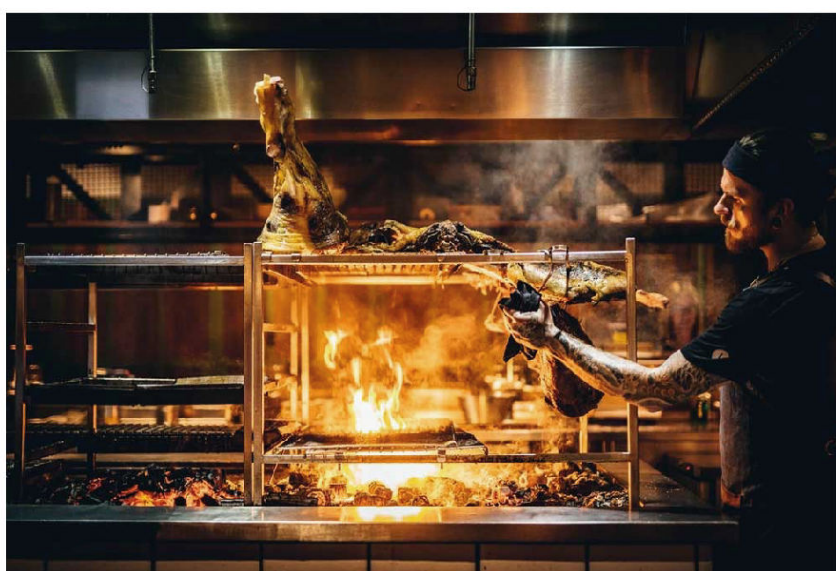




OUR FOREST AUTUMN HERO

The British countryside is home to some of the finest wild mushrooms, and this year, they're playing a starring role in the UK's autumn menus. From porcini and chanterelles to chestnut and shiitake, mushrooms are being used in everything from luxurious mushroom wellingtons to creamy mushroom and thyme soups. Their rich umami flavour makes them the perfect ingredient for plant-based meals, giving dishes a satisfying depth. Key trend for this year is using lion mane mushrooms – the king of mushrooms!

In British pubs and restaurants, expect to see mushroom-based dishes like wild mushroom risotto, mushroom and truffle mac and cheese, or even mushroom pithiviers popping up on menus. A New York City restaurant called Third Kingdom has a menu focused entirely on mushrooms. (see right)



OUTSIDE IN Autumn is the ideal season for those who enjoy cooking outdoors. Unexpected foods including Brussels sprouts, cheeses and even cocktails are being prepared using grilling and smoking techniques. This style not only gives food a powerful flavour boost but also gives outdoor gatherings a cosy and warm feel.

Above images: Temper, London: If your idea of fun is to watch a lovely rare breed steak cooking on a firepit in front of you, then pull up a seat at the counter at Temper. Enjoy their butchered in house 'beast board' sausages, smoked ox cheek, liver and ox heart anticucho skewers, alongside coal-roasted sweet potato, pickled red onions and fresh chimichurri. A firm autumn warmer..



Above: Smokestack, London - Their brisket bun - the thing they basically got famous for selling at festivals around the UK! Full of smokie brisket with a pile of pickled chilli – a great autumn warmer!



ULTRA UMAMI

Autumn brings a whole lot of Fun-guys to the party! Yes Fungi, truffle, Umami...

With this newfound love of Umami, expect to see more – Marmite, truffle, mushroom, miso and parmesan appearing on menus and recipes across the autumn and winter

We will see buzzwords like "umami bombs" become more commonplace in 2024, with garums becoming part of the building blocks of recipes.

Mouthfeel will also play a part in the Sensory Sensation trend with savoury mouthfeel - Kokumi (the sensation of savoury) incorporated into Cheffy dishes via aged butter or animal fat which will impart taste and provide a silky richness!



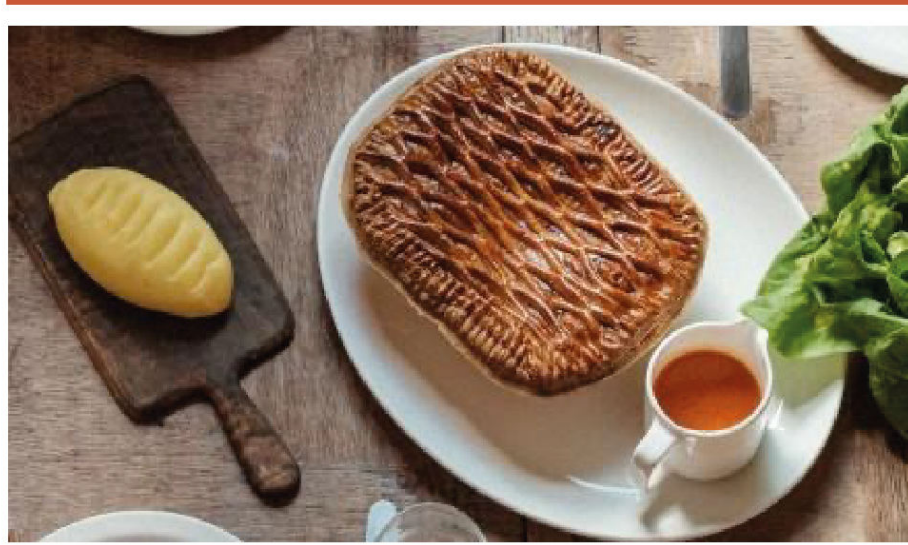
Above: Black Tap Las Vegas. US. Black Truffle Burger. ½ pound patty of Australian Wagyu beef packs a juicy and delicious punch that does not skip on fat and flavor. Add to it parmesan, Yuzu oil and black truffle and truffle oil mayo. This is a really special burger..

TOPPED MAC'S

With a mission to serve up the best Scottish food around to carnivorous Londoners, it should come as no surprise that Mac and Wild gives their mac and cheese a rather meaty makeover. Yep, it's haggis. Another real crowd pleaser this autumn is the truffle brisket mac from wingmans, making its annual return.

COSY COMFORT FOOD

Left: The Pelican, a very cosy upmarket pub in Notting Hill. Its got a menu of modern British gems with provenance high on the priority list. Among the pub classics – sausage roll, Welsh rarebit, mince on toast and beef tartare (with Gentleman's Relish and crisps) and a fabulous lobster and monkfish pie with lobster-head gravy provides indulgence for two to share – at a cool £96..



BEYOND PUMPKIN

In the UK, pumpkin traditionally plays a supporting role in autumn, but 2024 sees this ingredient taking centre stage in savoury dishes. While pumpkin spice lattes still have their loyal fans, there's a strong movement towards using pumpkin in hearty meals like pumpkin and sage risotto, roasted pumpkin soups, and pumpkin-stuffed pastries.

British cafés are showcasing this versatile vegetable in creative ways, moving away from sweet flavours towards spiced and savoury combinations. Keep an eye out for pumpkin scones, pumpkin casseroles, and even pumpkin-topped pizzas—offering a uniquely British twist on an autumn staple.

Below: Fashion looks for the upcoming A/W 24 season representing cosy layering and burnt orange, brown and dark green tones, representing the autumn food palette.



Above: Burrata, Delica pumpkin, hazelnuts and sage Noble Rot London. Crispy sage and pumpkin seed oil finishes the dish

SENSORY DESERTS

Below: Moor Hall at Aughton. run by renowned chef Mark Birchall and has two Michelin stars. Dish: Blackberries, ragstone, verbena and apple marigold. Crumble anyone? Taking all things crumble to the next level @humblecrumble funky topped baked fruit, crumble mix, usually with lashings of custard and some out there topping. Try their carrot cake crumble...you won't be disappointed.

