



CHEF'S CUT

January's seasonal pick is chosen by Rachel Demuth, owner of Demuth's Cookery School in Bath

SALSIFY AND SCORZONERA

These two unusual long roots, which taste like a cross between a globe artichoke and asparagus, belong to the same family. Both are white-fleshed, but salsify has a cream skin and scorzonera's is black.

To prepare, wash the roots and boil, unpeeled, for 10 minutes. Then place in cold water and the skin will slide off easily. Serve hot tossed in olive oil and lemon juice, or top with a gremolata of chopped parsley, grated rind of lemon and finely chopped garlic
Demuths Cookery School specialises in offering a wide variety of vegan cooking courses

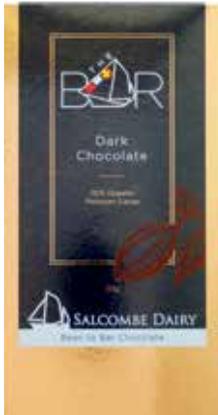


ELEMENTAL FLAVOUR

A store cupboard essential, vinegar enhances many dishes, so encourage the chef of the house to make their own vintage with a vinegar pot. This one from Vinegar Shed, £130, is handmade by artisans at one of France's oldest surviving ceramic factories.

FOOD *journal*

Events, eateries, edibles and kitchen essentials for keen home cooks



SIMPLY POETIC

For some sumptuous stocking fillers, try Devon-based Salcombe Dairy's new The Bar chocolate range, named after Alfred Lord Tennyson's poem *Crossing the Bar*. Available in seven flavours, £4.95 each.



The centenary mix

Coveted by passionate home cooks for a century, Kitchenaid has introduced Misty Blue to its Artisan mixer collection in celebration of its 100th anniversary this year. With a hobnail bowl made from titanium-reinforced ceramic, and over 15 optional accessories for everything from slicing to spiralizing, the mixer, £699, will be top of Santa's wish-list for many.



Feature Rachel Crow



On the rocks
Crafted in the wilds of Caithness by family-run Dunnet Bay Distillery, Rock Rose Gin Winter Edition, £37.50, is perfect to warm the cockles. Using locally foraged botanicals, it features citrusy spruce tips, along with the signature floral *Rhodiola rosea* – apparently pillaged by Vikings who believed it would help them live to 200. You won't, but you'll enjoy the gin.

RISE AND SHINE

Don't submit to the January blues; learn a new culinary skill by kneading and proofing your way to contented Hygge heaven on a Scandinavian baking workshop at the Bread Ahead Bakery, Borough Market. Conjure up a Nordic sourdough, savoury nut loaf and sticky cinnamon buns under the guidance of master bakers. £90 per person (breadahead.com)

