

# Time for a go-slow

**F**ORGET fast food and take it slow this week, as **Slow Food Liverpool** encourages us to spend time in the kitchen enjoying the art of cookery during Slow Food week, which runs until Saturday.

"Buy a whole chicken and use every bit, including the carcass to make stock. Take advantage of the lovely summer fruits to make ice creams and jams for the store cupboard or just support a local business by eating out – there are fantastic Slow Food Week offers to be had," says organiser Trine Hughes.

To help you slow it down, Slow Food Liverpool has landed special deals at the following places:

**Retailers: Clarkes Butchers**, 136 Allerton Road, 0151-734 5887 are offering a 10% discount; **Adams Apple Ltd**, 132 Allerton Road, 0151 733 6333 are offering a 10% discount; **Deli Fonseca**, Stanley Street or Brunswick Dock [www.delifonseca.co.uk](http://www.delifonseca.co.uk) – 20% discount off all NorthWest Counter products; **Liverpool Cheese Company**, Woolton Road, 0151428 3942, [www.liverpoolcheesecompany.co.uk](http://www.liverpoolcheesecompany.co.uk) – Get £5 off when you spend £20 or £10 when you spend £40.

**Restaurants: Side Door, Hope Street**, 0151 707 7888, [www.thesidedoor.co.uk](http://www.thesidedoor.co.uk), is offering a free starter or dessert with a main meal, Monday to Friday; **Host**, Hope Street, 0151 707 5831 [www.ho-st.co.uk](http://www.ho-st.co.uk) has the Host Most Slow offer – a



**Trine Hughes, of Slow Food Liverpool – wants us to take it slow**

Picture: PAUL HEAPS

selected main course with a glass of house wine or selected beer for £8; 60 Hope Street, 0151 707 6060 [www.60hopestreet.com](http://www.60hopestreet.com) has a Best of British Menu with Slow Food dishes, £15 for two courses or £20 for three, including a glass of wine; **The Quarter**, 0151 707 1965, [www.thequarteruk.com](http://www.thequarteruk.com), will offer a selection of Slow Food specials available through the week; **The London Carriage Works**, Hope Street, 0151-705 2222 [www.thelondoncarriageworks.co.uk](http://www.thelondoncarriageworks.co.uk) is providing a free glass of Prosecco during lunch Monday to Saturday and with the *prix-fixe* menu before 6.30pm; **Lunya**, 18 College Lane, [www.lunya.co.uk](http://www.lunya.co.uk), 0151-706 9770 is offering 20% discount on their main

menu tapas dishes excluding Saturday (not combinable with any other offers); **Deli Fonseca Stanley Street or Brunswick Dock**

[www.delifonseca.co.uk](http://www.delifonseca.co.uk) – a digestif of sloe brandy/ whisky/ gin or vodka with every two-course meal.

■ OFFERS only valid during Slow Food Week – see individual participants for details. Mention "Slow Food Week" when booking.

■ THERE'S also a Slow Food Week competition – simply fill out the Slow Food Week form with your best "Slow" idea or recipe, and you could win dinner, bed & breakfast for two at the London Carriage Works. Forms will be available in all shops and restaurants.

**Jade Wright**