

ADVERTISING

Living360
FOOD & DRINK

Temperatures are rising and there's never been a better time for a barbecue. Gather your friends and host a feast with these delicious offerings — from lime-infused lager to delectable wines and chocolate confectionery — or head to Guy Ritchie's pub for a sumptuous Sunday roast.

IT'S THE SUMMER OF CERVEZA

Fierce Beer is celebrating the return of sunny days with Cerveza, a lime-infused Mexican-style golden lager

Fierce Beer is a fast-growing, modern independent Scottish brewery based in Aberdeen. Brewing since 2016, Fierce is held in high regard by the UK beer community and is the most-awarded Scottish brewery in recent years, winning 14 medals at the 2020 Scottish Beer Awards before being named Scottish Brewery of the Year in 2021. Fierce currently has three bars — in Aberdeen, Edinburgh and Manchester — and an on-site brewery taproom, all of which are serving £5 pints of Cerveza until the end of August.

Cerveza is the perfect choice for craft beer fans and lager drinkers alike. This 4% ABV beer is light, easy-drinking and super-refreshing. Brewed to exacting standards using 100% barley malt and soft Scottish water, Cerveza is a quality premium lager, enhanced with the zesty flavour of lime. Like all of Fierce Beer's Year-Round range, it's vegan friendly and gluten-free. For those who enjoy the taste and refreshment of Cerveza but don't want the alcohol, a 0.5% ABV version is also available. Rapidly becoming the best-selling beer in Fierce bars, Cerveza has proved a huge hit with drinkers in the short time since its release.

Cerveza pairs perfectly with food, friends and good times — there's a good reason it's the beer that the Fierce team fill their fridges with. Fierce Beer — fiercely full of flavour. *Please drink responsibly.*

● Using code **CERVEZA15**, readers can get 15% off orders during July 2023 at [FierceBeer.com](https://www.fiercebeer.com). Cerveza is also available on draft in Fierce Bars and at selected venues across the UK



A LOVE LETTER TO CHABLIS

Discover Renais gin, Alex and Emma Watsons' love letter to Chablis, inspired by the terroir and tradition of Burgundy

Renais is the product of two generations of the Watson family and their passion for winemaking in Chablis. Founders and siblings Alex and Emma Watson were inspired by childhood trips to their family's vineyard in Chablis, which their father has operated for more than 30 years, while Alex's expertise, formed over more than a decade working in the drinks industry, has informed the product's production process.

Renais's unique production process begins with the distillation of recycled French-pressed wine grape skins, a byproduct from the winemaking process. Distilled in small batches for quality, the neat spirit is combined with Kimmeridgian stone macerate — the "terroir" of Chablis — to impart the minerality for which the region is famed. Next, it's elevated with highly prized organic grapes sourced from Chablis' finest Grand Cru vineyards, which are hand-picked due to the steepness of the slopes, along with linden flowers, cubeb berries and acacia honey. The result is a gin with a refreshing, contemporary palate and with bright tasting notes of Chablis minerality, fresh citrus, white grape, flowers and juniper.

Renais has a commitment to caring for the land to which it owes so much. Sustainable initiatives range from the repurposing of grape skins as the base ingredient to solar-powered stills at the distillery and the use of biodegradable mushroom packaging. Each element has been mindfully implemented to minimise Renais's environmental impact. The remainder of its carbon emissions are offset through the support of wind farm initiatives in India via Climate Partner, which has certified Renais as a carbon-neutral product. *Please drink responsibly.*

● Renais is exclusively available to order at [renais.co.uk](https://www.renais.co.uk)

DISCOVER TOP-RATED WINES

Results from the prestigious Decanter World Wine Awards offer wine-lovers an indispensable guide to outstanding wines

There are a lot of wines out there, but which ones are worth your investment? For Decanter, drinking pleasure is serious business and recommending the best wines to wine-lovers across the globe is critical.

Along with a monthly magazine, international tasting events and online wine reviews, news and exclusive coverage, Decanter is home to the world's largest wine competition, Decanter World Wine Awards (DWAA) — a sure way to discover expert-approved wines worth your time.

Award-winning wines to look out for

DWAA results are trusted globally thanks to a meticulous judging process carried out by more than 200 international wine experts. Wines are rated without judges knowing producer information or what the bottle looks like, meaning scores are awarded based on what's inside the glass.

When you see a Decanter World Wine Awards Gold, Silver or Bronze medal on a bottle, you can be sure the wine in question is of genuine merit and well worth a try.

For an unrivalled, in-depth guide to the finest wines, search all DWAA award-winning wines at awards.decanter.com.

● Scan the QR code to discover DWAA results highlights and wine recommendations on decanter.com



What's more, wines are judged based on region, colour, grape, style, vintage and price point to ensure you're being recommended the best wines for the price, and the best examples of their type.

Celebrating its 20th year, DWAA 2023 saw 18,250 wines judged from 57 countries. The results highlight outstanding classics from Italy, France and Spain as well as New World favourites from Australia and Argentina, plus thrilling finds from Croatia, Serbia, Chile and beyond.

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TASTE THE WORLD IN LONDON

Get FREE tickets to the National Geographic Traveller (UK) Food Festival, taking place from 15 July to 16 July 2023

The National Geographic Traveller (UK) Food Festival returns to London's Business Design Centre this summer from Saturday 15 July to Sunday 16 July 2023 and we're giving away 100 pairs of single day tickets for free! Just use the code NGTTTEL when booking.

All tickets include entry to the festival, with access to interviews, Q&As and chef demonstrations. A limited number of tickets to the Wine & Spirit Theatre are also available at the price of £6 per session, with up to two drink tastings included.

What's on?

Come along for a celebration of food and travel that will once again bring together some of the culinary world's biggest names. Hosted by award-winning magazines *National Geographic Traveller* (UK) and *Food by National Geographic Traveller* (UK), this year's festival will see a host of headliners, including *MasterChef* judges John Torode and Anna Haugh.

Taste

Visitors will get inspiration for their home cooking and summer barbecues, with tasting opportunities on the festival floor, culinary masterclasses, wine tutorials, live demonstrations from big-name chefs and interviews with a variety of acclaimed cookbook authors.

● For more information and to book, visit foodfestival.natgeotraveller.co.uk

THE SPIRIT OF EXMOOR

Award-winning, small batch, true artisan gin, from this excellent gin distillery on Exmoor

Wicked Wolf® Exmoor Gin™ is a premium gin made from 11 botanicals, distilled on the banks of the picturesque River Lyn, North Devon. Wicked Wolf Exmoor Gin uses a combination of 11 exotic botanicals producing complex layers of citrus and pepper notes finely balanced with the distinct flavours of juniper and coriander. Hibiscus, lemongrass, cardamom and kaffir lime leaves have been artfully blended with these traditional aromatics creating a 42% ABV, smooth, full-bodied and elegant spirit. *Please drink responsibly.*

● Please visit [wickedwolfgin.com](https://www.wickedwolfgin.com) for the full range of gins and vodka



PEPPADEW PEPPERS FOR SUMMER

Peppadew® sweet piquanté peppers are tangy and crunchy with a mild, slightly sweet heat

The peppers are the perfect way to bring an added burst of flavour to pasta, pizza, salads and sandwiches. Planted, picked and de-seeded by hand, they're preserved in a secret brine solution to keep their flavour and that satisfying bite. Choose from chopped or whole, mild, hot or filled with cheese, or try the newest member of the Peppadew family — the sweet yellow piquanté pepper — which is sold exclusively at Waitrose.

● Available to buy at Tesco, Ocado, Co-op, Waitrose, Asda, Amazon and Morrison's. Follow on Instagram @peppadewuk for recipe inspiration. Sign up for the newsletter for a chance to win a monthly Peppadew hamper at peppadew.co.uk

IT'S FEELING A LOT LIKE BARBECUE TIME

Summer has arrived, bringing with it long, balmy evenings, garden parties, barbecues and a season of entertaining

With all this extra socialising comes extra eating and drinking, so one could be forgiven for assuming that the fun will be at the expense of healthy food choices — but Tracy Tredoux shows how that's far from the case.

Nutritional therapist Tracy Tredoux believes that food is one of life's great pleasures. As well as its important role in our health and vitality, food acts as a connection to family and friends, cultures and traditions, and so much more. We live in an age of information saturation where we're bombarded with conflicting messaging on what foods should be considered healthy and which fad diet will help us shed the most pounds. If you feel confused, you're not alone!

Tracy advocates for people to continue socialising, celebrating and enjoying food without feeling that they're failing at healthy living. Healthy eating shouldn't feel like you're being deprived or punished, but should feel like you're being nourished, fulfilled and energised. Tracy believes that summertime barbecues provide the perfect opportunity to eat well by combining deliciously eye-catching salads with meat, fish and veg. Today's barbecue has, after all, come a long way from simply throwing a few bangers on the grill.



Here are some of Tracy's tips to make sure your healthy summer socials are anything but boring:

- Sardines may not be everyone's favourite, but they're a great source of omega-3 fatty acids and essential nutrients that can improve blood vessel function, ease inflammation and more. In addition, sardines are low in calories. Add them to a barbecue by simply mixing harissa paste in a bowl with a dash of olive oil and the juice of one lemon, then massaging the mixture into each fish.
- Fruit and vegetable kebabs are a great way of achieving your 10 a day. Variety is the spice of life and adding many different coloured fruits and vegetables to your diet ensures you're getting a wide spectrum of vitamins, minerals and phytonutrients necessary for improved health and vitality. Skewers made with red onion, bell peppers (red, yellow and green), courgettes, mushrooms, cherry tomatoes and chunks of fresh pineapple, grilled to perfection and simply drizzled with balsamic vinegar and brushed with a simple fresh garlic and herb sauce, are both a delicious and nutritious accompaniment to any barbecue.
- In addition to being flavoursome, prawns contain significant amounts of iron and certain B vitamins and even provide higher levels of vitamin E than either chicken or beef.



They're also a rich source of the antioxidants selenium and zinc.

A sauce made with garlic, coriander, chilli and lime juice is a perfect nutritious way of adding more flavour to the dish.

- In earlier times, potatoes were considered a life-saving food due to high levels of vitamin C preventing scurvy. In addition, potatoes are a rich source of potassium, an electrolyte that many are today lacking. The best way to barbecue potatoes is to parboil, coat with olive oil and sea salt, cut in half and leave on the grill, turning occasionally until crispy on the outside. Sweet potato is equally delicious on a barbecue, rich in fibre and antioxidants and lower on the glycaemic index than regular potatoes.
- Salad ideas include watermelon, mint, feta and black olive; fennel and apple; roasted vegetables and quinoa; tomato salad using as many different colours, shapes, sizes and flavours as you can find and a traditional coleslaw using red and white cabbage, carrots, radishes and a bunch of spring onions, all sliced.
- Tracy's favourite summertime dessert is a platter of fresh berries. Adding coconut flakes, grated dark chocolate and a few mint leaves for decoration makes an impressive platter. Blueberries, strawberries, blackberries and raspberries all score low on the glycaemic index so can be enjoyed as a low glycaemic, healthy source of vitamins, antioxidants and fibre.



Tracy Tredoux is a qualified nutritional therapist, helping clients lose weight, overcome health conditions and achieve overall better health and vitality. Tracy takes time to listen to and understand her clients' health concerns. She provides targeted diet and lifestyle protocols based on personalised nutrition, sleep, exercise, stress-reduction and supplements. Tracy's drug-free protocols aim to support each individual's innate ability to heal.

● For a free discovery call, contact Tracy via the links below.

E: tracy@tracytredoux.com
tracytredoux.com
FB: @TracyTredouxNutrition
Insta: @tracytredouxnutrition



AWARD-WINNING LOW-ALCOHOL BEER

Clausthaler Dry Hopped is a double Gold Medal Winner at The Alcohol-Free Awards 2023

Clausthaler Dry Hopped is widely recognised as one of the best-tasting beers in the No/Low category.

Brewed in Germany for over 30 years, Clausthaler uses a pioneering brewing method to achieve an abv of less than 0.5%. The use of only natural ingredients — water, barley-malt, hops and yeast, results in a crisp and refreshing lager, which, when combined with the Cascade hops, give the beer a distinct hoppy finish and fantastic full-bodied mouthfeel.

Clausthaler Dry Hopped is also suitable for vegans, while being low in calories, too.

● Trying to cut back on your alcohol intake, or just looking for a great tasting beer? Choose Clausthaler Dry Hopped. Available at Waitrose, Ocado & many online retailers **E:** sales@world-beers.co.uk or visit world-beers.co.uk

