

# Well-known faces reveal their ultimate comfort food

Comfort food takes us somewhere safe and cosy and simple. Many of the things we eat have a unique ability to transport us – a fresh tomato salad with basil and peppery olive oil can help us re-experience, for a moment, a long-gone summer in Tuscany. Comfort food can also take us back to our childhood and remind us of exactly who we are. A photograph is good at doing that, but the way something tastes is the greatest, most comforting time machine of all.

## Goldie, musician



Growing up in a children's home, I got used to the kind of meals that work for feeding 25 to 30 kids – things like sausage and mash, bacon and eggs – but I first associated comfort with food when I'd go home at the weekends and visit the Jamaican side of the family. The smell of Jamaican cooking, be it in a home kitchen, a patty shop in Ladbroke Grove or Junior's Caribbean takeaway in Dalston is, to me, home. And home means comfort. **(1)** . The smells, the pots and pans, all the dried and fresh ingredients, the heat from the Scotch bonnet chillies catching your throat, it's all so beautiful.



## Gareth Pugh, designer



I miss a lot of the foods I can't get hold of now for geographical reasons, like my grandmother's ginger and chocolate cake, which she used to make every Saturday for the family tea. (2) . Also, 'stottie bread' (a large, round, flat bread) is nowhere to be found and I often bring a few back on the train if I've been to visit the family. Fish and chips always taste better there, too, by the sea – although I recently found a great place that serves amazing fish, chips, and mushy peas in Paris, where I spend a lot of time – and I miss my dad's lasagne. Nothing comes close.

## Cornelia Parker, artist



Something like fish soup rates high on the comfort-food list for me. A **bouillabaisse**, or a fish stew – anything wet with fish in it, really. If I see something soupy and fishy like that on a menu, I have to have it. I went to Portugal at the beginning of the summer and we went to the same



restaurant every night of the week, as you do, and I had monkfish stew four nights out of six.

(3) \_\_\_\_\_ .

## Yotam Ottolenghi, chef



Comfort food is about eating the right food in the right place at the right time. (4) \_\_\_\_\_ . In this way, any food can be comforting depending on the time and place, whether that's a can of smoked oysters for breakfast or a glass of red wine and pasta at the end of the day. But my true comfort dish, I think, would be brown rice with miso vegetables.

## Azealia Banks, singer



If we're talking guilty, comforting pleasures, mine has to be candy. Particularly Haribo gummy bears. As well as candy, I love steak. It's a guilty pleasure because red meat is so bad for you! When I was a kid, I used to really love McDonald's.

(5) \_\_\_\_\_ .