



# Tapas revolution

WITH a lifelong love of Spain brothers Owen and Tom Morgan are on a mission to introduce Welsh diners to their own version of tapas.

Bar 44 – Tapas y Copas is their newly opened venture in Penarth which specialises in artisan Spanish produce such as hand-carved Iberico Bellota ham, smoked morcilla and Padron peppers, and follows on from the success of their original Bar 44 tapas venture in Cowbridge, which celebrated its 10th anniversary last year.

The brothers developed a taste for real Spanish food on family holidays and subsequent forays throughout the country's fascinating and varied landscape.

"There's so much more to tapas than the run-of-the-mill reheated plates of food so many of us may have experienced," says Owen.

"The flavours found in proper tapas are sophisticated and vary enormously in different parts of the country."

The brothers are also keen to educate people about the delights of sherry and cava.

"In Spain, sherry is paired with food just as wine is. We are currently serving seven different sherries by the glass, and plan to introduce more."

"Cava has developed a reputation as a downmarket drink, but a decent cava is every bit as good as champagne, and is half the price."

Owen feels the time is right for Wales to sample new and exciting produce.

"These days people are intrigued rather than wary when something different comes their way," he says.

## FOOD FOOD

### SEA BREAM WITH CRAB, NEW POTATO, SPINACH AND ALIOLI

#### Ingredients

- Sea bream fillet per person (ask your fishmonger to fillet this if you are not confident of doing so)
- 30g picked white crab meat (available from your fishmonger)
- 3 new potatoes
- 1 clove of garlic, thinly sliced
- 1 handful of washed spinach
- ¼ tsp mild smoked paprika
- Olive oil
- Alioli
- Salt and pepper

#### Method

Boil the new potatoes until just tender, then cool and slice into halves lengthways. Heat a glug of light olive oil in a frying pan, then add the potatoes. Once these start to take on a light golden colour add the garlic. Toss and cook until the garlic begins to go golden too, then take off the heat, add the smoked paprika and season. Then add the spinach and stir.

Put to one side, and heat a non-stick frying pan with a little olive oil. If you haven't got sea bream this dish would work very well with monkfish, hake or cod.

Add the sea bream skin side down into the pan, and cook for 2 minutes. Season the flesh and then turn in the pan and cook for 1 more minute.

Sprinkle a teaspoon of picked crab meat into the potato and spinach and stir, then serve the sea bream with some alioli on the side. Finish with a flourish and place the rest of the crab on top of the fish.

### ALIOLI

Alioli is a Spanish raw garlic dip, made in a similar way to mayonnaise.

#### Ingredients

- 3 cloves of garlic, minced
- 1 egg yolk
- Juice of ¼ lemon
- Light olive oil
- Sea salt to season

#### Method

Place garlic and egg yolk in a food processor and blitz until emulsified.

Add the lemon juice and a touch of sea salt, then start adding the olive oil drop by drop to begin with. As the mix becomes more stable you can slowly work up to drizzling the oil. The contents will start resembling a mayonnaise texture. Once you have the desired thickness, check for seasoning and serve.

### SAUTÉED CHESTNUT MUSHROOMS, CHORIZO AND OLOROSO SHERRY

#### Ingredients

- 30 grams raw cooking chorizo, diced into cubes
- 1 shallot, thinly sliced
- 1 garlic clove, sliced thinly
- 1 stalk of fresh thyme, stripped
- Large handful of sliced chestnut mushrooms
- 50ml dry oloroso sherry
- Flat leaf parsley, roughly chopped
- Salt and pepper

#### Method

Heat a heavy based frying pan on the hob, then add the chorizo.

As it starts to sizzle and brown it will release its lovely paprika laden oils. Add the shallot, garlic and thyme and stir until softened.

Then add the mushrooms and cook until golden, then deglaze with the sherry and cook for 1 more minute. Finish with parsley and season to taste.



### PAN CATALAN CON JAMON

#### Ingredients

- 2 slices of good sourdough bread
- 1 garlic clove, peeled
- 1 ripe plum tomato
- Olive oil
- Sea salt
- Good quality Serrano or Ibérico ham
- Flat leaf parsley, rough chopped

#### Method

Toast the sourdough bread in the toaster or under the grill, then rub the raw garlic clove onto the toasts. Cut the tomato in half and rub onto the toast, getting every bit of juice and flavour out of the tomato and onto the toast. Then liberally drizzle with the olive oil, season with sea salt and the parsley and then add your ham on top to serve. The heat of the toast will warm the ham until it melts in your mouth.

# SEVEN TO LUST AFTER

## BEST BOOT FORWARD

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## STAY INSIDE

If the great outdoors is putting you off your stride and going to a gym fills you with dread, then perhaps this gaming package is your ideal training partner. Get up and have loads of fun with the two included games. Zumba Fitness 2 offers more than 20 dance styles to help get you into shape, while Sports Connection has six sports on offer. You can get the whole family involved too with Wii Fit Plus, which offers more than 60 customised exercises to help track your BMI and calorie count. Nintendo Wii U & GamePad with Wii Fit Plus, Wii Balance Board, Zumba Fitness 2 & Sports Connection, £399, from [www.currys.co.uk](http://www.currys.co.uk)



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## QUESTIONS, QUESTIONS

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# PUB SPY

## THE KING ARTHUR HOTEL

Higher Green, Reynoldston, Gower, Swansea, SA3 1AD

TEL: 01792 390775

**ATMOSPHERE:** Cosy, rustic, but comfortably modern, the King Arthur Hotel is a country pub where you could spend a great Sunday afternoon. Its setting, at a corner of a

satisfyingly rural village green, ensures that if you want to escape from the hustle and bustle you can. With a cosy bar and a modern restaurant room, you're spoilt for choice.

18/20

**CLIENTELE:** The pub is a hotspot for locals and visitors alike. In the height of summer the generous beer garden is the ideal place to people watch. Its Gower location means that tourists staying at nearby accommodation can rely on hearty, reasonably priced food - while

Swansea locals know they can get a good meal and decent views just a few minutes outside the city.

18/20

**STAFF:** Visiting on a busy Sunday lunchtime, the staff were up against it. Younger members could improve their customer service - but with more experienced staff on board it shouldn't be a problem.

15/20

**FOOD/DRINK:** The pub boasts an extensive food menu,



though it is limited to roast dinner and a few specials on Sundays. The traditional meats are offered and

portions are generous. On other days, you'll find curries, faggots, steaks and scampi. Produce is local where possible. It's very pub-grub but there's nothing at all wrong with that, and in addition – and the choice of salads is impressive for such a traditional establishment. The King Arthur serves a selection of up to five cask conditioned ales including Felinfoel.

17/20

**DECOR:** The pub consists of a main bar with its original stone work, reclaimed timbers and open log fires in the winter. The Gower Room, a

19/20

TOTAL: 87/100

