

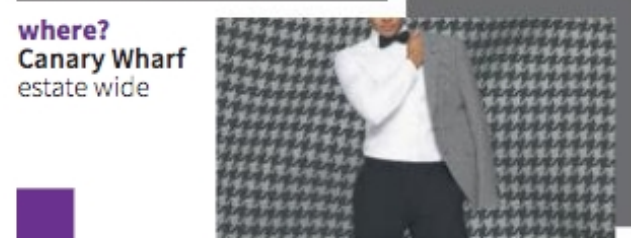


14 days later
plan your life from Nov 20-Dec 4



where?
Museum
Of London
Docklands
West India
Quay

EVENT | Victorian Santa's Grotto
It's reasonable to assume (even with Halloween a recent memory) that this is a charming event for kids rather than an exhumation of an old man.
Nov 29-Dec 23, 2pm-5pm, £10, museumoflondon.org.uk



where?
Canary Wharf
estate wide

SHOP | Winter Fashion Weekend
Get discounts of up to 30% at Canary Wharf's shopping event over Black Friday, featuring brands such as Ted Baker, The Kooples, Maje and Reiss.
Nov 29-Dec 1, daily, free to visit, canarywharf.com



where?
Boisdale Of
Canary Wharf
Cabot Place

GIG | Rebecca Ferguson
The Boisdale favourite returns to Canary Wharf for a one-off intimate evening of soul classics and original material including *Shoulder To Shoulder*.
Nov 26, 9.15pm, from £25 (no dinner), boisdale.co.uk

to do on November 20



Book into HerStories at the Museum Of London Docklands on November 9 for a symposium aimed at "disrupting the narrative on black women in London". The event runs from noon-3pm, tickets are £3
museumoflondon.org.uk

spot check one to try

Sup on an immense waffle burger at Bird in Wharf Kitchen
birdrestaurants.com



want more? @wharflifelive @ f t

fortnightly find this issue's Tiger Treasure

This little chap is bright, colourful and capable of sharpening your pencils. Quite what a desire to thrust a pointed object into the innocent nose of a cartoon bear sculpture says about its buyer is up to readers to decide. It certainly shouldn't be taken as evidence of a lust for performing similar actions on real ursine creatures and is probably nothing much to worry about
Pencil Sharpener, £4
Go to uk.flyingtiger.com



read

feast your eyes on these



10 Why PKF Littlejohn is putting people first with its office move



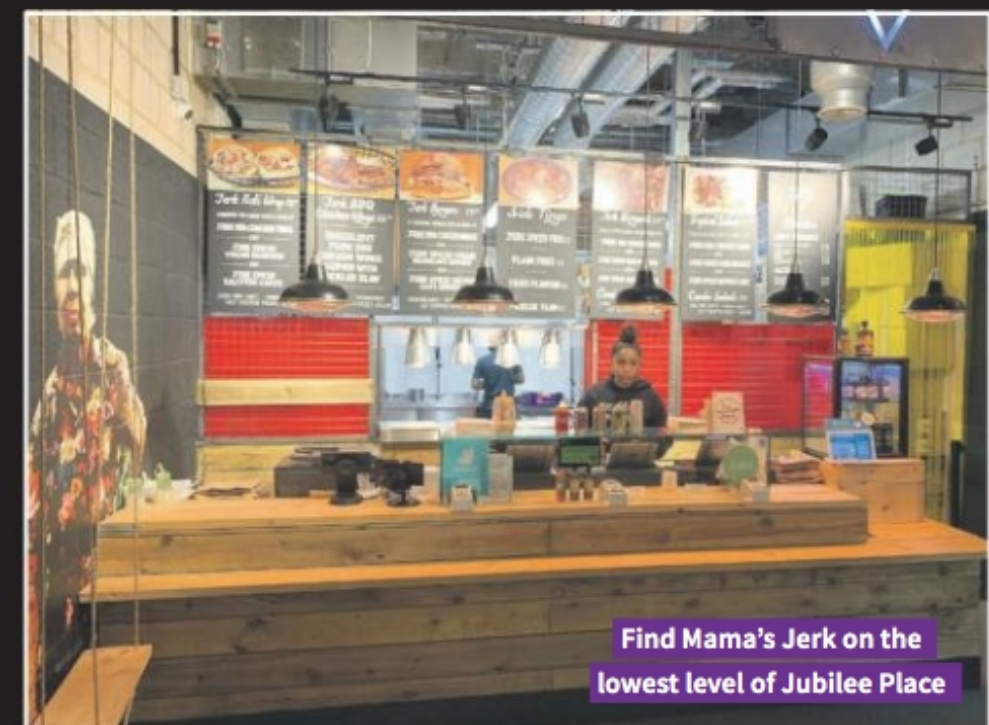
12 Ben Brabyn on giving away 1% of companies as a social good



14 Martin Gettings on the promise political will might deliver

the joy of six

Every fortnight Wharf Life covers six areas surrounding Canary Wharf to bring you the best of what's going on beyond the estate
From Page 44



Find Mama's Jerk on the lowest level of Jubilee Place

taste test

Jerk Spiced Saltfish Cakes, Mama's Jerk, Wharf Kitchen, £8.95

In a world where burgers seem to be getting bigger, stuffed with the maximum number of ingredients gravity will allow, I was expecting this offering from Mama's Jerk in Jubilee Place to be somewhat larger.

However, this compact sandwich doesn't need to show off when it is packed with this much flavour.

The street food chain's menu, based on the recipe of the owner's late Nan, boasts that it focuses on fresh, good quality ingredients



paired with Caribbean flavours, a claim borne out by this burger.

The flesh of the fish inside the bun is perfectly yielding in the mouth - tangy with a hint of salt.

The main event contrasts perfectly with the crunch of the lettuce and shredded vegetable garnish, making for a satisfying, varied bite. Pairing it with extra jerk BBQ sauce (30p) made it especially fabulous.
Go to mamasjerk.com
Mary Tadpole

get in touch we want to hear from you

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correct us need something fixed?

Our editorial team works hard to ensure all information printed in *Wharf Life* is truthful and accurate. Should you spot any errors that slip through the net or wish to raise any issues about the content of the publication, please get in touch and we will investigate.

Email info@wharf-life.com



on the radar need to know

Ok, we're really early with this one, but we're already getting excited. Canary Wharf's spectacular Winter Lights festival is set to return from January 16-25 across the estate. Free to visit, it's a bright beacon in an often cold and dark month
canarywharf.com



44 How the donation of an album solved Reginald's mystery

Vapers and fans of heated tobacco alternatives to cigarettes can look forward to the forthcoming launch of IQOS in Jubilee Place. There's no proof the latter is any better for your health, of course
uk.iqos.com

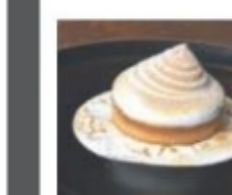


48 Meet Surrey Quays resident and chef Leon Rothera as he talks cooking for stars and creating dishes for fitness enthusiasts through his Fyte Food brand

doing the deals get more for less in and around the Wharf

gift

Spend £250 at **Winsor London** in Jubilee Place and receive a reversible hat and scarf worth £169. Available while stocks last and terms, naturally, apply
winsorlondon.com



46 Learn the recipe for Matt Colk's spiced pumpkin pie

£15

Buy you bottomless bubbles, red or white when ordering at least one main course per person before 3pm at **Humble Grape** off Cabot Square. Lasts 90mins
humblegrape.co.uk



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14 days later
plan your life from Nov 20-Dec 4



where?
The Albany
Deptford

GIG | Sonic Transmissions x Inua Ellams
Sit down for three hours of conversation, live performance and collective listening with the poet, playwright and performer plus special guests.
Nov 21, 7.30pm, £12, thealbany.org.uk

where?
The Albany
Deptford



GIG | The Spaces In Between
Expect an all-star improv session celebrating short-lived south London venue Ghost Notes and featuring Maisha, Vels Trio and Dem1ns.
Nov 22, 7.30pm, from £10, thealbany.org.uk



where?
Sands Films
Studio
Rotherhithe

GIG | Gabriela Kozyra
The London-based Brazilian singer (not to mention her Polish heritage) delivers a performance of Samba, Valsa, Choro and Marcha Rancho.
Nov 27, 7.15pm, £14, tunedin.london

to do on November 20



Sit right down in The Albany and listen to vocalist **Randolph Matthews** and his ensemble present *Tull In B Major*, a composition centred on the first British-born black army officer. Doors 7.30pm, £10 thealbany.org.uk

spot check worth a visit

Check out **Matchstick Piehouse** in Deptford for theatre, music, cabaret matchsticktheatre.com

want more? @wharflife

by Elisabeth Newfield

Tattooed chef and model Leon Rothera may look like a bona fide London hipster and spend his days cooking for famous actors. But he was actually raised by hippy parents in a remote hilltop cottage with no electricity and learned to cook on a wood burning stove.

"I used to take a candle to bed," said the 38-year-old who was raised in Northumberland but now lives in Surrey Quays. "And I was cooking omelettes for my dad in bed aged five. It's mad when you think about it now. I have always been able to cook cakes by eye and I always remember baking and just being surrounded by food."

"We lived off the land. My dad had this amazing vegetable garden and my mum made bread every day. We had goats and made our own cheese and it was all jams and preserves and butter from the local farm. Those are my earliest memories."

These days he runs two catering businesses from a kitchen in Shoreditch – both inspired by his enduring love of fresh ingredients and home-cooked meals and claims to be a "human encyclopaedia" with thousands of recipes in his archive. Honest Foods London has provided on-set sustenance for up to 300 people at a time on *The Crown*, *Fleabag*, *Broadchurch*, *The Tunnel*, *Black Mirror* and the new James Bond film – while fledgling business Fyte Food is a dietician-led meal delivery service. "All my businesses have always been health oriented," said Yoga-mad, rock climber Leon.

"Food is not about restricting yourself or crazy diets, it's about balance. This thing about no carbs before Marbs is absolute crap. "I don't even have a cheat day, I just listen to my body. Have a burger and then your body will probably tell you to have some vegetables."

In his free time, Leon, who has a tattoo of an artichoke on his inner arm inspired by the ones his dad grew, loves nothing more than heading out to explore London's culinary scene with "mini me" daughter Elise.

It was always in my mind to do something for people who want to eat certain macros or just proper balanced meals. It's a passion project

Leon Rothera, Fyte Food

"She has an incredible palette for a 12-year-old and loves oysters," he said proudly. And we're both obsessed with sushi and Asian cooking.

"It's amazing to have a little buddy who shares your favourite hobby. On the weekend she just wants to go to Borough Market and taste everything."

Surrey Quays might not seem the most obvious choice for a foodie family but Leon said it was perfect for them.

"It was kind of by accident but now we love it," he said. "You think it's a no-mans-land but then realise it's a real sweet spot for getting around."

"Our favourite restaurant that we go to at least once a week – Cafe East – is five minutes from here. It is the best pho outside Vietnam and it's incredible. It's a family-run restaurant and rammed six days a week. I take all my chef and foodie friends and they are all blown away by it."

"Then there's The Mayflower, one of the oldest pubs in London and they do a pretty decent Sunday lunch and they've also opened Leadbellys in Canada Water. Then there's the Canada Water Cafe."

Incredibly, the half-French foodie, who grew up without a television, had never been to a restaurant until he went to catering college. "I had quite sparse foodie upbringing in some ways," said Leon. "We never went to restaurants when I was a child, it wasn't done because it was all about eating off the land. So much of our time was spent in the kitchen and I didn't realise until later years how fortunate I was."

Home schooled until his family moved to Newcastle when he was 11, Leon said he went through a typical teenage rebellion. "I went through a stage of thinking the way we lived was crap and moaning that everyone else got takeaways but now I realise it's why I appreciate food and sitting around a table eating and I have a love of cooking from scratch," he said. "Even now my dad lives in the middle of France and has a pizza oven in the garden and a cellar full of preserves."

"Sometimes I really miss living like that. Whenever I feel myself getting annoyed with work I feel like I want to go and live in a log cabin in the woods."

When it comes to his job, Leon said he always wanted to be a chef and was inspired in part by his great grandfather who owned a bakery in France. He's also named after him.

"I left school at 16 and went straight into a catering apprenticeship but it was a really crap college in Newcastle and everybody on

my course was doing really low level catering," said Leon. "Even though I had never eaten in restaurants with my family I knew there was something better."

"They kept putting me in placements and I kept asking to be shifted. In the end the head of year, Jean Claude a pastry chef, said: 'Right, I'll send you to this restaurant but I warn you nobody ever makes it past a month'."

"It was the Blackgate restaurant which had been open 100 years and had a really amazing history. "The head chef Douglas Jordan took me under his wing and was my mentor and then sent me off to London and that's how it started."

"He always used to say you should never compromise your standards and what you should always be in the kitchen is honest about what you cook and produce."

"So Honest Foods was born through what he told me as a young chef." But it would be another decade before Leon founded the company inspired by his mentor. He arrived at The Lanesborough in London in 1999 and, still in his teens, trained under Paul Gayler at the Conservatory restaurant, back then the highest graded hotel restaurant in Europe.

"That was a really amazing opportunity," he said. "We attended competitions all the time, salon culinaires where we were very successful and won awards."

"Paul was really progressive and had vegetarian cookbooks out back then in the 1990s and was on the old school *Masterchef*. It was the beginning of the whole fusion thing which was great to be part of and I learnt an incredible amount."

The next few years were a whirlwind as Leon moved to Michelin star restaurant No 1 Lombard Street working under Herbert Berger but quit after two years to launch his own business, aged 23.

"I was probably a bit stubborn and maybe I should have stayed in restaurants a bit longer," he said. "But I was really lucky because I met Joudie Kalla, who wrote *Palestine On A Plate*, and we set up a business doing dinner parties for celebrities like Bill Nighy, Ruby Wax, Harry Enfield, Tim Burton and some very wealthy Arab people in the West End. You could cook what you wanted with unlimited budget."

"By the time I was 24 someone had offered to invest and I opened a deli in Brixton. It was seasonal and became a 25-seat cafe and was very trendy. But it was a bit too soon for Brixton, it wasn't quite happening yet. It was a bit of a struggle."

Leon got his lucky break when he was offered work catering a commercial. But it wasn't all high-glamour.

23 Age Leon Rothera was when he started his own business



finding a sweet
spot

Image by Matt Grayson - find his work at graysonphotos.co.uk or @mattgrayson_photo on Insta

Chef Leon has found a pho favourite in Cafe East since moving to Surrey Quays and also enjoys The Mayflower, Leadbelly's and Canada Water Cafe

"I remember pulling up in a van in a KFC car park in a gale force, howling wind and I was trying to boil kettles," he said.

But he quickly moved into films and word of his fresh, healthy food spread through the industry. "We were quite innovative at the time," said Leon. "A lot of film catering firms were pie, mash and stodge and we had come from a very trendy, wholefood background. We had more work than we could handle."

Today his menus contain dishes like slow-roasted pork belly, lamb kofta and banana, chocolate and peanut butter cake and have been eaten by the likes of Olivia Colman, Idris Elba and Nick Frost.

Leon said: "We regularly have massive lists of special dietary requirements for actors who are bulking up or cutting weight for a role so there is a lot of chicken and brown rice. And we have to cater for people who are coeliacs or have Crohn's disease so you have to be really clued up."

He began working with dietician Bridgette Wilson and somehow found time to become a professional Thai boxer bringing the two together in Fyte Food.

"All the other boxing guys would be having their sweet potato and chicken breast every night and I used to think I should come up with something because I would be calorie counting but still having amazing stuff," said Leon. "So it was always in my mind to do something for people who want to eat certain macros or just proper balanced meals."

Leon launched Fyte Food nine months ago and sells up to 30 meals a day through Uber Eats and Deliveroo. Options include miso mung bean patty with home made kimchi and maple soy dressing and creole Ginger Pig chicken breast or Clean Bean tofu with chickpea and okra stew.

"It's a passion project at the moment," said Leon. "It's doing

really well but making money from that alone is quite a difficult business model. As it runs off the back of an existing business, it's fine."

"We are trying to move into doing office lunches and we are working on some smoothies, which will be the first truly healthy drinks of their kind on the market. "It's about building the brand at the moment and getting the product out in the right way and testing the market. It's the ideal way to build it as I'm not desperately trying to make money."

During his time off Leon loves to pass down his legacy to daughter Elise who he shares an Instagram food review account with (@dad_elise_and_food).

"I have had her eating sushi since she could walk and I always fed her things like olives, capers, and gherkins," he said. "I used to do scrambled eggs with parmesan, rocket, olives and some marinated artichokes. She always ate what I ate."

Her favourite place to eat is Roka in Canary Wharf while he rates Barrafin in Soho, St John Bread And Wine in Spitalfields, Morito on Hackney Road, My Neighbours The Dumplings in Clapton and Sushi Tetsu in Farringdon.

Of course, he still cooks at home, with his go-to healthy ingredient, broccoli, always found in his fridge but never in a saucepan.

"I'll stir-fry it, pickle it, shred it raw in salads but never boil it," said Leon. "Elise is a harsh critic – probably one of the scariest people to cook for. But if I do her raw fish and seaweed salad with sticky rice she's happy because that's her favourite thing."

"When I became a dad I was excited to do what my parents did for me – exposure to as many raw ingredients as possible and being in the kitchen. And she's an amazing cook. I'm very proud."

Go to honestfoodslondon.com or fytefood.co.uk for more information

how Surrey Quays resident **Leon Rothera** has built his businesses on the back of his hippy roots, word of mouth and a love of Thai boxing

recipe corner
Leon's stock and Asian broth

Ingredients for the stock
1 carcass of chicken
1 carrot
1 celery
1 leek
Half a brown onion
Bulb of garlic
Handful of rosemary
Handful of thyme

for Asian broth
Dash of soy sauce
320g of macaroni
Chicken (picked off the carcass)
Handful of coriander

Leon said: "Shop-bought stocks can be monotonous and boring, and before you know it, all your meals taste identical. But making your own stock is incredibly time consuming, and slow cooking a chicken for four hours doesn't fit naturally into a busy schedule."

"There is no need do either – this process can be streamlined easily and can be made from the scraps around your kitchen. This chicken stock is the base of an Asian broth recipe I learnt in Singapore, using the leftover carcass from a Sunday roast."

Method
Taking the carcass of leftover roast chicken, pick off any excess meat and place in a bowl.

Place the carcass in a saucepan on the boil with two litres of water. Roughly chop carrot, celery, and leek and add into the saucepan.

Peel and roughly chop half a brown onion and add into the saucepan. Add a peeled bulb of garlic into the saucepan, alongside a handful of rosemary and thyme. Leave to simmer for two hours.

Boil and cook the macaroni in the broth. Ladle the stock into separate bowls, adding a dash of soy sauce into each.

Add in the cooked macaroni and the excess chicken that was taken off the carcass. Season with aromatic coriander and serve.

Freeze the remainder of the stock in ice cube trays for later use.