

# magazine

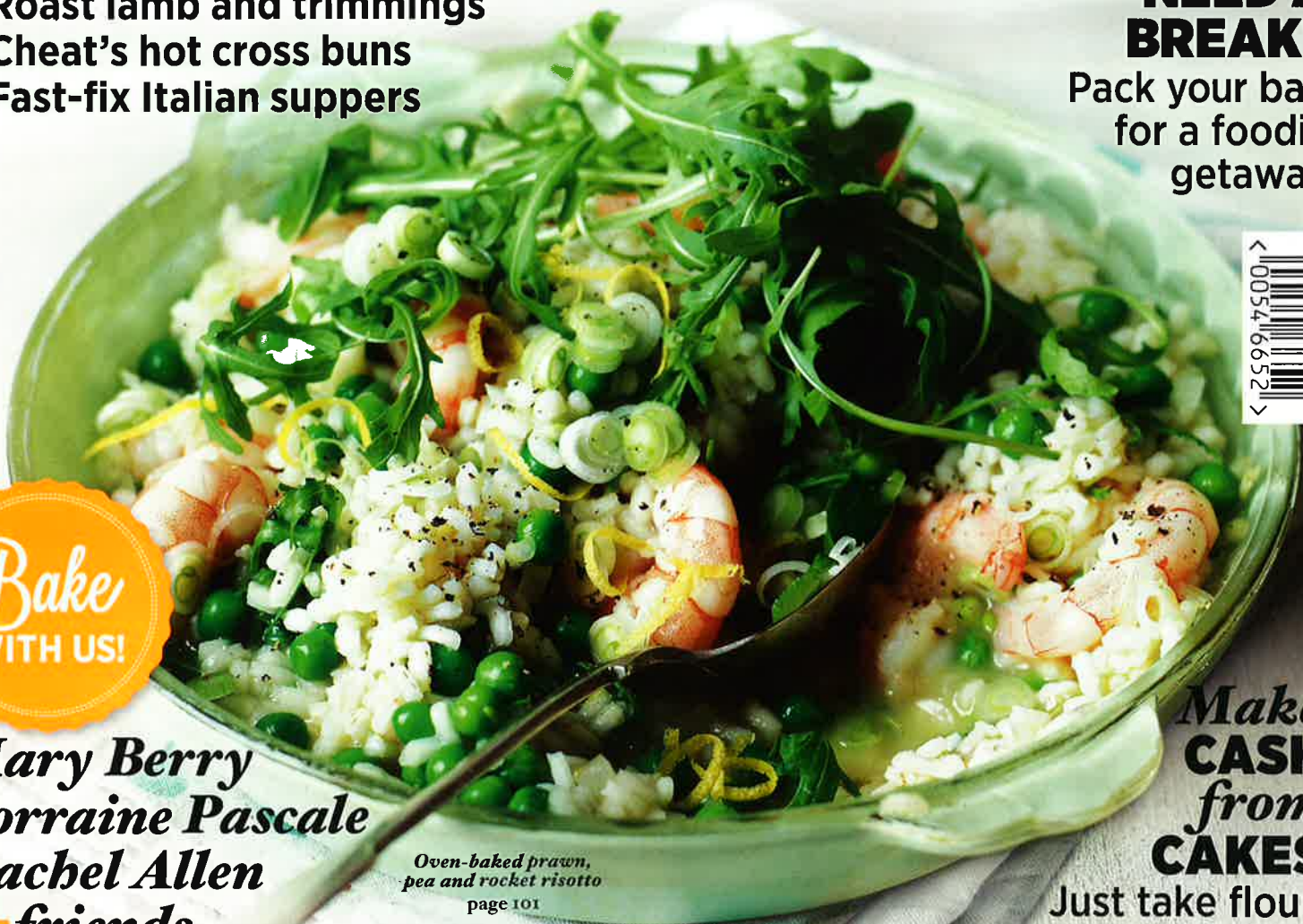
APRIL 2013

ONLY  
**£1.60**

## Ever-so-easy Easter

- Roast lamb and trimmings
- Cheat's hot cross buns
- Fast-fix Italian suppers

**NEED A BREAK?**  
Pack your bag for a foodie getaway



*Bake*  
WITH US!

Mary Berry  
Lorraine Pascale  
Rachel Allen  
+ friends

Oven-baked prawn, pea and rocket risotto  
page 101

Make **CASH** from **CAKES**

Just take flour, eggs, sugar and our useful tips...

*This month we're...*



**Cooking**  
Curry with the Hairy Bikers



**Wearing**  
The fab-over-everything £25 jacket



**Munching**  
Jo Wheatley's cut-above cookies



## For sea-loving adventurers *The Isles of Scilly*

by Rosie Birkett

In a place as rich in natural beauty as the Isles of Scilly, it's hard not to unleash your *Famous Five* inner child, eager to explore the hidden coves and white-sand beaches of these extraordinary islands off Cornwall. 'I used to come on holiday each summer, and one year I forgot to go back,' our cab driver told us. There are five inhabited islands and countless smaller ones, each with its own character – from preened, picturesque Tresco to the wilderness of Samson – and boat trips between them are easily arranged ([scillyboating.co.uk](http://scillyboating.co.uk)).

**Stay and eat** Family-friendly **HELL BAY** is the only hotel on Bryher; it has a heated outdoor pool and big sea-view rooms. The restaurant has three AA Rosettes and is a favourite among the foodie crowd, serving locally sourced seasonally led dishes. Wild food breaks led by self-taught forager Rachel Lambert ([wildwalks-southwest.co.uk](http://wildwalks-southwest.co.uk)) let you get hands on with your food, picking plentiful indigenous ingredients such as sea spinach and scurvy grass, which are made into a gourmet tasting menu by the chef. We enjoyed wilted hogweed shoots, sea sandwort hollandaise and poached Bryher duck egg (01720 422947; [hellbay.co.uk](http://hellbay.co.uk); doubles from £135). A three-night **WILD FOOD FORAGING** package at Hell Bay costs £695 per person, including suite accommodation, return travel from Penzance, dinner, bed and breakfast, wild food walks, entry to Tresco Abbey Garden and boat excursions. The next dates are 17-20 April and 20-23 September 2013 (01720 422947; [hellbay.co.uk](http://hellbay.co.uk)).

Shroud yourself in the romance of Scillies history at the luxurious **STAR CASTLE HOTEL** on St Mary's. Built in the 16th century to ward off threats of invasion, the castle has a glass-roofed



swimming pool, gorgeous sea views and serves excellent Cornish cream teas. Hotelier Robert Francis catches lobsters and crabs for the hotel's two restaurants – the seafood-focused **CONSERVATORY** and the **CASTLE** restaurant, where game and local meats are beautifully cooked in hearty dishes. I opted for tender, flavourful roast pork with crackling, dauphinoise potatoes and apple sauce and was impressed by Robert's carefully selected, well-priced wine list. When he's not out fishing, he's developing the island's first vineyard – with an ambition to produce Pinot Noir and Chardonnay (01720 422317; [star-castle.co.uk](http://star-castle.co.uk); doubles from £96).

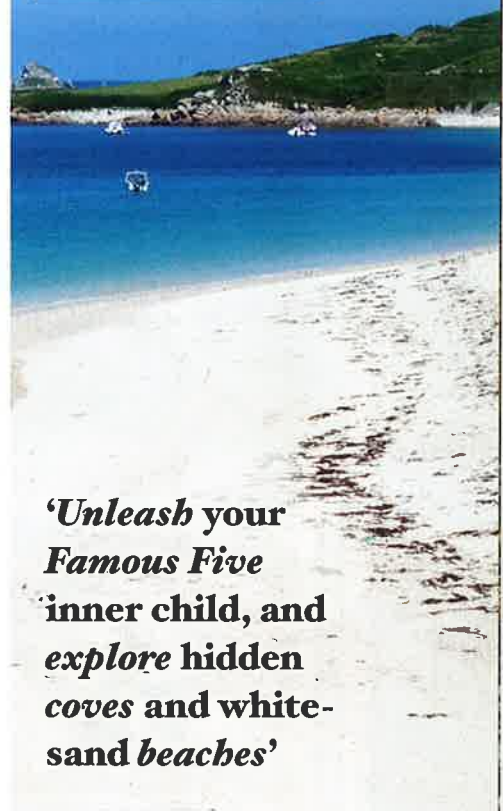
**Out and about** Shipwreck-, bird-, seal- and puffin-spotting **BOAT TRIPS AND SEA SAFARIS** (0720 422732; [islandseasafaris.co.uk](http://islandseasafaris.co.uk)) around the islands are run by Mark and Susie Groves from St Mary's. There's a host of walking routes on the different islands, and a horse-riding school on St Mary's (01720 423855; [horsesonscilly.co.uk](http://horsesonscilly.co.uk)). Hire bikes on Tresco and St Mary's, and there's nothing nicer than a stroll down the long, often-empty white sands picking up shells as you go.

**Don't miss** Exploring **TRESCO ABBEY GARDEN**. With its abundance of exotic plants that thrive in the Scillies microclimate, it's hard to believe you're in the UK (01720 422849; [tresco.co.uk/what-to-do/abbey-garden](http://tresco.co.uk/what-to-do/abbey-garden)).

**TRESCO STORES** is the place to grab a copy of *The Tresco Times* and stock up on local specialities such as yarg, the Cornish cheese rolled in nettles, and 'island chocolate', flavoured with aniseed and lavender (01720 422806; [tresco.co.uk](http://tresco.co.uk)).

**Getting there** Catch a train from London Paddington to Newquay; **THE SLEEPER** runs weeknights (0845 700 0125; [firstgreatwestern.co.uk](http://firstgreatwestern.co.uk)). You can fly by **SKYBUS** to St Mary's from Exeter, Newquay or Land's End with Isles of Scilly Travel; adult return from £100 (0845 710 5555; [ios-travel.co.uk](http://ios-travel.co.uk)). ▶

Background: the beach near the Abbey Garden; above: Tresco seen from the air



**'Unleash your Famous Five inner child, and explore hidden coves and white-sand beaches'**



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