

weekend bites

THIS week I'll be eating... gremolata. This is a wonderful and very simple Italian seasoning traditionally served with braised shin of veal but which enhances virtually every savoury dish. I really like gremolata tossed with spaghetti,



sea salt and good olive oil or sprinkled on meatballs in tomato sauce. My version involves one handful of parsley (preferably the flat-leaved, Italian kind, but the normal sort is fine too), two plump cloves of garlic and the zest of an unwaxed lemon. If you can get hold of an Amalfi or a Sicilian lemon, the result will be stunning. Just chop all of the ingredients, over and over again, until they resemble a kind of green powder. It can't be too finely textured. Use within a couple of hours.

DYLAN McGrath's Fade Street Social has introduced some new menu elements, including Ireland's first home-grown micro-salad, mesclun, produced in north Co. Dublin



specially for the restaurant. There have been additions to the smokery part of the menu and the popular wood-fired flatbreads. There continues to be an emphasis on stews, casseroles and slow-cooking. A €16.50 lunch menu and €25 early-bird have been introduced, involving three courses in both instances. See fadestreetssocial.com.

LOOKING at restaurant lists across Ireland recently, I've decided the most over-priced wines by far are Chablis, Sancerre and Fleurie. This is down to popularity and it's a double-edged thing: it makes them expensive because of demand and it means a cheap one's almost certainly rubbish. Opt for a Saint-Veran or a Macon instead of Chablis, a South African or New Zealand Sauvignon instead of Sancerre and a Beaujolais-Villages or Moulin-à-Vent instead of Fleurie. That's where the value is.

ANYONE who has watched the Great British Bake Off will know that Mary Berry is not just a cookery writer but also something of a national treasure in the UK. She is not only tactful and considerate but also a fount of wisdom and practical knowledge. Her *Mary Berry At Home* book is a terrific volume full of surprises, including red plum ice cream, buttermilk and sultana scones and a delightful quick chicken curry. A real cookbook crafted by a proper, hard-working cook.

