

FOOD & DRINK

RECIPE
ARTICHOKE FUDGE

It's not uncommon for vegetables to be found in desserts these days, but what about artichoke? Michelin-starred chef Tommy Banks likes to use it in fudge. He shares a recipe from his cookbook *Roots*.

Ingredients: Makes 20 pieces

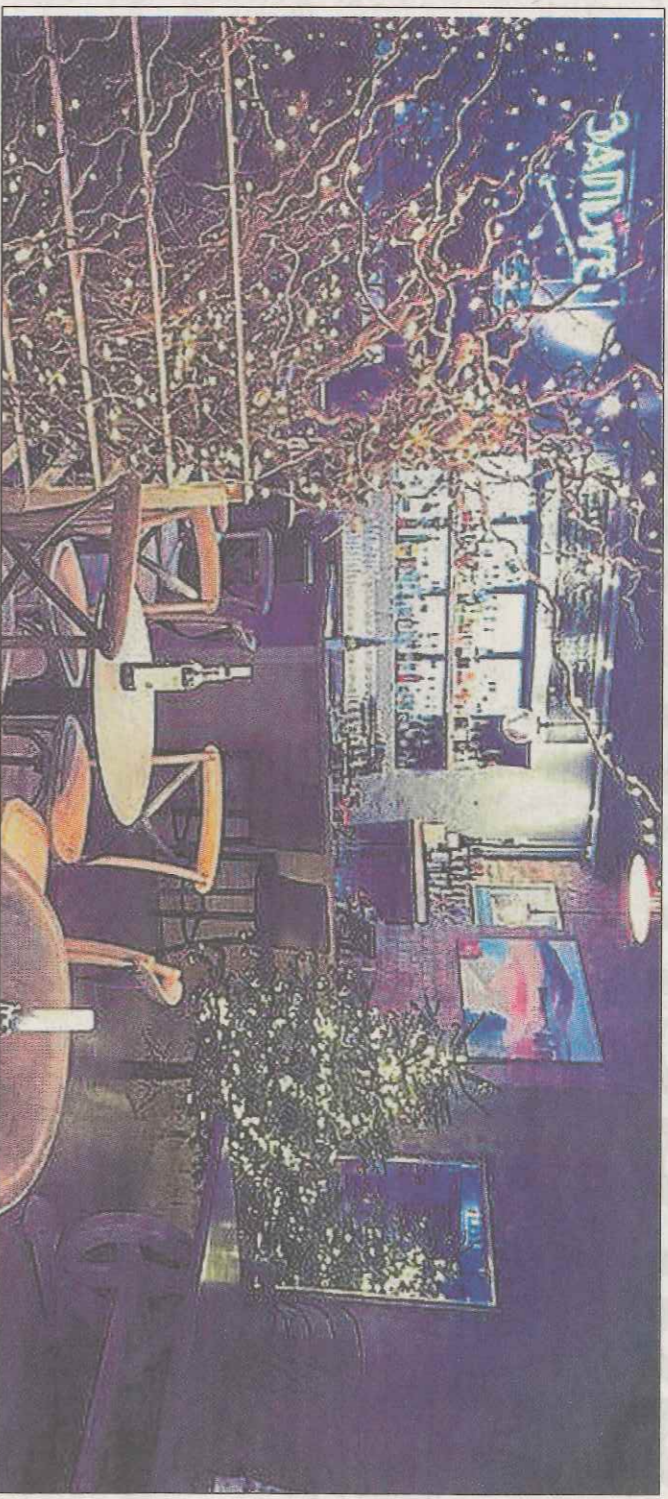
4kg Jerusalem artichokes, peeled, to make
400g artichoke syrup
500g glucose
410ml whipping cream
225g butter
16g fine sea salt
20ml cider vinegar
200g milk chocolate, broken into pieces

Method:

1. To make the syrup, roughly chop the artichokes and feed them through a juicer. Allow the juice to stand still for an hour, and skim off any foam that settles on top.
2. Pass the juice through a double layer of damp muslin, and bring to the boil in a large stockpot.
3. Over a medium heat, allow the juice to reduce at a steady simmer, continuously skimming off any scum that rises to the surface, until you are left with a syrup roughly the colour of Marmite and a consistency similar to treacle when cooled.
4. Combine the artichoke syrup, glucose and whipping cream in a small stock pot and bring slowly to the boil, stirring to combine. When the mixture boils, reduce to a medium simmer and cook until it reads 100°C on a sugar thermometer.
5. Then turn the heat down as low as it will go, and cook until the mixture reaches 112°C, stirring gently but frequently. At this point, remove the pan from the heat and immediately beat in the butter while the mixture is still hot, followed by the salt and vinegar.
6. Scrape the warm mixture into a deep roasting tin lined with baking parchment. Once the fudge is cool to the touch, transfer the tin to the freezer to set hard.
7. Remove from the freezer and use the baking parchment to lift the fudge out onto a chopping board. After 10 minutes or so at room temperature, use a large knife heated in hot water to cut the fudge first into 2cm wide strips, and then into squares.
8. Line up the fudge pieces on fresh parchment and return to the freezer for an hour. Melt the chocolate in a heatproof bowl set over a small pan of barely simmering water.
9. Plunge the fudge squares one at a time into the chocolate to cover them completely, then knock off the excess chocolate by tapping the fork against the edge of the bowl. Carefully replace the fudge in rows on the baking parchment and return to the freezer to set the chocolate.

This late piano bar hits the right note

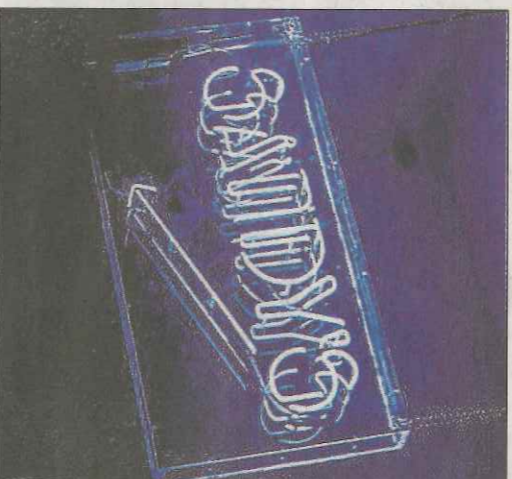
GEORGE SANDBACH enthuses about his latest venture – Sandy's Piano Bar



Key note: Sandy's Bar has opened on King Edward Street off Oxford's High Street and is open late



Requests: Ask the pianist for a favourite tune



Sandy's boasts a grand piano downstairs



There is a wide variety of cocktails available

For a long time Oxford has been filled with some quality restaurants, good cocktail bars and a huge array of student bars and clubs. With Sandy's Piano Bar, we're aiming to create something a bit different by giving the people of Oxford the chance to enjoy high-quality wines – 25 of which are available by the glass – all sourced from The Oxford Wine Company; top cocktails with highly trained bartenders, and entertaining, interactive live music.

We take our music seriously. There are live acts every day of the week. And the name Sandy's Piano Bar is quite literal; we have a piano which you can sit around. If you grab the best seats in the house you will be right next to the pianist, who will hand you some notes to write requests. Our aim is to play what you want to hear, not what we think you want to hear. We have two acts on every night, and three at weekends, to entertain you until 3am.

After the success of our first six months, we are now developing a food menu for our customers. We are looking to bring in top end charcuterie and cheese – something to go with your wine or cocktail while listening to our professionals on the keys. Like our music, wines and cocktails, the quality of our food will be our main priority.

Sandy's is part of The Oxford Wine Company. Our new retail shop is right around the corner on Turf Street, so if you're looking for something specific, we can go around to the shop and pick something up for you. Our staff at Sandy's are what also make us unique in Oxford. We like to think of ourselves as helpful and efficient, and have the credentials to prove it. Our bar staff have years of experience in the trade, and two are trained by the industry benchmark Wine and Spirit Education Trust.

* 4 King Edward St, Oxford