

The Aesthete Style [+ Add to myFT](#)

What does an aesthete keep in the fridge?

Claudia Roden, Kean Etro and Tracee Ellis Ross reveal the food, drinks and condiments they cannot live without



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Shiza Shahid in the kitchen at her home in Los Angeles © Rich Stapleton

Shiza Shahid, of Our Place cookware and ex-CEO of the Malala Fund

“Oat milk for making haldi doodh [turmeric lattes], chai or smoothies in the morning; iced matcha for an afternoon pick-me-up; berries – I’ll have them in yoghurt, drinks, or on their own; and kombucha because I love the fruity, bubbly flavour as I wind down in the evening.”



Zest & Zing White Truffle Sea Salt – Kinmonth's fridge favourite – in a c1820 salt cellar. Behind is the Venetian Damask wallpaper he designed for Chelsea textiles © Tessa Traeger

Patrick Kinmonth, artist and designer

“White Truffle Sea Salt from Zest & Zing – it’s a major upgrade for a boiled egg. Also Polish dried sausages or ‘kabanos’, charcuterie from [Cornish Charcuterie](#) in Norton Barton, and salads, vegetables and edible flowers from our organic smallholding in north Devon.”



Food artist and social-media star Laila Gohar © Adrianna Glaviano



Gohar's favourite champagne, Perrier Jouet, in a vintage Christofle wine holder © Adrianna Glaviano

Laila Gohar, food artist

“In my fridge you’ll always find capers, anchovies, butter and champagne – I am 100 per cent loyal to [Perrier-Jouët](#). I especially love the Blanc de Blancs.”

Leanne Shapton, author and artist

“Bags of ice – I use so much ice. There’s also always [Ortiz](#) anchovies, smoked trout, Heinz ketchup and pickle: Branston pickle, pickled fiddlehead ferns, pickled Brussels sprouts and bread-and-butter pickle.”



Glass bottles of water in de Cotiis's fridge: "Water in plastic is a no-no" © Stefan Giffthaler

Vincenzo de Cotiis, architect and artist

“Carefully selected water in glass bottles. I like St Georges which is the purest water I’ve ever tasted. Water in plastic is a no-no: it contaminates everything, including your thoughts. And there’s usually some Dom Pérignon.”



Rufus Wainwright at his home in LA © Arianna Lago



“Like a posh velveeta”: Babybels © Arianna Lago

Rufus Wainwright, musician and composer

“Mini Babybel cheeses – they probably shouldn’t be there, they’re like a posh Velveeta. When I have my Babybel, it’s me thinking I’m fancy when I’m not. And then maple syrup – I always have to have plenty around just to prove I’m Canadian. I put it in my tea and coffee and occasionally, if I’m having a bad day, I’ll take a couple of swigs right from the bottle instead of having a glass of wine.”



White MausU peanut rayu, £8.95 © Ellius Grace

Sinéad Burke, disability activist and CEO of accessibility consultancy Tilting the Lens

“Basic items that allow me to eat without much preparation. I’m not very domesticated. I always have Parmesan, spinach, kimchi, Diet Coke. And peanut rayu made by an amazing Irish company called White MausU. It’s a nutty, spicy condiment that you can put on absolutely anything.” *White MausU peanut rayu, €36 for six jars*



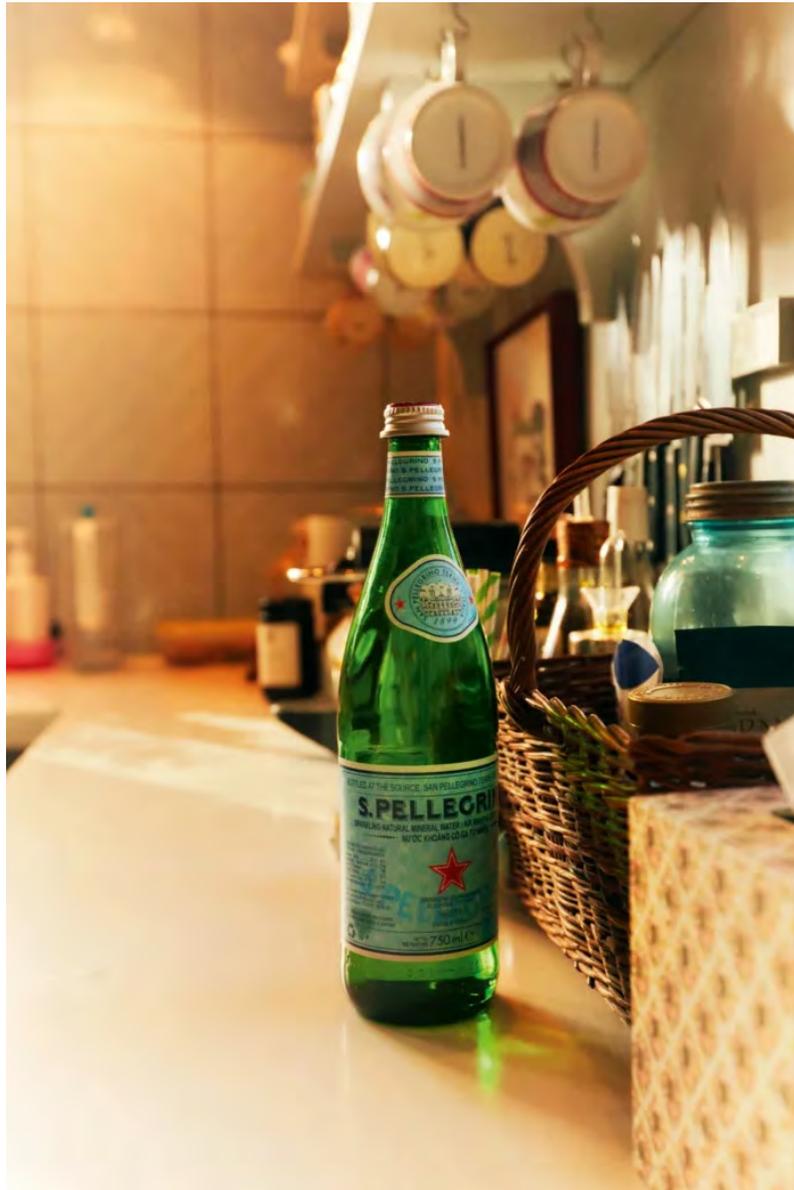
Sake and pickled plums, always found in Mouzat's fridge © Alex Crétey Systemans

Virginie Mouzat, former fashion and lifestyle editor of French *Vanity Fair*

“Fermented Japanese prunes, called ume. They are very salty, so you have to have them on a neutral base – I just eat one with white rice and it’s fabulous.”

Ken Fulk, interior designer

“Oat milk for my morning coffee and splits of [Ruinart](#) rosé champagne for guests. If you’re offered champagne, never refuse – or so the saying goes.”



San Pellegrino water, a staple of Rita Konig's fridge © Rodrigo Carmuega

Rita Konig, interior designer

“White wine, San Pellegrino, tonic water and a bar of Italian dark chocolate with almonds from [Supermarket of Dreams](#) on Holland Park Avenue. I have two fridges – one for drinks and the other for food, which tends to be feast or famine. I am envious of those American fridges that are so perfectly styled, full of glass Tupperwares with delicious things in. Mine is sadly not like that.”

Kean Etro, fashion designer

“[Delfanti](#) black garlic. I love garlic because it’s a natural antibiotic.”



Food writer Claudia Roden at home in London © Lydia Goldblatt

Claudia Roden, food writer

“I feel that I haven’t got anything if I don’t have plenty of vegetables – peppers, tomatoes, aubergines, courgettes, radishes, cucumber – as well as a few cheeses and salamis. I also have tahini, harissa and things that I make, such as boiled lemons in olive oil, tapenade and muhammara, a pepper and walnut paste. And leftovers. Whenever I have friends and family around to eat I always, always overproduce.”

T-Michael, fashion designer

“A hot chilli paste from Ghana called shito. Aubergines. Miso paste. Soy. Parmesan. Franciacorta. Pancetta. And fresh, fiery Scotch bonnets.”

Gucci Westman, make-up artist and founder of Atelier Westman

“Homemade almond milk, blueberries, avocados and probiotics from [SEED](#), [Moon Juice](#) and [The Nue Co](#) – I like to add them to my morning smoothie, which is a simple way to make sure I’m giving my body what it needs.”



Gallerist and curator Arthur de Villepin at home in Hong Kong © Amanda Kho



Tabasco is one of de Villepin’s fridge staples © Amanda Kho

Arthur de Villepin, gallerist

“Lemons - to have in hot water every morning, Dijon mustard and then pecorino, pancetta and tomatoes – the ingredients for my favourite dish, pasta all’amatriciana. I like my food spicy, so I’ll usually have a bottle of Tabasco hanging around as well.”

Jake Tapper, CNN anchor and author

“Hard-boiled eggs because they are the perfect snack food that’s also healthy.”



Tabasco is one of de Villepin's fridge staples © Amanda Kho

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“[Santa Cruz](#) organic lemonade, Président unsalted butter, Frank’s RedHot sauce, olives and a gorgeous selection of lettuces and fresh veggies. For parsley or anything like that, I cut the bottoms off and keep them in water so basically my fridge has plants in it; there are flowering things everywhere. And I’m also obsessed with vanilla hemp milk.”

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A bottle of Chardonnay is a staple in Salvagni’s fridge © Jeff Hahn

Achille Salvagni, designer and architect

“A bottle of chilled Chardonnay – I don’t mind which label, I don’t have a favourite – and avocado, which I eat every morning on a piece of toast with a drop of olive oil. That’s been my signature breakfast for almost 10 years.”



Thelma Golden's kitchen essentials include teas from Serengeti Teas & Spices © Makeda Sandford

Thelma Golden, director of The Studio Museum in Harlem

“Oatly oat milk, Trader Joe’s pineapple juice, Olipop root beer and [Serengeti](#) chai tea. There are endless condiments, including Tamarind Oh! from Essie Spice that I use on everything from poultry to vegetables. I also have greens from the Harlem Farmers’ Market, and there is always ice cream from [Sugar Hill Creamery](#). They once named a flavour for me – Golden Chai – and I’m hoping they’ll bring it back.”

Nicolas Gabard, founder of Husbands Paris

“Cheese, to feed my stomach. It’s shameful but I can’t cook. So when I am alone at home, I have the small pleasure of watching an old film with good wine and cheese. I apologise for being so obviously French.”