

FLIRTY AND FLORAL

Say it with flowers on Valentine's Day, though make sure those blooms are of the herbal variety this year. The East India Company's Rose Buds tea is an infusion tastes refreshingly light and floral, smells like a dewy spring morning and has the bonus of looking

irresistibly pretty when served in your daintiest teacup. Who said romance is dead? 50g, £25. eicfinefoods.com



Juice IT UP

February and March are the peak months for blood oranges. Add a splash of colour to winter salads, or whip up a Maltese mayonnaise – where orange juice replaces lemon – as an accompaniment to vegetables. Four, £2.50. waitrose.com



IT'S A WRAP

Chinese New Year is on 8 February, so say 'Kung Hei Fat Choi' the traditional way with wontons. Encase a filling of your choice in an individual wonton wrapper (200g, £1.99), then steam, boil or fry as you see fit. Serve with your favourite vinegar-based dipping sauce for a celebratory starter.

melburyandappleton.co.uk

Photo by Mark Parren Taylor

Food news



TASTE OF THE GOOD LIFE

Originàrio's gourmet Italian tasting boxes are now available in the UK and we think they're perfect for Mother's Day. Each one contains products from artisan producers whose delicacies have previously only been available locally, or to top chefs who have sourced and imported them. Each item tells a story of the people who have loved and laboured over every mouthful. The theme for Box 06 is fish: trout speck from Monte Baldo is the work of Andrea and Francesco Armanini, who inherited the hatchery from their father. They now smoke their fish, resulting in a sweet flavour that is delicately balanced with a dressing of organic herbs. Follow with spiced zaeti biscuits by Lucca Cantarin; once named in the top three pastry chefs in the world. Keep an eye out for Franco Distefano's flour which is ground in the same water mill his family worked for three generations. Expect excellent ingredients and techniques that have been passed down for centuries – it's a winning combination. Box 06 Dinner For Two, £86. originario.io

Irish BREAKFAST

Flahavan's new Irish Multi Seed Porridge Oats are pre-sprinkled with nutritious sunflower, flax, pumpkin and hemp seeds. Add hot milk and a little cocoa and you have a warming breakfast to line the stomach before St Patrick's Day. 600g, £1.99. flahavans.ie

