



Small Plates

11am: 21st October 2023

GURDEEP LOYAL, KARAN GOKANI, CHANTELE NICHOLSON, TIM HAYWARD

Gurdeep Loyal, Karan Gokani, Chantelle Nicholson and Tim Hayward join Clare to discuss childhood and food, and why our early years are so important.

For years chefs have been obsessed with the role childhood plays in our experience of food, seeking to harness old memories, unlock old feelings and inspire new ones via riffs on childhood favourites.

Gurdeep Loyal is the author of *Mother Tongue*, a culinary homage to his British-Indian heritage; Karan Gokani is the creative genius behind Sri Lankan favourite, Hoppers; New Zealand-born Chantelle Nicholson is the woman behind the regeneratively-run restaurant Apricity, the first restaurant in London to serve a tasting menu catering to kids; and Tim Hayward is a writer, broadcaster, restaurateur and unrepentant food geek. He writes a column and criticises restaurants for the *Financial Times* and his features have appeared in the *FT*, *Guardian* and *Observer Food Monthly*, amongst others.

Together, they will explore why our childhood is so formative, how chefs tap into that creatively, and what can parents and cooks learn from power to ensure their children's indelible sensory memories are as positive as possible.

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