

It's summer and, let's face it, last year's flip flops and dresses are beginning to look a bit tired. But what should you be adding to your wardrobe this summer? Clare Watson, the founder of Bluewater's personal stylists Miss Dress, has some tips.

## Summer SIZZLERS



### GINGHAM:

Gingham is big this summer, with fashion designers such as Oscar de la Renta using the bold print

in his collection. If you're looking for a print with versatility, gingham is the one for you, taking your look from the desk to the dance floor.

**FLORALS:** Florals are still blooming this summer in the form of giant bouquets of prints and colours to suit all ages. From dresses and jackets, to shoes and bags, florals are boldly in use this season. Whether you decide on a bright and bold retro flower print, or go for a subtler print, florals look great from head to toe.



**FRINGING:** Looking for the perfect day bag for holiday excursions? Why not channel a Boho vibe and complete your look with this over the shoulder bag from Miss Selfridge? Chic and cheap, it's just the right size for holding all of your holiday essentials.

**PASTELS:** For a quick wardrobe refresh, add citric brights and cool pastel shades for the ultimate wardrobe vamp up. This pastel shade of peppermint is easy wearing for any age; a perfect wedding guest outfit or cocktail dress for dinner. Visit [bluewater.co.uk](http://bluewater.co.uk)

# Clark's catch of the day

As the temperatures rise, lighter meals are called for, and fish fits the bill perfectly. Try red mullet for a change, now being caught off the southern coast of England and Ireland.

It's an elegant fish which is as beautiful to eat as it is to look at. Steve Clark, head chef of the Garden Restaurant at The Bromley Court Hotel, keeps it simple.

"I think fish is the ultimate fast food," he said. "From the moment it hits the frying pan, it can be on the plate within five minutes."

"Red mullet holds itself together well during cooking, so makes

a perfect fish for the barbecue.

"Here in the Garden Restaurant I serve it with fennel pickle, courgette and avocado salsa, and a plum tomato filled with aubergine caviar.

It means you have bursts of flavour with every mouthful.

"At home, try the red mullet just with the fennel pickle, and serve

with warm, crusty bread."

**CHEF'S TIP ONE:** Fennel is the perfect partner with fish, so don't be put off by its almost alien appearance. It is really easy to prepare – once you have removed the fronds from the top, treat it like you would a cabbage. Peel off the outer leaves, halve it, and cut out the core.

Or buy baby fennel and then there is no need to remove the core. **CHEF'S TIP TWO:** The fennel pickle will keep in the fridge for up to 3 days and also goes well with

meat – try it with burgers as an alternative to relish. Make the pickling liquid in bulk and keep in the fridge for up to a week.

Once made, you will have delicious fresh fennel pickle within minutes.

The Garden Restaurant is serving red mullet on its Specials Menu throughout the summer. Visit [bromleycourthotel.co.uk](http://bromleycourthotel.co.uk)

Got a question for Chef in the Garden? Email [jim.palmer@london.newsquest.co.uk](mailto:jim.palmer@london.newsquest.co.uk)



## RECIPE: Red mullet fillets with fennel pickle

**Ingredients:** 2 x 150g fillets of red mullet with skin on, salt and pepper to season, 1 tbsp olive oil, 1 fennel bulb, a pinch of salt, 80ml Thai fish sauce, 400g granulated or caster sugar, 400ml water. A pinch of ground dried chipotle chilli, or use smoked paprika or Cajun seasoning, juice of 3 or 4 limes, half a bunch of chopped dill.

### METHOD:

- First make a stock syrup by putting the sugar and water in a saucepan and bringing to the boil. Boil for two minutes, then leave to cool.
- Cut off the fennel fronds and stalks, reserving the fronds for later. Halve, then quarter the fennel, and remove the core. Slice finely. Sprinkle over a pinch of salt and leave for 30 minutes.
- Finely chop the fennel fronds and stir into the cold syrup with the lime juice, fish sauce and ground dried chipotle.



- Once the fennel has been salted for 30 minutes, pour over enough of the pickling liquid just to cover it. Stir and leave to infuse for five minutes before serving.
- To cook the fish, pat it dry with a towel and slash the skin with a sharp knife. This will prevent it curling up while cooking.
- Place a frying pan on the stove with the oil and let it get really hot. Sprinkle salt and pepper over the fish and place in the pan for three minutes, skin side down. Flip over and cook for another minute.
- Serve with the fennel pickle.

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## COMPETITION

# Family tickets to be won to see Aliens Love Underpants

Based on the hugely successful children's book by Claire Freedman and Ben Cort, Aliens Love Underpants returns to the West End at the Dominion Theatre from Saturday, August 1, to Saturday, September 5, following a highly acclaimed UK tour.

The story of the mischievous aliens, who come to earth on an important mission to steal human's underpants, has stunning effects, madcap action, original music and lots of aliens, of course.

This zany and hilarious tale has been adapted and directed by Adam Bampton-Smith.

The magical puppetry skills of the cast bring the colourful cast of aliens to life.

For more information call the box office on 0845 2007982.

To book online visit [dominiontheatre.com](http://dominiontheatre.com) (booking fees apply). Find out more at [underpantslive.com](http://underpantslive.com).

To be in with the chance of winning one of five sets of family tickets, comprising four tickets with a maximum of two adults, answer the following question:

Which of the following do Aliens really love?

- A) Overall
- B) Underpants
- C) Socks



Photo: sjsphoto

Text your answer to 80360, starting your message with NSALIENS leave a space and then put your answer, name, number, email and address.

Or send your entry with your name, address and contact phone number on a postcard or a stuck-down envelope to: Aliens Love Underpants Competition, News Shopper, Mega House, Crest View Drive,

Petts Wood, Kent BR5 1BT.

Closing date: July 26.

**Terms and conditions:** Premium family tickets comprise of four tickets, of which a maximum of two are adult tickets. The tickets can be used from August 1 to September 5, subject to availability. Travel expenses not included. Texts cost 50p plus your normal operator text charge. Lines close July 25, at 11.59pm. For full terms, go to [newsquest.co.uk/terms](http://newsquest.co.uk/terms).