

From Covent Garden to Taste - This is the Week

Monday, 22 June 2009

Another busy week of all things food. I managed a full 4 hours sleep before Thursday's Real Food Market at Covent Garden (courtesy of UK Food Bloggers Association). This did mean finishing at 5am though.

I did say I'd take the Wednesday off work – but alas these things rarely go to plan. This whole experience has certainly given me a new perspective on commercial cooking. To think that professional bakers do this on a regular basis. Despite the sleep I was still exhausted. The market was a lot quieter this time round. Interesting how a slight turn in the weather can drive away the crowds. Didn't rain just a light breeze as opposed to previous stunning sunshine. Even the office workers seemed to stay away. Not that this stopped a busy and full on lunch slot. Very exciting to have been interviewed by The Independent for next week's food section – and hopefully some snazzy (but not too cheesy) pics. I managed to push the lot out – even though the last few were given away. I'm not sure doing this market is a money maker – but the joy of seeing someone enjoy your food is worth many, many pounds. And as a little treat for all my hardcore sales – Ottolenghi, The Cookbook. Friday's treat, to end a hectic week, a romantic meal at Anchor and Hope in Waterloo. Review available [here](#), although if you're after a quick summary – don't go there for the romance! Saturday was loaded with Taste of London. After Ollie Smith's rather raucous introduction, the stand out restaurants for me were Launceston Place (amazing crab and ice cream) and L'Anima (my new favourite Italian) and Paul A Young's chocolates were pure heaven. For the full lowdown [click here](#). Sunday was Father's day – and the debut of the Nom Nom Nom competition menu (which I'm hoping to be selected for with The Ginger Gourmand). Glad to say it went down well with a few notes from the culinary genius who is my father. Menu is all under wraps – but like any exciting meal there was plenty of washing up, which is still there... But a DVD selection of The History Boys and Hairspray is keeping me company whilst I blog and tweet. The washing up can wait.