

BRITANNIA

MAY 2019

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

Travel HAY FESTIVAL

May brings a hive of high-brow activity to rural Mid Wales for **Hay Festival**, the annual gathering of big thinkers and best-selling writers for what the former president Clinton described as, "the Woodstock of the mind".

Starting May 23, it takes over the book town of Hay-on-Wye with food stalls, family events and lots of thought-provoking discussion, featuring this year Sandi Toksvig and nature writer Robert Macfarlane amongst others.



Food critic *Andy Hayler* has eaten at every three Michelin star restaurant in the World. Each month he chooses a different food or ingredient for *Britannia Life*. This month it's Purple Potatoes:

“All the way from the Andes, purple potatoes can brighten up your meal...

Potatoes don't have to be white. The exotic purple potato gets its violet colour from a natural pigment that is also an antioxidant.

Purple potatoes taste just like regular ones, and can be cooked in all the same ways. They are usually a bit smaller than conventional potatoes just because they tend to be harvested quite young. Just one out of the 500 different varieties of potato is Purple Majesty, developed in Colorado from a traditional South American variety but now grown in Scotland.

These bright-coloured potatoes are every bit as flexible as the ones you are used to. They can be boiled, fried, baked, roasted and mashed but will always be purple through and through.

The purple potato has a fascinating history, first cultivated in Peru as far

back as 8,000 BC, and arriving in Europe in the 16th century via the conquistadors. The humble potato packs a lot of nutrients, with an acre of potatoes producing three times as many calories as wheat. This led to potatoes spreading rapidly throughout the world from their South American home, and they were the first vegetables to have been grown in space by NASA.

Purple has been associated with the colour of royalty due to the high cost of purple clothing dye – at home, you can eat like a king or queen by cooking with purple potatoes, and the colour is all natural. Give them a try.”



Wales' first fortified wine was released by **White Castle Vineyard** last year. Aged for four years, in the same way as Port, the drink takes its name – **1581** – from a grade II listed Tudor barn at the vineyard, which is situated in the village of Llanvetherine near Abergavenny and Monmouth.

Image from www.whitecastlevineyard.com

PRODUCT of the month

The Britannia Latour (2tone) hood features in this Delphi collection. This stunning hood, available in 90, 100, 110 or 120cm options, includes a dishwasher-proof grease filter and an alarm which tells you when it needs cleaning.

britannialiving.co.uk/product-range/wall-mounted



Diary date...

World Cocktail Day commemorates the first definition of a cocktail, published on **May 13th**

If you can't make it to the UK's best bar for cocktails – Bramble in Edinburgh – mix yourself an Old Fashioned (sugar cube, Angostura bitters, bourbon, water), which came top of the latest 'World's Best Cocktails' list from Drinks International.

