

DINING DIRECTORY

CONWY

FISH TRAM CHIPS, LLANDUDNO

Sea fish Quality award 2007. Traditional Fish and Chips Take Away and Licensed cafe. Closed Sun tea and all day Monday, Open Tues - Sat for lunches and tea. Tel:(01492) 872673 (opposite tram station)

FIFTY 5 DINER, LLANDDULAS, CONWY, LL22 8HH – J23 A55

A variety of meals, snacks, desserts and beverages. Friendly, fast service. Ample parking and easily accessible toilets. Open daily 8am-9pm. Call 01492 514151.

OCEANS FISH BAR CRAIG Y DON

Newly opened behind the County Hotel. Traditional freshly cooked fish and chips, run by local people for local people. Daily Specials include Roast Dinners and Homemade pies. Open Tues- Sat 11.30am - 2pm & 5pm - 10pm, Sun 4pm - 10pm. Telephone Orders Welcome: 01492 860455 or www.oceansfishbar.co.uk

GWYNEDD

BISTRO MOELWYN, HIGH STREET, BLAENAU FFESTINIOG

We promise you a warm welcome and views of the Moelwyn mountains. Local, fresh produce provides the basis of our healthy lunch and tempting evening menus. To reserve a table or book a private party call 01766 832358. Visit www.bistromoelwyn.co.uk for more details

TYN LLAN HARP, LLANDWROG, CAERNARFON

Meals served noon-9pm daily, including Sunday lunch. Warm and friendly atmosphere, children welcome. Under new management. Late bar Friday and Saturday with bar meals and separate restaurant. Call 01286 831071.

THE ROYAL SPORTSMAN HOTEL, PORTHMADOG

Traditional favourites and modern European menus cooked to order, using fresh local Welsh ingredients. Open daily noon-2.30pm and 6pm-9pm. Call 01766 512015 or visit www.royalsportsman.co.uk

HERBS RESTAURANT, 162 HIGH STREET, BANGOR

Organic, locally sourced fair trade ingredients whenever possible. Come and join us for our themed weekend evenings. Open 10am-3pm Mon-Thu, 10am-9pm Fri and Sat. Closed Sundays. Call 01248 351249 for details.

MEIFOD COUNTRY HOUSE, BONTNEWYDD, CAERNARFON

A variety of meals served noon-9.30pm Mon to Sat. Sunday lunch served noon-9pm. Children welcome. Call 01286 673351.

Y BEUNO, CLYNNOG FAWR

Cinio dydd Sul noon-3pm. Bwyd da, golygfeydd bendigedig, croeso cynnes. Sunday roast noon-3pm. Good food, fantastic views, warm welcome. Call 01286 660785 to book.

ANGLESEY

HARBOURFRONT BISTRO – MARITIME MUSEUM

Newry Beach, Holyhead. Lunch Tue-Sat noon-2.30pm; Sunday 12.15-3.30pm. Three course lunch menu. Closed Mondays. Dinner Thur-Sat from 6pm. Reviewed by Daily Post 2006 as "absolutely top notch". Call 01407 763433.

GET IN OUR DINING DIRECTORY

Call 01492 574419 and be in it next week

How to cook up an Indian feast

By SARAH BATLEY

MILLIONS of Indians will celebrate their country's harvest festival this week and amid all the vibrant celebrations and traditions, food will naturally be one of the event's highlights.

For Sunita Katoch, owner of Jaya Restaurant in Llandudno, this will mean sharing a meal of sarson da saag, a dish of spinach and mustard leaves, and a pan fried corn flour bread accompaniment called makki ki roti, with her husband Bobby and their daughter Jaya.

Hailing from the Punjab region of India, Sunita and her family will be celebrating Lohri. In other areas of the country the harvest festival has different names and is celebrated with varying customs and an array of region-specific dishes.

The sheer diversity of authentic Indian food may be lost on those of us more familiar with the Bangladeshi take on the cuisine, offered by the majority of Indian restaurants in the UK. Yet Sunita and restaurateurs like her take enormous pride in offering true Indian dishes and creating new ones using fresh, traditional ingredients, and of course that special helping of flair.

Cooking is in Sunita's blood. Other family members own and run two catering businesses and three London restaurants, where diners have included Prince Charles and Gordon Ramsay.

Keen to uphold the family's high standards, Sunita introduced an a la carte menu to Jaya Restaurant this year.

You'll find fried vegetables in garlic and chilli, meats and fish in masala sauces, clay oven-cooked breads, and for dessert dumplings in sweet syrup, or caramelised carrot



Sunita Katoch making Makki Ki Roti at Jaya at 36 Church View Llandudno Picture: HADYN IBALL

with melting vanilla ice cream.

The staple foods of North India including the Punjab region are lentils, vegetables and roti, so it's no surprise these feature at Jaya.

Almost half the menu is vegetarian. Whether you like your meat and fish, or prefer a diet without, it's the spices that help make Indian dishes unmistakable.

"The basic blend of ground spices in Indian food is called garam masala," Sunita said. "It has intense flavours but it's not hot like chilli peppers, which is why it works so

well with other fresh ingredients.

"You can buy it from supermarkets, but like all our dishes we make it fresh using black cardamom, cloves, black peppercorns, cinnamon, cumin and coriander seeds. The secret is using the right quantities of each!"

But for tomorrow's Lohri festival, it will be more traditional Indian cuisine for Sunita and her family.

● To create your own sarson da saag Lohri dish, cook sarson leaves and spinach, then puree with a blender. Pan fry chopped garlic and

onion, crushed ginger and cumin seeds in butter and oil. Add this to the pureed sarson and cook for 15 minutes before adding a slurry of makki flour and cook for a few minutes more.

For makki ki roti, add warm water and salt if needed to makki flour and knead into dough before carefully patting into small round roti. Cook on a hot griddle and serve with the sarson da saag.

To complete the Lohri custom, throw popcorn or puffed rice into a fire, and make a wish!

Win tickets to Battle of the Dragon

WE'VE two tickets up for grabs for the Welsh National Culinary Team lunch at the Battle for the Dragon contest at Coleg Llandrillo Cymru on February 17.

The team take on Celtic rivals from Ireland and Scotland at the Welsh International Culinary Championships, which are open to the public, free, at Coleg Llandrillo Cymru from February 16-18.

Ireland will open the contest on February 16 by cooking Welsh Pork in their main course, Wales follow on Wednesday with Welsh Lamb and Scotland complete the contest on Thursday with Welsh Beef.

The Restaurant of Nations hot kitchen contest gives each competing nation three hours to produce a three-course meal for 90 people.

You can dine out with the chefs – tickets for the dinners cost £27.50, including a Villeroy and Boch mug. Tickets from Jane Cater at j.cater@llandrillo.ac.uk or 01492 542305. For contest details see www.welshculinaryassociation.com.

The Championships are organised by the Welsh Culinary Association and sponsored by the Welsh Assembly Government and Hybu Cig Cymru/ Meat Promotion Wales. Previous winners of the Dragon Trophy are Germany, Wales, Sweden

and New Zealand.

Also at the championships four chefs will put their culinary skills to the test in the National Chef of Wales final. The finalists were selected at regional heats at Coleg Ystrad Mynach and Deeside College.

● For your chance to win a Battle of Dragon ticket, just answer **What will the Irish team cook in their main course at the Battle for the Dragon contest?**

Answers on a postcard please with your name, address and day-time phone number by Jan 17 to Sarah Batley, Dragons competition, Daily Post, Vale Road, Llandudno Junction, Conwy, LL31 9ZD.

TOP CHEFS

Look out for our guide to North Wales' top chefs, with your chance to vote for the best in the region. For details or to advertise in this special supplement on January 28, contact Sean Martins on 07776 492495