

# food for thought

## with Benjamin James

Our resident foodie Benjamin James of the **George & Dragon** in Chipstead reveals what's been keeping the pub busy this month and shares his favourite recipes



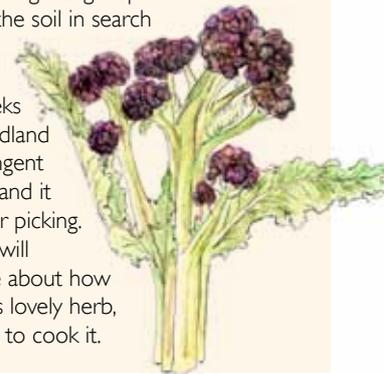
For the latest news, visit our new website at [www.georgeanddragonchipstead.com](http://www.georgeanddragonchipstead.com) and follow us @GeorgeChipstead on Twitter

*Smoked haddock, purple sprouting broccoli, hollandaise sauce and seaweed*

Regular readers will know that our menus at the George & Dragon, Chipstead change daily to reflect what is available locally and seasonally. For the new readers among you, every month in 'Food for Thought' I share with you what local ingredients can be found on our menus and in fields and farms shops near you. I share suggestions of how you might want to prepare them in the hope that some of you might also support local suppliers when cooking at home.

### THIS MONTH'S FOODIE FAVOURITES

This month sees the local Kentish farm shop shelves bulging with the freshest forced rhubarb and florets of one of my favourite vegetables: purple sprouting broccoli. Sautéed with some butter and eaten al dente, it is difficult to find a more delicious addition to the vegetable basket at this time of year. Those ramblers among you might have noticed the faint lingering aroma of garlic in the air as you walk through some of Kent's beautiful woodland. This is the first sign that wild garlic, which has been laying dormant over winter, is beginning to push its way through the soil in search of the spring sunshine. In about six weeks time the woodland air will be pungent with its smell and it will be ripe for picking. May's edition will feature advice about how to identify this lovely herb, and how best to cook it.



## Cocktail of the month: Rhubarb Mojito

Place the mint leaves in the palm of one hand, clap your other hand down on top to bash the mint, this will start to release the vapour and oils from the leaves. Place the leaves and sugar in the bottom of a cocktail shaker; add the juice of four limes, chopped rhubarb and rum, pour over a small scoop of cubed ice, place the lid on top and shake vigorously. Pour everything into a tall glass with more ice, top with soda.

- 1x small handful of mint
- 4x wedges of lime
- 1x tsp white sugar
- 1 x 0.5 tsp brown sugar
- 50m x white rum
- Handful of ripe sliced rhubarb



## New website and loyalty card

March was a busy month for the George & Dragon, Chipstead which saw the launch of the new website with additional features such as booking online, meet our suppliers and our latest reviews. The new website also coincided with the introduction of our new loyalty card. To show our appreciation for customers' loyalty, the new card will reward you every time you visit, whether for a quick drink, coffee or full dining experience. The loyalty card offers customers the opportunity to earn one point for every £1 spent and for every 200 points collected you will be rewarded with £10 to spend. The more you spend the more points you earn, and these points can be redeemed on



your next visit to the George & Dragon, Chipstead or can be saved up for that special occasion.

■ Visit the pub at 39 High Street, Chipstead, TN13 2RW and for more information or to book, call **01732 779019** or visit [www.georgeanddragonchipstead.com](http://www.georgeanddragonchipstead.com)