



KACIE MORGAN

We talk food, glorious food with the blogger, and find out why it pays to check before you text...

Hi Kacie! Tell us a bit about yourself...

I'm a Cardiff girl born and bred. I grew up in Ely as part of a staunchly working-class family; my dad was a builder and my mum was a part-time childminder. We were always taught to be kind to others, work hard and don't put up with any crap.

When I was 16, I reluctantly moved to Ross-on-Wye with my mum to study for my A-levels. I missed Cardiff so much, I jumped at the opportunity to return to study journalism at Cardiff University.

What is your job? How long have you been doing it?

I set up my food and travel blog, The Rare Welsh Bit, almost nine years ago and I also write on a freelance basis for the likes of the Co-op's *Food Magazine*, *Sainsbury's*

Magazine, World Travel Market and Thomas Cook.

How do you like to spend your free time?

I love to cook, eat out and travel... I guess you could say I've found a job I really love as even when I'm not working, I can still be found scoffing my face or gallivanting off on another adventure.

Where in Cardiff do you live and what makes it special?

Well, my postcode technically falls within Roath, but I live a stone's throw away from the Royal Oak pub, so I think it's more Splott or Adamsdown way.

What I love about the area is the sense of community. I know a few of my neighbours by name and always chat to the staff in my local corner shop.

“I'd invite Mrs Hinch to a dinner party so she could wash all the dishes”

What has been the highlight of your career so far?

Being invited to cover Grenada Chocolate Fest last year and then winning Grenada Tourism Authority's Blogger of the Year award.

What's the most embarrassing thing that's ever happened to you?

I went on a date with a guy and things weren't going too well. I popped to the loo and texted one of my friends, letting her know what I thought of him. When I returned to the table, he had a face like thunder. It turned out I'd texted my date instead of my mate – oops!

Who would you invite to your dream dinner party?

Ainsley Harriott (he's won me over with his *Caribbean Kitchen* series), Louis Theroux (bet he's full of conversation starters!), Jimmy Carr (to make everyone giggle) and Mrs Hinch, the cleaning blogger, (so she could wash all the dishes afterwards).

When did you last cry, and why?

Probably last week as I was feeling a little overwhelmed by work and have a few minor health concerns playing on my mind.

What job would you be terrible at?

One with lots of red tape or anything to do with numbers.

Who's your celebrity crush?

Gary Dourdan, who played Warrick Brown in *CSI*. Those eyes...

What's your guiltiest pleasure?

Gravy, cheese and chips from Chippy Lane, aka Caroline

Street (I don't care what anyone says, it's not Chippy Alley!)

If you have a spare five minutes in the day, what are you likely to fill it with?

Eating, or updating my to-do list (I'm a bit of a control freak at times – if only I exercised the same restraint when it came to food!).

What's your earliest childhood memory?

I was born with clubfoot (bilateral talipes) and had numerous operations on my feet as a baby and infant. I have a very vague memory of a gas mask being placed over my face.

Favourite places to eat in Cardiff?

If I'm going to treat myself to lunch, I'll usually head to Milk and Sugar for eggs Benedict or something off the specials menu, and I'm a big Madame Fromage fan; I highly rate the Welsh rarebit and the lamb cawl.

When the day turns to night, you'll usually find me somewhere down Albany Road; I love Chai Street, Ichiban, Da Mara, Anatoni's and Hotpot Spot.

Tell us about a secret/underrated Cardiff spot we might not be aware of...

It has to be Madhav, the Indian supermarket/café on Lower Cathedral Road, Riverside.

We'd better let you get on... What are you doing as soon as you've done this?

Ordering a takeaway from Uber Eats. I'd planned on cooking a sausagemeat bolognese but I just don't know where the time's gone! ■

For more: www.therarewelshbit.com