

## Tips from the top



**Know where and when to blow the budget.** For a special night out, you can't beat Bibendum in London ([claudebosi.com](http://claudebosi.com); three courses from £115). The chef, Claude Bosi, is a great big charismatic Frenchman and godfather to my little son, but also a two-Michelin-starred god who cooks fantastic French cuisine.

Order the rotisserie roast chicken for two or duck jelly with caviar.

**Kent has the UK's most underrated food scene.** Start at my favourite pub, the Sportsman, in Seasalter. It serves incredible local food such as fresh slip sole cooked in seaweed butter. It also has secret cabins in its wild garden, where you can stay overnight (the sportsmanseasalter.

## Best of British food

By Tom Kerridge

Japanese tapas, Middle Eastern nibbles, crack(l)ing pub roasts... Try the TV chef's 'tastebud tour' of the UK

**I own Britain's only pub with two Michelin stars (the Hand and Flowers), so I know my Sunday roasts!** My favourite is at the Beehive in White Waltham, Berkshire, which does incredible roast pork with crackling ([thebeehivewhitealtham.com](http://thebeehivewhitealtham.com); mains about £18).

**Manchester has one of Britain's most exciting food scenes.** It's not about expensive restaurants — instead, you'll find great cooking and local bistros with a real buzz about them. I love Kala, which is in the hectic city centre, but still manages to feel like a friendly neighbourhood hangout ([kalabistro.co.uk](http://kalabistro.co.uk); mains about £23). Order the feather-blade beef with triple-cooked chips.

**In Cornwall, everyone heads for the coast, but don't miss the Tamar Valley.** It's right on the Devon-Cornwall border and absolutely stunning — completely off the tourist trail. It's great for countryside walks and stopping at pubs, such as the White Hart Inn in Chilsworthy ([whitehartchilsworthy.com](http://whitehartchilsworthy.com); mains about £12), for home-cooked faves such as ham, egg and chips.

**All of the best countryside walks end at a good pub.** One of my favourite country inns is the Compasses in Crundale, Kent ([thecompassescrundale.co.uk](http://thecompassescrundale.co.uk); mains about £20). It's got all the ingredients: open log fire, low beams and friendly staff. It serves simple food — terrines and soups — done beautifully.

**Chef's special: from top, feather-blade beef with chips at Kala, in Manchester; London's Bibendum for top-notch French cuisine; vegetable crudités at Nopi, in London**

[co.uk](http://co.uk); mains about £22; doubles from £160, room only). The next day, go to nearby Whitstable for zingy oysters in the lovely little fishing port.

**The best restaurants aren't always in the most beautiful places.** Sat Bains's place in Nottingham is next to a flyover, but it's one of the best restaurants in Europe ([restaurantsatbains.com](http://restaurantsatbains.com); seven courses £105). Order game if it's in season — his takes on partridge, pheasant and venison are exceptional.

**Trying to eat healthily? Asian restaurants make it easy.** I like Dinings in Marylebone for classic, tasty Japanese food ([dinings.co.uk](http://dinings.co.uk); tapas about £20). If you want something more robust, try Ottolenghi's restaurant, Nopi, for Middle Eastern food made with pulses, vegetables and tahini ([ottolenghi.co.uk](http://ottolenghi.co.uk); mains about £26).

Tom's book *Lose Weight & Get Fit* is out now (Bloomsbury Absolute, £22). ■

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