

LONDON FOR FOODIES GOURMETS & GLUTTONS

David Hampshire & Graeme Chesters

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The Authors

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Graeme Chesters is an experienced journalist, copywriter, non-fiction and travel writer. He knows London well, having lived in the northwest, centre and southeast of the city, and is the author of a number of London books, including *London's Hidden Secrets*, *London's Secret Walks*, *London's Secrets: Bizarre & Curious* and *London's Secrets: Pubs & Bars*. Graeme is also a wine writer (and enthusiastic drinker!) and has written two wine books. He lives in Bexley in southeast London with his wife Louise.

Readers' Guide

- ◆ **Contact details:** These include the address, telephone number and website (where applicable). You can enter the postcode to display a map of the location on Google and other map sites or enter the postcode into your satnav. The nearest tube or railway station (as applicable) is also listed.
- ◆ **Opening hours:** These can change at short notice, therefore you should confirm times by telephone or check the website before travelling. Unless indicated otherwise, the first time shown is am and the second is pm (days not listed mean it's closed), e.g. 8-7 indicates a venue is open from 8am to 7pm. Most restaurants and gastropubs open for lunch and dinner on at least six days a week, although some are closed at weekends.
- ◆ **Cafés/Restaurants:** There's often little difference between cafés and restaurants (except in price), and many self-styled cafés are in fact full service restaurants. The criteria we have applied to 'real' cafés is that they must open in the mornings and serve coffee/tea and snacks all day. They don't usually open in the evenings.
- ◆ **Prices:** The table below provides a rough restaurant price guide, based on two courses but excluding drinks. Most gastropubs fall into the inexpensive or moderate price ranges, while cafés are usually firmly in the 'inexpensive' price bracket for a two-course meal.

PRICE GUIDE		
£	Inexpensive	less than £20 per head
££	Moderate	£20 to £40 per head
£££	Expensive	£40 to £60 per head
££££	Splurge	over £60 per head

- ◆ **Bookings:** Many places listed in this book can be visited spontaneously and are open on most days, although most restaurants and gastropubs (and some cafés) require a lunch or dinner booking, possibly weeks or months in advance for the most popular places. Note that some restaurants don't accept bookings and you just have to turn up and join the queue.

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Introduction

Writing this book has been a labour of love – a love of food (and drink) and of the people who grow, produce, cook and sell it. Not just any food, however, but food created by artisans and specialists who are passionate about their produce and cuisine; people dubbed ‘food heroes’ by TV chef and restaurateur Rick Stein.



London for Foodies, Gourmets & Gluttons is much more than simply a directory of cafés, markets, restaurants and food shops. It features many of the city’s best artisan producers and purveyors, plus a wealth of classes where you can learn how to prepare and cook food like the experts, appreciate fine wines and brew coffee like a barista. And when you’re too tired to cook or just want to treat yourself, we’ll show you great

places where you can enjoy everything from tea and cake to a tasty street snack; a pie and a pint to a glass of wine and tapas; a quick working lunch to a full-blown gastronomic extravaganza.

Researching ***London for Foodies, Gourmets & Gluttons*** has been a voyage of discovery, a culinary adventure and a sheer pleasure. In seeking out the city’s best foodie hotspots we have left no stone unturned. Our epicurean journey has taken us to trendy cafés, cosy tearooms and amazing street food vendors; stunning food halls and bustling markets; innovative restaurants and atmospheric gastropubs; the best wine, beer and spirit merchants; and fascinating classes that teach almost every foodie skill, from butchering a pig to tempering chocolate and enjoying fine wine.





Like most Londoners, we were well aware that the quality and variety of food and drink on offer in the capital had improved beyond all recognition in recent decades, but we were still amazed at just how much the city's gastronomic landscape had changed. The days are long gone since London's culinary scene – and British food in general – was the subject of international contempt and ridicule. The city has seen a foodie revolution in the last 20 years and now offers a choice and quality that's the equal of any city in the world, including ingredients from asafoetida to za'atar, from almost every country on the planet.

In London, the world really is your oyster... it's also your bagel, bammmy, chaat, dim sum, enchilada, falafel, injera, kimchi, lahmacun, pierogi, raclette, ravioli, satay or tapa! All have been introduced by immigrants and been eagerly devoured by a grateful population keen for gastronomic adventure. It's London's incredible ethnic

diversity that makes it such an exciting place to eat (and cook and shop), as much as its creative chefs and Michelin-starred restaurants.

So whether you wish to revitalise your jaded palate, increase your culinary repertoire, expand your foodie knowledge or experience the ultimate in fine dining – or maybe you're just hungry – you're bound to find inspiration in ***London for Foodies, Gourmets & Gluttons***.

Bon appétit!

*David Hampshire &
Graeme Chesters*

December 2014





Natural Kitchen

1.

Artisan & Specialist Food Shops



'The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are around three billion to one.'

(Erma Bombeck, American humorist)

Food with heart and soul!

Artisan is the new buzzword among foodies: artisan food is food prepared, usually by hand, in a traditional way and on a small scale. The antithesis of fast food and TV dinners, this is food produced by non-industrialised methods, often handed down through generations, using processes (such as fermentation and maturation) that allow flavours to develop slowly and naturally.

Artisan producers respect and understand their raw materials – they know their sources, farmers and growers – and are sensitive to the impact of their production on consumers and the environment. The result is food created by craftsmen with love, integrity and attention to detail, focusing on quality not quantity – food with soul!

When it comes to food shopping Londoners have never had it so good; the city has an abundance of artisan food shops, delicatessens, food halls (see

chapter 5) and markets (chapter 7), ethnic food stores and specialist supermarkets. From this edible bounty, we have highlighted some of the city's best purveyors of artisan foods, be it the best of British fare – superb cheeses, tempting breads, top-quality meat and fish, the freshest fruit and vegetables – or exotic produce from all corners of the globe, such as aromatic spices, sensuous chocolate and luxury oils.

Artisan doesn't mean organic, although it can be; in fact, there isn't a universally-accepted meaning of the term 'artisan food', which has no legal definition.

Ultimately, artisan food is all about taste: the proof of the pudding really **is** in the eating! Food crafted in small batches with care cannot help but taste better than its processed counterpart. It's also better for you, as it's free from preservatives and artificial colouring and unnecessary additives such as excessive salt, sugar and fats – all the stuff that processed food is laced with to make it more appealing (and addictive), cheaper and give it a longer shelf life.

The only downside to artisan food is that it invariably costs more, but in terms of value for money it's well worth it.



Alexeeva & Jones

A world of divine chocolate

Alexeeva & Jones is a 'salon du chocolat'; a boutique where you can choose from an exclusive selection of hand-made chocolates from over 20 of the world's best artisan chocolatiers. It's owned and run by husband-and-wife team Natalia Alexeeva and Gareth Jones, and sells luxurious chocolates from renowned producers such as Amedei (Italy), Friis-Holm (Denmark), Menakao (Madagascar), Pacari (Ecuador) and Valrhona (France).



You may think £14 is a lot to pay for a choccy bar but one bite and you'll understand, especially if you accompany it with a glass of champagne. There's also a tasting club for incurable chocoholics.

Alexeeva & Jones, 297 Westbourne Grove, W11 2QA (020-7229 1199; alexeevajones.com; Ladbroke Grove tube; Tue-Wed 10-6, Thu-Sat 10-7, Sun 12-6).

Allen & Co

Prime cuts from Mayfair's master butchers

Allen & Co is a traditional butcher with a history stretching back some 120 years. David House and Justin Preston acquired the shop in 2006 and have revitalised the business, which supplies many of London's top chefs and flagship hotels. The owners work closely with the best producers to ensure that their produce comes from the best-quality sources and is fully traceable back to the farm.

Allen also offers butchery classes, which are an enjoyable way to learn the basic skills on seasonal cuts.

Allen & Co, 117 Mount St, W1K 3LA (020-7499 5831; allensofmayfair.co.uk; Bond St/Green Pk tube; Mon-Fri 7-7, Sat 7-5, Sun 10-2).



Artisan du Chocolat

Indulge yourself at Heston's favourite chocolate shop



Artisan du Chocolat is a '*chocolateria*' founded in 2000 by Irish-born pastry chef Gerard Coleman. After training in Belgium, Coleman began selling his chocolates from a Saturday stall at Borough Market, where he was discovered by top chefs Heston Blumenthal and Gordon Ramsay, before opening his first shop in 2002.

Artisan takes its chocolate very seriously, so much so that it produces its own chocolate from ground beans, rather than buying in *couverture* (high-quality processed chocolate) from a larger concern. Coleman's creations include sea salted caramels, incredible Os (wafer-thin chocolate shells with liquid fillings) and a wide range of bars – milk as well as plain – plus drinking chocolate and more.

The focal point of the shop is an illuminated ceiling dome, decorated with a panoramic scene from a cocoa plantation, while a flat-screen TV plays video footage of the chocolate production process. Special events include chocolate and cocktail tastings, featuring alcoholic drinks made by distilling spirits such as vodka or rum with cacao.

Artisan has another branch in Chelsea (89 Lower Sloane Street) and a concession in Selfridges – plus the Borough market stall where it all began.

Artisan du Chocolat, 81 Westbourne Grove, W2 4UL (0845-270 6996; artisanduchocolat.com; Bayswater tube; Mon-Sat 10-7, Sun 12-5).



Belle Epoque Patisserie

Perfect pastries and a taste of Provence



Belle Epoque is a traditional French patisserie, bakery and chocolatier that's widely recognised as one of the best pastry-makers in London. Secreted away on Newington Green, the shop was opened in 2002 and offers bespoke cakes, pastel-hued macarons, mouth-watering viennoiseries, fluffy quiches, traditional French bread and much more, accompanied by deliciously strong espresso.

There's a lovely tearoom behind the front shop, decorated in Provençal style, while on sunny days you can enjoy the secluded garden.

Belle Epoque Patisserie, 37 Newington Green, N16 9PR (020-7249 2222; belleepoque.co.uk; Canonbury rail; Tue-Fri 8-6, Sat 9-6, Sun 9-5).

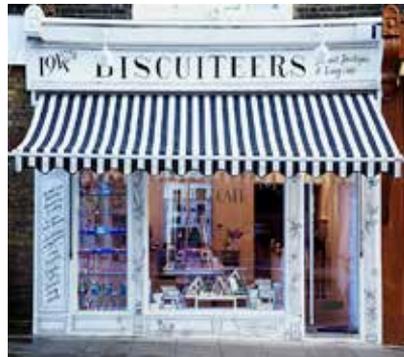
Biscuiteers

Oh crumbs, what a choice!

Founded in 2007 by passionate biscuit makers Harriet Hastings and Stevie Congdon, Biscuiteers' USP is, of course, biscuits – but not any old biscuits. They're famous for their personalised, handmade luxury biscuits, which they sell at their delightful 'biscuit boutique & icing café' in Notting Hill. Other tasty offerings include cakes, traditional sweets, hand-iced cupcakes, macarons and customised chocolates, which can be decorated with flowers and letters to spell out a message.

The shop also offers icing classes, where you too can learn how to become a biscuiteer.

Biscuiteers, 194 Kensington Park Rd, W11 2ES (020-7727 8096; biscuiteers.com; Ladbroke Grove tube; Mon 10-5, Tue-Sat 10-6, Sun 11-5).



Bumblebee

Buzzing with natural goodness

Bumblebee (they keep bees in the garden behind the shop) has been a north London institution for 25 years, during which time it has spread along Brecknock Road where it now occupies three shops: a grocer (the original store), greengrocer and bakery. It offers a comprehensive range of vegetarian and organic foods, household goods and natural remedies.



Bumblebee's ethos is quality foods at reasonable prices, and it stocks many locally produced goods. Services include a vegetable box scheme – free local delivery of seasonal fruit and veg – and hot takeaway food at lunchtime.

Bumblebee, 33 Brecknock Rd, N7 0DD (020-7607 1936; bumblebeenaturalfoods.co.uk; Caledonian Rd tube; Mon-Sat 9-6.30).

La Cave à Fromage

A grand fromage among cheese shops

Founded in 2007 by Eric Charriaux and Amnon Paldi, La Cave à Fromage offers the very best of (primarily) French and British artisan cheeses. The pair founded their business in 1999 and now supply top restaurants around the UK, including Le Manoir aux Quat' Saisons. La Cave doesn't just sell cheese but also matures it, so that you buy it when it's perfectly ripe.

If you want to try before you buy, the shop hosts regular tasting events, and you can also order online. There's a second branch in Notting Hill (148-150 Portobello Road).

La Cave à Fromage, 24-25 Cromwell Pl, SW7 2LD (020-7581 1804; la-cave.co.uk; S Kensington tube; Mon-Thu 10-7; Fri-Sat 10-9, Sun 11-6).



Covent Garden Fishmongers

Fish so fresh you don't need to cook it!



This top-notch fishmonger started life in 1982, when Philip Diamond had a stall in Covent Garden's Jubilee Market. He moved west to set up shop in Chiswick and has been one of London's best fishmongers for over 20 years. Covent Garden are proud of the range and quality of their fish, which is from sustainable stock and line-caught whenever possible; it's fresh enough to eat raw, and ingredients such as nori seaweed and soy sauce are available so that you can make your own sushi.

Staff are happy to fillet your purchase and advise you how to prepare it.

Covent Garden Fishmongers, 37 Turnham Green Ter, W4 1RG (020-8995 9273; coventgardenfishmongers.co.uk; Turnham Grn tube; Tue-Wed, Fri-Sat 8-5.30, Thu 8-5).

Damas Gate

Eat your way around the Middle East

Founded in 1989, Damas Gate is one of the oldest Middle-Eastern food wholesalers in the UK, as well as being the first to sell halal products. DG's bustling supermarket on Uxbridge Road typifies their dedication to the quality and provenance of their food, and their understanding of customers' needs.

It's an Aladdin's cave of edible goodies with aisles overflowing with olives, nuts and dates, pickles and pulses, herbs and spices, and flatbreads and pastries; fridges full of sheep's cheese and yogurt, ready-to-eat falafels and kebabs, mounds of fresh fruit and veg, and a halal butcher's counter too.

Damas Gate, 81-85 Uxbridge Rd, W12 8NR (020-8743 5116; damasgate.uk.com; Shepherd's Bush Market tube; daily 9-10).



Daylesford Organic

The undisputed king of organic food



A pioneer of organic farming, Daylesford has been established for over 30 years and is one of the most respected food producers in the UK. All their produce travels directly from farm to fork: meat and poultry from their pastures, fruit and vegetables from their market garden, bread from their bakery, and cheese, milk and yoghurt from their creamery.

Daylesford grows over 300 varieties of organic fruit, vegetables, salad leaves and herbs on their 20-acre farm in Gloucestershire, including many unusual and heritage varieties. They also offer a range of award-winning, ready-to-cook meals, soups, jams and chutneys, made

from their own produce whenever possible.

Pimlico was Daylesford's first London base and now hosts a farm shop and café. This large, well-designed shop, with its clean white spaces and grey marble, offers three floors of top quality organic food to eat in or take home. What's more it's located near Mozart Square, a pretty pedestrianised space where there's a farmers' market selling more organic bounty on Saturdays.

Daylesford has other London outlets in Notting Hill (208-212 Westbourne Grove, W11) and Selfridges Food Hall (see page 126).



Daylesford Organic, 44B Pimlico Rd, SW1W 8LP
(020-7881 8060; daylesford.com; Sloane Sq tube;
Mon-Sat 8-8, Sun 10-4).

The East India Company

Best of British from the world's greatest trading company

The East India Company was granted its first charter in 1600 by Elizabeth I, permitting it to explore (and plunder!) the riches of the Orient, which led to it becoming the greatest trading company the world has ever known. The company was dissolved in 1874 but the name was revived in 2010 by Sanjiv Mehta, who plans to turn it into a global player once again.

The Conduit Street store offers gourmet food, luxuries and edible gifts, mostly made in Britain, but influenced by tastes, cultures and traditions from around the globe. They include tea, coffee, biscuits, preserves, chutneys, sauces, mustards, oils, specialty sugars, chocolate, cordials, fine wines and more.

Tea was (and remains) a key ingredient of the East India Company's trade, and the tea library allows you to choose from a huge



range of green, black, herbal and flavoured teas; there's also a bespoke coffee 'station' where you can mix your own brew from some 60 core blends.

The store is modelled on the house of a Georgian gentleman officer and is packed with a wealth of striking design features, combining Georgian elegance with exotic flourishes, in shades of black, gold and red.

The East India Company, 7-8 Conduit St, W1S 2XF (020-3205 3395; theeastindiacompany.com; Oxford Circus tube; Mon-Sat 10-7, Sun 12-6).



Euphorium Bakery

Flour, yeast and a pinch of magic

The first Euphorium Bakery opened in 1999 in Upper Street, Islington, and has since expanded to 31 outlets. Euphorium are justly famous for their delicious artisan bread, cakes and savouries baked fresh daily (the bakery is still located at its flagship Upper Street store) using seasonal and British-sourced ingredients.

The award-winning range features rustic breads such as campagne and black olive, savoury treats such as sausage rolls and quiche, and sweet sensations, including Bramley apple tart and the irresistible-sounding Chocolate Lovers' Cake. There's also an expanding range of non-baked goods, including preserves, juices and pâté.

Euphorium Bakery, 202 Upper St, N1 1RQ (020-7704 6905; euphoriumbakery.com; Highbury & Islington tube; Mon-Fri 7-10, Sat-Sun 8-10).



FarmW5

An organic taste of the countryside



The folks behind FarmW5 have a passion for organic food, working in partnership with over 50 small UK growers and producers. All produce on sale at the Ealing shop is certified organic or slow food (see slowfood.com). FarmW5 claim that everything they sell is 'simply the best' (no false modesty here!), including meat and poultry from organic farms in Somerset and Cornwall; fish from sustainable stocks landed in Looe and Brixham; mushrooms from Winchester; and honey from just round the corner in Ealing.

There's a coffee and juice bar too.

FarmW5, 19 The Green, W5 5DA (020-8566 1965; farmw5.co.uk; Ealing Broadway rail; Mon-Fri 8-7.30, Sat 9-7, Sun 11-5).

La Fromagerie

A feast of fromage and more

La Fromagerie's lovely little gourmet shop is widely recognised as one of London's (and the UK's) best cheese shops and is a favourite of chefs, gourmets and foodies. Patricia and Danny Michelson opened their first shop in Highbury in 1992, and the Moxon Street outlet followed ten years later; both feature special cellars with on-site *affinage* (the process of ageing and maturing cheese) and signature walk-in cheese rooms.



La Fromagerie specialises in farmhouse cheeses, both regional British and European, sourced directly from artisan producers and carefully matured to peak condition. There's also a floor dedicated to other well-sourced produce, including seasonal fruit and vegetables, freshly-baked breads, extra virgin olive oils and vinegars,



and other essential dry store ingredients and condiments. The on-site kitchen produces preserves and chutneys, biscuits and cakes, along with a daily changing menu of food to take away or enjoy in the café, a welcome respite from London's busy streets. Usefully, the shop is next door to the acclaimed butcher, Ginger Pig (see page 22).

La Fromagerie has an excellent website with advice on creating the perfect cheese plate – and choosing wines to go with it.

La Fromagerie, 2-6 Moxon St, W1U 4EW (020-7935 034; lafromagerie.co.uk; Baker St tube; Mon-Fri 8-7.30, Sat 9-7, Sun 10-6).

R. Garcia & Sons

Spain on a plate

Established in 1958 amid the bustle of Portobello Road, Garcia's is London's largest and best Spanish grocer and delicatessen. It's worth visiting just for its excellent charcuterie counter, offering a mouth-watering selection of top-quality Spanish cured hams and sausages, including jamón ibérico and serrano ham, *morcilla* (a type of Spanish black pudding), spicy chorizo sausage, salted pork ribs and tasty salamis.

There's a comprehensive selection of Spanish cheeses, including Minorcan mahón, tetilla from Galicia and the ever-popular manchego, plus an abundance of olives, olive oil, sherry vinegar, preserves, paella rice, almonds, pistachios, dried beans, tins of snails and jars of *boquerones* (anchovies), herbs and spices, sweets (try the turrón) and much more. Not forgetting a splendid selection of Spanish wine, sherry, cava and brandy. Garcia's has all the ingredients you need to produce authentic



tapas or a full-blown Spanish feast, plus free advice on tap from the friendly staff.

You can whet your appetite at Café Garcia or at one of the local Spanish eateries. Try an authentic cortado coffee, hot chocolate and churros, or a few tapas with a glass of fino. ¡Buen provecho!

R. Garcia & Sons, 248-250 Portobello Rd, W11 1LL (020-7221 6119; rgarciaandsons.com; Ladbroke Grove tube; Mon 10-6, Tue-Thur 9-6, Fri-Sat 9-7, Sun 10-7).



The Gazzano's

A taste of Italian sunshine in the City

This fourth-generation Italian deli is something of an institution on Farringdon Road, which draws Italians from miles around. Gazzano's stocks a wide range of Italian specialities, including mountains of fresh and dried pasta, sausages, salamis and hams, Parmigiano-Reggiano, rustic breads (ciabatta, focaccia, etc.), truffles, capers, pesto, tapenade, marinated artichokes, sun kissed tomatoes, balsamic vinegar, delicious olives and olive oil, wines, liquors, and much more – all of Italy is here and at reasonable prices.

At the rear is an espresso and panini bar.

The Gazzano's, 167-169 Farringdon Rd, EC1R 3AL (020-7837 1586; Farringdon tube; Tue-Fri 7.30-5.30, Sat 9-5.30, Sun 10-2).



Gelupo

Just one cornetto, give it to me...



Since opening in 2010, Gelupo has been widely acclaimed as the best gelateria in London, producing a superb range of gelati and sorbetti. Jacob Kenedy – the chef/patron of sister restaurant Bocca di Lupo (see page 194) – develops, tests and tastes all the wonderful flavours, which include ricotta, chocolate and black pepper, and vanilla and saffron.

What makes Gelupo's gelato stand out as authentically Italian is the low fat content and slow churning methods, creating a dense, creamy texture that really lets the flavours sing. Gelupo is also a deli, but most people come just for the gelato.

Gelupo, 7 Archer St, W1D 7AU (020-7287 5555; gelupo.com; Piccadilly Circus tube; Mon-Thu 12-10.30, Fri-Sat 12-11.30, Sun 12-10).

Ginger Pig

Everything but the oink!

Ginger Pig began over 20 years ago with a near-derelict farmhouse and three Tamworth pigs, and now farms over 3,000 acres of its own pasture and moorland in North Yorkshire as well as working with a network of like-minded farmers. At the heart of the business is good animal husbandry and welfare; happy pigs taste better!

Ginger Pig has six London outlets (Borough Market, Clapham, Hackney, Marylebone, Shepherds Bush and Waterloo) – we have chosen to feature the Hackney branch – and is one of the few places in this book that warrants two entries (the other is for butchery lessons – see page 105). It's London's most celebrated butcher and where many of the city's top chefs and restaurants buy their meat, choosing from a mind-boggling range of products, including beef, lamb, chicken and duck, as well as pork.



The Hackney outlet is small but perfectly formed, situated in Victoria Park village, home to cafés, restaurants, pubs and a fishmonger. In addition to the usual butchery counter there's a selection of cured meats, cold cuts, chutneys and dry goods, plus Ginger Pig's celebrated sausage rolls and pies.

Ginger Pig, 99 Lauriston Rd, E9 7HJ (020-8986 6911; thegeringerpig.co.uk; Homerton rail/Bethnal Grn tube; Mon-Wed 9-5.30, Thu-Fri 9-6.30, Sat 9-6, Sun 10-3).



A. Gold

Patriotism and nostalgia on every shelf. Rule Britannia!



A Gold looks like an old-fashioned grocer and styles itself as ‘a village shop in the City’ – somewhere you can buy a cup of slow-brewed Monmouth coffee, a bag of traditional sweets or a homemade scotch egg. Located in busy Spitalfields (next door to Verde & Co – see page 43), it’s the only deli in London to offer entirely British produce, championing small independent producers from across the UK. Founded in 2000 by Ian and Safia Thomas – the name comes from Amelia Gold, one of the building’s former residents – it was taken over by Philip Cundall and Paulo Garcia in 2010 and has since gone from strength to strength.

This Aladdin’s cave of a shop offers a wealth of nostalgic treats, such as bacon and toffee from Cumbria, Campbell’s tea and Camp coffee, sugar mice and hand-made fudge, Stinking Bishop cheese, English mead, Dorset knobs (a type of biscuit), Cornish gingerbread, London honey, Henderson’s relish, lemon curd, cream soda, sloe gin, gooseberry wine, brandy snaps and much, much more. Or you can buy a hamper and indulge your every whim.

Gold’s takeaway food service includes excellent coffee, imaginative sandwiches, traditional pies and their famous scotch eggs.

A. Gold, 42 Brushfield St, E1 6AG (020-7247 2487; agoldshop.com; Liverpool St tube/rail; Mon-Fri 10-4, Sat-Sun 11-5).



Hampstead Butcher & Providore

Putting the ham into Hampstead



Established in 2010 by entrepreneur Philip Matthews, with a team led by renowned chef Guy Bossom, the Hampstead Butcher & Providore was an immediate success. This foodie gem is Hampstead's premier butcher, delicatessen, charcuterie, cheese and wine shop, offering an extensive range of meat and poultry, sausages and hams, pates, marinades and savoury snacks, many of which are made on the premises. HB&P also stocks an extensive range of larder essentials, including bread, cakes, chocolates and fine foods from artisan suppliers.

It's a sociable venue, with regular tastings, dinners, events and even butchery classes.

The Hampstead Butcher & Providore, 56 Rosslyn Hill, NW3 1ND (020-7794 9210; hampsteadbutcher.com; Hampstead tube; Mon-Sat 9-7, Sun 9-6).

Steve Hatt

Catch of the day!

This fourth-generation fishmonger has been providing north Londoners with fresh fish since 1895 and the shop's enduring popularity is confirmed by the queues outside. The wet fish window display allows you to check out what's available: wild and farmed fish and seafood, plus less familiar fishy treats such as crayfish and sea urchins. A typical day's catch might include wild Scottish halibut, bluefin tuna, sea trout, plaice, lemon sole, gilt head bream, lobster and scallops.

Having chosen your fish supper, you can have it skinned, boned and filleted on request, and also buy a range of accompaniments including samphire and French sauces.

Steve Hatt, 88-90 Essex Rd, N1 8LU (020-7226 3963; Essex Rd rail; Tue-Fri 8-5, Sat 7-5).

