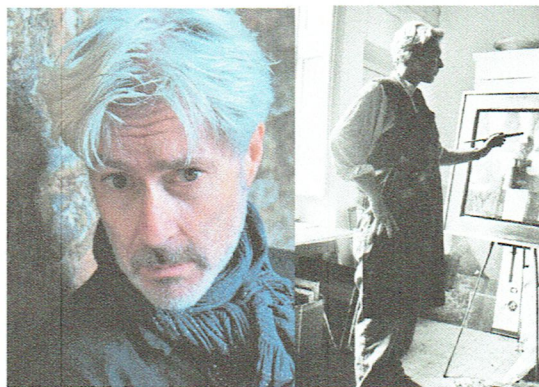


Food Diary



ART OF EATING

Local painter (and fervent foodie)
WILLIAM BALTHAZAR ROSE shares
his eclectic food diary

WE AT CRUMBS love it when we find others who share our broad-ranging culinary enthusiasm, so were intrigued when we recently came across the work of William Balthazar Rose. This Wells-based painter has a real fascination with cooks, and it would seem that the feeling is mutual; a number of his pieces now hang in the home of the well-known two-Michelin-starred chef, Michel Roux Junior.

Worldly William lived and painted in Tuscany, San Francisco and the Dordogne in France before moving to Wells, so has a range of foodie influences and an eclectic diet.

If you fancy seeing some of William's work for yourself, why not head down to Sherborne Garden in Litton, Somerset, where he is artist-in-residence?

* www.william-balthazar-rose.com

MONDAY

Breakfast: This morning we woke up to a distinct autumnal chill. I like to work and eat in accordance with the seasons, so my wife and I made a warm porridge with oats, almonds and cranberries, seasoned with cardamom.

Dinner: Tonight we enjoyed eating riverside at The Bathwick Boatman, which is owned by chef Ben Hall, who trained in Italy.

TUESDAY

Breakfast: I realise that I have been following an altered eating schedule over the past

three months while preparing for my exhibition in Burford; I've been having a hearty breakfast, and then skipping lunch as I don't want to break my stride or suffer post-meal lethargy. So I filled up this morning on scrambled eggs cooked with Edam cheese and fresh parsley, served on top of toasted muffins.

Dinner: Tonight my wife and I made a salad from the vegetables we have growing in our patio garden: cucumber grown on a trellis near the front door, window-box baby lettuces, a pole variety of French filet beans covering

an espalier, and grape tomatoes grown in a hanging pot. We find ourselves taking smaller, slower bites when we have a miniature harvest of homegrown vegetables!

WEDNESDAY

Breakfast: I took my sons to Bristol Zoo to see animals from around the world – and had a culinary trip around the globe, too. For lunch we were invited to my Colombian artist friend R.E. Bucelli's studio to see her new paintings and enjoyed Latin American food. **Dinner:** Over to Clifton to eat Japanese food at Noa – we shared assorted sushi, miso soup and tempura.

THURSDAY

Breakfast: Green tea with marmalade, on sourdough toast, which my wife and mother make batches of together, with daringly coarse Seville orange peel, using my great grandmother's recipe. **Lunch:** Today we hosted a tea for my friends. My wife made a lemon poppy seed cake topped with a lemon glaze and slivered almonds. We also enjoyed the Italian contucci biscotti she baked with pistachios and cranberries. **Dinner:** I relish my time in the kitchen a great deal; tonight we slow-cooked an aromatic boeuf bourguignon, which we eat in the autumn and winter.

FRIDAY

Breakfast: This morning we ate muffins topped with scrambled eggs and Edam. **Dinner:** My wife and I made melanzane parmigiana with lasagne sheets and three different cheeses. We used the veg I picked up at the last outdoor market, which is held in Wells every Wednesday and Saturday.

SATURDAY

Breakfast: One of the benefits of having an American wife is her large repertoire of hot breakfasts – from French toast, waffles, and corn-beef

hash to Denver omelettes. This morning my two little boys invaded the bedroom far too early for me, but my wife made amends by making banana and blueberry pancakes, American bacon and some Fairtrade coffee with frothed milk.

Lunch: Today I was in Bath to frame some paintings at the Meltone Gallery, and purchase art supplies. I stopped for noodles at Gong Fu in Kingsmead Square. It feels authentic and allows one a real variety of dishes, all very similar to the humble eateries I found in China.

Dinner: Dinner at The Acorn with friends in Bath, who are vegetarian. I ordered the tagine with chickpeas.

SUNDAY

Breakfast: Grilled pork and apple sausage accompanied by eggs, scrambled with Brie and herbes de Provence. We toasted wholewheat muffins with the raspberry jam that my wife preserved from local Cheddar-grown fruit.

Lunch: Today we meet up with my parents, who are both painters themselves and live in Bath. We took them for a

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Sunday drive in the country and ended up at The Globe, where my octogenarian parents like the traditional menu with Sunday roasts. **Dinner:** We have a simple meal of French onion soup, which is a surprisingly easy dish to prepare, inexpensive and healthy. My wife has baked a delectable apple tart. Our family tradition has been to bake with heirloom organic apple varieties planted by my grandfather at the family's country cottage in the Mendip Hills, near Chew Magna Lake.