

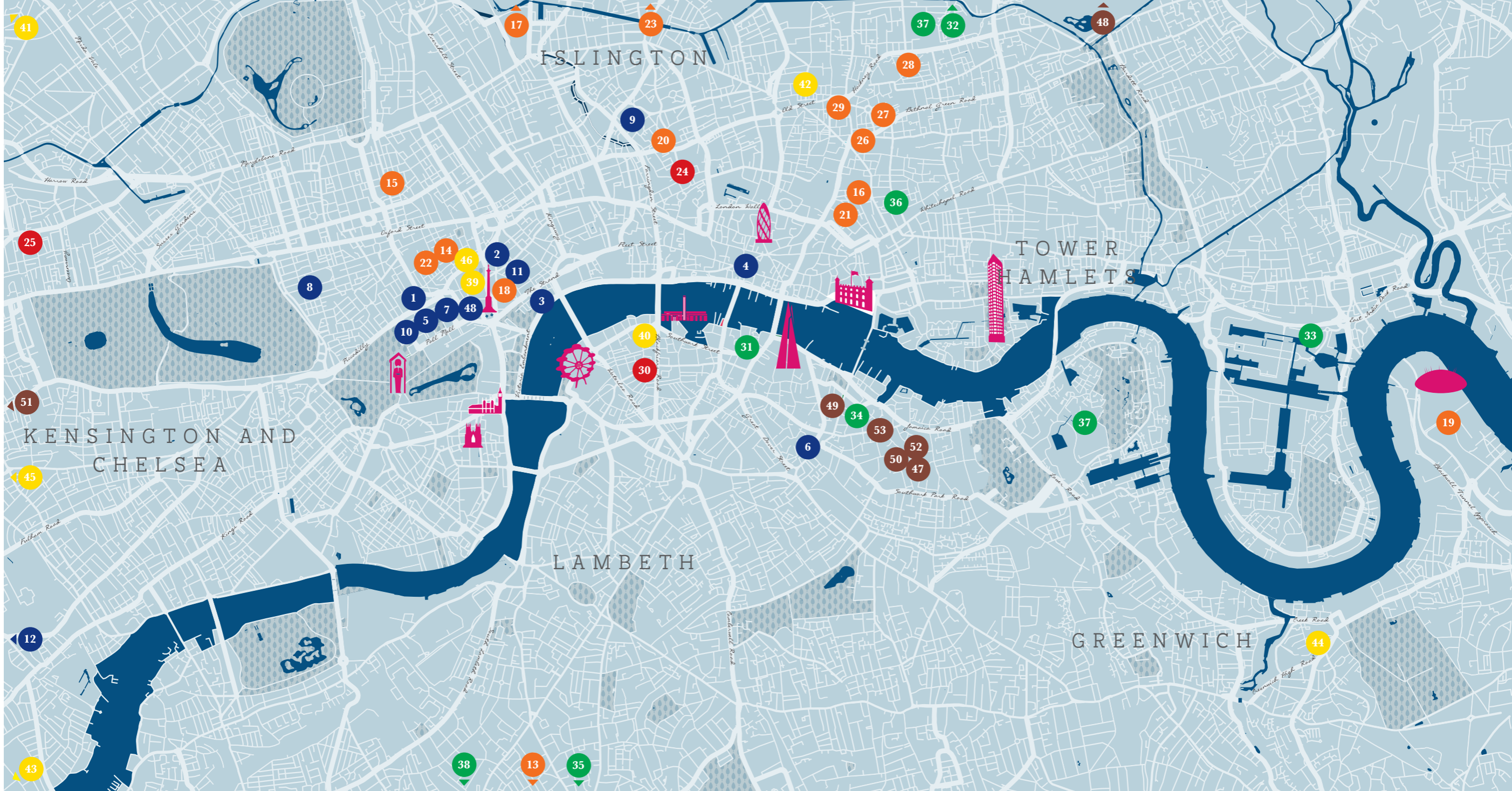
# London







## *The Cookbook*

The story of London's world-beating food scene,  
with recipes from 30 key restaurants.



CARA FROST-SHARRATT



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# The Ivy

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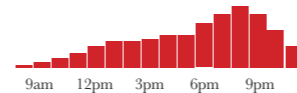
The go-to haunt of film executives, publishers and anyone who wants everyone to know where they've been for dinner, The Ivy is the darling of Covent Garden. The restaurant has built a hugely successful reputation based on its perfectly executed combination of glitz and quality – patrons feel spoilt by the surroundings, the service and the food.

Its location in the heart of London's theatreland certainly helps The Ivy to massage the egos and satiate the appetites of the rich and famous – bag yourself a reservation and you never know who might be sitting on the next table – but a restaurant is only as good as the food it serves. Having been around since 1917, it's safe to say that quality is an ongoing theme with a menu based on classic and contemporary ingredients and dishes.

Original owner Abele Gandolini wanted to create a cosy enclave for discerning diners who didn't want over-stylised dishes with lengthy descriptions and ingredients lists that required a dictionary. From the beginning it was all about quality classic dishes; comfort food with a Hollywood makeover. So, while you might choose an Asian sharing platter, you're just as likely to be tucking into Shepherd's Pie, Crackling Roast Pork or Grilled Dover Sole, and rounding off your meal with a Knickerbocker Glory.

Although the paparazzi might be hanging around outside, the interior is a welcome respite from glaring eyes and flashing cameras. The famous stained glass windows offer privacy to those who require it, and the warm, wood tones, panelling and luxurious furnishings create a welcoming and homely environment – a cocoon of cosiness in the centre of town. Regular guests are treated like old friends and it's a testament to the service and food that so many return time and again.

Although part of the large Caprice Holdings group, The Ivy – and indeed all the group's restaurants – has a unique identity and appeal. This famous restaurant has been filled with famous people for nearly one hundred years and it shows no sign of slowing down.



Popular times



Leicester Square

Tube



49, 211, 11, 19, 22, N11, N19

Bus

## The Ivy *Shepherd's pie*

### SERVES 6

200 g (7 oz) lean rib of beef, minced (ground)  
200 g (7 oz) lean lamb, minced (ground)  
2 shallots, peeled and finely chopped  
100 g (3½ oz) button mushrooms, brushed off and finely chopped  
1 medium carrot, finely chopped  
3 sprigs fresh thyme, leaves removed  
1 tbsp tomato paste  
200 g (7 oz) canned chopped tomatoes  
100 ml (½ cup) red wine  
1 tbsp plain flour (all-purpose)  
2 tbsp Worcestershire sauce  
300 ml (1¼ cups) veal stock (if not available, use beef or chicken stock)  
3 sprigs fresh oregano, leaves removed and chopped  
sunflower oil, for frying  
salt and freshly ground black pepper, to season

### For the topping:

1 kg (2 lb) King Edward, Maris Piper or russet potatoes  
50 g (¼ cup) unsalted butter  
salt and white pepper, to season

One of the most striking things about The Ivy is its all-encompassing menu, providing succour for all tastes. Influences are drawn from childhood, international cuisine and great British staples and the Shepherd's Pie is famous. Indeed, thousands of Ivy Shepherd's Pies have passed the lips of thespians and others down the decades. Nursery food par excellence, The Ivy's version uses minced lamb and beef, making it a hybrid of shepherd's and cottage pies. The ingredients render it rich and deeply satisfying.

Lightly oil both the lamb and beef. Heat a frying pan until smoking and cook the mince, stirring constantly, for about 5 minutes, until the meat is a light brown colour. Pour off the excess liquid and transfer to a dish until the rest of the ingredients are ready.

In the same pan, heat a little oil and gently sweat the shallots, mushrooms, carrots and thyme for about 8 minutes. Add the mince and tomato paste and cook for about 5 minutes. Add the chopped tomatoes and red wine and reduce for about 10 minutes. Add the flour and mix thoroughly. Add the Worcestershire sauce and stock, bring to the boil and simmer for 30 minutes.

Season, add more Worcestershire sauce if required, and then add the oregano. Stir, remove from the heat and keep to one side. Preheat the oven to 180°C (350°F).

For the topping, peel and cut the potatoes into even-sized pieces. Cook in boiling salted water for around 15 minutes until soft. Drain and return to the pan over a gentle heat to remove any excess moisture. Using a potato masher or ricer, thoroughly mash the potatoes, mix with butter and season to taste.

Spoon the meat mixture into an ovenproof dish, or divide equally between 6 individual dishes. Top with the mashed potato (you can pipe this if you like) and bake in the oven for about 30 minutes. It should turn a nice golden colour.

At The Ivy, we serve the pie with buttered peas and carrots.





# Simpson's-in-the-Strand

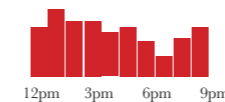
100 Strand WC2R 0EW  
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The Grand Divan – the dining room at Simpson's – is as impressive as it sounds and takes its name from its original incarnation as a coffee house and chess club called Reiss' Grand Cigar Divan that opened on the site in 1828. During this time, the practice of carving joints of meat at the table was introduced so serious chess players could dine during lengthier games without disruption and, although the chess players moved elsewhere, the tradition continues to this day.

Another legacy of stocking the kitchens with British produce also remains and Simpson's is a true, original supporter of native produce and suppliers, including the signature 28-day aged Roast Rib of Scottish Beef. Other popular items on the menu include Roast Saddle of Lamb, Native Oysters, Traditional Steak and Kidney Pie (and Pudding) and Pot Roasted Partridge. The seasonal menus are packed full of British standards that are, for the large part, unashamedly rich, hearty and classic.

It's a menu that hasn't radically altered since the restaurant first came to the attention of London's nineteenth-century fine diners and continued to curb appetites over the decades (and centuries) that followed. If an establishment can appeal to diners across such a great span of time by serving the same style of food in the same surroundings, it's clearly got a winning formula and Simpson's rightly decided to keep this intact. Obviously, there have been nods to modernity since the likes of William Gladstone – and Charles Dickens before him – took their seats in the dining room and perused the menu. However, the surroundings, impeccable service and championing of the British classics have remained unchanged.

Simpson's offers a glimpse into London's rich culinary past, both in terms of the food and the opulent décor once you step inside. Coffered ceilings, large chandeliers and luxurious patterned carpets create a memorable atmosphere that is made even more memorable once the food arrives. And, if you long to be able to carve your Sunday roast as expertly as the chef that brings your meat to the table, you can book one of the carving courses that are held at Simpson's on Sundays throughout the year.



Popular times



Tube



6, 9, 1, 4, 26, N1, N9

Bus



## Simpson's-in-the-Strand *Roast rib of beef*

**SERVES 8–12**

**For the beef:**

1 tbsp sea salt  
1 tbsp freshly ground black pepper  
2 tbsp English mustard powder  
4–5 kg (9–11 lb) beef fore-rib

**For the Yorkshire puddings:**

275 g (2¼ cups) flour  
450 ml (2 cups) full-fat milk  
5 medium eggs  
vegetable oil, for baking  
salt and pepper, to season

**For the horseradish cream:**

200 g (7 oz) English horseradish  
50 g (2 oz) wild Swedish horseradish  
1 tsp white wine vinegar  
200 ml (¾ cup) mayonnaise  
25 ml (1½ tbsp) double (heavy) cream  
salt and pepper, to season

Nothing shouts British classics like roast rib of beef and Simpson's is a stalwart when it comes to culinary heritage. The kitchen uses 28-day dry-aged fore-rib for this oft-requested dish and advises home cooks to visit the local butcher rather than the supermarket when buying the beef. Request an oven-ready fore-rib but with the feather bones tied back so they act as a trivet while the meat is roasting.

Preheat the oven to 165°C (330°F) (this temperature ensures a moist rib of beef).

Mix together the salt, pepper and mustard powder. Rub this mix all over the joint (fat and meat) but avoid the bones (if you use them for gravy the mix can make it bitter).

Place the joint in a large, deep roasting tray, rib bones down, so they act as a trivet. The rib bones should be the only part of the joint in direct contact with the tray.

Place the tray in the oven. After 1 hour, check the core temperature of the beef – you're aiming for 35°C (95°F). It will need longer than 1 hour but checking now helps to work out roughly when the correct temperature is reached.

When the beef reaches temperature, remove it from the oven, wrap lightly in kitchen foil and allow to rest for the same time that it was cooking. The bones act like a radiator and keep the meat warm, while the core temperature will rise and retain the juices.

Yorkshire puddings (makes 12)

Combine the flour, milk and 3 of the eggs in a large bowl and season with salt and pepper. Leave to rest overnight (or at least 3 hours) in the fridge.

Add the remaining 2 eggs to the batter and whisk well to combine.

Preheat the oven to 190°C (375°F).

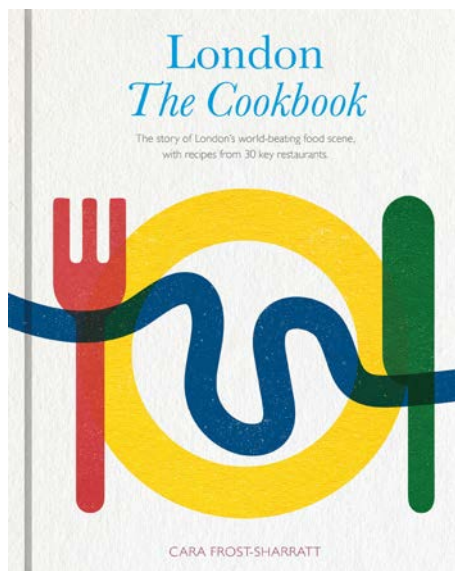
Pour a layer of vegetable oil into a 12-hole muffin tray. Pour the batter into the tray and cook for 20 minutes.

When the yorkies are ready, open the oven door and leave them to stand in the oven for a further 10 minutes.

Horseradish cream

Peel and grate the English and Swedish horseradish into a small bowl. Season with salt and pepper, add the vinegar and mix well to combine. Cover and place in the fridge for 1–2 hours.

Remove from the fridge, add the mayonnaise and cream and mix well to combine.

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**BICs:** WB - COOKERY / FOOD &  
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**The insiders' guide to the best of British cuisine**  
**Beautifully illustrated guide to London's food scene**  
**Recipes from London's most authoritative cooks**  
**Explores all of London's food destinations, from greasy spoons to Michelin stars**  
**Includes over 30 recipes from the city's classic and new classic restaurants**  
**Resources, guide to opening times and maps**  
**Joe Warwick's previous book *Where Chefs Eat* has sold over 20,000 copies in UK**

Get a taste of the history and culture of London. From haute cuisine to traditional greasy spoons, London: The Cookbook tells the story of this vibrant city through the food most beloved by its inhabitants. London's top chefs offer up recipes for signature dishes alongside traditional fare from local favourites. Part recipe collection and part travel guide, the book takes a tour of London's foodie hotspots, from Borough Market to Brixton, classic restaurants and the new world-beaters. Features 50 recipes from London's best restaurants, including classics like The Ivy, The Wolseley, Bentley's and Sweetings, and new classics including Portland, Koya, Caravan, Lyles and Barafina.

**Key Points:**

- The insiders' guide to the best of British cuisine
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**Author Information**

**Cara Frost-Sharratt** has a background in food publishing, having worked as an editor on both magazines and books. Now an established writer, she is the author of 12 books, including a number of food and lifestyle titles. These include *The Food Lover's Guide to Europe*, *London's Classic Restaurants*, and *A Foodie's Guide to London*. She has lived and worked in London for 20 years and enjoys exploring the city's huge variety of food shops, markets and restaurants.

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