

*“My travels  
have taken me  
far and wide...”*

*Often so far and so wide  
that I don't quite know where  
to call home any more.*

Luckily I have a fabulous collection of memories from all over the world to show for my travels.

Most of my trips are dedicated to pursuing an elusive ingredient – that particular item that only grows at a certain time of year, in a single region, and for a very short time. I've occasionally been held up by the weather or local authorities, having to return a year later. Yet every time I manage to find what it is I'm looking for, my efforts are rewarded.

There was this one trip I took in search of the best honey on earth. One thing I learned is that there is no single best honey. Different flowers, different bees and different countries and climates produce a stunning variety of this precious liquid. Zeus himself was, according to the myth, saved from a certain death by consuming an excellent honey.

And so far and wide I headed, from the humble hillsides of Sicily, across the magnificent meadows of Britain, and to the verdant valleys of New Zealand. Every place I visited had a pleasant surprise waiting for me in the form of the purest of honeys. Apart from a

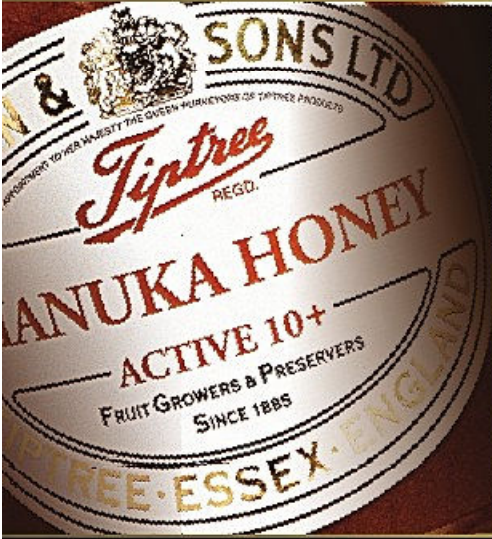
unique flavour, every honey has an almost magical power to heal the body and the soul. Weary from my travels, I was invigorated by the soothing properties of Honeysuckle honey – a rare find by all accounts.

Even more elusive was the Manuka honey, with its astounding range of healing properties. Known only to New Zealand for a number of years, I was quick to nickname this honey as 'edible gold'. Regally rich and almost smoky, English honey came as quite a surprise.

These days I never leave the house without a few jars of my favourite honey, each for its distinct properties. Luckily I don't need to travel the earth for my stock of honey any more. The Wembley Store in Valletta carries all of my favourites and every jar of honey, whether Tiptree, Cottage Delight or Sicilian Exquisiteness, is guaranteed to be pure of content and genuine of provenance. All I need to do on a winter night is take a generous spoonful of one of my favourites, close my eyes, and re-live the magical moment of when I first discovered it.



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