

How to be truly greedy without appearing so

and develop gustatory stamina

It's a delicate balance of satisfying unrepentant gourmet cravings and the urge to pick, however decorously, whilst keeping face – especially among those who don't quite share your unerring gustatory passion or in situations where you judge it's, sadly, simply inappropriate to contemplate thirds. On the quiet, away from do-gooder 'I can only manage a starter' types and whilst others train for marathons, we Better Foodies work on taste-bud flexing tactics for better tackling dégustation menus, purloining the last rosemary roastie and securing extra orange blossom water-infused buffalo ricotta ice-cream with dessert.



AT HOME ALWAYS SERVE YOURSELF LAST – that way it's easier to surreptitiously slide an extra goose-fat roast Maris Piper under your pheasant. The utterly shameless might deliberately 'forget' the pork belly crackling and bring it out separately when other guests are already busily tucking in and appear to divvy it up fairly.

OF COURSE IT'S ESSENTIAL and absolutely acceptable among fellow Foodies to insist guests start straight away as no-one wants half-cold culinary pleasure.

WHEN ANGLING FOR SECONDS, even if other guests are feigning fullness, comment fulsomely on how difficult it is to find samphire these days, how clever to think of matching zander with star anise, or how wonderful it is to enjoy caramelised quince at the height of its short season. Flattery will get you a fuller stomach! Or play the Foodie fanatic: whilst complimenting the dish mutter, about not being quite sure you detect the Chinese five-spice powder/yuzu (a tiny yellow Japanese citrus fruit with a limey zing). Your host should be flattered into offering you more without you appearing to be soliciting for seconds.

WHEN AT A DINNER PARTY AND THE CHEESE APPEARS, simply engage everyone in riveting, preferably non-cheese focused conversation, and slyly make cheese in roads every time you gesticulate a point. Note, however: it's likely that other guests may adopt similar tactics with their favoured cheese.

THOUGH THE CURRENT FASHION FOR SHARING MENUS might appear the solution, beware: portions are almost invariably too stingy for truly greedy sharing.