

LUCHFORD

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ON THE TABLE

What we've been enjoying in the world of food and travel

**I'VE BEEN EATING AT...**

Pidgin, in Hackney, where new head chef Naz Hassan combines European, East Asian and South Asian cooking to create a weekly changing tasting menu. On my visit, the cod with celeriac and peach and the hazelnut Paris-Brest were both knockouts. *Nicola Trup, deputy editor*

I'VE BEEN READING...

The History and Natural History of Spices, a beautifully illustrated book by geologist Ian Anderson, who delves deep into the chequered past of these beloved ingredients. A must-read for all spice-lovers. *Farida Zeynalova, assistant editor*

**I'VE BEEN LISTENING TO...**

The *Zoe Science & Nutrition* podcast, from the company behind pioneering apps tracking Covid-19 and, now, nutrition. The 'Truth about organic food — according to science' episode features the co-founder of Zoe, professor Tim Spector, and offers data-driven tips on which foods are worth buying organic. *Sarah Barrell, senior editor*

I'VE BEEN DRINKING...

Pomello. The perfect aperitif for those pretending it's still summer, this flavoursome blend of pomello fruit and elderflower is great with chilled fizz, but just as refreshing on its own. *Glen Mutel, editor*

**THREE TO TRY**
Food-waste apps

- 1 Too Good to Go**
Pick up surplus food from your nearest shop, restaurant or cafe.
- 2 Olio**
Give away excess food and other items to people living nearby.
- 3 Kitche**
Thousands of recipe suggestions using leftover ingredients.

**Which ingredient have you been enjoying lately?****ISOT**

This Turkish spice is a type of sun-dried chilli pepper that imparts a smoky aroma and gives depth to eggs or tomato-based dishes. *Berkok Yüksel, content strategist*

PICKLED CORIANDER SEEDS

I'm putting them on everything — salads, curries, eggs, you name it. The tart crunch makes everything taste better. *Lauren Gamp, art editor*

BULGUR

This parboiled grain is a real kitchen staple of mine. I find it works particularly well in a salad of feta cheese, chickpeas, cucumber and red onion. *FZ*

