

WELCOME TO THE FOOD EDITION OF

STRATHMORE HOUSE
apartments

HOLIDAY MATTERS

Executive Chef, Paul Doidge
shares some Kitchen
#holidaymatters know how...

**One of the greatest attributes of
a serviced apartment is the
kitchen facilities; BUT how do we
make holiday cooking FUN..?**

5 TOP TIPS



WELCOME TO THE FOOD EDITION

What can you do to prevent yourself becoming a slave to the holiday stove?

When on holiday you're meant to be kicking back and relaxing - not donning your piny and rolling up your baking sleeves. But what would you think if I told you that in FIVE simple steps you could actually have fun with your holiday food..?

Here are my 5 Top Tips that I think will really help change not only your mindset when holiday cooking, but also perhaps your kitchen mindset at home too...

AT #ONE

UNRAVEL BEFORE YOU TRAVEL | Giving yourself food for thought.

Whether you are holidaying with your family of little ones; you are a solo traveller; it's just you and your partner or you are holidaying with loved ones; before you leave for your holiday, my first tip is to talk about the ingredients you LOVE.

It's all too easy to jump ahead and look up recipes, but taking the time to talk about the tastes and the foods that **'hit your appetite soft spot'** is a great way to reconnect with food.

Because food is fuel, sometimes it's all too easy to forget that it can be so much more! If you embrace the flavours that you love; the barriers that you have with cooking are overpowered by the mouth-watering tastes you know you will enjoy.

Seems simple, but it's so effective. It's also a great way to try new things and find new recipes that your entire family will love. As chefs we think this way a lot. We have to think about ingredients that are seasonal, locally produced and that blend together well to create the recipes you see on your plate.

If your knowledge is limited, a really great tool is **Supercook**. It's a platform that finds recipes that are based on the ingredients that you type in; the ingredients you all love.



AT #TWO

HOLIDAY PACKING | Prepare sensational Ingredients before you go.

If the idea of weighing and measuring or shopping for ‘boring’ larger products is not how you want to spend your holiday time, I don’t blame you! A great cheat is to consider condensing the holiday cooking experience to only the fun things!

We call this our ‘meal-prep’ but you can go a step further!

If there are spices and seasonings that you discover from Top Tip One that you love, and you have now found a recipe to match (thanks to Supercook) then a great tip is to weigh and jar them before you go. Not only does it save time and fuss, there is nothing like pulling out a little jar of homemade heaven and impressing friends and loved ones!

"Oh this? That's just my homemade Taco & Fajita Blend – great not just for tacos and fajitas but soup, chilli, grilled chicken, kabobs and so much more!"

Whether it's spices or homemade chutneys, you can turn anything like; soups, burgers, curries, pizzas and more into that extra special holiday creation.

Plus, if you have a good cool box for the journey, you can also mix it through softened butter, Creating a great flavoured butter for melting over steaks. Or marinade with oils for simple salad dressings or simply dipping your bread in.

Although there really are no rules, just play around with the flavours you like; Google is a great starting point for the less ‘seasoned’ of season makers. It can help you with your inaugural blends!

AT #THREE

SHOPPING BAGS READY | Scope Out Independent Stores and Markets Beforehand Then Buy Locally

There is nothing like getting the ‘flavour’ of a new place through the local delights; and Plymouth is a fine city for local gems.

Plymouth is a city of outstanding natural beauty; sandwiched between farmland and sea; so produce in the markets, farm shops and local independent retails stores (like our amazing butchers, bakers and grocers) will unearth not only amazingly fresh and tasty produce, but will also add to your holiday experience.

Locally produced food is a pleasure to buy & eat. Plymouth (and the surrounding area) offers a variety of choice to fulfil all palates! Farmers Markets in Tavistock, our beautiful City Centre Market and so much more all offer mouth-watering treats throughout year. Buy the best fresh and seasonal local produce direct from the farmers and small holders and you won’t be disappointed.

Even if you don’t want to shop – plan ahead and place an order at places like The Nearly Naked Veg Company, they make daily deliveries and you know everything is going to be fresh and fabulous!

SOME GREAT STARTING POINTS: Tamar Valley Food Hubs | Column Bakehouse | Bence Butchers | Plymouth Market



AT #FOUR

HAPPY HOLIDAY HAMPERS | Take Your Favourite Treats

Blending your own local produce with ours...

This is a real treat before you take your seat. Having all your favourites, favourites that perhaps only usually come out at Christmas, on your holiday with you.

It could be locally your made honeycomb that you would only get on a special occasion. Or a local marmalade that is beyond sensational and will really add to your holiday breakfasts. Create yourself and your loved ones a Holiday Hamper of marvelousness and look forward to every meal, whether it's an essential ingredient or an additional treat!

AT #FIVE

CREATE YOUR KITCHEN SOUNDTRACK | Holiday Tunes

It goes without saying that we now have a soundtrack to almost every element of our lives.

Road trips are nothing without the perfect soundtrack. A morning in the Gym is unthinkable without our work-out tunes...and cooking is no different.

Whether you sing along to your favourite oldies whilst sealing your chicken or tune into a new Podcast as you peel potatoes, there are endless listen-while-you-cook possibilities that will turn what could feel like a chore into a memorable occasion. Plan some time to really think about all elements of your Holiday Tunes, from the road, to a relaxing bath to the kitchen. It makes the biggest of differences and really transforms the kitchen vibe!

What's more – it helps you enjoy the lead up to your holiday by sampling old favourites and discovering new.

