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200ml; tea, £7 for 50g,
rareteacompany.com



Good oil

Zaytoun Organic Extra Virgin Olive Oil comes with a pouch of za'atar (a herby, salty spice mix) slung on the side. It's Fairtrade, from an artisan community of Palestinian farmers; find out more about the Zaytoun story at zaytoun.org. Decant the oil and za'atar into separate little dishes, then dip hunks of bread first in the oil, then the spices. The peppery hit endures on the palate. £10.90, traidcraftshop.co.uk

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