

THE
Universal



DAILY
Register

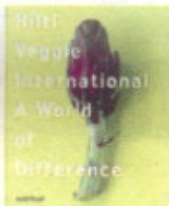


To eat ... *vegetarian food*

In a period of pop-up restaurants, few establishments especially vegetarian ones, come with more history than Hiltl, a household name in Switzerland that spans three centuries.

Hiltl's vegetarian restaurant opened in 1898 in Zurich and is Europe's oldest non-meat eating establishment. The House of Hiltl's latest cook book, *Veggie International* (Orell Füssli), celebrates the first year of its partner restaurant in London, Tibits (tibits.co.uk).

The recipes are simple and supplied by staff. Seasonal treats include Gorgonzola courgettes, carrot and plum tagine, fresh chanterelles and mango and apple chutney. The autumnal chicory and chestnut salad with fresh figs combines sliced and washed chicory leaves cut into fine strips, added to mixed salad leaves and thinly sliced quarters of cored apple tossed in lemon juice, and chestnuts cooked and softened in white wine. Serve with a balsamic and Dijon mustard dressing, ripe fig wedges and whole hazelnuts.



Nick Wyke