

# Just what the doctor ordered

**E**D and Lou Sykes gave up their careers in London to return to Pembrokeshire to open the kind of place to stay they themselves enjoyed visiting.

Llys Meddyg, a Grade II listed former coaching house and doctor's surgery nestling under Carnigli (Mountain of the Angels) fitted the bill perfectly.

The Georgian building has now been updated so that it's chic and stylish, yet homely and family friendly. And you can bring the dog too, so long as he or she is clean and well-behaved.

In post-war days, Llys Meddyg supplied Covent Garden market in London with dahlias and roses, and the current kitchen garden, an airy eating area, now overlooks the former market garden.

New on the menu in the kitchen garden is coffee, roasted by Preseli Coffee, based just down the road in Letterston.

The beans are imported green from growers on the slopes of Kilimanjaro, then expertly roasted by coffee fanatic, Deryck Matthews.

"We make a point of using Welsh produce wherever possible, but were surprised and delighted to find home-roasted coffee right on our doorstep," says Lou.

■ Llys Meddyg is part of Welsh Rarebits, a collection of handpicked, top quality, independently-owned hotels. Order your free brochure online at [www.rarebits.co.uk](http://www.rarebits.co.uk) or call 01686 668030. Gift vouchers are available.



## Pumpkin veloute, spiced coconut milk

Recipe for 10 amuse bouche

### INGREDIENTS - PESTO

- Pumpkin purée:
- 1.5kg pumpkin
- Sea salt and freshly ground black pepper
- 1 head of garlic, cut in half horizontally
- handful of rosemary sprigs

### SOUP:

- Pumpkin puree (as above)
- 800ml vegetable or chicken stock
- 100g butter
- Salt and pepper
- Spiced coconut milk:
- 100ml coconut milk
- 1 green chilli, seeded
- ½ teaspoon ground ginger,
- ½ teaspoon fennel seeds, ground
- 1 cinnamon stick,
- 2 cloves
- ½ teaspoon paprika
- Pinch salt, or to taste

### METHOD

For the pumpkin purée, preheat the oven to 170°C/Gas Mark 3. Cut the pumpkin in half horizontally

and remove the seeds. Roast the pumpkin halves with all other ingredients for about an hour until tender; the timing will depend on the variety, density and thickness. It is ready when you can effortlessly slip a knife into the thickest part of the flesh. While still hot, scoop out the pumpkin flesh and purée in a blender or food processor.

In batches, ladle the stock and puree into a blender and blend until smooth. Add the butter and blitz again to a velvety smooth texture. Pour the soup into a clean pan to reheat.

For the spiced coconut milk, combine all the ingredients. In a large pot, and bring to the boil. Remove from the heat and allow to infuse for several hours in the fridge. When ready to serve pass the milk through a fine meshed sieve and froth with a handheld blender.

To serve, reheat pumpkin soup and pour into serving cups and top with spiced coconut milk foam.

## Llys Meddyg smoked salmon, sorrel and creme fraiche with pickled fennel

### INGREDIENTS FOR 4

- 200g Cold smoked salmon
- 1tbsp herb oil (for dressing)
- 1tbsp creme fraiche
- 4 leaves of wild sorrel

### PICKLED FENNEL

- 1 head fennel (finely sliced), fennel frills reserved
- 200ml white wine vinegar
- 150g caster sugar
- Pinch black pepper
- Pinch sea salt
- Pinch coriander seed
- Pinch fennel seed

### METHOD

Portion the smoked salmon into 25g fingers and reserve for plating.

For the pickled fennel, add all the ingredients into a small pan and bring to the boil. Remove from the heat and allow to infuse. Store the fennel in the pickling juice.

Deep fry salmon skin and season for a garnish.

To serve, dress the plate with crème fraiche and herb oil and place a small salad of pickled fennel, fresh fennel tops and chives on the plate, along with the salmon and crispy salmon skin.



## Quality home-made pub grub (especially the chips!) makes this worth a repeat visit

**EATING OUT:** The Castle Inn, Manorbier, near Tenby, Dyfed, 01834 871 268

BURGERS, chilli and curry can be found on pub menus up and down the country.

But what makes the pub fare at the Castle Inn, Manorbier stand out above the crowd is the fact that these dishes are so obviously made on the premises.

A note on the menu saying that the produce, including the meat, is sourced locally, confirms the quality of the raw ingredients in these homemade dishes.

The Castle was a welcome refuge

on the drizzly night we visited.

It's traditional local pub decor has a cosy feel with a number of separate rooms with the furniture varying from wooden tables and chairs to sofas and bench seating.

A stroll on the windswept beach just a few hundred yards away watching the wet suit clad surfers riding the waves had been the

perfect way to whet our appetites.

It was a bowl of delicious chips sampled the week before that had convinced us that the rest of the menu needed trying.

My hungry husband and son both chose the Castle King burger (£6.85) which was served with gerkins, sliced cheese and beef tomatoes.

The homemade burger which

came in a tasty focaccia roll was obviously delicious as both were polished off in no time. They came with a bowl of chips (£2.50) – but these are no ordinary pub chips.

They are proper french fries – freshly made and with just enough skin left on the spuds to add even more flavour.

I went for the chilli with half chips

and half wild rice (£9.30). Even in the chilli I could taste the flavour of the delicious beef. It was hot and spicy with just the right kick.

I knew it would be good as soon as it arrived as I could actually see the chunks of vegetables, including peppers, on my plate.

My vegetable loving daughter went for the vegetable curry which again

like my chilli came with half wild rice and half chips (£9.30). It was creamy with a lovely mild flavour which she absolutely loved. Even the meat lovers had a taste and agreed it was delicious.

With just a little room left for dessert I couldn't resist the hot chocolate fudge cake (£3.50) which arrived oozing sticky sauce.

My son went for the lemon mousse cake (£3.95) which is served straight from the freezer to the table. It's sharp lemon tang cut through the sweetness to make a refreshing end to his meal.

We'd skipped a starter but after seeing various dishes, a return visit to sample a few is now on the cards. There are garlic and chilli

## The Best of Welsh lamb

### INGREDIENTS

- 1 lamb breast
- 2 lamb cutlets
- 250 ml basic lamb jus
- 2 sticks of celery (reserve celery leaf for garnish)
- 1 celeriac
- 1 handful of broccoli
- 4 handfuls of rainbow chard (separate leaf and stem and reserve)

### METHOD

#### Lamb breast

Preheat the oven to 150°C/300°F/Gas 3. Place lamb breast in a heat proof tray and braise in a simple lamb or chicken stock for 3-4 hours, or until the lamb is very tender. Remove from the oven and leave the lamb in the stock to cool completely (preferably overnight in the fridge).

#### Celeriac Puree

For the celeriac purée, melt the butter in a large saucepan, add the chopped shallots and celeriac. Fry for a few minutes then add the chicken stock and milk. Cook until the vegetables are soft. Drain, reserving the cooking liquid. Season with salt and pepper. Pass through a fine sieve and return to a clean pan. Set aside.

#### Celery

Peel celery stalks, cut to shape, cook for 2 minutes in boiling salted water along with the purple sprouting broccoli. Take out and drain on kitchen towel.

#### Lamb cutlet

Heat pan, rub oil on lamb cutlet. Season, place in hot pan and col-

our on all sides, add knob of butter, place in oven at 185°C for 5 minutes. Remove from oven, spoon the cooking juices back over the lamb, set aside in warm place and rest for two minutes before carving to serve.

To serve, break the breast down and separate the meat strands. Deep fry a handful of lamb breast strands at 180°C until crispy, drain off on kitchen towel and season. Re-heat celeriac puree and re-heat 100g lamb breast in 50ml lamb jus. Place celeriac puree on plate, top with braised lamb breast. Roll one lamb fillet in breadcrumbs and carve both fillets in two and place on the plate with the other lamb cutlet. Garnish with chard, celery leaf, crispy lamb and broccoli and finish with lamb jus.



## Win a night for two

Win a night for two and dinner at Llys Meddyg. Just go to the Welsh Rarebits web site [www.rarebits.co.uk](http://www.rarebits.co.uk), go to the competition tab on the left, enter the code WOS63L and follow the simple instructions.

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# SEVEN TO LUST AFTER

## COVER UP

THE trouble with keeping cheese in the fridge is that once it is opened, the odour still escapes. But you can put a stop to that right away with this device. The brightly coloured dome will keep the cheese encased in its own private area and it comes with a rather decent slicer to add a dash of colour to your fridge shelves. **Bodum Cheese Dish, £10.50, from [www.brandalley.co.uk](http://www.brandalley.co.uk)**



## WICKED INDULGENCE

ROYAL Warrant holder Prestat has introduced four new flavours to seduce chocolate lovers. Choose between its Dark Chocolate English Mint Crunch Bar; Roasted Almond, Sea Salt & Milk Chocolate with Cinnamon Spice Bar (pictured); and Fruity Dark Chocolate with Raspberry Bar, which all promise to tantalise the taste buds and our perk up our palates. **Milk Chocolate with Cinnamon Spice Bar, £2.50, (75g), from [www.prestat.co.uk](http://www.prestat.co.uk)**



## WORKING WRIST

THIS snappy little iPhone purse will not only carry your cherished smartphone in a chic leather carry case but it also holds credit cards, coins, cash and keys. **Emma iPhone Wristlet Purse, £169, from [www.capuletondon.com](http://www.capuletondon.com)**



## PLEATS PLEASE

THE skater skirt is a winter staple and it comes in all shapes and guises. Check out Henry Holland's classic kilt with a twist – it's right on trend. **Blue Check Kilt, £35, by H! By Henry Holland, from [www.debenhams.com](http://www.debenhams.com)**

## FOOTBALL CRAZY

THIS could well be the 21st century update to football stickers. With this fine collection of top players from the best teams in the Premier League, kids can swap and trade with mates to create their ultimate team. To extend play away from school, there are playing surfaces and even a Wembley stadium to build. **Character Building Sport Stars, £1.99, from [www.character-online.co.uk](http://www.character-online.co.uk)**



## NOTE TAKER

THIS digital radio is unique because it allows you to record and save a couple of voice messages, ideal for when you have a lightbulb moment while listening. This compact DAB radio is at home in the kitchen as there is a handy egg-timer function built in as well. **Roberts MessageR, £99.99, from [www.hughesdirect.co.uk](http://www.hughesdirect.co.uk)**

## KEY INTO SOME RETRO STYLE

A THROWBACK to the days when typewriters ruled the office, this polished pencil case shows great character. **Black Typewriter Pencil Case, £35, from [www.luluguinness.com](http://www.luluguinness.com)**

