

# ABSOLUTELY

*South East*

JANUARY 2020 / £3.95

*January*  
**BLUES**

*Embrace Pantone's  
colour of the year*

*Health  
and Beauty*

**SPECIAL**

*Health, beauty, fitness  
and wellness for the  
new year*

**TRAVEL**  
*plans*

*2020's best  
destinations*

*Jazz*  
**AGE**

**WELCOME TO THE NEW DECADE**

**STYLISH / INTELLIGENT / ELEGANT**



# WHAT TO DRINK

## GRAPE news

Wine recommendations for the month

By BERRY BROS. & RUDD



**2018 Wisperwind**  
Lorcher, Riesling, Eva Fricke, Rheingau (11.5%)  
• £25.95

A delightfully refreshing wine created from organically-grown grapes, winemaker Eva Fricke has created an adaptable white which is at home with food but also makes a thirst-quenching aperitif. It has notes of lemon blossom, apple and peach.



**2018 Craven, Clarette**  
Blanche, Stellenbosch, South Africa (11.5%)  
• £18.50

This wine has almond and stone-fruit aromas, while the palate is delicately scented with salty, mineral notes. Fresh and light but complex and with impressive staying power, the wine is part skin fermented, contributing to its orangey hue.



**2018 Prosecco**  
Conegliano, Le Rive di Oglino, Italy (11.5%)  
• £13.95

This is made in the best vineyard in the Valdobbiadene region of Prosecco. Here the soil is formed from remnants of an ancient glacial flow and is full of minerals. The result is a bright, fresh and elegant wine.

### BERRY BROS. & RUDD

Berry Bros. & Rudd is Britain's oldest wine and spirit merchant, having traded from the same shop since 1698. Today the company also has offices in Japan, Singapore and Hong Kong a Wine School and an exclusive fine wine and dining venue in St James's.  
[bbr.com](http://bbr.com)

# TASTING NOTES

London's food news and most exciting openings this January

By **ABBIE SCHOFIELD**



## Mexican eye

WAHACA

Wahaca has opened two experiential dining pods on the Southbank, allowing guests to experience Mexican street food with a view of the Thames. The feasting menu includes starters such as duck croquetas with smoky hibiscus and chipotle salsa, and mains like buttermilk chicken tacos with pink pickled onions and spiced mayo.

Southbank Centre, SE1;  
[wahaca.co.uk/mexican-eye](http://wahaca.co.uk/mexican-eye)



## Bunny business

400 RABBITS AT THE LIDO

South London's 400 Rabbits has added to its sites in Crystal Palace, Nunhead and West Norwood with a new concept restaurant at Brockwell Lido. Situated in its Grade II listed, art-deco café, 400 Rabbits will be open for brunch from 8am-3pm serving plates such as green shakshuka and sourdough bread alongside craft beers.

Dulwich Road, London SE24;  
[400rabbits.co.uk](http://400rabbits.co.uk)



## Food journey

BRINDISA KITCHEN

Brindisa Kitchen has opened in the heart of Borough Market Kitchen, the market's new communal dining space. The menu mimics the ancient Spanish pilgrimage 'La Ruta de la Plata', a journey that traders and travellers made from Andalucía in the south to the northern Asturian coastline, with food focusing on produce from rivers, inland and woodland.

Borough Market Kitchen, SE1;  
[brindisakitchens.com](http://brindisakitchens.com)

## VEGANUARY

Our picks for meat-free meals this month



FARMACY

Notting Hill favourite Farmacy has been the go-to for healthy, plant-based food since its opening in 2016. From vegan brunch and dinner to sugar-free cocktails and CBD, all of Farmacy's ingredients are seasonal, farm-grown or sourced from local and sustainable suppliers.  
74-76 Westbourne Grove, W2;  
[farmacylondon.com](http://farmacylondon.com)



CRUDO

Crudo is London's first causal cevicheria serving fresh, raw bowls full of vibrant Latin American flavours to eat-in or takeaway. Whilst ceviche is usually seafood based, Crudo's signature vegan bowl contains chickpeas, rocoto, quinoa, sweet potato and crispy onion.  
35 Riding House Street, W1W;  
[eatercrudo.com](http://eatercrudo.com)



AVOVAR

The new winter menu at Avobar is bursting with delicious vegan options that celebrate the avocado, with a mixture of small and sharing plates such as beetroot carpaccio, vegan tacos, and matcha pancakes. Open for dining all day, Avobar is one to try this Veganuary.  
23-24 Henrietta Street, WC2E;  
[avobar.co.uk](http://avobar.co.uk)

## FOOD & DRINK NOTES



## PUB LIFE

HAKATA

A new izakaya-style eatery has landed in Bermondsey, bringing the best of informal Japanese dining to southeast London. Named after a neighbourhood in the city of Fukuoka,

Hakata's basement bar serves Japanese pub-grub in delicious style.  
177 Bermondsey Street, SE1;  
[hakata.co.uk](http://hakata.co.uk)



## FOOD TALKS

HONEY & CO.

Sarit Packer and Itamar Srulovich, founders of Honey & Co., are launching the latest podcast in their series 'The Food Talks.' 'Who Run the World?' will put the spotlight on successful women in the culinary world from writer and cultural anthropologist Claudia Roden to Indian chef Romy Gill MBE.

New weekly episodes from 17 January; [honeyandco.co.uk](http://honeyandco.co.uk)