

With summer here and restrictions easing, it's time to make the most of the weather and get together with friends and family. Lucy and Elly from the Old Garage Nansledan have provided their top picks to enjoy this Summer and the perfect pairings to accompany our latest recipes. So get cooking, grab a bottle and enjoy the sunshine!

Monkfish Soulvaki

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Hearty, herby, and delicious this dish requires something with that will appeal to its multifaceted flavours and textures.



Our first choice would be the Schlosser Kelten Wein Sandberg Gruner Veltliner, Austria, £17, this wine from Austria is grassy, with soft notes of citrus and an amazing texture, this will complement the food on many levels.



The next wine would be a lighter red perhaps lightly chilled, Caseretti, La Nogara, Bardolino Classico, Veneto, Italy, £14.5, a wine from nr Lake Garda in Italy this wine is fresh and will be a great partner if you fancy some red with your spice.

Sweet Potato and Spinach Curry

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This dish calls out for something that won't accentuate the heat but will complement the mild sweetness of the potato.



The Ventenac, Coup de Chance' is a mega blend of Colombard, Chenin, Gros Manseng grapes from the Pays D'Oc in France, £15. It has a beautiful peachy tone to it, soft and elegant.



The other wine which would be a lovely match would be the Camel Valley, Pinot Noir rose, Bodmin Cornwall, £15 strawberry scented, dry but refreshing, this wine will sit fantastically with this dish.

Summer drink picks

Nothing says summer more than seafood and beach days, a perfect accompaniment to these days is a Vinho Verde from Portugal, these wines can be cheap and cheerful but its worth paying a little more for something extra special as these wines can really shine. Away from the lightly spritzzy and into a mineraly, green apple, saline splendor our Quinta De Azevedo, Reserva, Vinho Verde, £12, is a summer delight. If you are like me and are a "whatever the weather" red drinker, a wine which I think is an over achiever in the best sense is our Olé, Rosso di Valtellina, Italy £21, made from Nebbiolo a grape that can reach some serious wine heights, this wine is fun and a perfect BBQ accompaniment but is ready for pretty much anything.



Try something a little different



Something slightly different is our Citrus Tonic Essence that we have from South Africa called Symmetry which is alcohol free. What's great about this is you can simply add ice and sparkling water and a slice and you have a great alcohol free drink. Or you can add it to white spirits such as Gin and Vodka, add a dash with some sparkling water and you have a beautiful and interesting drink, full of citrus splendour, perfect for summer evenings and days for that matter. £17