

# InStyle

food

## Menu

Delicious treats, trends and news

By Victoria Moss

KITCHEN CONFIDENTIAL  
LISA B

### STAYING IN

**Signature dish:** my husband always jokes that he's never known anyone who can cook so many variations of beans. It's a Puerto Rican/Caribbean thing - we like our beans!

**Secret addiction:** Boosted Smoothies, which are great for giving me a pick-me-up when I need it - and for getting my five a day.

**Guiltily pleasure:** cupcakes from The Hummingbird Bakery [133 Portobello Road, London W11; 020 7229 6446].

### GOING OUT

**Favourite London restaurant:** E&O [14 Blenheim Crescent, W11; 0871 223 8049]. It does great watermelon martinis and a yummy dish with crispy duck and watermelon pieces.

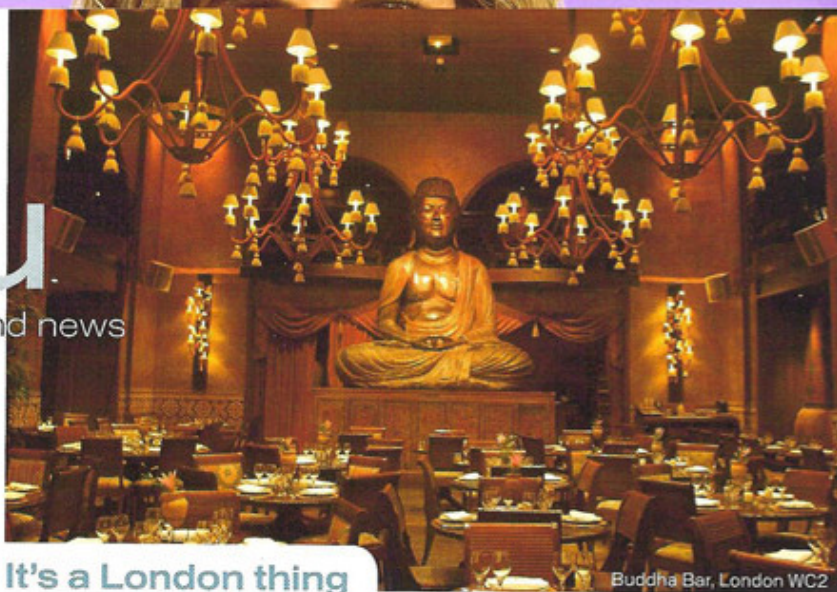
**Favourite out-of-London restaurant:** L'Amis Louis [32 rue Verbois, Paris; 00 33 1 48 87 77 48]. I was told President Clinton eats there when he's in Paris.

**Never touch:** snails, foie gras, frogs' legs, veal, tripe, haggis - either yuck or against my beliefs.

**Cheap treat:** Cadbury Fruit & Nut bars.

**My weakness:** fresh baguettes with butter.

*Lisa B is the author of Lifestyle Essentials (Icon, £12.99)*



Buddha Bar, London WC2

### It's a London thing

It's all go in *el capital*, with more bar openings than you can shake a caipirinha at. We're torn between the latest global outpost of Parisian mega-spot Buddha Bar (Victoria Embankment, London WC2; 020 7836 6829), or heading east in search of some City boys at Devonshire Terrace (Building 9, Devonshire Terrace, London EC2), from the folk at 24-hour Sloane central brasserie Vingt Quatre. Then again, we could be sidling up to a royal at Whisky Mist (The London Hilton on Park Lane, 355 Hertford Street, London W1; 020 7208 4067), brought to you by the chaps behind Mahiki.

### HOT SAUCE Add

Caribbean spice to your

BBQ with Levi Roots's Reggae

Reggae ferocious sauces, right.

£1.49 each (available nationwide)

Perfect for jazzing up those organic chicken wings.



### We all scream for ice cream

Make your own lush honey ice cream with this recipe from Sienna and Kate's local, The Queens (49 Regent's Park Road, London NW1; 020 7586 0408).

1. Beat together five egg yolks and half a cup of honey.
2. Bring 1 pint of milk to the boil, simmer, then stir in the egg and honey mixture until it thickens.
3. Remove, strain and cool.
4. Stir in half a pint of double cream and 1 tsp of vanilla essence.
5. Put in the freezer, removing to stir well every half hour until it's completely frozen.
6. Dig in. ■



### 007 picnicking

We've come over all Pussy Galore at the sight of Giles Deacon's sexy (and portable) martini case.

Now we just need

Daniel Craig in an Aston Martin to whisk us off.

Left, Tanqueray No Ten Martini Collection, £510, by Giles Deacon at Harvey Nichols Wine Shop (020 7201 8537)



**Hot spots!** Go to [instyle.co.uk](http://instyle.co.uk) to find out where the A-list hang

