

# Top Three

Ice cream isn't just for the heat of summer, you know: we round up three of our favourite new flavours for long autumn nights on the sofa



## HÄAGEN-DAZS IRISH WHISKEY & CHOCOLATE WAFFLE

If you aren't into indulgence, look away now. Häagen-Dazs's luxurious new winter flavours include this one: a tub of caramel ice cream with a swirl of Irish whiskey and

cream, speckled with chunks of chocolate-coated waffle. Good lord. Designed to be eaten in an oversized polo neck jumper and flannel pyjamas by a roaring fire. Doing Stoptober? Fear not – it's less than 0.5% ABV. £4.99; [haagen-dazs.co.uk](http://haagen-dazs.co.uk)



## HACKNEY GELATO CHOCOLATE & ROASTED HAZELNUT

Hackney Gelato makes slow-churned small batch gelato and sorbetto in, you guessed it, Hackney. In fact, the formula is so good that it

been awarded 22 (22!) Great Taste stars in the last three years. We were already excited, but throw in Hackney Gelato's new chocolate and roasted hazelnut ice cream, and we've cancelled our evening plans. £5.50; [hackneygelato.com](http://hackneygelato.com)



## JUDE'S CARAMEL PECAN

Jude's is Britain's first carbon-negative ice cream brand. Tick. It also makes Ice Cream for Dogs (yes, really). Tick. And then it makes this, its caramel pecan tub with freshly churned dairy ice cream, a caramel

swirl and caramelised pecans. Think nutty caramel notes and a hint of slowly browned butter. It's so good it's been awarded two Great Taste stars, and we're really not surprised, because we started drooling five minutes ago. £4; [judes.com](http://judes.com)

# The Escapist

Friends **LIVIA BOUMEESTER** and **LOUISA STEVENSON HAMILTON** on ditching the corporate life to open new restaurant West 4th



**LIVIA WAS WORKING** within the Corporate Responsibility division of a UK bank and Louisa was a business analyst for a luxury fashion company. Although we enjoyed our jobs, the urge to work abroad and experience life in a completely different environment had been calling for a while. With no destination in mind, Vancouver seemed a great option.

We took a leap of faith, handed in our notices, and travelled through Africa while waiting for our Canadian visas to come through. It was South Africa that really opened our eyes to the art and precision of winemaking and we took this with us. Once we'd moved to Vancouver, we took roles in hospitality and used the flexibility to travel and explore North America. Weekends were spent visiting British Columbia's wine region, tasting as much as we could and absorbing as much information as possible.

We travelled to as many destinations as we could fit in: Hawaii, Arizona, California, Toronto and so many more, trying to squeeze in winery visits in each.

When Covid hit, we returned to the UK with the plan to resume life as it was before our time in Canada. The restaurant concept had been brewing, though, as we saw so many elements in North America that we thought would work well in London. We'd been nervous about the enormous undertaking it would be, but the pandemic really showed us the importance of saying 'yes' to opportunities so we eventually decided to take the plunge.

A year on, we're now set to open the doors to West 4th this month and we couldn't be happier. Yes, the nerves are still there but it's paid off and the restaurant is proving to be something we're proud of. [west4thlondon.co.uk](http://west4thlondon.co.uk)