

# BRITANNIA

JUNE 2019

IN THIS MONTH'S EDITION

- / Wine of the Month
- / Diary Date
- / Travel: Sweden
- / Food critic Isabel Hood talks chillies



Most of Sweden's wineries are located in its southernmost county, Skåne. However, Sav is a sparkling birch sap wine produced further north using a méthode traditionnelle. It is slowly bottle-fermented over time to create a citrusy wine, best served with sushi and lightly smoked fish.

Image from [www.savhuset.se](http://www.savhuset.se)

Each month travel writer **David Atkinson** hand-picks a destination based on an event happening that month...



## Travel SWEDEN

Nobody loves midsummer like the Swedes. They mark the midsummer solstice in June by heading for their summerhouses on the coast for a family gathering, combining drinks, herring and midnight swims. It's the one day of the year when everyone, whatever their background, goes

back to the land. You can join in the festivities at village fairs across Sweden and at celebration dinners at hotels, serving a traditional banquet of fish, boiled new potatoes with fresh dill and the first strawberries of summer for dessert.



## PRODUCT of the month

Whatever your taste in design, with our Colourange service you can create a custom colour for your cooker that's entirely bespoke to your kitchen. Here's our Q-Line range cooker in a chilli-inspired red. Visit the Colourange website below to see what you can achieve.

<https://www.britanniainliving.co.uk/colourange>



Each month Isabel Hood, chef, food writer and international nutritional consultant, picks a product of the month. This month it's chillies:

## “ CHILLI - “PEPPER OF THE INDIES”

The great 16th century Spanish galleons sailed from the Mexican ports of Veracruz and Acapulco carrying many treasures in their holds, including a mysterious gastronomic star: the Aztecs' chilli. The chilli set off on its world conquest, travelling west across the Pacific to the Philippines and beyond, and east across the Atlantic to Africa, Europe and the Mediterranean, relentlessly pushing its way into all the warm, aromatic cuisines of the world, which owe their fire and fragrance to Columbus' "peppers of the Indies".

However innocuous a chilli may look, the only truly reliable way to measure its passion is to taste it, as chillies of the same variety, grown in the same field, even on the same plant, can vary in pungency. Generally speaking, the smaller the chilli, the greater its fire, but luckily most chilli suppliers use a simple scale to rate a chilli's heat – 1 imparts a warm glow, 10 may blow the roof off your mouth. Capsaicin, the powerful irritant in its heart, is contained principally in the seeds and veins, and removing these



will often, not always, result in sweet warmth rather than full conflagration.

Talking of blazing passion, the chilli is often misunderstood, lionised or abhorred for its heat alone. But this heat is just one of its many characteristics, as chillies are highly individual creatures. While they come in all colours, shapes, sizes and levels of piquancy, contrary to common belief, a chilli's most crucial talent is not heat but flavour – look beyond the burn, whether blistering or mellow, and you will find spice, fragrance and a tremendous depth and complexity of flavour.

## Diary date...

Now in its 5th year, **Beer Day Britain** is celebrated on 15 June. It was launched by award-winning beer sommelier, Jane Peyton.

If you can't make it to The Dolaucothi Arms in Pumsaint, Carmarthenshire – named 'Country Pub of the Year' by BBC Countryfile Magazine – try a Hobgoblin at home. The Oxfordshire-brewed beer is the world's best IPA.

