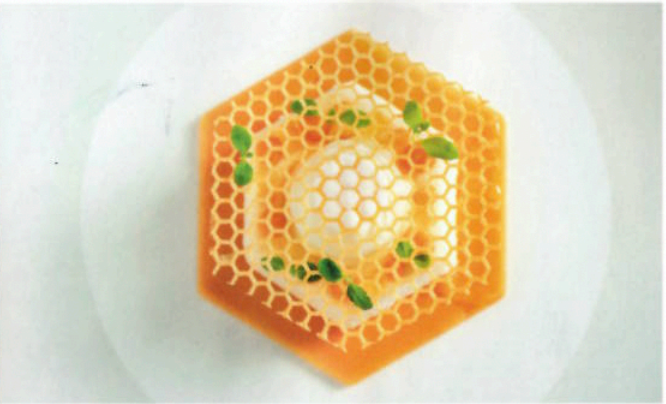


FLAVOUR HUNTER



Clockwise, from top left: Smyth at her London restaurant, Core, where dishes include lemon parfait with honey; potato with herring and trout roe; scallop tartare; braised lamb and carrot



MOVEABLE FEAST

CLARE SMYTH

THE FIRST BRITISH WOMAN TO WIN THREE MICHELIN STARS WAS RECENTLY VOTED THE WORLD'S BEST FEMALE CHEF. HERE ARE HER EUROPEAN FINDS

NATIVE OYSTERS FROM LOCH RYAN IN SCOTLAND

'These are only in season in months with the letter "R", but they have a wonderful, meaty flavour. I usually eat them at Bentley's Oyster Bar & Grill in London, served with lemon and white pepper, and accompanied by a glass of Champagne.'

BAROLO VINEGAR FROM PIEDMONT

'This Italian vinegar packs a real kick and is perfect for finishing a rich dish. People get confused with Barolo and balsamic, but Barolo is very different – it isn't so sweet but much sharper. I use it with risotto, pasta or any rich, creamy, butter-based plate.'

PERIGORD TRUFFLES FROM FRANCE

'Truffles are right up there with my top ingredients. The Périgord black truffle has a strong, aromatic smell and a slightly peppery, bitter taste. You can buy them in most quality delis and markets. Yes, they're expensive but they're versatile and worth it. I love them best served shaved, raw on top of pasta or on scrambled eggs.'

PINTXOS FROM SAN SEBASTIAN

'From *kokotxas* [fish cheeks] and Ibérico ham to *ceps a la plancha*, I adore these tapas from northern Spain. My very favourite pintxo place in San Sebastián is Bar Txepetxa – they serve an incredible array of anchovies.'

CANELES FROM BORDEAUX

'My team would never forgive me if I returned from Bordeaux without these small French pastries. I usually get them from Le Grand Hôtel, but there are lots of specialist shops selling them across the city. They are crispy on the outside, soft in the middle and taste like caramel.'

LEMONS FROM AMALFI

'These are simply the best lemons – they are big and sweet, and grow all over the region. They're a real treat. The leaves can also be used for cooking: wrap fish in them and grill the parcels on the barbecue.'

GRAND LIVRE DE CUISINE BY ALAIN DUCASSE

'Alain Ducasse is one of the greatest chefs in history, and this book reminds me of my time working at his restaurant, Le Louis XV in Monaco. It's an encyclopaedia, really, with hundreds of brilliant recipes, and it's followed me through my career since.'

Clare Smyth was named World's Best Female Chef 2018 by The World's 50 Best Restaurants