

## Food news by Carolyn Hart

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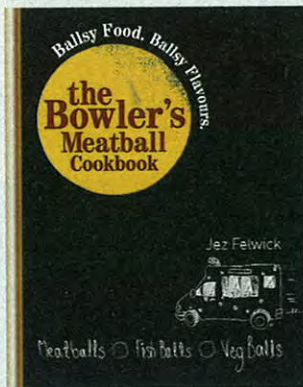
### Book of the week

#### The Bowler's Meatball

Cookbook by Jez Felwick

Mitchell Beazley, £16.99

Jez 'The Bowler' Felwick is the chap festival-goers will recognise from his grass-covered 'lawn ranger' van, which dispenses meatballs to hungry music fans. He learnt to cook at the Ballymaloe school in Ireland and, looking for a subsequent career in food, hit on meatballs. His book contains just about every variation you can think of: tuna and ginger balls, Swedish Bjorn balls, green chilli chicken balls... Spicy Indian meatballs come counter-intuitively from Ballymaloe.



### Ballymaloe spicy Indian meatballs

serves 4-6

- 1 clove
- the seeds of 4 green cardamom pods
- 1½ tsp coriander seeds
- 450g minced shoulder of lamb or beef
- ¼-½ tsp chilli powder
- 1 egg
- 2-3 cloves of garlic, mashed

Grind the clove, cardamom and coriander seeds together and put them in a bowl with the minced lamb, chilli powder, egg and garlic. Mix well. Season. Heat a small frying-pan over a high heat. Break off a small test amount of the meat mixture, flatten between your fingers, and fry until cooked to test the seasoning. Season again if necessary. Wet your hands with cold water and form the rest of the mixture into 30-36 meatballs, each about 4cm in diameter. Cover and chill until required, or cook immediately over a medium heat in a barely oiled frying-pan, for a couple of minutes on each side. Thread the balls on to satay sticks and serve.



**Nam nom nom** Waitrose has launched Nem Viet, its new range of Vietnamese food, with two kits containing the ingredients for a noodle soup and spring rolls (£2.69 each), and a dipping sauce (£1.55).



**Pantry swinging** Anna Hansen, the proprietor of the Modern Pantry restaurant in London, is the chef of the season at Harrods this spring. To mark the occasion, Harrods' Food Hall is stocking Modern Pantry takeaway meals and other goodies, including breads, kumquat marmalade and rose petals (from £1.50). The takeaway menu features rose-marinated poussin with roast plums and rose yogurt (£10.95), smoked ham hock (£2.85/100g), plantain fritters (£1.25/100g) and Earl Grey tea pannacotta (£3.50).



### Hamish Anderson's tasting notes Non-Italian pinot grigio

**2011 Pappardusa Pinot Grigio, Romania £6.99 (£12 for two), Wine Rack** Cheap Italian pinot grigio is, in my view, one of the world's worst-value wines with all the flavour of alcoholic water. Instead, look further afield for your PG hit; here, Romania delivers a lively example full not only of the grape's signature zip, but also interest in the form of apple and honey.

**2012 The Gum Pinot Grigio, Adelaide Hills, South Australia £9.99, Marks & Spencer** This is a cracking bottle for under a tenner and again over-delivers when compared with its Italian counterpart. Made by a top Adelaide Hills producer (The Lane) for M&S, it is a cross between a bright, herbaceous grigio and a riper-textured gris (see below).

**2010 Pinot Gris Frédéric Mochel, Alsace, France £14.50, Vine Trail** Pinot gris is the French version of pinot grigio, although it is generally much richer in style. This bottle avoids the heavy-handed character that can blight these wines. It is peachy and rich, but balanced by fresh spices, such as ginger. Quite wonderful with mildly spiced Asian food.

**Spread bet** Traditional French crocks store butter inverted in water at a spreadable temperature for up to 30 days. This one, from Roullier White, costs £20 ([roullierwhite.com](http://roullierwhite.com)).

