.co.uk

Eat by THE HOUR

At **Ziferblat** cafés in London, Manchester and Liverpool, help yourself to drinks, snacks and cakes, and pay only for the time you spend there.

ziferblat.co.uk

Food as THEATRE

Inspired by art and music, chef Michael O'Hare creates dishes with crazy combinations and colours that have earned his restaurant, **The Man Behind the Curtain**, in the northern city of Leeds, a Michelin star.

themanbehindthecurtain.co.uk

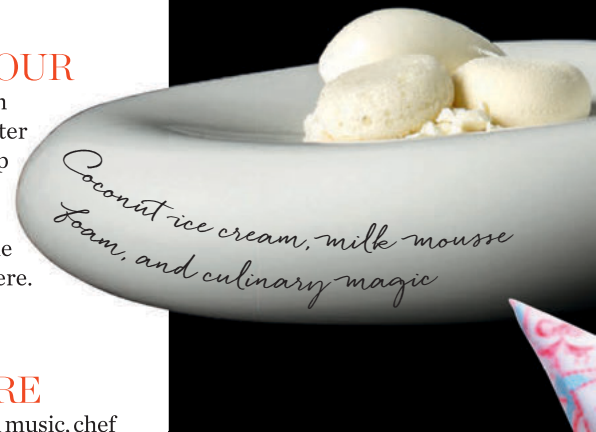
Dinner in THE DARK

At **Dans le Noir?** in London, the senses are intensified as you eat in complete darkness, guided and served by blind and visually impaired waiters.

london.danslenoir.com

Restaurant in A PRISON

The Clink Restaurant in Cardiff, Wales, is a restaurant with a social mission. All the food is prepared and served by prisoners who are studying for catering qualifications to help them start a new life when they leave. thelinkcharity.org



THE CLASSICS

Try these traditional favourites when you are in Britain

SUNDAY ROAST

A large joint of roast meat with vegetables and roast potatoes covered in rich, brown gravy sauce is a British favourite. Top chef Tom Kerridge serves a magnificent roast at **The Hand and Flowers** in Marlow, about an hour west of London; it was Britain's first pub to win two Michelin stars, which it has retained since 2011. You'll find a traditional Sunday roast served at pubs all around the country.

thehandandflowers.co.uk



'Counting Sheep' is a theatrical dessert at The Fat Duck



FISH AND CHIPS

Nothing tastes finer than fish and chips eaten by the seaside, straight out of the paper they're wrapped in. **VC Jones** in Whitstable, on the south-east coast of England, cooks delicious, fresh cod and chunky chips. vcjones.co.uk

HAGGIS

Scotland's national dish is a savoury pudding of sheep's heart, liver and lungs minced with oatmeal, suet and spices. Taste for yourself at

Whiski Bar on Edinburgh's Royal Mile, along with a traditional serving of neeps, tatties and a dram of whisky. whiskibar.co.uk

CORNISH PASTY

This folded pastry started out as a portable, filling lunch for workers, containing potato, swede, onion and seasoning (Cornish beef was later included in the recipe). Enjoy across south-west England at butcher's shops, cafés and restaurants.

AFTERNOON TEA

A pot of good tea with tiny sandwiches, cakes,

scones and jam is a must – especially if you visit Devon and Cornwall in south-west England, where local dairies produce the thickest and richest clotted cream around.

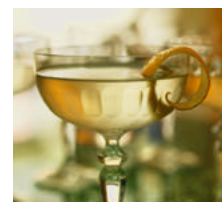
SMOKED FISH

Sample some of the best at Norfolk's **Cley Smokehouse** [cleysmokehouse.com].

Try the Anglo-Indian 'breakfast of kings', kedgerree, at the nearby restaurant and hotel **Byfords**, which adds Cley Smokehouse haddock and prawns to buttery rice and tops it with a poached egg [byfords.org.uk].



SOMETHING TO DRINK?



WELSH GIN

The clear spring waters of Wales are a key ingredient for its gin distilleries. Brecon Gin uses water from the

Brecon Beacons National Park at its **Penderyn Distillery**, which also produces whisky [welsh-whisky.co.uk]. For a taste of the ocean in your cocktail, try Seaweed Gin from the **Dà Mhile** distillery in west Wales [damhile.co.uk].

CRAFT BEER

Brewing is booming in Britain, and there are many superb drinks to try. Take a brewery tour at **BrewDog** in Ellon,



Scotland – the world's first crowd-funded brewery [brewdog.com]. Or sample the delicious brews at **Meantime** in Greenwich, south-east London [meantimebrewing.com].



ENGLISH WINE

The chalky soil of Sussex and Hampshire in southern England is near identical to that of the Champagne region in France. Try a sparkling

white or rosé from the **Nyetimber** estate. [nyetimber.com]. **Chapel Down** in Tenterden, Kent, also produces excellent wines [chapeldown.com].

SCOTTISH TEA

On a plantation in Scotland, 750m above sea level, the frequent rain and low clouds give plants protection against the sunlight. **The Wee Tea Company's** Dalreoch estate in the foothills of the Highlands produces mainly white and smoked teas, which have been a hit with connoisseurs [weeteacompany.com].





LLANDDWYN ISLAND
is connected to the
mainland except
during high tides

Live the **LEGEND**

*Myths and ancient stories are as much a part of
Wales as its lush green valleys, rugged mountains
and stunning coastline. In 2017, the Year of Legends,
discover these inspiring places for yourself*

WORDS Kate Corr and Rebecca Ford PHOTOGRAPHY VisitBritain/Lee Beel, Getty.
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It's a land of roaring dragons and mighty kings, mythical wizards and warrior queens, where ancient castles, sacred burial sites and prehistoric hill forts scatter the landscape. In Wales, you will find dramatic rock stacks, deep glacial lakes, unspoilt moors and cathedral-like caves with lakes and waterfalls that shimmer in the lantern light. There's no doubting that Wales is a country of outstanding natural beauty, but it's also a place with magic in the air. As 2017 is the Year of Legends, it's the perfect time to discover the epic stories that have shaped the culture of this country.

TALES OF LOVE

Wales has its own patron saint of love – St Dwynwen's feast day is celebrated on 25 January. Like all the most powerful love stories, it is a tragic one. Dwynwen was a 5th-century Welsh princess who, unable

to marry the man she loved, retreated heartbroken to **Llanddwyn Island** in north Wales and lived the rest of her life as a hermit. See the ruins of a chapel dedicated to her and follow in the footsteps of pilgrims who once visited; many still go in search of the spring, said to contain fish whose movements can predict a couple's future. Be sure to explore the stunning coves and beaches where you may spot seals bobbing in the water or resting on nearby rocks, and even the occasional dolphin.

HISTORIC CASTLES

There are many castles situated across Wales, some of the most impressive built in the 13th century by King Edward I. Mighty **Caernarfon** occupies a strategic position on the northern coast; its heavily fortified walls protected a small town and it served as a residence for the king and his companions. >

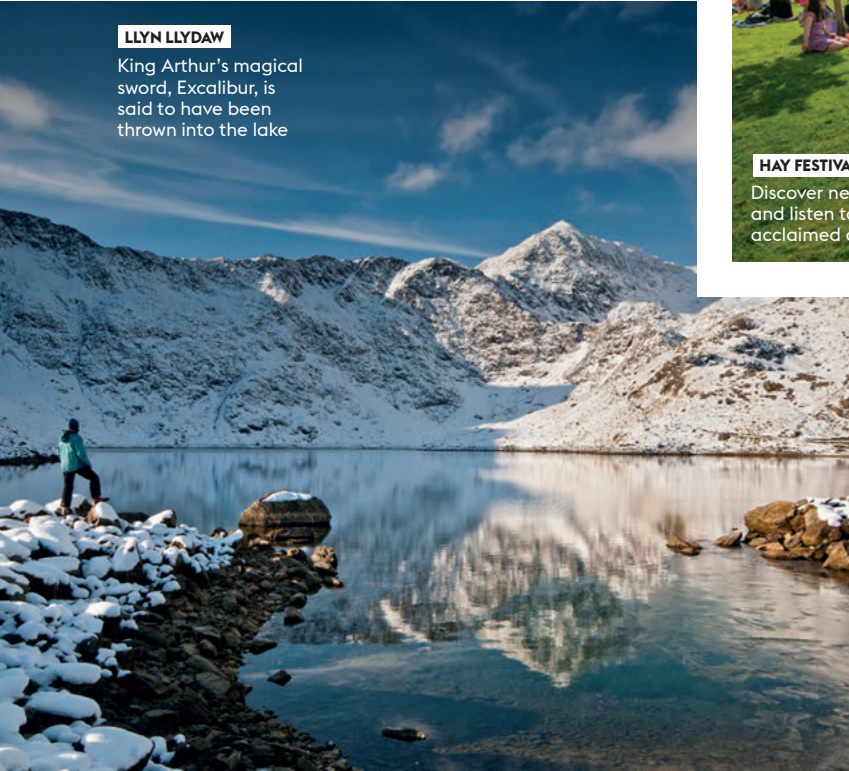


CAERNARFON CASTLE

One of eight castles built or rebuilt by Edward I in Wales

LLYN LLYDAW

King Arthur's magical sword, Excalibur, is said to have been thrown into the lake



HAY FESTIVAL

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LLYN LLYDAW IS ONE OF THE MOST VISITED LAKES IN THE UK

It is a spectacular sight from both sea and land – and, despite being attacked many times through the centuries, it is extremely well preserved.

DISCOVER CAMELOT

One of Britain's best-known legends is that of **King Arthur and the Knights of the Round Table**, whose origins can be traced back to the Celtic people who inhabited the land before the Romans. Tales of magic, bravery in battle, eternal love and betrayal, set in the enchanted kingdom of Camelot, it's no wonder the stories of Arthur, Merlin, Lancelot and Guinevere continue to resonate through the ages. In fact, 2017 sees the release of the film **King Arthur: Legend of the Sword**, which brings them to a new generation. The identity of the real Arthur remains a mystery, though many believe he was a Celtic leader from the 5th century who defeated the Saxons. There are strong links to the legend all over Wales. The mound covering the Roman amphitheatre at

Caerleon, near Newport, in south Wales, was known for years as Arthur's Round Table.

Llyn Llydaw, a long lake beside Mount Snowdon, is said to be where Arthur, following his final battle, sailed across to the magical island of Avalon to be healed of his wounds. Today, it is one of the most visited lakes in the UK and its wonderful views of the Gwynant Valley are as legendary as Arthur himself.

THE WELSH ROBIN HOOD

The county of Carmarthenshire, in south-west Wales, was the home of Twm Siôn Cati, a 16th-century 'highwayman', who is often compared to Robin Hood. He apparently stole from the rich – though, unlike Robin, doesn't appear to have given much to the poor. Twm used to hide from his arch-enemy the Sheriff of Carmarthen in a cave on **Dinas Hill**, near

WORDSMITHS OF WALES



Dylan Thomas turned childhood memories into the magical verse of Under Milk Wood



Roald Dahl is known all over the world for books such as Charlie and the Chocolate Factory

the picturesque market town of Llandoverly. He inspired many myths and works of fiction. Eventually, he was forgiven his crimes with a 'royal pardon' from Queen Elizabeth I and went on to become a poet and historian. You can follow a footpath to his cave, which is now part of Gwennffrwd-Dinas, a RSPB (Royal Society for the Protection of Birds) nature reserve, home to species such as red kites and common sandpipers.

A NATION OF STORYTELLERS

Roald Dahl, the children's author, was born in Cardiff and drew on memories of his Welsh childhood to create his magical tales, while the poet RS Thomas was a clergyman whose work was inspired by the Welsh landscape and its people. Swansea-born Dylan Thomas may be the

best known of all Welsh writers and is famed as much for his wild lifestyle as his sublime verse.

It's perhaps no coincidence then that Wales is also home to one of the most famous literary festivals in the world, the **Hay Festival**, described by former US President Bill Clinton as 'the Woodstock of the mind'. It's held annually in the historic market town of Hay-on-Wye, in beautiful Welsh border country. In 2017, the gathering takes place from 25 May to 4 June, but this picturesque spot – also known for the quality and abundance of secondhand and antiquarian bookshops – is perfect for book lovers at any time of the year.

