

# CASTAWAY COOK

INTERVIEW *Sarah Randell* PHOTOGRAPH *Rama Knight*

Armed with a few culinary basics, Eric Lanlard, master pâtissier, arrives on our imaginary desert island

***You can take three ingredients on your raft. What would they be?***

Eggs, heirloom tomatoes and a bag of mixed peppers.

***What would you rustle up on the island to keep hunger at bay?***

A frittata, or a tart if I'm lucky. I should be able to forage for herbs or edible seaweed to bring maximum flavour to my dish.

***You can take a piece of kitchen equipment, too. What would it be?***

A good pan to help me roast and bake.

***For inspiration or a good read, which cookery book would you take?***

*Quay: Food Inspired By Nature* by Peter Gilmore. Because it's such an innovative way of cooking, using lots of fresh, natural ingredients. He also creates wonderful desserts that are not at all pretentious.

***Which chef would you take with you to cook up a storm?***

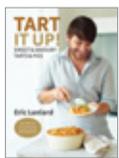
Michel Roux Jr. As well as being a Michelin-starred chef, he's also a trained pastry chef, so we'd get along well – and I love his food.

***Which of your recipes would you miss the most?***

My West Indies chocolate tart. Chocolate is one of my favourite ingredients to work with. I love the spices in this recipe.

***Who'd fly in to be your dinner date?***

Catherine Deneuve – she is the epitome of French chic and my all-time favourite idol.



*Eric is the star of Channel 4's Baking Mad. His latest book, Tart it Up!: Sweet & Savoury Tarts & Pies (Mitchell Beazley, £18.99), is out now.*

***Fancy trying Eric's cakes? Treat yourself to tea at the Jumeirah Carlton Tower, Knightsbridge, London ([jumeirah.com](http://jumeirah.com)).***



Need a few expert tips from the man himself? We filmed Eric lining a tart tin for the perfect sweet or savoury tart. To watch, follow the steps on page 5 to download and activate the Aurasma app, then scan this page.