

# goodfood

Britain's biggest-selling food magazine

**Genius Recipes**

**by genius women**

**Nadiya's cod & clementines**

**Mary Berry's chicken Valencia**

**Diana Henry's chocolate pudding**

**+ Easy, amazing Aubergine Curry**

**Why boys should cook**

**Best chef's knives under £40**

**eat like a local**

**Capri, Sorrento & Bath**

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work



**easiest-ever family meals**



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Salted caramel cheesecake

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# ADDED SALT

Don't need it. At Jordans, we get all the flavour we need from the quality ingredients we source. Of course, some blander cereals need to add salt just to get some taste in the bowl. But 40 years of making granola has taught us not to add anything you don't need. Which is also why we don't wear flares anymore.



## NOT IN OUR NATURE



# Welcome to March



My granny was a good and generous home cook, who spoiled her grandchildren rotten. Our Saturday visits included mountains of roast chicken, sausage & mash with real gravy, and chocolate cake. She cooked for us with pride and pleasure, and there was a lot of love on those plates.

For many of us, it's the women in our families who made our meals, then taught us to cook. In the professional

world, women got less of a look-in. Happily, things are changing, and in this issue we celebrate women who work in all areas of food. We want food to be a positive force in women's lives – read our manifesto on page 21.

We're also sharing recipes inspired by our team's food idols (p60), from Madhur Jaffrey – whose aubergine dish was the starting point for this month's cover recipe – to our food editor's mum, who makes a sensational spiced lamb pie.

One way to show your appreciation is with our easiest-ever Mother's Day lunch (26 March) on page 34. Raise a glass to mum and all the women who have inspired your love of good food. Finally, who is your female food idol? Tweet us @bbcgoodfood or get in touch at the addresses on page 153.

*Gillian*

Gillian Carter, Editor



Look out for our food idol stamp throughout this issue

## Genius women who inspire us to cook

They're just three of our food idols featured this month



### Nadiya Hussain

Since winning *Bake Off*, Nadiya has transformed her life. Now one of the most recognisable faces in food, she's written two cookbooks, baked for the Queen and has become a confident and outspoken role model. Find her family recipes on p71.



### Mary Berry

Well-mannered with a steely core and a no-nonsense approach to cooking – we're full of admiration for one of television's food pioneers, who has 70+ cookbooks to her name. Catch up with Mary on p81.



### Rosie Birkett

The author, cookery writer and food stylist is one of the brightest stars of the British food scene. As an intrepid traveller and seeker of trends, she introduces us to new ingredients, inventive cooking and sheer food excitement in every issue – see p74.

## Subscribe this month

and receive a stylish Peugeot pepper mill, worth £31.99. Turn to p58 for this exclusive offer. Subscribers also get great savings on our reader offers, Good Food events, travel and live shows.

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Instagram and Twitter at @bbcgoodfood





# Why you can trust **goodfood**

BBC Good Food is the UK's No 1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you to have the best food experience you can, whether you are shopping for food, in the kitchen or eating out in the UK or abroad. This is what we promise...

## Biggest and best

We're proud to be Britain's biggest-selling food magazine and the UK's No 1 food website, [bbcgoodfood.com](http://bbcgoodfood.com). Our contributors – BBC chefs, our in-house cookery team and confident, outspoken columnists – are experts in their fields. Meet us at the UK's biggest food shows (visit [bbcgoodfoodshow.com](http://bbcgoodfoodshow.com) for dates and details). Our best-selling cookery books feature our trusted recipes – you'll find these in bookshops.

## Recipes for everyone

There are 70 new recipes in every issue – that's more than any other food magazine in Britain. We always include quick, easy dishes, ideas for relaxed entertaining, and more challenging recipes for when you want to take your skills up a notch. Look out for our regular easiest-ever recipes.

## Tested and trusted

We triple-test all our recipes, so they'll work first time for you (once by the writer or chef, once or twice in the Good Food Test Kitchen, and again on the photo shoot). We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

## Ethical and altruistic

We care about the food we eat, the people who produce it and the effect this has on the world. In our Test Kitchen, we use humanely reared British meats, free-range chicken and eggs, and sustainable fish wherever possible. We aim to help you avoid food waste with advice on using leftovers (tune in to Facebook Live to see our #Fridayfood challenge, when we use up Test Kitchen leftovers).

## Healthy eating

Every recipe is analysed by our nutritional therapist, so you can be informed when you choose what to eat. We flag up vegan, vegetarian and gluten-free recipes. Find out more about our health philosophy on page 150.

## Families and children

Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes to help them learn new skills. Find out more at [bbcgoodfood.com/recipes/category/family-kids](http://bbcgoodfood.com/recipes/category/family-kids).

## Eating like a local

One of the joys of travel – across the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

## Independent and respected

As you'd expect from a BBC brand, we are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

## Food is our passion and pleasure

We take food seriously, but we also believe it's a pleasure to be enjoyed and celebrated, whether cooking for the family, trying an unfamiliar ingredient, choosing wine, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us daily on Facebook, Twitter, Instagram and Snapchat.



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**Recipe**  
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**General Show enquiries** 020 3405 4286

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**PLUS** Save on quality cookware, a European river cruise and sauté pan (p80, p133 & p152)



# Genius Recipes by genius women

Stunning dishes inspired by our food idols

60

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\*Actual model shown: New C3 PureTech 68 Manual Feel plus £1,130 of options initial rental £1,710.41 followed by 46 monthly payments of £199 per month. Offer available on E4 personal lease. Prices apply to retail sales of qualifying New C3 PureTech 68 Manual Feel models ordered and delivered between 01/02/17 and 31/03/17. Rental figures are based on a 48 month contract, with an upfront initial customer rental being payable, followed by 46 monthly payments. Based on 6,000 annual mileage. Charges may apply if annual mileage is exceeded. If you choose to pay the optional final rental you can pay an annual rental equivalent to one of your monthly rentals but you will not own the car. Citroën UK Limited is acting as a credit broker and is not a lender. To finance your lease we may introduce you to a limited number of lenders. Finance subject to status. A guarantee may be required. Over 18s only. Finance provided by and written quotations available on request from PSA Finance UK Limited, Quadrant House, Princess Way, Redhill, Surrey RH1 1QA. Prices and offers correct at time of going to press, subject to stock availability. Terms and conditions apply. Contact your participating dealer for latest prices, offers, terms and conditions or visit [citroen.co.uk](http://citroen.co.uk)



# update

Pioneering female food and drink producers, plus Mother's Day gifts

edited by ELAINE STOCKS



## INTRODUCING

# Whey

This protein-rich by-product of cheesemaking and yogurt straining is having a moment. Whey has a milky consistency that adds a delicious richness to dishes, such as in this indulgent chocolate mousse – see recipe overleaf.

### Why we're eating it now

In the drive to use up leftovers, cooking with whey is the ideal solution to reducing the waste from cheese and yogurt making. It's also nutritional gold – as well as being very high in protein, it contains all nine essential amino acids.

### Where to find it

Many restaurants are putting whey on their menus. Silo in Brighton ([silobrighton.co.uk](http://silobrighton.co.uk))

serves a whey caramel dessert, while Lyle's, in London's Shoreditch ([lyleslondon.com](http://lyleslondon.com)), recently featured a whey ice cream.

### Make your own

Heat 1 litre full-fat milk and a pinch of salt to 80C, then remove from the heat and add 20ml lemon juice or white wine vinegar. Stir gently for 1 min until the curd forms, then cover and leave for 1 hr. Strain into a bowl using a sieve lined with muslin.

Using this method gives you enough whey (the liquid in the bowl) to make the mousse on page 8, as well as having some beautiful homemade ricotta left in your sieve. Use it in the forager's ravioli on page 69. **Elena Silcock**

Turn the page  
for our recipe ►





## Whey chocolate mousse

**MAKES 6**

**PREP 15 mins**

plus 3 hrs chilling **COOK 5 mins**

2 gelatine leaves  
160ml whey  
200g dark chocolate (70%),  
melted (save a chunk for  
shaving over)  
300ml double cream

**1** In a small bowl, soak the gelatine leaves in cold water.

**2** In a small saucepan over a medium heat, warm the whey until steaming. Squeeze the sheets of gelatine and add to the whey, stirring until they have completely dissolved. Leave to cool slightly.

**3** Add a splash of the whey mixture to the melted chocolate, mix thoroughly, then continue to gradually combine the two. The mixture should be very glossy.

**4** Whisk the cream to medium peaks. Add a spoonful of the cream to the chocolate mixture and stir well. Fold in the rest of the cream, working quickly. Spoon into dessert glasses and chill for 3 hrs. Serve each one with a large pinch of sea salt and some chocolate shavings sprinkled over.

**PER MOUSSE** 449 kcal • fat 41g • saturates 25g  
• carbs 14g • sugars 10g • fibre 4g • protein 4g • salt 0.9g

## BEHIND THE TRENDS

### Craft beer

**In the beginning** Beer has been brewed for centuries, but the modern craft beer movement has its roots in 1970s America, when home-brewing was decriminalised and flavour explorers recreated Belgian, British and German beers in innovative ways.

**Then** In the Nineties, these bold and beautiful US-style beers began to inspire UK brewers like Dark Star. Craft beer became mainstream when the likes of BrewDog Punk IPA – the textbook modern craft brew – was stocked in supermarkets.

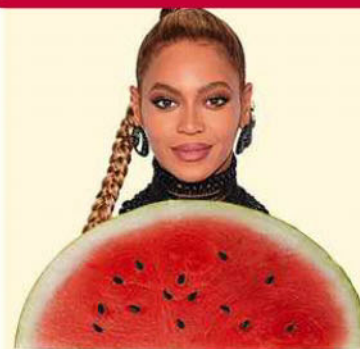
**Now** The global brewing giants have started buying up smaller craft brands, like Camden and Meantime, signalling a huge worldwide shift in the consumption of beer.

**The inside scoop** Steve Taylor, from The Bottle Shop ([bottleshop.co.uk](http://bottleshop.co.uk)), says: 'When picking a craft brew, freshness is a key factor as some of the more fun flavours are fragile and taste best within 8-10 weeks of being brewed. We recommend visiting your local independent beer bar or shop and asking your beermonger to help you pick a selection.'



Omnipollo ice cream beer, brewed by Buxton Brewery

## TRENDING



### Watermelon juice

Beyoncé has been drinking watermelon, so now we all are. Set to be a big trend this year, you can buy Mello watermelon juice at Waitrose (£2.49).

### Divine women's bar

For International Women's Day (8 March), Divine has launched a limited-edition chocolate bar featuring an illustration of a Ghanaian cocoa farmer, to celebrate the female farmers who co-own Divine.

### Food by bike

From meal delivery services like Deliveroo and Uber Eats, to groceries from Amazon Fresh and now Sainsbury's (in London only), more and more food is being delivered by bicycle.

## gf barometer

### Phones at the table

Last month, Kaspar's restaurant at The Savoy, London, asked Valentine's Day guests to hand in their mobile phones, making them look at their date, rather than their screen. Great idea.

### Cod

Could your cod & chips be replaced by squid & chips? Warmer seas are affecting cod and haddock populations, but we're seeing more squid in British waters.

### Sliced bread

Although it's still a favourite for a bacon sarnie, sales of sliced white bread have dropped by 11% in the past five years.

## DESCENDING

## £ PASTA MAKERS £

### Skinted

**Marcato Atlas 150 pasta machine, £54.06, [amazon.co.uk](http://amazon.co.uk)**

When you think pasta, you think of Italy, so it's no surprise that this Italian pasta maker comes highly recommended. Built with anodised aluminium alloy rollers to ensure no harmful metals are released onto the dough, the machine is very sturdy, easy to use and durable.



### Minted

**Kitchen Aid three-piece pasta attachment set for stand mixers, £154.95, John Lewis**

Not strictly pasta makers, these are attachments for Kitchen Aid mixers. Along with a pasta roller with eight adjustable thickness settings, there are also two types of cutter for spaghetti and fettuccine. No handle-turning is required, as the machine powers the rolling, meaning both your hands are free to work with the pasta.





**HOT RIGHT NOW**

## Unicorn food

The trend that won't go away. Love it or hate it, unicorn food is here to stay. Get the look by adding multicoloured sprinkles, food colouring and glitter to cupcakes, hot chocolate and even (terrifyingly) grilled cheese.

Visit *bbcgoodfood.com* for our white chocolate unicorn bark, with unicorn hot chocolate and unicorn cupcake recipes coming soon.





## FAMILY TIME

### How diet can help to calm hyper kids

**Start with breakfast** Lower-GI foods can help to keep blood sugars steady. Great options include Weetabix with milk & sliced banana, porridge cooked with fruit, or boiled eggs with wholegrain toast.

**Up their iron** A lack of both iron and zinc can affect kids' behaviour. Improving zinc levels in children with ADHD has been shown to reduce symptoms of hyperactivity. Get them to eat more dark green, leafy veg, beans, lean red meat and wholegrains.

**Feed them fish** Oily fish contains beneficial fatty acids, which positively influence brain function. If you can, aim for one portion of white fish and one portion of oily fish, like salmon, every week.

**Cut the additives** Some processed foods, like soft drinks, cakes, sweets and ice cream, contain colourings that have been linked to hyperactivity in children with ADHD. A few to look out for are E102, E104, E110, E122, E124, E129 and E211.

**See our fish recipes** on page 87 and discover more at [bbcgoodfood.com/children-additives](http://bbcgoodfood.com/children-additives).

## gf TV EDITOR'S CHOICE

What's cooking across BBC TV and radio this month



### MASTERCHEF

Seven weeks of invention tests, professional kitchen traumas and, of course, some sublime cooking. Judges John Torode and Gregg Wallace return for a new series of *MasterChef*, putting 64 amateur cooks to the test. Starting this month on BBC One.



### BACK TO THE LAND

Kate Humble and Geetie Singh meet rural entrepreneurs who are reinvigorating farming communities, producing everything from traditional honey to Japanese beef. This three-part series starts this month on BBC Two.



### RED NOSE DAY

Baking to raise funds for Red Nose Day? You can order a free Bake Sale Kit at [rednoseday.com/bakekit](http://rednoseday.com/bakekit), featuring recipes and tips from Kirsty Allsopp, plus bunting, cake labels and

more. Catch Comic Relief night on BBC One on Friday 24 March.  
**Kathryn Custance**



## MENU DECODER

### Nordic

Each month we explore a restaurant trend, highlighting the key dishes and ingredients. This month, **Aquavit London** ([aquavitrestaurants.com/london](http://aquavitrestaurants.com/london)), which delivers a contemporary take on Nordic cuisine, with menus developed by chefs Henrik Ritzén of Aquavit London, and Emma Bengtsson of the two-Michelin-starred Aquavit New York.

**Aquavit** A traditional spirit that is drunk across the Nordic region. It gets its distinctive flavour from spices and herbs – primarily caraway or dill.

**Brantevik herrings** Pickled herrings are much celebrated across the Nordic region but rarely eaten in the UK. Brantevik-style means with sliced onions and a sweetish vinegar.

**Horseradish** Eating fresh horseradish with fish is a tradition in Sweden.

**Jansson's temptation** A traditional Swedish dish of potatoes, onions, sprats, breadcrumbs and cream, baked in the oven. It is commonly served at

celebratory dinners such as Christmas and Easter. There are conflicting stories about the origins of the dish. Some think it was named after a Swedish opera singer named Pelle Janzon; others that it was named after a 1928 Swedish film called *Jansson's Frestelse*.

**Kroppkakor** At Aquavit, the potato dumplings (below) are filled with wild mushrooms.

**Smörgåsbord** Small plates. Either eaten singly as a snack or as part of a sharing meal.

**Swedish meatballs** Probably the most iconic Swedish dish, served in the traditional way with mashed potato, lingonberries and pickled cucumber.

**Vendace roe** This roe from a freshwater fish is served with a simple garnish at Aquavit to showcase its unique flavour.







## Cocktail hour

Henrietta Lovell, founder of the Rare Tea Co and the Rare Tea Charity, shows us that good-quality leaf tea makes a fine cocktail, not just a great cuppa. [@raretealady](#)

### Earl Grey martini

**MAKES** 700ml bottle **PREP** 5 mins  
**NO COOK**

*This delicious twist on a martini is made with just three ingredients, and takes minutes to put together.*

*The bergamot oil in the Earl Grey gives a beautiful citrus hit, but make sure it's a quality tea. It has to be real leaf and real bergamot oil or it will be rather bitter and nasty.*

*If you'd rather make just two martinis, stir 120ml gin with 3g tea (about 1/2 tsp) for 20-30 seconds, then fine-strain over ice.*

1 tbsp good loose-leaf Earl Grey  
700ml bottle of decent gin  
ice

**1** Put the Earl Grey tea in a large jug. Pour the gin over and stir with a long-handled spoon for about 45 secs.

**2** Strain the gin through a tea strainer over a funnel back into the bottle. You'll see small particles of leaf still suspended in the gin. Rinse out the jug and, using a coffee filter or some muslin inside

the funnel, strain the gin a second time to remove all the particles. In this way, the gin will be stable and the flavour won't change – it'll be good for months and months until the final sip.

**3** To serve, shake or stir over ice – I like how the flavours change as the drink dilutes.

**GOOD TO KNOW** vegan • gluten free

**PER SERVING** (25ml) 55 kcals • fat none •  
saturates none • carbs none • sugars none •  
fibre none • protein none • salt none



'Diana Kennedy – adventurer, pioneer, environmentalist, and award-winning writer and authority on Mexican cuisine. Still going strong at 94, she is resolute and fearless, with a wicked sense of humour.'



## Books for cooks



**Home Cook by Thomasina Miers (£25, Guardian Faber)**

Thomasina brought authentic

Mexican food to the UK – however, her new book moves away from tostadas and tacos (although there are a few Mexican staples). Instead she focuses on fuss-free food with bold flavours, from Sichuan aubergines to Thai green sea bass with galangal, lemongrass & coconut. Every recipe includes an idea for reusing ingredients too.

**Our must-try recipe** Beef rendang with cucumber relish



**I Love India by Anjum Anand (£20, Quadrille)**

The BBC chef shares her favourite authentic Indian

recipes. The dishes span the whole country, from Punjabi-style paneer in the north to Kerala coconut-based fish curries in the south. Crammed with personal anecdotes, beautiful photographs and a wealth of information on regional Indian cooking, this is an essential book for curry fans.

**Our must-try recipe** Rajasthani chickpea dumpling curry



**The National Trust Family Cookbook by Claire Thomson (£20, National Trust)**

This is a lifesaver

if you're in a recipe rut when it comes to family meals. Claire believes in cooking one meal for the whole family, and vegetables are often the focus. Chapters are divided into time frames, so whether it's a chard & leek frittata ready in 10 minutes or a slow-roasted lamb shoulder with beans, rosemary & garlic, there are recipes for every eventuality.

**Our must-try recipe** Broccoli, feta & filo pie



### ON OUR RADAR

## Maddocks Farm Organics

There can be few more effective ways of adding pizzazz to a dish, cocktail or cake than edible flowers. So it's no surprise that Jan Billington, who grows edible flowers organically in east Devon, has seen business blossom.

Jan started by growing vegetables, but soon realised that flowers were the way ahead. She sells them in mixed

boxes, or as specific varieties. Customers order online.

Her flowers are in hot demand by chefs, such as Peter Sanchez-Iglesias at Bristol's Michelin-starred Casamia, who uses her rose petals in his Turkish delight. 'I pick flowers to order, depending what dish a chef wants them for,' says Jan.

Maddocks Farm is the only edible flowers business with

an organic licence, and donates 2% of its profits to conserving bees, whose numbers are declining. 'We can't do what we do without pollinators, so we need our bumblebees,' says Jan.

Clare Hargreaves

• Maddocks Farm Organics ([maddocksfarmorganics.co.uk](http://maddocksfarmorganics.co.uk)) features on BBC Two's *Back to the Land* series in March – turn to page 142.

## Treat your mum

Why not surprise mum with a bottle of fizz to celebrate Mother's Day? Prosecco is one of the world's most popular wines, and this refreshing Ca' Bolani Prosecco is made in a frizzante rather than spumante style, which means the bubbles are gentler.

This bottle comes free with your first case of wine when you join the Good Food Wine Club. Turn to page 86 for details.

**good food wine club**  
in partnership with Laithwaites



### HEALTH NEWS

## Artificial sweeteners

Artificial sweeteners may help cut calories, but the sweet taste still encourages sugar cravings and dependence. Sweeteners have also been linked to higher rates of infertility in women, as well as weight gain.

In addition, experts believe that sweeteners aren't very satisfying because our bodies are wired to seek calories over taste, so no matter how much we consume, we still crave energy.

The answer? Gradually reduce your intake of sugar and sweeteners, allowing time for your palate to adjust. If you absolutely must have a sweet taste, opt for a naturally sweet food like a banana or a baked sweet potato.



There are so many ways to enjoy *Good Food*



#### ONE POTS MAGAZINE

Fill your freezer with no-fuss, delicious everyday meals from *Good Food*'s new *One Pots* magazine. On sale now, £3.90.



#### GF SHOWS

Discover a BBC Good Food Show near you – find out more on page 98. Readers save 20% on tickets!

#### GOOD FOOD ON YOUR PHONE OR TABLET

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#### HOW-TO VIDEOS

Sharpen your skills with our cookery videos. Find over 200 recipes and techniques at [bbcgoodfood.com/feature/videos](http://bbcgoodfood.com/feature/videos).



2



3



5



4



6



7

## Mother's Day gifts

Why not treat your mum to something a little different on Sunday 26 March?

#### 1 Pomora olive tree adoption, £29 per quarter, [pomora.com](http://pomora.com)

Adopt an olive tree and receive four shipments of flavoured olive oil throughout the year. Flavours include basil, garlic, truffle and rosemary.

#### 2 Norfolk gin (70cl), £40, [jarrold.co.uk](http://jarrold.co.uk)

A uniquely flavoured artisan gin, handcrafted in Norfolk.

#### 3 Starnachäs Extra Mature, £5.95 per 250g, [finecheese.co.uk](http://finecheese.co.uk)

Voted Supreme

Champion at the Continental International Cheese Awards. This smooth, salty cheese is incredibly moreish.

#### 4 Hario copper coffee dripper V60, £60, [trouva.com](http://trouva.com)

A treat for coffee lovers – the copper not only looks great, it retains heat too.

#### 5 Camerons Gourmet Mini Smoker, £39.95, [souschef.co.uk](http://souschef.co.uk)

Small enough to fit on the hob, this is a great bit of kit for smoking your own meat or fish.

#### 6 Kai Shun Santoku knife, £166.95, [divertimenti.co.uk](http://divertimenti.co.uk)

Every cook should own a proper knife. This Japanese knife is beautiful and incredibly sharp. For our pick of the best chef's knives under £40, turn to page 138.

#### 7 Rococo chocolate bars (70g), £5.50 each, [rococochocolates.com](http://rococochocolates.com)

We loved the unique flavours – Chilli Pepper, Basil & Persian Lime and Cardamom White Chocolate.

## Out & about

5 MARCH South West Vegan Festival, Bristol [southwestveganfestival.com](http://southwestveganfestival.com) • 8-10 MARCH London Drinker Beer and Cider Festival [northlondon.camra.org.uk](http://northlondon.camra.org.uk) • 8-10 MARCH British Pie Awards, Melton Mowbray [britishpieawards.co.uk/event-info](http://britishpieawards.co.uk/event-info) • 11-12 MARCH VegFestUK [brighton.vegfest.co.uk](http://brighton.vegfest.co.uk) • 17-19 MARCH Cake International Show, Birmingham [cakeinternational.co.uk](http://cakeinternational.co.uk) • 18-19 MARCH Marmalade Festival, Cumbria [dalemain.com/marmalade-festival](http://dalemain.com/marmalade-festival) • 19-22 MARCH The International Food & Drink Event, London [ife.co.uk](http://ife.co.uk) • 25 MARCH LABL Vegan Fair, Liverpool [labl.org.uk](http://labl.org.uk) • 25 MARCH Oxford Vegan Festival [oxfordveganfestival.com](http://oxfordveganfestival.com) • 25 MARCH Delicious Dart Trail, Devon [visitsouthdevon.co.uk/whats-on](http://visitsouthdevon.co.uk/whats-on)



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gf

# opinion

12 pages of food issues, including teaching boys to cook and a look at Fairtrade

## Why food is a Feminist issue

This month we're celebrating our food idols, who have inspired our cooking and paved a path for the rest of us by promoting equality and fairness in the food world. With International Women's Day and Mother's Day in March, our idols suggest how we can all make a difference in our own way.

*feature* NATALIE HARDWICK *photographs* STUART OVENDEN



# The Pioneer

## Susie Orbach

Psychotherapist, broadcaster, author and campaigner [@psychoanalysis](#)



Susie's 1978 book, *Fat is a Feminist Issue*, was a game-changer. Her 'anti-diet' guide scrutinised compulsive eating in a way that set the tone for decades of debate on the female body. 'I was slightly self-critical about my body image when I wrote the book, but when I compare that to what teenagers are like today, it wasn't in any way severe,' says Susie. 'Today nobody feels comfortable with their body and beauty is the only thing that matters. Social media has built on the fact that we've had 40 years of undermining women's bodies.'

Her work with the campaign group Endangered Bodies goes some way toward safeguarding against this. 'In 2015, we successfully challenged Facebook to take off the "feeling fat" emoticon. That was a real win.' The group's next target is cosmetic surgery apps for children.

Susie also runs a psychotherapy clinic – something her 2016 BBC Radio 4 show, *In Therapy*, draws upon – and has advice for people with a negative body image: 'There are a lot of commandments on the body these days. As a result, we often lose the capacity to know

when we're hungry and how to relish good food, so take time to rediscover appetite, desire and satisfaction.'

### What's the good news?

'More men are cooking, and in city centres it's easier to get hold of fresh food. Plus, everyone is so crazy about food that doing your own thing doesn't seem odd.'

### How can we all help?

'We need to stop telling people how great they look because they've lost weight – talk to each other about other attributes rather than our appearance. But the main thing is to learn to eat with pleasure – for some people, eating has become a form of torture.'

### My food idol

'It's the quiet work that never gets recognised that we should celebrate, so I'd say those women who've been trudging along trying to do their best, getting food on the table and looking after their kids and partners.'







# The Writer

## Ruby Tandoh

Author, journalist and cookery writer [@rubytandoh](https://twitter.com/rubytandoh)

Fearlessly outspoken, Ruby, a finalist in 2013's *Bake Off*, has tackled food and feminism head-on. Her recent award-winning cookbook, *Flavour*, advocates eating what you want, when you want, and her critique of the 'clean eating' movement was one of the most talked-about pieces of food writing in 2016, and triggered an ongoing backlash against the fad.

'I think at the moment the prevalence of clean eating is a big concern for women in particular,' she says. 'The reframing of diets as some kind of quasi-spiritual, moralistic quest is really damaging for anyone who ever wants to have a normal, healthy relationship with food.'

Drawing upon her first-hand experiences with eating disorders, Ruby spoke out after becoming riled by the new wave of health advocates. 'I saw how so-called wellness was gaining traction in the mainstream, and how it was providing an outlet for really dangerous, niche nutritional conspiracies, and it made me want to act. When you see people all around discussing how carbs make you 'heavy', or 'sluggish' – or how sugar is like crack – that's not conducive to a thoughtful, supporting culture around food and eating. It's all so sensationalist.'

### What's the good news?

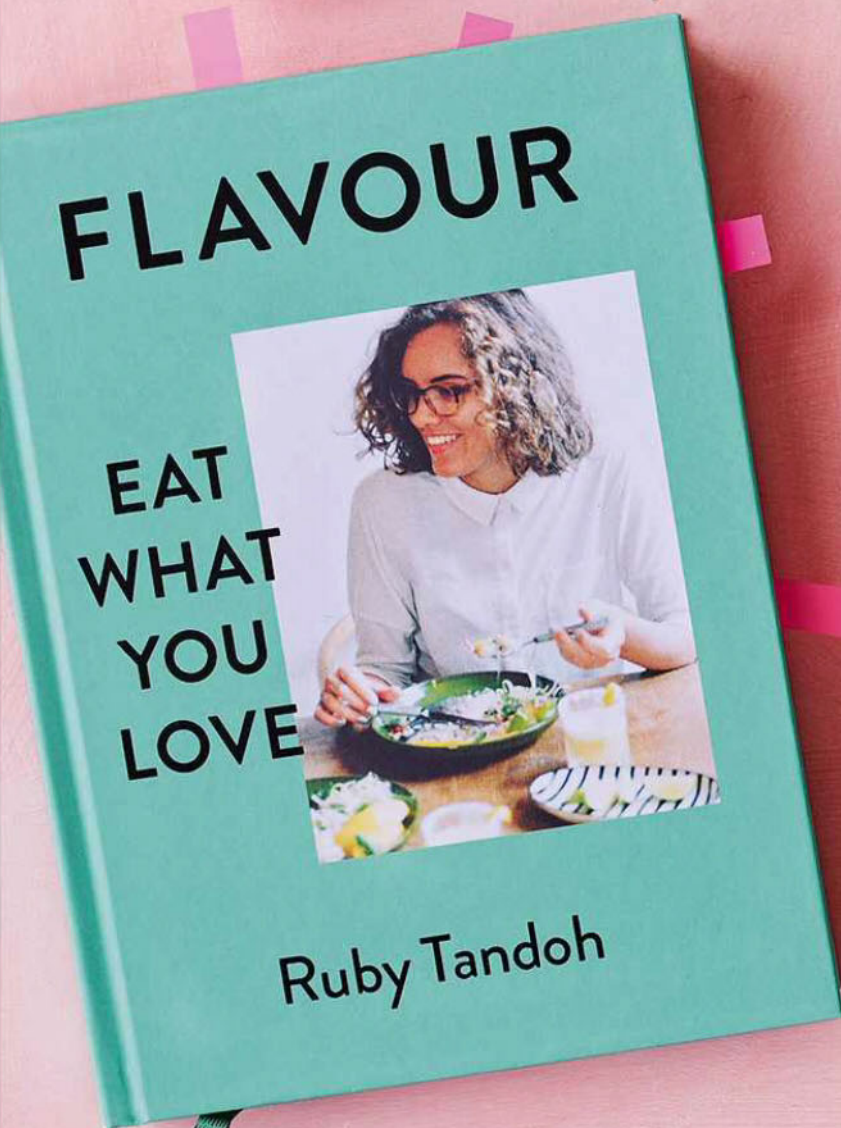
'I'm really pleased that Instagram, and other social media and blogging platforms, have given women – primarily young women – a lot more sway in food circles.'

### How can we all help?

'By supporting the work of women and also people of colour in food. Also, don't put your money in the pockets of faddy diet movements – donate to food banks instead.'

### My food idol

'The American writer Nora Ephron. She absolutely loved food, and it plays a big part in her movies and essay collections. She's the greediest, rudest, most arrogant, entitled, loud-mouthed woman I've ever read. I love her.'





# The Chef

## Monica Galetti

Restaurateur, chef and TV personality [@MGaletti01](#)

She's been a senior chef at London's esteemed La Gavroche, a BBC *MasterChef* judge, a working mum, and now a restaurant owner, with her debut venture, Mere (open this month) – but Monica says she never felt the need to prove herself as a female chef.

'I don't know why gender has to be made into a big deal. For me, it's about getting a kitchen crew together, not about the guys working better than the girls. It's a male-dominated world, and has been since I started, but I believe that once you have a chef's jacket on, it's fair game for anyone.'

Monica, who was born in Samoa and part-raised by aunts in New Zealand, sees herself as a feminist. 'I'm a huge supporter of women, and would love to see more in my kitchen. Feminism is a way of setting an example to your daughter: you can be strong, wear what you want and earn as much as the guy next to you. There's too much pressure on our little girls to be perfect and slim. Just let them be, let them live – let them eat.'

### What's the good news?

'We now have great role models like chefs Claire Smyth and Angela Hartnett. There aren't as many in the high-end of restaurants as there are men, but lots of women are doing their thing in food, they're just not as well-known.'

### How can we all help?

'By showing that it's possible to work as a chef and that it's not as scary or tough for women as it used to be. I think a lot of establishments are trying to offer more flexible working hours, which helps.'

### My food idol

'My mom and my aunts, because they cooked delicious home food, and I think of that now and get homesick. Also Rachel Humphrey, the first female head chef at La Gavroche. She's amazing.'







# The campaigner

## Carmel McConnell

Founder of Magic Breakfast ([magicbreakfast.com](http://magicbreakfast.com)), MBE, campaigner and social activist [@MagicCarmel](https://twitter.com/MagicCarmel)

Charity powerhouse and lifelong activist Carmel founded Magic Breakfast in 2003, which provides breakfasts for over 30,000 vulnerable school children in the UK. Each day, the charity delivers 467 schools with porridge, orange juice, bagels and cereal. It costs only 22p per child, but has been proven by a recent study to hugely benefit classroom learning.

'It felt incredibly Dickensian to have children missing their studies because they were hungry,' she says. 'In England, there are half a million children who arrive at school too malnourished to learn – 22p opens up four hours of learning. It's a no-brainer.'

Carmel witnesses food poverty on a daily basis. 'Mothers take on a higher proportion of child-raising than men and are more likely to be missing meals.'

She compares the challenges of running a family budget to those of managing a business. 'Women are the home economists and look after households on a tiny budget, juggling things and making cool judgement calls to make sure it all works. I think that's a genius talent. We should put up a statue to the working mum who gets things done on no money.'

### What's the good news?

'One big thing is The School Food Plan, which has improved school food standards and provided universal free school meals for infants.'

### How can we all help?

'Make sure you're as kind to yourself as you can be. You can't save the world if you haven't bothered to save yourself. Everything radiates out from that.'

### My food idol

'True Leith; Jeanette Orrey, the school cook who got Jamie Oliver into the school food movement; and writer Bee Wilson. Also, my mum Patricia was a Cordon Bleu chef. She died when I was nine, but she gave me a lifelong love of food.'



# The Mentor

## Valentina Harris

Writer, broadcaster and founding president of Les Dames d'Escoffier London chapter. Her latest book, *Risotto! Risotto!* (£20, Absolute Press), is out now [@ChefValentina](#)

With over 40 years in the food industry, Anglo-Italian chef Valentina started her career in the tough kitchens of Rome. 'When I qualified in the Seventies, I witnessed the unbelievable behaviour that was apparently deemed okay in a kitchen environment: the bullying and brash machismo that male chefs all too often display.'

The work of Les Dames d'Escoffier International resonated with her because of these experiences. The organisation – named after the philanthropic social campaigner and chef Auguste Escoffier, whom Valentina calls 'the original kitchen feminist' – is a global collective of influential professional women who offer support, mentorship and funding for women in the industry.

'The situation has improved for women since I started out, and they are now much braver in coming forward, but you still hear horror stories, and lots of women end up leaving the industry. We get them to believe in themselves, and also to speak out.'

### What's the good news?

'There are many more women now respected as chefs in their own right, but still not nearly enough. Also, the emergence of women as cheesemakers, winemakers, brewers and food entrepreneurs can only be a good thing.'

### How can we all help?

'We should be more vocal when witnessing discrimination, such as a lack of female representation on TV shows. We all watch programmes like *Great British Menu*, but how many people question why there are always so few women on the shows? We should write to the producers, use the power of social media or start a petition.'

### My food idol

'The writer Anna Del Conte, who, like me, has worked so hard to promote the values of Italian food and the philosophy behind it. Also, Angela Hartnett and Kim Woodward, the first female head chef at The Savoy Grill.'







# our manifesto

## women's issue



**O**ur first women's issue celebrates the people who first inspired us to cook, eat and enjoy food – and those who still do. We want to flag the progress made in professional kitchens, and stimulate debate about where we can do better in our wider food culture. Women have been the cornerstone of home cooking for centuries. We want to keep these traditions alive while celebrating the huge, often less trumpeted, effort it takes to run a household. As a team made up of men and women, we endorse equality, fairness and inclusivity, and want to celebrate everyone's achievements, while shining the spotlight on the women we look up to.

### We believe in...

#### Gender equality in professional kitchens

We'd like to see more women working in professional kitchens, and teams of chefs that represent the cultural makeup of society. We also want fair and equal pay for all kitchen staff.

#### Positive body image

Eating should be a joy, so we reject denial or vilification of certain food groups. We promote a balanced approach to healthy eating and an acceptance of all body shapes.

#### Women holding key positions in the food world

Whether they dream of owning their own business, heading up a food charity, making decisions in their local PTA or becoming a social media influencer, we encourage all women to have the confidence to pursue their goals and find a career in food.

#### Giving back to the community

Changing the world means starting off small. We support community initiatives and local businesses, and donate to our personal chosen causes where we can.

#### Teaching and mentoring

That amazing recipe your grandma taught you? We believe in passing it on and sharing our food knowledge with the next generation.



Who is your female food idol? Join us on social media using the hashtag #myfoodidol.



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KITCHENS



Marina O'Loughlin eats at

# Lao Café

Finding authentic Laotian food outside Laos is rare, but this great-value café solves that problem, bugs and all!



## WHERE

60 Chandos  
Place  
London  
WC2N 4HG  
020 3740 4748  
laocafe.co.uk

## COST

Dinner for two  
about £50

## BEST DISH

Duck laab

## VERDICT

Funky interior,  
punchy food  
– but no bugs,  
thanks



'My mother. Her kitchen was a local hero – anyone lucky enough to be invited never forgot her hospitality. She taught me that mealtimes are about way more than just fuel, and that cooking is a form of love.' MARINA O'LOUGHLIN

**T**he winged ones are good,' says the pal, 'but not sure about the maggoty things.' This curious conversation takes place over 'malang tod', a little bowl of Laotian beer snacks: fried crickets and bamboo bugs, marinated in aromatics and deep-fried. I'm pathetically entomophobic at the best of times – I almost faint at finding a creepy-crawly in my wardrobe, let alone my mouth – so it takes a lot of convincing before I'll even put my fingers into the rustling pile. The crickets are bearable: bacony, nutty, dry and crisp. But the bamboo bugs, with their element of unpleasant squelch – well, never again.

We're in Lao Café, recently arrived in Covent Garden from Saiphin Moore (below right) – who, with husband Alex, is behind the mini-chain of Rosa's Thai. This, a new departure after running it as a pop-up, is a reflection of Saiphin's background, as authentically Laotian as you'll get outside Luang Prabang.

There are many Laos nationals in UK restaurants, but they tend to pander more for the conventional idea of what they think we Brits expect from 'Thai' food, all sweet chilli dips and green curries. In fact, many foods known as 'Thai' – laab (as they have it here, aka larb or laap); sticky rice; green papaya salad – originated in Laos. Here, if you order 'om hed bai ya nang', a clear, aromatic mushroom soup from the 'curry' section, you can add the hardcore option of extra ants' eggs (like a kind of albino caviar), for an extra £2. Laos curries don't come with the soothing balm of coconut milk and are frequently so spicy they'll scour the roof of your mouth like a fiery Brillo pad.

We wildly over-order from the short-ish menu: several kinds of salad dressed with the most vivid constellation of sour-hot-fragrant flavours. 'Soo' features bracing quantities of lime, slippery thread glass noodles and 'moo yor', a pleasingly Spammy steamed pork sausage. **Laab is the trademark celebration dish of Laos; we have finely chopped duck with its crisped skin, thick with roasted rice powder and vibrant with lime juice and fish sauce**, finely sliced onion, garlic, chilli and a lush bouquet of fresh mint and dill: glorious.

Every dish packs a pleasurable punch. Even seemingly innocent salads or innocuous-looking grilled meats – pink steak and chewy 'moo dad deaw' pork jerky, both served with a tamarind-sesame-peanut 'nam jim jaew' dipping sauce – will have Scud missiles of heat lurking somewhere about them. **'Sai gork Lao', grilled fermented sausages, almost vibrate with hectic quantities of lemongrass.** Key to the Laotian kitchen is sticky rice: Lao Café presents it grilled, or wrapped in banana leaf parcels, both white and the rarer 'brown', perfect for squidging into little pads for grabbing food, Laos-style.

**Lao Café is rather gorgeously uncompromising, making few concessions to Western wussiness**

other than asking how hot on a scale of one to 10 you'd like your 'tumm' (sic) – the Laotian, and original, version of som tam. I choose 'tum lao' – the classic Laotian style – and rather grudgingly ask for mild to appease the spice-sissy pal. The shredded green papaya, green beans, raw baby aubergine and tomato still pack a challenging, tastebud-jangling punch. And, with the addition of paedek (a close relative of Thai pla ra, a thicker, fermented and startlingly pungent fish sauce), and tiny crabs (also fermented), whose shells add a disconcerting crunch, the whole thing is the very definition of acquired taste. But its odd charms eventually grab you like a vice.

I feel that, with Lao Café, Saiphin is waxing evangelical about the food of her family's homeland. On the strength of this funky, graffiti-walled newcomer, I'm a willing apostle: I'd happily follow her anywhere. Just as long as she leaves the bugs behind.

*'Every dish packs a pleasurable punch. Even seemingly innocent salads have Scud missiles of heat'*



Contributing editor Marina O'Loughlin, one of the most respected food writers in the UK, reviews restaurants for *Good Food* and *The Guardian Weekend*. For more from Marina, visit [bbcgoodfood.com](http://bbcgoodfood.com). [@marinaoloughlin](https://twitter.com/marinaoloughlin)



Next month: The Pig at Combe, Devon





# Mums, teach your sons to cook

If we want men to cook at home, let's start with the boys, says **Emma Freud** (mum of three sons)

**W**hen my children were tiny, I dreamed of us baking together. There we would be in the sun-drenched kitchen, the little ones standing on chairs to reach the counter, wearing adorable aprons with icing sugar dabbed on their shining faces, laughing as one of their endearingly messy fairy cakes toppled in slow motion onto the floor, where our naughty puppies would lap it up.

The reality turned out to be different: I got grumpy as my incompetent toddlers destroyed my well-researched recipes with their inadequate motor skills, dropping most of the contents of each bowl onto the floor, where they remained because, I forgot, we didn't have any puppies. I did a lot of shouting, and was then astonished when my kids refused to help with the cooking for the rest of their childhoods.

It was consequently a surprise when my eldest son asked if I would teach him to cook during his gap year. He wanted to make friends in his student dorm and this was enough of a motive for him to brave my culinary bossiness.

## I morphed into nasty Mary Berry

So for a couple of months last year, we cooked lunch or dinner together every day for the family. He chose the recipes from his list of favourite takeaways, and I morphed into nasty Mary Berry, criticising his knife skills, and trying to teach him how to do three things at once. 'Why are we in such a hurry?' he asked. 'This is just how I cook.' 'It's like learning to bake with Stalin.' 'Shut up and keep peeling. And while you're at it, call me Chef.' 'Yes, Mum.' By the end of the term, he had done everything from chilli to cheesecake, lasagne to falafel, houmous to halloumi fries, and we declared him a graduate of 'Mussolini's Cooking School'.

Eight months later, the student and I arrive at his university to settle him in. We buy a saucepan, a frying pan, two bowls and some basic utensils – then panic that 16 other parents will have done the same thing and the students won't be able to enter the teeny kitchen because it's overrun with Pyrex. We are wrong: nobody else brought anything because none of the other boys cook.

So here's the thing: only 8% of households share the cooking equally\*. We just aren't teaching enough boys to cook – and it has a wide cultural impact. Takeaway sales have risen by 28% in the past 10 years – and men eat more of these than women, which does them no favours physically, culturally or emotionally. We are making many strides with feminism, but until men feel comfortable in the kitchen, women will feel pushed towards the domestic for the sake of the family, whether they like it or not.

## He's turned his room-mate into his sous chef

Before I left my boy at uni, I collected the recipes we'd cooked together, printed them out with a photograph on every page and put them in a ring binder. To some extent, it's worked – he's ended up cooking a meal every Thursday night for the students on his floor. Everyone chips in with the costs, he's turned his room-mate into his sous chef, and I get on average 10 calls per meal, which I adore: 'When you say marinate the meat for a couple of hours, will seven minutes do?' Success has been intermittent – we no longer mention The Macaroni Cheese Debacle (#lumpy #claggy) – but last week's pulled pork was a triumph.

Unexpectedly, my son is passing on his semi-skills – the room-mate who arrived at uni unable to boil pasta, made guacamole on his own last week and got an unpredicted Highly Commended. And, in breaking news: a girl on the floor above has said she'd like to contribute by making pudding every Thursday. I'm buying a hat in anticipation of their imminent union. And I will wear a big T-shirt on that eventful day saying 'Feminists teach their sons to cook'.

Good Food contributing editor Emma Freud is a journalist and broadcaster, and director of *Red Nose Day*, which is on BBC One on 24 March.

Instagram and Twitter: @emmafreud



'Skye Gyngell taught me to cook in my thirties. My mum taught me when I was little, but her ethic was about making the best out of nothing. Skye is all about finding fresh, seasonal ingredients.'



## Pulled pork

*My son finds reading recipes tricky, so this doesn't require any weighing or difficult processes, but still has a phenomenal result at the end.*

**SERVES** 12 people for under £15

**PREP** 15 mins **COOK** 4-8 hrs **EASY**

\* once cooked and pulled

**1** Buy a large **boneless shoulder of pork (2.5kg or so)**. Mix together **2 tsp each smoked paprika, ground cumin, pepper, and brown sugar**, plus **1 tsp salt**. Rub over the pork.

**2** Put the pork in a big casserole dish, skin-side up, and pour in **2 medium mugfuls of cider**. Cover with a lid and cook in the oven at 150C/130C fan/gas 2 for anywhere between 4 and 8 hrs until falling apart. Check every few hours in case it gets dry – if it does, add another mugful of cider.

**3** Take it out of the oven and put the meat in a big dish, leaving the liquid in the casserole. Cut the skin off, then shred the meat using two forks. Ditch any fatty bits, and skim any excess fat off the surface of the sauce.

**4** Add a **mugful of a good smoky BBQ sauce** to the casserole, mix it in, then ladle some into a bowl for dipping. Put the pulled pork back in the casserole with the juices so it stays moist. Season to taste. *Can be made one day ahead.*

**5** Serve in **soft white rolls** with some **coleslaw** (recipe below) and the bowl of juices on the side for 'French dipping' the sandwich while you're eating.

**PER SERVING** 383 kcal • fat 24g • saturates 8g • carbs 5g • sugars 5g • fibre none • protein 38g • salt 0.8g

## 15-minute coleslaw

**SERVES** 6 **PREP** 15 mins **NO COOK** **V**

**1** Finely chop **1/2 white cabbage**, then chop all the slices roughly so that none of the pieces are more than 2.5cm long. Put them in a bowl.

**2** Grate **3 carrots** and add to the cabbage, then throw in **1 small pack mint leaves, picked and chopped**.

**3** For the dressing, mix **1 tbsp mayonnaise** with **1 tbsp soured cream**, the juice from **1/2 lemon**, and a big pinch of seasoning.

**4** Add to the bowl with the cabbage, carrots and mint leaves, mix and enjoy.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day

**PER SERVING** 118 kcal • fat 7g • saturates 1g • carbs 9g • sugars 8g • fibre 5g • protein 1g • salt 0.2g



Next month:  
Emma tries theatrical dining





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# I want my food to be fair

From the Caribbean to the Middle East, *Joanna Blythman* learns how Fairtrade is benefiting producers around the globe



**P**eople often ask me if they should trust and support Fairtrade. My answer is always an unequivocal yes.

Admittedly, when it first emerged as an alternative model for sourcing food from far afield, this certification scheme met scepticism from some consumers who, while prepared to pay a premium for a more ethical product, found the range of food limited and not necessarily top quality. Now things have changed. I'm addicted to its products, such as Equal Exchange's luscious cashew nut butter, made by small farmers in El Salvador. Nowadays, I wouldn't dream of buying a banana without the familiar black and blue logo.

I have met many Fairtrade growers who have left me in no doubt about the tangible difference that this more equitable style of global trade makes to their lives. On the Caribbean island of Dominica I saw the colourful bus shelter, emblazoned with the familiar Fairtrade logo, that shaded workers from the unrelenting sun on their way to and from the banana fields. This small but important improvement was funded by the 'social premium', the name given to the extra funds that Fairtrade producers receive and use to fund community projects of their choosing.

Fairtrade growers are also guaranteed a minimum price for their products. This reliable income shields them somewhat from fluctuations in the market price. These concrete benefits to producers' lives all over the world are what we're funding when we pay a little more at the checkout.

In the West Bank, I watched a co-op of women who live in a refugee camp hand-making maftoul, the traditional Palestinian couscous. Without the extra funds and public profile that Fairtrade generates from supportive consumers, I doubt

*'Women in Ghana enjoy working conditions many Western women would envy'*

that this women's venture would still be in business, and the wider world would not have tasted this authentic food.

In Ghana recently, I visited the world's first Fairtrade plantation. Since 1996, the extra revenue has literally transformed its local area, funding the building of a school, an operating theatre in the local hospital, drinking water storage tanks in three villages, educational grants for workers' families and more.

What struck me particularly in Ghana was how worker empowerment programmes, run by local trade unions in collaboration with Fairtrade organisations, are transforming women's lives. Female workers on Ghana's Fairtrade plantations, even when hired on a temporary basis, enjoy working conditions that many Western women would envy: a written contract; a guaranteed minimum wage; an eight-hour day (with an hour's break, or two for breastfeeding mothers); three months paid maternity leave, paid public holidays, two weeks paid annual leave, and paid sick leave.

Recently, with a grant from Comic Relief, female workers in Ghana tackled less overt issues, such as sexual harassment by foremen, and the right to change to lighter jobs when pregnant. So female workers' reticence about speaking out publicly is giving way to confident negotiation that is securing theoretical rights in practice. Adwoa Sakyi, a Ghanaian women's workforce organiser, says: 'Now we are bold'.

When we buy food from faraway places, we often worry about the working conditions of the people who produced it for us. My first-hand experience convinces me that Fairtrade is everything it's cracked up to be and, if you care about the people who produce your food, worth every penny.

Good Food contributing editor Joanna is an award-winning food journalist who has written on the subject for 25 years. She is also a regular contributor to BBC Radio 4.

[@joannablythman](#)

**Next month:**  
My eco-friendly kitchen

## Other labels to look for

A number of other certification schemes aim to benefit workers and producers. These include Rainforest Alliance ([rainforest-alliance.org](http://rainforest-alliance.org)), Cocoa Life ([cocoalife.org](http://cocoalife.org)), Waitrose Foundation ([waitrose.com](http://waitrose.com)) and Tesco Nurture ([tesco.com/nurture/](http://tesco.com/nurture/)). They do demand certain enhanced social, environmental and health and safety standards, but none deliver a guaranteed minimum price for growers or the social premium.



**Do you seek out food carrying welfare or certification labels when you're shopping? Contact us at [hello@bbcgoodfoodmagazine.com](mailto:hello@bbcgoodfoodmagazine.com)**

**Fairtrade Fortnight runs from 27 February-12 March. To take part in fundraising or find out about events near you, visit [fortnight.fairtrade.org.uk](http://fortnight.fairtrade.org.uk)**



**'Darina Allen, of Ballymaloe Cookery School in Ireland ([cookingisfun.ie](http://cookingisfun.ie)). There's no one whose instincts about food I trust more. She marries food appreciation and knowledge with activism and principle. Her school is on an incredible organic farm that produces some of the best food you'll ever eat.'**



# Can you beat the baker?



Can you beat a Great British Bake Off winner? Using Dr. Oetker's quality chocolate, John Whaite has created this Chocolate Lime Meringue cake with multiple layers of dense chocolate sponge, rich chocolate ganache and zesty lime curd.

Take up the challenge at [webake.co.uk](http://webake.co.uk) for a chance to compete in a bake-off judged by John Whaite and win\* a chocolate filled holiday in Belgium.



Find John's recipe at [www.oetker.co.uk/Easter](http://www.oetker.co.uk/Easter)

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\*T&Cs apply. See [webake.co.uk](http://webake.co.uk) for details.



# Time to raise your glasses

The design of your glassware really can make a difference to the experience, says our wine editor, **Victoria Moore**



In my fantasy house there is just one cupboard for glasses, and it is kept in perfect order. This is the same fantasy house in which the banisters are never festooned with laundry and you can look underneath the beds without feeling you're disappearing into a small shanty town. In this fantasy house there aren't 25 different types of glass (but only one of each), there is a cupboard containing neat rows of heavy, thick-bottomed tumblers for G&Ts and spirits; fine martini glasses; water glasses; the new-style fat (bowed) champagne flutes and a good wine glass that can be used for any type of wine.

But which wine glass? Because it does matter. **My glass maths theory is that if you're buying wine at £6-10 a bottle, you could improve your drinking experience by spending £1 a bottle less and investing the saving in decent £10 glasses.** I'm assuming here that you can manage to wash a glass 20 times without smashing it, and that two of you will share each bottle.

Why bother with good glassware? First of all, it just feels nicer. The sensation of a fine piece of crystal in your hand and on your lips is way more luxurious than the lumber of a thick petrol station freebie.

Also, the shape of the glass can hugely change your perception of the taste of the wine. I once poured wine from one bottle into two different glasses and gave both to my mum, who refused to believe she might be tasting the same liquid in each until she'd re-poured it herself. This phenomenon is the reason why it's possible to buy glasses specialised to enhance the characteristics of every grape and wine style under the sun.



But my fantasy house doesn't have cupboards cluttered with big, bulbous pinot noir glasses and monumental Bordeaux versions, and so on – none of which I will ever remember to use. It has one glass that works for everything from high summer rosé to good white burgundy to super-budget reds – and I promise you, **my favourite cheapo red, a £3.99 Cotes du Rhône Villages from Aldi, tastes positively 'posh hotel bar' when sipped from a good glass.**

To get the best out of the wine, a good glass needs to taper towards the top, and be big enough to stick your nose in, but not so goldfish-bowl-vast that a delicious smell becomes faint as it's so diffused – I usually go for the white glasses from any range and use for all colours.

This has nothing to do with the taste of the wine, but wine glass fashion (yes, there is such a thing) is moving towards

the more casual look of a shorter stem. Berry Bros & Rudd has redesigned its entire glass range with shorter stems, which 'feel more contemporary' according to its chief executive, Dan Jago.

So which glass? The favoured glass in my crowded cupboard is Riedel's Vinum Gourmet (left, £20 a pair from Selfridges and various online stockists). The John Lewis Vino white wine glasses (£20 for four) don't have the same finesse but they are half the price and do a decent job.

Victoria Moore is an award-winning wine columnist and author. Her new book, *The Wine Dine Dictionary* (£20, Granta Books), is out in May.  
@how\_to\_drink  
@planetvictoria

## What I'm drinking

**Campari Negroni (£19 for 70cl, Waitrose)**  
Negroni is such a popular cocktail that Campari now sells its own pre-mix. It's so great to have one bottle in the cupboard instead of three. Pass the orange slice and the bowl of olives.



## What to eat with...



p45

**Mesta Organic Old Vine Tempranillo 2015, Spain (£8, M&S)**  
Tempranillo is the rioja grape, but as this wine is made in an unprestigious region of central Spain, you get more for your money. This red will cosy up the Spanish chicken stew on p45.



p78

**Dr L Riesling 2015, Germany (£6.50, Asda)**  
The gentle apple strudel flavour of off-dry riesling works well with slightly sweet food, such as the pork & caramelised pineapple adobo on p78.



Next month: What to drink with Easter lamb







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# recipes

Fresh ideas to inspire you this month



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Family meals and Mother's Day lunch, p34



**genius recipes by genius women**

Mary Berry, Nadiya Hussain and more, p60



**healthy**

Vegetable tagine and feelgood fish dishes, p87



**be inspired**

Seasonal cooking and food for friends, p100



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# Mother's Day lunch

Whether you're cooking a special meal for mum on 26 March or just fancy taking the stress out of lunch for a crowd, this one-pot roast, veg and gravy – with a stunning potato side and a make-ahead pud – means you can enjoy yourself too

*recipes* BARNEY DESMAZERY

*photographs* WILL HEAP

## Menu for 8

One-pot beef brisket  
& braised celery  
Domino Dauphinoise  
Italian kale  
-----  
Salted caramel  
cheesecake











Barney, our Food editor-at-large, has worked as a chef internationally and is a pro at adapting restaurant recipes to make

at home. @barney\_desmazery

## One-pot beef brisket & braised celery

*This dish is based on the Tuscan braise – beef in Barolo wine. However, as Barolo is pricey, I suggest you use any full-bodied red that suits your budget. The marinade is totally optional, but give it a go if you have the time. The beef can also be braised the day before, then reheated in a low oven.*

**SERVES 8** **PREP** 30 mins plus optional marinating **COOK** 5 hrs **EASY** 🌟

2.2kg piece of rolled beef brisket  
1 bottle full-bodied red wine  
3 tbsp olive oil  
8 celery sticks, cut into little-finger-length pieces  
2 carrots, roughly chopped  
1 onion, sliced  
3 garlic cloves, roughly chopped  
4 thyme sprigs  
4 bay leaves  
small pack parsley, roughly chopped

**1** If you have time, up to 24 hrs before, sit the beef in a snug plastic container and pour over the wine. Cover and leave to marinate in the fridge, turning the beef as and when you can.  
**2** Heat oven to 170C/150C fan/gas 5. Drain the wine from the beef (if you've marinated), but keep the wine. Heat the oil in a flameproof casserole dish that will fit the beef and all the vegetables – don't worry if the beef is too tall for the dish. Season the beef and spend a good 15 mins browning it on all sides,

then remove from the dish. Add the celery, carrots and onion to the dish, sizzle in the beef fat for 5 mins, then add the garlic and herbs. Nestle the beef among the vegetables, pour over the wine and bring to a simmer. Cover the dish with its lid (or foil if the beef is too tall) and braise in the oven for 4-4½ hrs until very tender, turning the beef once.

**3** Once cooked, leave to rest for 10 mins, then lift the beef onto a carving board. Drain the vegetables (reserving the braising juices), toss with the parsley and tip into a dish. Spoon the fat off the braising juices and pour into a bowl for spooning over. *The sauce can be chilled in the fridge – the fat will solidify and can be lifted off the sauce before it's reheated.*

**GOOD TO KNOW** iron • 1 of 5-a-day • gluten free  
**PER SERVING** 572 kcals • fat 33g • saturates 12g • carbs 3g • sugars 3g • fibre 2g • protein 47g • salt 0.2g

## Italian kale

*The Italian term agrodolce means sweet and sour, and usually refers to vegetables that have been flavoured and dressed with vinegar – which is what I've done here.*

**SERVES 8** **PREP** 5 mins  
**COOK** 5 mins **EASY** V

3 tbsp olive oil  
3 garlic cloves, finely sliced  
3 tbsp red wine vinegar  
300g cavolo nero or kale, roughly shredded

**1** Heat the oil in a large pan with a lid and sizzle the garlic, then add the vinegar and a splash of water.  
**2** Tip the kale into the pan, cover and wilt in the steam for 4-5 mins, adding a splash more water if the pan gets too dry. Once wilted, season with a little sea salt.

**GOOD TO KNOW** healthy • gluten free  
**PER SERVING** 50 kcals • fat 4g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 1g • salt none

## Domino Dauphinoise

*Rather than getting a bag of potatoes, buy them loose and choose ones the size of a tangerine to give a nice, uniform shape to the finished dish.*

**SERVES 8** **PREP** 10 mins  
**COOK** 1 hr 15 mins **EASY** V

50g butter, melted  
1.5kg small Maris Piper potatoes, skin on  
4 bay leaves, torn in half  
300ml double cream  
3 thyme sprigs, leaves picked

**1** Heat oven to 170C/150C fan/gas 5. Butter a medium-sized gratin dish (a round or oval one about 22cm wide is ideal) with a little of the butter. Slice the potatoes into very thin rounds – a mandolin or the sharp slicing blade of a box grater is good for this. As you slice, stack the potatoes in piles and pack them into the dish starting from the

outside, building a trail around the dish and then into the middle. You want all the potatoes standing on their edges like dominoes. Slip the bay leaves between some of the slices.

**2** Drizzle the cream over the potatoes, then sprinkle the thyme over the top. Season well and cook for 1 hr until the potatoes are tender and cooked through, then turn the oven up to 200C/180C fan/gas 8 for 10-15 mins to crisp up the top of the potatoes.

**GOOD TO KNOW** gluten free  
**PER SERVING** 379 kcals • fat 25g • saturates 16g • carbs 32g • sugars 2g • fibre 3g • protein 4g • salt 0.1g







## Salted caramel cheesecake

**CUTS INTO 12 slices PREP 30 mins**  
**plus at least 3 hrs cooling**  
**COOK 35 mins EASY**

For the base

**50g butter, melted, plus extra  
for the tin**

**200g chocolate digestives**

For the filling and topping

**750g (3 tubs) cream cheese**

**300g caramel sauce (dulce de  
leche) from a tin or jar**

**1 tsp vanilla extract**

**150g golden caster sugar**

**2 tbsp plain flour**

**4 medium eggs**

**1** Heat oven to 180C/160C fan/  
gas 6. Butter a 23cm springform  
cake tin and line the base with  
baking parchment. Tip the biscuits

into a food processor, blitz to crumbs  
and pour in the melted butter. (You  
could also tip the biscuits into a bag,  
bash with a rolling pin into crumbs  
and mix in the butter.) Press the  
biscuit into the base of the tin – the  
easiest way to do this is by flattening  
it with your hand under a sheet of  
cling film. Place the tin on a tray and  
bake for 10 mins, then remove from  
the oven to cool.

**2** Meanwhile, scrape the cream  
cheese into a bowl with 3 tbsp of  
the caramel sauce, the vanilla, sugar  
and flour, and beat until smooth.  
Beat in the eggs, one at a time, until  
you have a thick, smooth custard  
consistency. Tip over the base,  
scraping the bowl clean, and bake  
in the oven for 10 mins. Reduce the  
temperature to 140C/120C fan/gas 1  
and continue to bake for 25-30 mins  
until there is a slight wobble in the  
centre. Turn off the heat and leave

the door just slightly ajar – a tea  
towel holding the door open is  
ideal. This should leave you with  
a completely smooth top, but if  
there are a couple of small cracks,  
don't worry. Leave the cheesecake  
in the oven until completely cool  
(overnight is fine), then chill until  
needed. *Will keep in the fridge  
for two days.*

**3** On the day, loosen the sides of the  
cheesecake from the tin with a knife  
and remove the base (I usually serve  
it straight from the tin base). Add a  
large pinch of flaky sea salt to the rest  
of the caramel sauce, then spoon it  
over the cake and swirl with the  
back of the spoon. The cheesecake  
will sit happily on a stand at room  
temperature for a couple of hours.  
Just before serving, sprinkle with  
extra sea salt, if you like.

**PER SLICE** 435 kcals • fat 26g • saturates 16g •  
carbs 41g • sugars 31g • fibre 1g • protein 9g • salt 0.7g





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# Midweek meals

Cook something new with our simple, costed recipes

recipes JENNIFER JOYCE photographs MIKE ENGLISH

## Sausage, kale & chilli pasta

**SERVES** 4 **PREP** 10 mins

**COOK** 25 mins **EASY**

3 tbsp olive oil  
250g pork sausages, skins removed, broken into pieces  
2 tsp fennel seeds  
3 garlic cloves, thinly sliced  
1 large red chilli, sliced  
1 lemon, zested and juiced  
150g cherry tomatoes

400g short pasta, such as orecchiette, farfalle or conchiglie  
150g chopped curly kale  
75g grated parmesan

**1** Bring a large saucepan of water to the boil. Meanwhile, heat 1 tsp oil in a large frying pan. Brown the sausage with the fennel seeds on a medium heat for 6-7 mins until golden, then set aside.  
**2** Heat the remaining oil in the same pan, add the garlic and chilli, and cook on a medium heat for 2 mins or until golden. Add the lemon juice and tomatoes, cook for 2 mins, then remove from the heat.

**3** Boil the pasta following pack instructions until al dente. Add the kale for the final 2 mins of cooking. Drain, saving the cooking liquid, then put the pasta and kale back in the saucepan to keep warm. Add about 100ml cooking liquid to the tomatoes. Heat up, pour over the pasta and toss together with the sausage, lemon zest and half the parmesan. Serve in bowls with the remaining parmesan sprinkled over.

**GOOD TO KNOW** calcium • vit c • 1 of 5-a-day  
**PER SERVING** 771 kcal • fat 31g • saturates 11g •  
carbs 89g • sugars 6g • fibre 5g • protein 31g • salt 1.1g




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## Burrito bowl with chipotle black beans

**SERVES 2** **PREP** 15 mins

**COOK** 15 mins **EASY** 

125g basmati rice  
1 tbsp olive oil  
2 garlic cloves, chopped  
400g can black beans, drained  
and rinsed  
1 tbsp cider vinegar  
1 tsp honey  
1 tbsp chipotle paste  
100g chopped curly kale  
1 avocado, halved and sliced

1 medium tomato, chopped  
1 small red onion, chopped  
**To serve (optional)**  
chipotle hot sauce  
coriander leaves  
lime wedges

**1** Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

**2** Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.

**GOOD TO KNOW** healthy • fibre • vit c •  
3 of 5-a-day • gluten free  
**PER SERVING** 573 kcals • fat 21g •  
saturates 4g • carbs 72g •  
sugars 7g • fibre 15g •  
protein 16g • salt 0.8g



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## Ham & cheese Dutch baby pancake

**SERVES 2** **PREP** 15 mins  
**COOK** 35 mins **EASY**

3 large eggs  
125ml full-fat milk  
100g plain flour  
2 tbsp melted butter  
1 tbsp Dijon mustard, plus 2 tsp  
100g Tenderstem broccoli  
70g Comté or Gruyère, grated  
50g wafer-thin ham, torn into pieces  
100ml crème fraîche, to serve

**1** Heat oven to 240C/220C fan/gas 9. Put a large, ovenproof frying pan or two smaller pans in the oven to heat. In a food processor, whizz the eggs, milk, flour, 1 tbsp of the melted butter, 1 tbsp mustard and a pinch of salt. Leave to stand for 10 mins.

**2** Meanwhile, cook the broccoli in boiling water for 2 mins, then drain and rinse in cold water. Remove the pan from the oven and pour in the remaining butter, then the batter. Cook for 20 mins until golden and puffed, adding the cheese, broccoli and ham for the final 2 mins of cooking. Stir 2 tsp mustard through the crème fraîche and serve alongside the pancake.

**GOOD TO KNOW** calcium • folate

**PER SERVING** 683 kcs • fat 39g • saturates 20g • carbs 45g • sugars 6g • fibre 3g • protein 37g • salt 3.3g

## Spiced roast cauliflower with herby rice

**SERVES 2** **PREP** 10 mins  
**COOK** 30 mins **EASY**

1 cauliflower, broken into florets  
2 red peppers, cut into chunky pieces  
1 red onion, 1/2 quartered, 1/2 sliced  
3 tbsp olive oil  
1 tbsp ras el hanout  
1 garlic clove, crushed  
200ml vegan coconut yogurt (such as Coconut Collaborative or COYO)  
125g basmati rice  
400ml vegan vegetable stock (such as Marigold Vegan Bouillon Powder)  
small pack coriander, chopped  
pomegranate seeds, to serve

**1** Heat oven to 200C/180C fan/gas 6. Spread out the cauliflower, peppers and onion quarters on

a very large baking tray. Drizzle with 2 tbsp olive oil and sprinkle with the ras el hanout. Toss together, season and roast for 30 mins.

**2** Meanwhile, stir the garlic into the yogurt and set aside. In a medium saucepan, heat the remaining oil. Add the sliced onion, season and fry for 5 mins. Add the rice and coat well in the oil. Pour over vegetable stock so that it covers it by about 2cm. Bring to the boil, then turn down to the lowest heat and cover with a lid. Check after 5 mins and add most of the coriander. Cook for 4 mins more until al dente.

**3** Remove from the heat and let it sit with the lid on for 10 mins. Serve the roasted vegetables with the rice, remaining coriander, the pomegranate seeds and the yogurt sauce to share.

**GOOD TO KNOW** vegan • folate • fibre • vit c • 3 of 5-a-day

**PER SERVING** 745 kcs • fat 38g • saturates 20g • carbs 78g • sugars 20g • fibre 12g • protein 16g • salt 0.8g







3 of your 5-a-day  
£1.92 per serving



vegan  
£2.63 per serving

### Miso roasted tofu with sweet potato

*Miso and mirin are available in many supermarkets; both will keep well for some time.*

**SERVES 2** **PREP** 15 mins  
**COOK** 30 mins **EASY** **V**

400g firm tofu, drained  
100g fine green beans  
2 tbsp vegetable oil  
2 tbsp black or white sesame seeds, toasted  
2 large sweet potatoes  
2 spring onions, finely sliced

#### For the dressing

3 tbsp white miso (if you can't find it, use 2 tbsp brown miso paste)  
3 tbsp mirin  
3 tbsp lime juice

**1** Heat oven to 200C/180C fan/gas 6. Wrap the tofu in kitchen paper, place in a shallow dish and put a heavy plate on top to help squeeze

out the water. When the paper is wet, replace with another wrapping and weigh down again. Chop the tofu into medium cubes (about 2.5cm). In a small bowl, mix the dressing together with a whisk.

**2** Boil the beans for 1 min, then drain, rinse in cold water and set aside. Line a baking tray with parchment, spread out the tofu and pour over half the dressing. Sprinkle the sesame seeds on top and mix well. Bake for 20-25 mins until golden and crisp. Meanwhile, cut the sweet potatoes in half, place in a bowl, cover with cling film and microwave for 10-15 mins until very soft.

**3** Mash the sweet potato and serve in bowls with the tofu, green beans, the dressing poured over and some spring onions sprinkled on top.

**GOOD TO KNOW** vegan • calcium • fibre • vit c • 2 of 5-a-day

**PER SERVING** 628 kcs • fat 24g • saturates 4g • carbs 72g • sugars 41g • fibre 12g • protein 25g • salt 0.2g



## Lemon pepper steaks with hazelnut salsa verde

**SERVES 2** **PREP** 15 mins

**COOK** 35 mins **EASY**

1 large celeriac, peeled and cut into finger-sized chips  
4 tbsp olive oil  
2 bavette, sirloin or rump steaks (about 150g each)  
2 lemons, zested  
small pack flat-leaf parsley, chopped  
1 tbsp small capers  
1 small shallot, finely chopped  
½ garlic clove, finely chopped  
1 tbsp red wine vinegar  
2 tbsp hazelnuts, toasted and chopped

**1** Heat oven to 200C/180C/gas 6. Toss the celeriac chips in 1 tbsp oil and tip them onto a large baking tray. Season and roast for 35 mins or until soft and golden around the edges. Brush the steaks with 1 tsp oil and sprinkle the lemon zest and



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some cracked black pepper liberally on both sides. Leave to marinate while you make the sauce.

**2** Mix the parsley, capers, shallot, garlic, vinegar, hazelnuts and the remaining oil in a small bowl.

**3** Heat a griddle or frying pan and cook the steaks for 2-3 mins each

side if thick (1-2 mins for thin steaks). Rest, wrapped in foil, for 5 mins, then slice. Serve the steaks with the sauce and roasted celeriac.

**GOOD TO KNOW** folate • fibre • vit c • iron •

1 of 5-a-day • gluten free

**PER SERVING** 578 kcals • fat 39g • saturates 6g •  
carbs 8g • sugars 6g • fibre 16g • protein 40g • salt 1.1g

# You could buy any almond drink





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midweek meals

## Spanish chicken stew

**SERVES 4** **PREP** 10 mins

**COOK** 30 mins **EASY**

2 tbsp olive oil  
500g boneless and skinless chicken thighs  
1 red pepper, cut into chunky pieces  
1 large onion, sliced  
2 garlic cloves, chopped  
1 tbsp white wine vinegar  
1 tbsp smoked paprika  
400ml chicken stock  
large handful black olives (such as couchillo)  
50g flaked almonds, toasted  
cooked rice or crusty bread, to serve

**1** In a large saucepan, heat 1 tbsp of the oil. Season the chicken and brown on both sides for 7-8 mins until golden, then set aside on a plate. Put the remaining 1 tbsp oil in the pan with the pepper, onion and garlic. Fry on a medium heat

for 8 mins or until slightly golden. Add the vinegar and cook for 1 min.  
**2** Return the chicken to the pan with the paprika and stock. Bring to the boil, then turn down to simmer for 25 mins until the chicken is cooked through. Add the olives and almonds, and serve with rice or crusty bread.

**GOOD TO KNOW** healthy • vit c • 1 of 5-a-day  
**PER SERVING** 329 kcals • fat 17g • saturates 3g • carbs 8g • sugars 6g • fibre 4g • protein 34g • salt 0.7g



**'Donna Hay – her droolworthy photographs and cutting-edge recipes are world-class, and it's pure inspiration for me on so many levels.'**  
**JENNIFER JOYCE, Food writer**



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# Family feasts

Cooking for kids made easy! Five nights of clever after-school suppers, including a really useful make-ahead sauce *recipes* AMANDA GRANT *photographs* WILL HEAP







Easy pulled  
beef ragu, p50





## Coconut curry noodle bowl

*This creamy noodle dish is topped with crunchy cashew nuts for lots of flavour and texture.*

**SERVES 4** **PREP** 10 mins  
**COOK** 25 mins **EASY** **V**

### For the sauce

1 tbsp vegetable oil  
2 garlic cloves, crushed  
½ red chilli, finely chopped (optional)  
small piece ginger, grated  
1 tbsp mild curry powder  
1 tbsp soy sauce  
1 tbsp sriracha (or another 1 tbsp soy sauce if you don't want the sauce hot)  
400g can coconut milk

### For the nuts

80g cashew nuts  
1 tsp soy sauce  
1 tsp maple syrup

### For the stir-fry

1 tsp sesame oil  
2 heads pak choi, halved  
200g green beans, trimmed and halved  
2 carrots, peeled into long ribbons  
3 x 150g packs fresh udon noodles  
large handful coriander, chopped, to serve

**1** Heat the oil in a large saucepan, add the garlic, chilli (if using) and ginger, and fry on a low heat for about 5 mins until softened. Add the curry powder and stir, frying for 1 min more until aromatic. Add the soy sauce and sriracha (if using), and stir again. Pour in the coconut milk, breaking up any solids on the top of the can with a spoon. Stir until combined, then leave the sauce on a medium heat with a lid on to simmer for 15 mins.

**2** Meanwhile, heat oven to 200C/180C fan/gas 6. Put the nuts in a bowl and mix with the soy sauce and maple syrup until fully coated. Scatter the nuts on a sheet of baking parchment on a baking tray, and roast for 10-12 mins, stirring halfway through.

**3** While the nuts are roasting, heat the sesame oil in a wok or large frying pan. When hot, add the veg and stir-fry for 3-4 mins until slightly softened. Add the noodles and fry for another 2 mins until heated through.

**4** Take both pans off the heat and pour the coconut sauce into the wok (or add the noodles to the saucepan) and stir until everything is coated in the sauce. Spoon into bowls and scatter over the nuts and coriander.

**GOOD TO KNOW** vegan • folate • fibre • vit c • iron • 2 of 5-a-day

**PER SERVING** 533 kcs • fat 31g • saturates 17g • carbs 44g • sugars 11g • fibre 10g • protein 15g • salt 1.3g





## Fish finger wraps with cheat's tartare sauce

White fish served in tortilla wraps with a choice of cucumber ribbons, romaine lettuce or tomatoes (or all three) – this makes a great build-your-own meal the whole family can get stuck into. Plain mayonnaise also works well.

**SERVES 4** **PREP** 25 mins  
**COOK** 20 mins **EASY**

- 1/2 tbsp olive oil
- 3 thick white fish fillets, such as cod or haddock (about 400g total)
- 50g plain flour
- 100g panko or dried breadcrumbs
- 1 lemon, zested (reserve the juice for the tartare)
- 1 small dill sprig, chopped (or use 1/2 tsp dried oregano)
- 1 large egg
- For the cheat's tartare sauce**
- 6 tbsp mayonnaise
- 1 tbsp finely chopped gherkins
- 1 tbsp finely chopped capers
- 1 1/2 tbsp finely chopped dill
- 1 1/2 tbsp lemon juice
- To serve**
- 4 tortilla wraps
- 1 cucumber, peeled into long ribbons
- 1 romaine lettuce, shredded
- 4 ripe, juicy tomatoes, sliced
- 1 lemon, quartered

**1** Heat oven to 190C/170C fan/gas 5. Line a baking tray with baking parchment and put in the oven to heat up. Slice each fish fillet into four-five thick fingers.

**2** Tip the flour into a bowl and season with black pepper. Crack the eggs into a second bowl and lightly beat with a fork. Tip the breadcrumbs, zest and dill into a third shallow bowl and mix together. Dip the fish into the flour, then the egg, then the breadcrumbs.

**3** Bake the fish fingers on the hot tray for 20 mins, turning once. While the fish fingers are baking, mix all the tartare sauce ingredients together and season to taste.

**4** Let everyone help themselves, starting with a dollop of tartare sauce on a wrap, followed by the crunchy fish and the salad. Finish with a squeeze of lemon.

**PER SERVING** 428 kcs • fat 24g • saturates 2g • carbs 28g • sugars 1g • fibre 1g • protein 24g • salt 0.8g





## Green burgers

*This recipe has been designed so you can stash an extra family meal in the freezer, and they're packed with spinach which can be one of the trickier vegetables to get kids to eat. They're ideal if you're feeding your family at different times.*

**MAKES 8** (4 for now, 4 for the freezer)

**PREP 30 mins COOK 20 mins**

**EASY** 

2 tbsp olive oil  
2 onions, finely chopped  
250g bag spinach  
5 slices white bread, blitzed into breadcrumbs (or 150g dried breadcrumbs)  
good grating of fresh nutmeg  
100g mature cheddar, grated  
40g parmesan, finely grated

1-2 large eggs, beaten

3 tbsp plain flour

**To serve**

6 crusty bread rolls

4 ripe, juicy tomatoes, thickly sliced  
good-quality ketchup or other relish  
sweet potato fries (optional)

**1** Heat half the oil in a frying pan and gently fry the onions for about 10 mins until pale and soft, then leave to cool a little.

**2** Finely chop the spinach in a food processor and tip into a bowl. Add the cooled onion, breadcrumbs, nutmeg, cheddar and parmesan, and mash together. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into eight (see tip, far right) and shape into fat burgers.

**3** Put the flour in a shallow bowl, season well and dip the burgers into the flour to coat. Store in a plastic container between layers of baking parchment. Either chill until ready to cook, or freeze.

**4** Heat the remaining oil in the frying pan and fry for about 5 mins each side until browned all over. Serve in the crusty rolls, with a couple of slices of tomato, ketchup and sweet potato fries on the side, if you like.

**GOOD TO KNOW** calcium • 1 of 5-a-day

**PER BURGER** 233 kcals • fat 11g • saturates 5g • carbs 22g • sugars 3g • fibre 1g • protein 11g • salt 0.5g



**Flouring your hands helps stop the mixture from sticking to your fingers.**



## Easy pulled beef ragu

*This is one of those low-and-slow cooking dishes that works a treat when you don't have time to be in the kitchen stirring. Just add this rich sauce and tender shredded beef to your favourite robust pasta.*

**SERVES 8** (or 2 meals for 4)

**PREP 20 mins COOK 4 hrs EASY** 

2 tbsp olive oil  
1kg boneless beef brisket  
2 onions, finely chopped  
4 garlic cloves, finely chopped  
5 carrots, thickly sliced  
250ml red wine  
2 x 400g cans chopped tomatoes  
2 tbsp tomato purée  
4 bay leaves  
450g large pasta shapes (such as paccheri, rigate or rigatoni)  
large handful basil leaves, to serve  
grated parmesan, to serve

**1** Heat oven to 150C/130C fan/gas 2. Heat 1 tbsp oil in a flameproof casserole dish and brown the beef all over. Take the beef out of the dish, add the remaining oil and gently cook the onions and garlic for 10 mins until softened.

**2** Add the browned beef back to the dish with the carrots, red wine, tomatoes, tomato purée and bay leaves. Cover with foil and a lid, and slowly cook for 3-3½ hrs or until the meat falls apart. Check on it a couple of times, turning the beef over and giving it a good stir to make sure it's coated in the sauce.

**3** Cook the pasta following pack instructions, then drain. Shred the beef – it should just fall apart when you touch it with a fork – then spoon the beef and tomato sauce over the pasta. Scatter with basil and parmesan before serving.

**GOOD TO KNOW** fibre • 2 of 5-a-day

**PER SERVING** 543 kcals • fat 18g • saturates 6g • carbs 54g • sugars 10g • fibre 6g • protein 32g • salt 0.1g







## Really useful roasted red pepper sauce

*This is so handy to have bagged in the freezer. The recipe makes enough for two meals and can easily be doubled. Use as a base for baked eggs (below) or gnocchi (right).*

**SERVES** 8 (or 2 meals for 4)

**PREP** 10 mins **COOK** 1 hr **EASY** V \*

4 red peppers (or a mix of red, orange and yellow), cut into chunks  
2 onions, roughly chopped  
2 garlic cloves (skin left on)  
2 tbsp olive oil  
2 x 400g cans peeled plum tomatoes  
2 tsp red wine vinegar  
1 tsp light soft brown sugar

Heat oven to 190C/170C fan/gas 5. Toss the peppers and onions with the garlic and olive oil, and spread out in a roasting tin. Roast for 40 mins, then add the tomatoes, red wine vinegar and sugar, and roast for another 20 mins. Tip into a food processor and blend until smooth. Season to taste.

**GOOD TO KNOW** vegan • healthy • low fat • vit c • 2 of 5-a-day • gluten free

**PER SERVING** 83 kcals • fat 3g • saturates 1g • carbs 10g • sugars 9g • fibre 3g • protein 2g • salt none



## Roasted pepper baked eggs

**SERVES** 4 **PREP** 5 mins  
**COOK** 10 mins **EASY** V

Heat oven to 180C/160C fan/gas 4. Divide  $\frac{1}{2}$  **batch roasted red pepper sauce** (see above) between four small baking dishes. Take **4 eggs** and break 1 into each dish. Bake for 7-10 mins until the whites are set and the yolks are still runny.

Put **4 thick slices of ciabatta** on a baking tray, drizzle with **olive oil**, rub with **1 garlic clove** and cook in the oven until lightly toasted. Sprinkle the eggs with **chopped parsley** and black pepper, and serve with the toasted ciabatta.

**GOOD TO KNOW** healthy • vit c • 2 of 5-a-day  
**PER SERVING** 271 kcals • fat 10g • saturates 2g • carbs 30g • sugars 10g • fibre 5g • protein 13g • salt 0.5g

## Gnocchi with roasted red pepper sauce

**SERVES** 4 **PREP** 2 mins  
**COOK** 25 mins **EASY** V

Cook a **500g pack gnocchi** following pack instructions, then drain and tip into a casserole dish. Pour over  $\frac{1}{2}$  **batch roasted red pepper sauce** (see above), then tear **125g ball mozzarella** over the top and sprinkle over **2 handfuls breadcrumbs**. Bake for 20 mins until golden and heated through.

**GOOD TO KNOW** low fat • low cal • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 349 kcals • fat 10g • saturates 5g • carbs 50g • sugars 10g • fibre 6g • protein 13g • salt 1.3g



For more family-friendly recipes, visit [bbcgoodfood.com](http://bbcgoodfood.com)



'Without a shadow of a doubt, Diana Henry (see her recipes on page 82). She is a natural and honest food writer who inspires me every day. And my mum, who taught me just how incredibly exciting food is. She loved Josceline Dimbleby, and I still cook some of Josceline's recipes that mum taught me.'

AMANDA GRANT, food writer



dinner dash

# Chopped tomatoes

Just open a can and you've got the makings of a simple supper

recipes ESTHER CLARK photographs CLARE WINFIELD

## Cod with olives & crispy pancetta

**SERVES 4**

Mix the olives & sundried tomatoes with the chopped tomatoes, then season. Tip the sauce into a casserole dish, top with the fish and drizzle over 2 tbsp olive oil. Bake at 200C/180C fan/gas 6 for 15-20 mins or until the fish is just cooked.

Heat a medium frying pan until hot, add the pancetta and cook on both sides for 1 min or until crisp. Top the fish with shards of the pancetta.

**GOOD TO KNOW** low cal • 1 of 5-a-day • gluten free  
**PER SERVING** 290 kcs • fat 16g • saturates 4g • carbs 4g • sugars 4g • fibre 2g • protein 31g • salt 1.5g



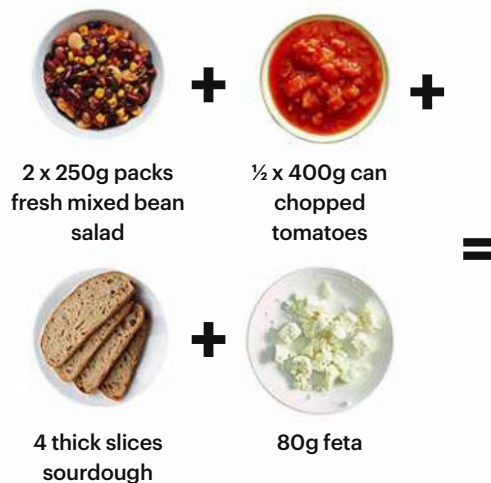
## Beans & feta on sourdough toast

**SERVES 2 V**

Put the mixed beans and tomatoes in a pan over a medium heat. Simmer for 7 mins until the sauce is reduced a little, then season well.

Drizzle the sourdough slices with a little olive oil on each side and grill until both sides are golden brown. Top the bread with the beans and crumble over the feta.

**GOOD TO KNOW** fibre • 2 of 5-a-day  
**PER SERVING** 617 kcs • fat 23g • saturates 7g • carbs 65g • sugars 16g • fibre 20g • protein 28g • salt 2.8g



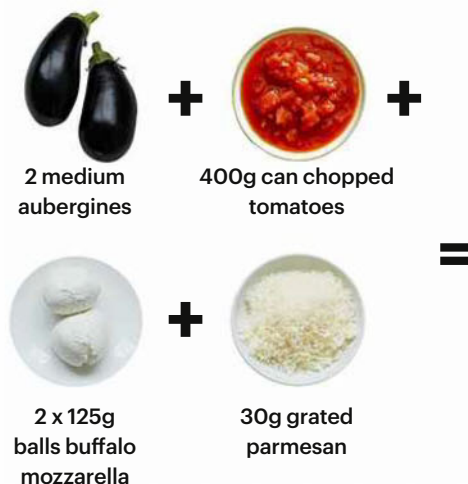
## Cheat's aubergine parmigiana

**SERVES 2 V**

Heat oven to 200C/180C fan/gas 6. Put the aubergines on a baking tray and make a slit down the centre of each. Drizzle with 2 tbsp olive oil and season. Bake for 50-55 mins or until the flesh is soft.

Heat the grill. Tip the tomatoes into a bowl and season well. Fill the aubergines with layers of tomatoes and mozzarella, and finish with the parmesan. Put under the grill for 5-7 mins until the cheese is golden.

**GOOD TO KNOW** calcium • folate • fibre • 2 of 5-a-day • gluten free  
**PER SERVING** 596 kcs • fat 42g • saturates 22g • carbs 15g • sugars 14g • fibre 11g • protein 33g • salt 1.5g





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# Use it up

Here are new ways to cook with ingredients you've bought for other recipes in this issue

*recipes* ELENA SILCOCK *photographs* STUART OVENDEN





## Spicy tamarind prawns

Here's another way to cook with the **tamarind paste** from the leek seeni sambol recipe on page 76.

**SERVES 2 PREP 10 mins**  
**COOK 5 mins EASY**

**For the lime mayonnaise**

½ lime, juiced, plus wedges to serve

50g mayonnaise

**For the prawns**

2 tbsp vegetable oil

1 garlic clove, crushed

thumb-sized piece ginger, grated

½ red chilli, finely chopped

1 tbsp tamarind paste

180g raw jumbo king prawns (or tiger prawns)

toasted sesame seeds, sliced spring onions and cooked rice, to serve

**1** Mix the lime juice with the mayonnaise and set aside.



**2** Heat the oil in a large, non-stick frying pan over a medium heat and add the garlic, ginger and chilli. Lightly fry for 2 mins until fragrant, then add the tamarind paste.

**3** Toss the prawns in the mixture and cook for 2-3 mins until they have all turned pink. Serve with rice, topped with the sesame seeds and spring onions, and the lime mayo, plus lime wedges for squeezing over.

**PER SERVING** 371 kcal • fat 20g • saturates 2g • carbs 8g • sugars 7g • fibre none • protein 17g • salt 0.5g

## Purple sprouting broccoli with preserved lemon dip

Make more of **preserved lemons** – they're used in the harissa lamb on page 104.

**SERVES 2 PREP 10 mins**  
**COOK 8-10 mins EASY V**

230g purple sprouting broccoli

2 tbsp olive oil, plus a drizzle

1 tsp chilli flakes

1 preserved lemon, deseeded and finely chopped

50g Greek yogurt

½ garlic clove

1 tbsp finely chopped parsley

**1** Heat the grill to high. Toss the broccoli with the olive oil on a baking tray and scatter with the chilli flakes. Grill for 8-10 mins until cooked through and beginning to crisp.



**2** Meanwhile, mix the preserved lemon with the yogurt, garlic, parsley and a drizzle of olive oil. Season and serve alongside the broccoli, or add a little water to thin the dip and drizzle over the top.

**GOOD TO KNOW** calcium • folate • fibre • vit c • 1 of 5-a-day • gluten free

**PER SERVING** 194 kcal • fat 15g • saturates 3g • carbs 5g • sugars 3g • fibre 6g • protein 6g • salt 0.2g

## Chipotle cod tacos

This recipe helps to use up the **chipotle paste** from the burrito bowl on page 41.

**SERVES 2 PREP 10 mins**  
**COOK 10-12 mins EASY**

2 skinless cod fillets

2 tbsp chipotle paste

½ lime, juiced

½ tbsp olive oil

4 taco shells

**For the slaw**

1 bag ribboned stir-fry vegetables

2½ tbsp mayonnaise

2 tsp cider vinegar

1 tbsp wholegrain mustard

**1** Heat oven to 200C/180C fan/gas 6. Slice the cod into 2cm chunks and toss with the chipotle paste, lime juice and olive oil. Leave to marinate while you make the slaw. Mix all the slaw ingredients together, season and set aside.



**2** Put the cod on a baking tray and roast for 10-12 mins until flaking apart. About 4 mins before the cooking time is up, put the taco shells on a separate tray in the oven to warm through.

**3** Serve the tacos filled with the cod and a spoonful of the slaw. Serve the extra slaw on the side.

**GOOD TO KNOW** folate • vit c • 2 of 5-a-day  
**PER SERVING** 723 kcal • fat 47g • saturates 6g • carbs 33g • sugars 9g • fibre 7g • protein 37g • salt 1.5g

## Amaretti muffins

Use **rice flour** to make a gluten-free muffin mix – it's also found in Rosie Birkett's hoppers on page 76.

**MAKES 12 PREP 15 mins**  
**COOK 20-25 mins EASY**

110ml vegetable oil

110g golden caster sugar

2 eggs

2 tbsp Greek yogurt, plus extra to serve

25ml espresso or strong coffee

110g ground almonds

60g rice flour

1 tsp gluten-free baking powder

4 soft amaretti biscuits, broken up

50g flaked almonds

**1** Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with muffin cases or baking parchment squares.

**2** Whisk the oil, sugar and eggs together. Add the yogurt and espresso, then fold in the ground almonds, rice flour and



baking powder. Carefully fold the broken amaretti biscuits into the mixture.

**3** Divide the mixture between the cases (about 2 tbsp in each). Sprinkle with the flaked almonds and bake for 20-25 mins until golden on top. Serve warm with a large dollop of Greek yogurt.

**GOOD TO KNOW** gluten free  
**PER MUFFIN** 237 kcal • fat 17g • saturates 2g • carbs 17g • sugars 12g • fibre none • protein 5g • salt 0.1g



# Elegant Easter

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**Gillian Carter, Editor**

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# Genius women

*Our team reveal the food idols who ignited their passion for cooking, and share recipes inspired by them*  
photographs TOM REGISTER

## Aubergine curry **Inspired by Madhur Jaffrey**

*My mother, who taught me to cook, also instilled in me a love of cookbooks and recipes. Flicking through the Reader's Digest Cookery Year – dreaming about food we had no access to during my early childhood in India – switched, on our return to the UK, to cooking Indian food from Madhur Jaffrey recipes. On her arrival in England, Madhur herself had to learn to cook the Indian food of her childhood via letters from her mother – and for this reason, her recipes suited the British kitchens of the 1980s. Tweaked enough to make them accessible, they were still exotic and, most importantly for me, smelled and tasted like a distant, earlier home. Lake Palace aubergine cooked in the pickling style is my favourite recipe from Indian Cookery, which accompanied a BBC series. I usually serve this adaptation with lamb cutlets and yogurt on top.*

**Lulu Grimes**







## gf cover recipe

### Aubergine curry with lamb cutlets

*This is a messy recipe to make, and the quantity of oil that the aubergines suck up is not for the faint-hearted – prepare for splattering!*

**SERVES 2 PREP 15 mins**  
**COOK 50 mins EASY**

#### For the curry

1 large aubergine  
3 tbsp olive oil  
1 tsp fennel seeds  
1 tsp nigella seeds  
2 tsp ground coriander  
large pinch of turmeric  
large pinch of chilli powder  
2cm piece of ginger, finely grated  
4 garlic cloves, crushed or finely grated  
1 can peeled cherry tomatoes

#### For the lamb

8 small lamb cutlets, French trimmed  
2 tbsp plain yogurt  
¼ tsp turmeric  
olive oil, for frying

#### To serve

yogurt, coriander leaves and nigella seeds  
cooked rice

**1** For the lamb, mix the yogurt and turmeric, and brush it over each cutlet. Cut the aubergine into large wedges. Put a good slug of oil into a frying pan and fry the wedges on both sides until they are browned all over and very soft (add more oil if you need to) – they should look almost translucent and lightly charred. Lift the wedges gently out of the pan with tongs, leaving the oil behind – if you have more than 1 tbsp oil left, pour some off.  
**2** Put the fennel seeds and nigella seeds in the pan and heat them until

they start to pop. Add the coriander, turmeric and chilli, and let the oil foam up a little with the spices. Add the ginger and garlic, and cook for 1 min, making sure the mixture doesn't stick. Tip in the tomatoes and simmer the mixture for 3 mins or until it starts to thicken, then season well. Return the aubergine to the pan to continue cooking.

**3** Meanwhile, heat some oil in a frying pan. Salt the lamb cutlets on both sides and fry them until they are browned on the outside but still slightly pink inside. It's important to make sure the fat is well browned.

**4** Spoon some yogurt over the curry and sprinkle with coriander leaves and nigella seeds. Serve with the lamb and chapattis or rice.

**GOOD TO KNOW** calcium • fibre • iron • 2 of 5-a-day • gluten free

**PER SERVING** 774 kcals • fat 50g • saturates 16g • carbs 16g • sugars 13g • fibre 6g • protein 6g • salt 0.5g



# Rich fruitcake

## Inspired by my grandma

Whenever I think of my grandma, she is wearing lipstick, her hair in loose roller curls, dancing around the kitchen, baking. From as soon I could sit up, we baked together. There was nothing I enjoyed more than stirring mixtures and licking golden syrup off the spoon! Ever the patient teacher, even when I mistook mustard powder for custard powder, I soon found my passion for cooking. This fruitcake has been baked for countless celebrations. It is a fail-safe cake, always moist and lighter than you would expect. In the words of my grandma: 'You just can't beat it.'

**Sophie Godwin**

### Gran's rich fruitcake

This cake serves 50-80 if you use it for a wedding or a christening, but it can be cut into larger pieces. It is delicious eaten straight away, or poked with a few holes and fed with brandy. My gran likes to leave it to mature for four weeks before feeding generously.

**CUTS INTO** 50-80 slices

**PREP** 50 mins plus overnight soaking

**COOK** 2 hrs 30 mins **EASY** ✨

150ml brandy  
680g sultanas  
680g currants  
450g raisins  
170g glacé cherries, halved  
170g candied peel  
560g plain flour  
½ tsp cinnamon  
½ tsp nutmeg  
½ tbsp cocoa powder  
450g butter, softened at room temperature  
½ orange and ½ lemon, zested  
450g golden caster sugar  
½ tbsp black treacle  
8 large eggs

**1** The night before, pour 75ml of the brandy over the fruit, cover and leave to sit, letting the fruit soak up the alcohol.

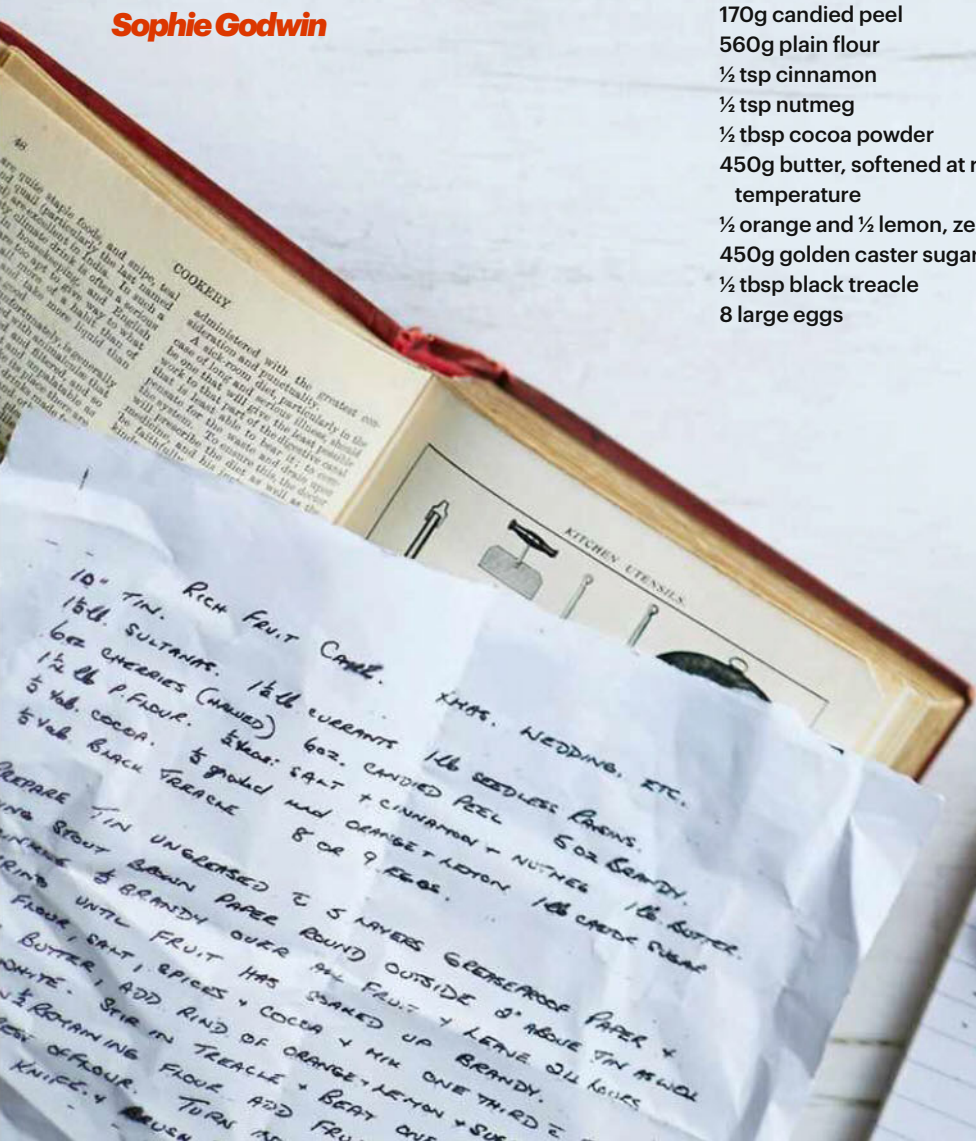
**2** Heat oven to 160C/140C fan/gas 3. Line a deep, 25cm square cake tin with a double layer of baking parchment, then wrap a double layer of newspaper around the outside, so that it comes about 2.5cm above the sides of the tin, and secure with string.

**3** Sift the flour, spices, cocoa powder and ½ tsp salt together. Mix ⅓ of this mixture into the soaked fruit. Cream the butter, zests and sugar until light and fluffy, stir in treacle, then beat in the eggs one at a time. Fold in half the remaining flour mixture. Once mixed, fold in the fruit mixture followed by the remaining flour mixture.

**4** Spoon into the prepared tin, smoothing the top with a palette knife. Bake in the centre of the oven for 2 hrs 30 mins, checking the cake with 15 mins to go. When a skewer inserted into the centre comes out clean, it's ready.

**5** Leave to cool in the tin for 30 mins then turn out onto a wire rack to cool completely. To store, peel off the baking parchment and wrap well in clingfilm. Will keep for three months.

**PER SLICE (80)** 180 kcal • fat 5g • saturates 3g • carbs 29g • sugars 22g • fibre 1g • protein 2g • salt 0.1g











## Spiced lamb pie Inspired by my mum

*She taught me to cook and has fed me some of the best meals of my life, and my mum still inspires my recipe writing today. Thanks to her, I was knocking up mince pies at five, spag bol at 10 and dinner parties at 15. She is an intuitive cook, never following a recipe properly (much to my frustration), but her 'a little bit of this and a dash of that' approach produces delicious results. Mum will combine multiple recipes to produce something original and gorgeous. My recipe (p66) is a homage to her – lamb tagine transformed into a hearty pie.*

**Cassie Best**



# Liver & mash

## Inspired by Louise Luiggi

*Not only did Louise give me my first job at 17, washing dishes at her café, French Living, in Nottingham, she later helped me to get my first piece of food writing published, in place of her own column in the Nottingham Evening Post. I was a shy teenager when we met, but working with her gave me confidence and a passion for food. I picked this dish (see my recipe on p66) because we both love offal, but also because we were both sceptical of it as teenagers. I was given it to eat for dinner on a shift at work – I only tried it because I was too terrified to ask for something else! I was instantly converted.*

**Miriam Nice**





## Spiced lamb pie

**SERVES** 4-6 **PREP** 30 mins

**COOK** 4 hrs 20 mins **EASY**

✳️ cooked filling only

3 tbsp vegetable oil  
800g lamb shoulder, fat removed, diced  
3 tbsp plain flour  
1 large onion, chopped  
2 garlic cloves, crushed  
1 tbsp ras el hanout  
2 tsp ground coriander  
2 tsp ground cumin  
good pinch of ground cloves  
good pinch of saffron (optional)  
1 cinnamon stick  
400g can chopped tomatoes  
1 lemon, zested and juiced  
1 tbsp honey  
4 tbsp pomegranate molasses  
270g pack filo pastry (4-6 sheets)  
50g butter, melted  
50g flaked almonds  
50g pomegranate seeds

**1** Heat the oil in a large flameproof casserole dish. Toss the lamb in the flour with some seasoning, then brown it in the dish. Do this in batches so you don't overcrowd the dish (which will cause the meat to steam instead of fry). Take your time to build up a deep brown colour, which will add lots of meaty flavour to the stew. Set the meat aside on a plate as you go.

**2** Add the remaining oil to the dish along with the onion and garlic. Cook for 5 mins until softened, then stir in the spices, tomatoes, lemon zest and juice, honey and molasses. Fill the tomato can halfway with water, swirl around and add this too. Season well, bring to a simmer and cover with a lid. Reduce the heat and cook for 2 hrs 30 mins-3 hrs or until the meat is tender. Leave to cool.

**3** Heat oven to 180C/160C fan/gas 4. Transfer the meat to a pie dish that's about 25cm wide, or leave it in the casserole if it's wide enough to fit the topping. Unwrap the filo and brush a sheet with butter, scrunch up and place on top of the pie. Continue with the remaining sheets until the tagine is covered. Drizzle any remaining butter over the top and scatter over the almonds, then bake for 45 mins or until the pastry is crisp and golden. Scatter over the pomegranate seeds just before serving.

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** (6) 595 kcal • fat 30g • saturates 10g • carbs 45g • sugars 11g • fibre 4g • protein 34g • salt 0.8g

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## Liver & mash

**SERVES** 2 **PREP** 30 mins

**COOK** 1 hr 50 mins **MORE EFFORT**

**For the mash**

3 large baking potatoes  
½ tsp olive oil  
150ml whole milk  
1 tbsp butter  
pinch of freshly grated nutmeg

**For the herb butter**

100g butter, softened  
½ tbsp chopped parsley

**For the liver**

1 tbsp plain flour  
200g lamb's liver, trimmed and cut into 2 pieces (approx 1cm thick)  
1-2 tbsp sunflower oil  
small handful of mini silverskin pickled onions  
2 garlic cloves, very finely chopped

**1** Heat oven to 200C/180C/gas 6. Prick the potatoes all over with a fork, rub with oil and bake directly on the oven shelf for 1 hr 20 mins. Once cooked, leave for 10-15 mins or until cool enough to handle, then slice in half, scoop out the potato flesh and push it through a potato ricer or colander. Cover until needed. (I like to keep the potato skins for another day and stuff them with leftover mash, softened leeks and cheese, and bake until golden and bubbling.)

**2** Mix the herb butter ingredients together, spread out into a rough log shape on a piece of baking parchment, roll up and twist the ends tightly so it resembles a cracker. Put in the freezer for 10-15 mins to firm up.

**3** Heat the milk and butter for the mash in a saucepan until the butter has melted and the mixture starts to simmer. Pour this over the potato flesh, mash it and sprinkle over the nutmeg and some seasoning. Keep warm or reheat when serving.

**4** Heat a large, non-stick pan over a medium-high heat. Season the

flour with pepper, then use it to very lightly dust the liver. Pour the oil into the hot pan, season the liver well with sea salt, then fry for no more than 2 mins each side. Transfer to a plate and cover with foil.

**5** Turn down the heat, but while the oil's still hot, add the pickled onions. As the onions start to caramelise, put them on the plate with the liver. Add the garlic to the pan, which by now should be sufficiently cooled enough not to burn it. Add a little oil to the pan if it looks dry. Once the garlic is starting to soften but not coloured at all, add 4-5 thin slices of the parsley butter and some of the resting juices from the liver plate. Turn off the heat and allow the butter to melt but not colour.

**6** Heap your mash onto two plates, top with the liver, sliced if you like, and the onions. Then generously drizzle over the herb butter. Serve with a crisp, mustardy salad.

**GOOD TO KNOW** folate • iron

**PER SERVING** 914 kcal • fat 65g • saturates 35g • carbs 50g • sugars 6g • fibre 5g • protein 29g • salt 1.4g



# Crab cakes

## Inspired by Angela Dwyer

*I worked at the Groucho Club under Angela Dwyer back when female chefs were rarer than a white truffle. Five-foot Ange commanded 15 male chefs and wild-eyed kitchen porters, rarely raising her voice. She'd worked at Chez Panisse, California's most talked-about restaurant, and within weeks my hunger for food knowledge went global. The Groucho Club was the place to be, and Angela was the chef to work for. She swapped Soho for Snowdonia and now owns the Peak Restaurant*

([peakrestaurant.co.uk](http://peakrestaurant.co.uk)),

*serving comforting dishes to hungry hikers.*

**Barney Desmazery**

### Groucho Club crab cakes

**SERVES** 4 as a starter **PREP** 15 mins  
**COOK** 8 mins **EASY**

200g mixed crabmeat  
100g fresh breadcrumbs, plus extra if needed  
2 tbsp mayonnaise  
1 tbsp red Thai curry paste  
small pack coriander, roughly chopped, plus a few leaves to serve  
1 lime, zested, ½ juiced  
bunch spring onions, half sliced, half shredded  
3 tbsp sunflower oil  
1 carrot, finely shredded, to serve  
sweet chilli sauce, to serve

**1** To make the crab cakes, tip the crabmeat, breadcrumbs, mayonnaise, curry paste, coriander, lime zest, juice and sliced spring onions into a bowl. Mix together until well combined – the mixture should be spoonable and not sloppy – this will depend on the ratio of brown crabmeat you use. If it's too wet, add some more breadcrumbs to make it the right consistency.

**2** Heat the oil in a frying pan. Divide the mixture into 4, shape into patties, then fry for 3 mins on each side until golden and crisp. If you are serving these as a canapé (which we did at the Groucho Club), you can simply fry tablespoons of the mixture to make mini cakes.

**3** Scatter some carrot, the shredded spring onion and coriander leaves over the plate and serve the crab cakes on top with a pot of sweet chilli sauce on the side.

**PER SERVING** 335 kcal • fat 24g • saturates 2g • carbs 15g • sugars 3g • fibre 2g • protein 13g • salt 0.8g









# Forager's ravioli

## Inspired by Rosie Birkett

*I met Rosie about a year ago when I was working at a food festival. I was passionate about food, and I could whip up a pretty mean banana bread, but I had no experience of cooking professionally. We've been working together ever since, and she's become both a mentor and a great mate. Rosie takes unparalleled care with the integrity of her ingredients. The nettles are a nod to the world of foraging she's introduced me to – if there are goods to be pickled, preserved or cooked, she'll be wandering Hackney Marshes getting the pick of the bunch. This dish also features my all-time favorite food – pasta.*

**Elena Silcock**

### Forager's ravioli

**SERVES 2 PREP 1 hr**  
**COOK 15 mins A CHALLENGE V**  
✳ uncooked filled ravioli

#### For the pasta

150g '00' pasta flour, plus extra for dusting  
1 egg and 2 yolks, lightly beaten  
½ tbsp olive oil

#### For the filling

100g foraged young wild nettles (or spinach if you can't get nettles)  
100g ricotta (homemade if possible – see page 7)  
25g parmesan, grated, plus shavings to serve  
1 tbsp finely chopped lemon thyme leaves, plus extra to serve  
1 lemon, zested, ½ in filling, ½ to serve

#### For the sauce

40g unsalted butter  
splash of whey (if you've made your own ricotta)  
handful roasted hazelnuts, chopped, to serve

**1** First make the pasta. Put the flour in a food processor with  $\frac{3}{4}$  of your egg mixture and a pinch of salt. Blitz to large crumbs – they should come together to form a dough when squeezed (if it feels a little dry gradually add a bit more egg). Tip the dough onto a lightly floured surface, knead for 1 min or until nice and smooth – don't worry if it's quite firm as it will soften when it rests. Cover with cling film and leave to rest for 30 mins.

**2** Meanwhile, make the filling. Bring a pan of water to the boil and, wearing gloves, add the nettles to the pan. Cook for 2-3 mins to wilt and remove the stings. Drain, then put in a tea towel and squeeze out as much water as possible. Roughly chop, mix with the other filling ingredients and season generously.

**3** Cut away  $\frac{1}{4}$  of the dough (keep the rest covered with cling film) and feed it through the widest setting on

your pasta machine. (If you don't have a machine, use a heavy rolling pin to roll the dough as thinly as possible.) Then fold into three, give the dough a quarter turn and feed through the pasta machine again. Repeat this process once more then continue to pass the dough through the machine, progressively narrowing the rollers, one notch at a time, until you have a smooth sheet of pasta. On the narrowest setting, feed the sheet through twice.

**4** Put the pasta sheet on a lightly floured surface, then spoon teaspoons of the filling 4cm apart on the bottom half of the sheet. Using your fingers, pat water around each blob of filling. Fold the top half over the fillings and carefully squeeze around, making sure to remove any air pockets.

**5** Cut between each ravioli using a pasta cutter or sharp knife, then pinch around the edges of each ravioli to make sure it is well sealed. Keep on a lightly floured baking tray while you repeat the process with the remaining dough and filling.

**6** Bring a large pan of salted water to the boil. In a large, non-stick pan, melt the butter over a medium heat and cook for 2-3 mins until brown and nutty. Take off the heat and whisk in a splash of whey (or water). Cook the ravioli for 2-3 mins, remove with a slotted spoon and immediately toss in the brown butter sauce. Serve topped with lemon thyme leaves, lemon zest, shaved parmesan and hazelnuts.

**GOOD TO KNOW** calcium • fibre • iron

**PER SERVING** 685 kcal • fat 37g • saturates 19g • carbs 59g • sugars 2g • fibre 7g • protein 24g • salt 1.0g

### gf tip

**If your dough becomes a little wet, add a little more flour – pasta dough is easy to rectify if made in a food processor! If your dough feels dry when you are trying to knead it, don't panic – return it to the processor, blitz it up, then add 1 tsp of whisked egg at a time until it comes to the right consistency.**

• Turn to p74 for Rosie's comfort food recipes



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## my life on a plate

## Nadiya Hussain

We all have a recipe that brings back childhood memories, and one we'd like to pass on to the next generation. The *Great British Bake Off* champion and food writer shares hers with us

interview ROSANNA GREENSTREET portrait REBECCA FENNELL

Since winning *Bake Off* in 2015, Nadiya Hussain has made a cake for the Queen's 90th birthday, written two cookbooks and a novel, and presented her own food and travel show. She's widely regarded as a positive role model for young women, and has talked openly about being a Muslim and her personal experience of racism. She is married to Abdal, and they have three children, Musa, Dawud and Maryam.

**The recipe I grew up with – Mum's Bangladeshi korma**

This is a chicken korma made with whole boiled eggs (recipe overleaf). It's a rich dish, so mum only cooked it twice a year for Eid, to celebrate the end of Ramadan. I do the same for my kids, and every time I make it, they do exactly what I did – as soon as they smell it, they run down and sit at the table until they eat it. My three sisters, two brothers and I would wake up on Eid and forget about everything else but the korma. We'd have it for breakfast, lunch and dinner. My mum would laugh because we were so greedy.

Mum would cook four chickens in a pan so big that I could comfortably sit in it now and have a cup of tea! It was so enormous that she had to turn on all four hobs.

People think korma is that creamy slop that you get at an Indian restaurant, but mum's dish has no cream – just ginger, garlic and onions. It was weird because my dad, who owned Indian restaurants his whole life, cooked kormas for his customers that were nothing like Mum's. I'd say, 'Why can't you make the korma that we eat at home, I reckon they'd prefer it.' But he was convinced his customers wouldn't enjoy it. Now I've put it in my book, I have feedback from so many people saying it's delicious; it's my opportunity to say, 'In your face, Dad!'







## The recipe I'd like to pass on – Cod & clementines

Some people say fish and fruit don't work, but in Bangladesh that is what they have in abundance, so that's how they cook. My grandma created this recipe because she's so frugal. Nani will not throw anything away. If my kids have a packet of crisps she'll take the packet and say, 'I reckon we could do something with that.'

As a child, my mum would eat clementines off the tree and my nan would keep the peel. It took her a while to think what to do with it, but eventually she put it in a fish curry. I didn't know this until I watched mum cook it when I was a teenager. I said, 'Hold on a second, you just put orange peel in that curry!' It was a lightbulb moment: I realised that's what cooking's about, experimenting.

I have friends who have tatty bits of paper or books of recipes that their grandparents have written down. Nani is illiterate and my mum never wrote recipes because she never thought it important. So for me, this is one of the few recipes that goes back as far as my grandma – my mum made it, I make it and I know my children will make it too. They are now 10, nine and six, and love cooking. When I am not around, my husband, Abdal, will do the school run and all that, but he does not cook. So, on a Sunday, I batch-cook for the whole week and the kids will get in the kitchen and help decide what recipes they want to eat.

## Mum's Bangladeshi korma

**SERVES 4** **PREP 20 mins**

**COOK 1 hr 40 mins** **MORE EFFORT** ✨

- 5 tbsp butter
- 3 tbsp vegetable oil
- 1 large cinnamon stick
- 3 bay leaves
- 5 cardamom pods
- 1 star anise
- 10 garlic cloves
- 7.5cm piece ginger, peeled
- 2 tsp fine sea salt
- 2 large onions, finely chopped
- 4 chicken thighs and 4 chicken drumsticks
- 6 green chillies (deseeded if you don't like it too hot), halved lengthways
- 8 hard-boiled eggs, peeled
- cooked basmati rice, to serve

**1** Heat the butter and oil in a large pan over a medium heat. Once hot, add the cinnamon stick, bay leaves, cardamom pods and star anise. Heat until the spices darken slightly.

**2** Blitz the garlic and ginger in a food processor, add a little water so that they form a paste, then add this to the pan with the salt. Cook gently over a low heat for 10 mins.

**3** Add the onions and cook gently for another 20 mins. Pour in 200ml water and continue to cook gently until the onions melt down completely. To help the process along, you can use a potato masher.

**4** Be sure to keep stirring and making sure it doesn't catch on the bottom. What you don't want to do is colour the onions. Add water, 100ml at a time, if it starts to catch.

**5** Add the chicken to the pan, cover and leave to cook over a medium heat, which should take around 25 mins. Once the chicken is cooked, dot the eggs on top of the curry and cook for 10 mins more. Finally, add the green chillies. Serve with hot basmati rice.

**GOOD TO KNOW** 1 of 5-a-day • gluten free  
**PER SERVING** 630 kcs • fat 48g • saturates 17g •  
 carbs 12g • sugars 7g • fibre 3g • protein 37g • salt 3.8g



Nadiya's grandmother and daughter, Maryam



'Nani, my grandmother, is now 90 years old and goes back and forth to Bangladesh. She is one of the most resilient human beings I've ever met. In her rural village, she still cooks on an open fire and, if the wood isn't dry, then

you're not cooking that day. My nan comes here and thinks we are all wimps, and I love that about her. She says, "You've got it so easy. You just turn that hob on and you've got fire."



## Cod & clementines

**SERVES 2** **PREP** 15 mins

**COOK** 40 mins **MORE EFFORT**

5 tbsp olive oil  
2 garlic cloves, crushed  
½ onion, diced  
1 tbsp tomato purée  
1 tsp fine sea salt  
½ tsp turmeric  
1 tsp paprika  
1 tsp ground cumin  
2 small easy peeler clementines (the peel of 2 sliced, 1 juiced)  
300g cod fillets  
large handful coriander, finely chopped  
cooked basmati rice, to serve

**1** Heat the oil in a medium saucepan over a medium heat. Once hot, add the garlic and onion. Turn the heat

down and cook gently until the onions are soft. Add the tomato purée, salt and 200ml water. Cook for a further 5 mins over a low heat.

**2** Add the turmeric, paprika and cumin, and cook gently for another 5 mins. Keep adding small amounts of water if it starts to catch on the bottom. Add the clementine peel and cook for 10 mins, until the peel is soft and almost falling apart.

**3** If you would like to intensify the flavour, use a potato masher to mash the peel. Add the fish, cover and cook for 10 mins over a low heat.

**4** Tip in the clementine juice. Once the fish is cooked, take the pan off the heat and sprinkle over the coriander. Serve with hot basmati rice.

**GOOD TO KNOW** vit c • 2 of 5-a-day • gluten free  
**PER SERVING** 428 kcal • fat 29g • saturates 4g •  
carbs 11g • sugars 10g • fibre 3g • protein 28g • salt 2.8g



Recipes adapted from *Nadiya's Kitchen* (£20, Michael Joseph). Photographs © Holly Pickering.

Nadiya is supporting Red Nose Day, and has been photographed by Rankin, who has designed an apron (right) for HomeSense to help people living tough lives across Africa, and here in the UK. The apron is part of a Red Nose Day 2017 range available in HomeSense stores nationwide. For more details, visit [rednoseday.com](http://rednoseday.com). Enjoy an evening of comedy on BBC One and BBC Two on Friday 24 March, from 7pm.





# Rosie's comfort food

Inspired by this year's hottest food destinations, Rosie Birkett creates her own versions of three classic dishes from Portugal, Sri Lanka and the Philippines

*photographs* DAVID MUNNS



Pork & caramelised  
pineapple adobo, p78





Good Food contributing editor Rosie Birkett is a food writer and stylist. Each month she creates modern recipes for us. Her book, *A Lot on her Plate*, is out now (£25, Hardie Grant). [Twitter](#) [Instagram](#) @rosiefoodie



Portuguese duck rice, p78



## Hoppers

*We're still just lifting the lid on Sri Lankan cuisine in the UK, but judging by the success of London restaurants like Hoppers, and pop-ups like Weligama and Kothu Kothu, this is one love affair with longevity. I certainly can't get enough of these coconut-laced, rice flour pancakes, which are filled with curry and topped with the sweet-spicy sambol and my chutney. They also tap into the increasing demand for vegan options.*

**SERVES** 4-6 **PREP** 20 mins

**COOK** 30 mins plus 2 hrs resting  
**MORE OF A CHALLENGE** V

1 tsp fast-action dried yeast  
200g rice flour  
pinch of golden caster sugar  
300ml coconut water, plus a little extra for thinning  
200ml coconut milk  
sesame oil, for frying

**1** In a jug or bowl, dissolve the yeast in 50ml warm water and leave to bubble for 15 mins.

**2** Put the flour and sugar in a bowl with a pinch of salt. Add the coconut water and milk, whisking continuously to avoid lumps, then add the yeast mixture and mix until you have a smooth batter. Cover with cling film and leave to ferment for 2 hrs.

**3** When it's time to cook the hoppers, whisk the base mixture to remove any lumps. It should be the consistency of double cream, so add a splash more coconut water to thin it if needed. Heat a lidded, non-stick frying pan or small, lidded, high-sided wok until very hot and brush on a little sesame oil with kitchen paper. Add a ladleful of mixture to the pan and immediately swirl it around and up the edges to create a bowl-shaped pancake. Cook, uncovered, for 1 min, then cover with a lid. Cook for 2-3 mins more until the edges are starting to crisp and the base is cooked through. Remove and set aside, then repeat with the remaining batter. Serve with the cauliflower curry, leek seeni sambol and chutney (right).

**GOOD TO KNOW** vegan • gluten free

**PER SERVING** 282 kcal • fat 10g • saturates 8g • carbs 42g • sugars 3g • fibre 2g • protein 5g • salt 0.3g

## Cauliflower curry

*This recipe uses a whole cauliflower, including the stem and the leaves. It's addictive!*

**SERVES** 4 **PREP** 25 mins

**COOK** 40-45 mins **EASY** V

1 tsp fenugreek seeds  
1 tsp coriander seeds  
1 cardamom pod, seeds only  
1 tsp dried curry leaves  
2 tbsp sunflower oil  
¼ tsp turmeric  
1 tsp ground cumin  
1 tsp chilli powder  
1 tbsp finely chopped ginger  
4 garlic cloves, crushed  
2 green chillies, deseeded and finely chopped  
2 red onions, diced  
1 whole cauliflower, including stem and leaves, chopped into bite-sized pieces  
2 large tomatoes, cut into wedges  
250ml coconut milk  
1 lime, juiced

**1** Heat a wok over a high heat. Add the fenugreek, coriander, cardamom seeds and curry leaves, and toast for 2 mins or until starting to brown and release their aromas. Remove and grind to a powder using a pestle and mortar or spice grinder.

**2** Return the wok to the high heat and add the oil. Add all the spices (including the ones you just ground) and cook for 1 min, then add the ginger, garlic, chilli, onion and 1½ tsp salt, and stir-fry for 5 mins.

**3** Add the cauliflower, toss with the other ingredients so it's well coated, then stir-fry for 7-10 mins or until it starts to soften. Add the tomatoes and stir-fry for another 3-5 mins or until they start to break down.

**4** Pour in the coconut milk and cook over a medium heat, stirring, for 15-20 mins until the cauliflower is tender and the sauce has reduced. Squeeze over the lime juice and check for seasoning. *Can be made a day ahead – pour in the coconut milk, reduce by half, then leave to cool and keep in the fridge.*

**GOOD TO KNOW** vegan • fibre • vit c • 3 of 5-a-day • gluten free

**PER SERVING** 268 kcal • fat 18g • saturates 10g • carbs 16g • sugars 11g • fibre 7g • protein 6g • salt 1.9g

## Leek seeni sambol

**SERVES** 4-6 **PREP** 10 mins

**COOK** 55 mins **EASY** V

Heat **2 tsp coconut oil** in a frying pan over a high heat until smoking. Add **2 finely sliced leeks**, **1 tsp chopped ginger** and **4 crushed garlic cloves** and fry for 5-7 mins or until the leeks are starting to brown.

Add **1 tbsp curry leaves**, **4 tbsp coconut milk**, **2 tbsp tamarind paste**, **1 tbsp chilli powder**, **1 tsp ground cinnamon** and 1 tsp salt, and mix to combine. Reduce the heat to low-medium and cook for 45 mins or until reduced and sticky. *Can be made two days ahead and kept in the fridge.*

**GOOD TO KNOW** vegan • gluten free

**PER SERVING** (6) 96 kcal • fat 5g • saturates 4g • carbs 7g • sugars 4g • fibre 4g • protein 2g • salt 1.5g

## Rhubarb chutney

**SERVES** 4-6 **PREP** 5 mins

**COOK** 15-20 mins **EASY** V

In a pan, heat **250ml cider vinegar** and **100g golden caster sugar** until the sugar has dissolved.

Add **300g chopped rhubarb**, **4 chopped medjool dates**, **1 tsp grated ginger** and **1 cardamom pod** and cook for 15-20 mins or until the rhubarb has broken down and the liquid has reduced to a thick chutney. Season with salt and serve with the hoppers, cauliflower curry and leek seeni sambol. *Will keep in a sterilised jar for three months in a cool, dark place.*

**GOOD TO KNOW** vegan • low fat • 1 of 5-a-day • gluten free

**PER SERVING** (6) 232 kcal • fat none • saturates none • carbs 55g • sugars 54g • fibre 3g • protein 1g • salt none



**'Uyen Luu, the Vietnamese-born cookery writer and food stylist. I worked with her on photo shoots and at her supper club when**

**I wanted to become a food stylist. She's one of the most talented and hard-working women in food. Her cooking is always delicious.'**







## Pork & caramelised pineapple adobo

*I love the complex flavours of Filipino cuisine, particularly the sharp, salty-sweet notes of adobo, the country's unofficial national dish, which braises chicken or pork in a mix of vinegar and soy.*

*The name comes from the Spanish word 'adobar', meaning 'marinate', but it's thought that this method of cooking is indigenous to the Philippines and was originally a means of preserving meat and seafood.*

**SERVES 4-6 PREP 20 mins**  
**COOK 1 hr 40 mins EASY**

2 tbsp coconut oil  
800g pork belly, skinned and cubed  
1 large onion, sliced  
8 garlic cloves, crushed  
3 bay leaves  
60ml cider vinegar

100ml soy sauce  
60ml palm sugar or honey  
10 black peppercorns  
½ tsp white pepper  
1 pineapple, chopped into bite-sized chunks  
cooked rice, to serve

**1** Heat 1 tbsp oil in a non-stick frying pan or skillet and brown the pork over a high heat for 10-12 mins or until the cubes are well caramelised. Use a slotted spoon to remove the pork from the pan and set aside. Tip out almost all of the oil, reserving just enough to fry the onion and garlic.

**2** Turn down the heat slightly and fry the onion, garlic and bay leaves for 5-6 mins or until aromatic and translucent. Return the pork to the pan and add the vinegar, soy, sugar, peppercorns, white pepper and 250ml water. Bring to the boil, then turn down to a simmer, cover and cook for 50 mins.

**3** Meanwhile, in another pan, melt the remaining oil over a medium heat and caramelise the pineapple for 5-6 mins or until there is a golden crust on each chunk – you may need to do this in batches. Add the pineapple to the pork once the meat is cooked (along with 50ml water if it looks a little dry) and cook for a further 20 mins, uncovered, until the sauce is thickened. Serve with rice.

**GOOD TO KNOW** 2 of 5-a-day  
**PER SERVING (6)** 402 kcals • fat 22g • saturates 9g • carbs 25g • sugars 23g • fibre 3g • protein 23g • salt 2.4g

## Portuguese duck rice

*The growing popularity of Portuguese food, kick-started by chefs Nuno Mendes and Leandro Carreira, shows no sign of waning. I visited Lisbon last year and was impressed by its up-and-coming food scene, but also charmed by the bold, hearty, traditional fare I ate.*

*This is a version of the classic dish of duck & rice, which uses the fragrant, fatty poaching stock from the duck to cook the rice.*

**SERVES 4-6 PREP 30 mins plus cooling COOK 1 hr 45 mins**  
**MORE EFFORT**

1 whole duck, trimmed of excess fat and jointed  
small pack coriander  
2 bay leaves  
1 thyme sprig  
1 star anise  
1 leek (green top only, keep the white part for the rice)  
1 onion, halved  
1 carrot  
1 large orange, zested and juiced

**For the rice**  
2 tbsp olive oil  
reserved white part of the leek  
1 onion, sliced  
1 garlic clove  
250g basmati rice  
100g chorizo, cubed  
mint or coriander leaves, to serve  
salad, to serve (optional)

**1** Put the duck in your largest pan, cover with water and add the coriander, bay, thyme, star anise, leek top, onion, carrot, orange zest and a grinding of black pepper. Place over a medium heat and bring to the boil, skimming off any scum from the surface. Turn down the heat slightly, cover and simmer for 45 mins, then turn off the heat and let the duck cool in the stock for 15 mins. Drain the stock from the duck, reserving it to cook the rice. Leave the duck to rest until cool enough to handle, then shred the meat away from the bone.

**2** Heat oven to 180C/160C fan/gas 4. To make the rice, heat the oil in a large frying pan over a medium-high heat and sauté the leek, onion and garlic for 10-12 mins or until soft and aromatic. Add the rice and fry for 5 mins or until the grains are turning golden and crispy, and sticking to the pan. Add 400ml of the duck stock and cook for 15 mins, covered, without stirring, or until the rice is puffed and dry.  
**3** Stir the duck meat and orange juice through the rice, season, then transfer the mixture to an oiled roasting tin or casserole dish. Top with the chorizo and place on a high shelf in the oven to cook for 20-25 mins or until the rice is crisp and golden. Garnish with coriander or mint leaves, and serve with a salad, if you like.

**GOOD TO KNOW** iron • 1 of 5-a-day  
**PER SERVING (6)** 998 kcals • fat 73g • saturates 22g • carbs 39g • sugars 5g • fibre 3g • protein 44g • salt 1.1g



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# Mary's simple supper

One of our favourite cooks shares a recipe from her new book

In her new BBC Two series, *Mary Berry Everyday*, Mary makes some of her favourite family classics, cooking in her kitchen and also travelling to her mother's native Scotland.

'The highlight of the series was my time in the Highlands with chef Tom Kitchin,' she says. 'The scenery was so marvellous and Tom knows so much about game. The venison he cooked on the barbecue was delicious.'

'What I particularly enjoy about making TV programmes is that I can inspire people to cook. I try to introduce new ingredients, such as the Japanese citrus fruit yuzu, which I use in a recipe for salmon with buttered leeks.'

'One of my family's favourites is sticky toffee pudding. We all get together on Mothering Sunday. They always say, "Mum, you don't need to bring anything", but they'd be jolly disappointed if I didn't bring my sticky toffee pudding!'



'My domestic science teacher, Miss Date. She was so inspiring and encouraging. I was never academic, but from the moment I started domestic science classes, here, finally, was something I could do well.'



Mary will be cooking at the BBC Good Food Show at Birmingham NEC (15-18 June). Visit [bbcgoodfoodshow.com](http://bbcgoodfoodshow.com) to book tickets. Readers get a discount; see p98 for details.



## Chicken Valencia

**SERVES** 4-6 **PREP** 15 mins  
**COOK** 50 mins **EASY**

2 tbsp sunflower oil  
8 bone-in chicken thighs, skin removed  
6 rashers smoked streaky bacon, thinly sliced  
2 onions, thinly sliced  
3 garlic cloves, crushed  
25g plain flour  
300ml white wine  
400g can chopped tomatoes  
1 tbsp muscovado sugar  
400g button mushrooms, sliced  
1 tbsp chopped thyme leaves  
mash and green veg, to serve

**1** Heat oven to 160C/140C fan/gas 3. Heat 1 tbsp of the oil in a large, deep flameproof casserole dish with a lid. Season the chicken thighs, add to the dish and brown over a high heat for 2-3 mins each side until golden. Remove, cover with foil and set aside.  
**2** Add the bacon and onions to the dish and fry for 3-4 mins over a high heat until the bacon is crisp. Add the garlic and fry for a further 30 secs.



**3** Measure the flour into a bowl, then add the wine, little by little, and whisk to a smooth paste. Add to the dish with the tomatoes and sugar, and stir in well. Bring to the boil, then return the chicken and any juices to the dish and bring back up to the boil, stirring. Cover with the lid and cook in the oven for 45 mins or until the chicken is tender and cooked through.

**4** Shortly before the chicken is ready, heat the remaining oil in a frying pan, add the mushrooms and fry for 3-4 mins until golden and just cooked. Add the mushrooms to the casserole and stir in the thyme.

**5** Serve hot with mash and a green vegetable, such as kale.

**GOOD TO KNOW** healthy • 2 of 5-a-day  
**PER SERVING** 317 kcals • fat 14g • saturates 4g • carbs 14g • sugars 10g • fibre 2g • protein 24g • salt 0.9g



Adapted from *Mary Berry Everyday* by Mary Berry (£26, BBC Books). Copyright © Mary Berry. Photographs by Georgia Glynn Smith



*Mary Berry Everyday* continues on BBC Two. Catch up on any episodes you missed on BBC iPlayer.



A close-up photograph of a dark, moist, dome-shaped steamed pudding sitting on a light blue ceramic plate. A thick, dark chocolate sauce is being poured from a white ceramic jug onto the top of the pudding, creating a glossy sheen and some drips down the sides. The background is a soft-focus blue-grey surface. To the right, a small white bowl containing a dollop of cream is visible. In the foreground, a blue and white checkered cloth and a knife are partially visible.

star ingredient

# Beer

Beer adds an extraordinary depth of flavour to Diana Henry's new sweet and savoury recipes

*photographs* WILL HEAP

Steamed chocolate, stout  
& prune pudding, p84



Every year, I buy a bottle of Theakston's Old Peculier to soak the fruit for my Christmas pudding. And every year I wonder why I don't cook with beer more often. What it does to dried fruit – adding spice, warmth and complexity – is remarkable. I've also dragged my favourite childhood cake into adulthood by making it with dark brown sugar and stout, producing the most intense chocolate cake I've ever tasted.

When it comes to wine, there's a huge range of grape varieties, but in recipes you won't go wrong if you just use the right colour. With beer, it's more complicated. There's the dark, sweet-bitter flavour of stout (good in coffee and chocolate dishes) and the citrusy flavour of a Belgian witbier, which I use to cook mussels – but where do you go after that?

Food and drink writer Melissa Cole, a beer specialist, gave me a primer. 'Wheat beers

make great substitutes for white wine and are perfect with sweet shellfish, while barley wines (particularly strong beers) and old ales are great in beef and game stews. Sweet stouts work well in place of big, gutsy red wines.'

Melissa suggested avoiding all big brand-name beers, as they often use a natural bitter extract that doesn't work well in cooking, as well as Indian pale ales and 'toasty' stouts. 'These are naturally bitter and become unpleasantly so when they're over-reduced.'

I haven't included any batter recipes, but of course beer is superb in them, not just by providing flavour (fish in a golden beer batter is one of the best British pleasures), but texture too – that lightness and crunch. Hand me that bottle opener!

Roast Bavarian ham hocks with  
beer, caraway & juniper, p84







*Good Food* contributing editor Diana Henry is an award-winning food writer. Each month she creates exclusive recipes

using seasonal ingredients. Her tenth book, *Simple* (£25, Mitchell Beazley), is out now. [@DianaHenryFood](#)

## Steamed chocolate, stout & prune pudding

**SERVES 10** **PREP** 35 mins plus overnight soaking **COOK** 1½ hrs  
**MORE EFFORT** ✨ after cooking

200g prunes  
175ml stout or a dark, fruity beer (Theakston's Old Peculier is good, or try a fruit beer, particularly one with damsons)  
175g butter, at room temperature, plus more for the basin  
30g cocoa powder  
150g plain flour  
½ tsp bicarbonate of soda  
2 tsp baking powder  
190g soft dark brown sugar  
3 medium eggs, lightly beaten

80g walnuts, 30g blitzed in a food processor, 50g toasted  
75g dark chocolate (70% cocoa solids), chopped

### For the chocolate sauce

175g plain chocolate, chopped  
100ml double cream  
75ml stout or dark fruity beer  
175g soft light brown sugar  
crème fraîche or cream, to serve

**1** Put the prunes in a dish with the stout and leave to soak overnight. The next day, strain and reserve the stout, and set the prunes aside.  
**2** Butter a 1.5-litre pudding basin really well. Sift the cocoa powder together with the flour, bicarb and baking powder. Beat the butter and sugar together until fluffy, then gradually add the eggs, a little at a time, beating well after each addition. Fold in the sifted ingredients, alternating with the reserved stout, followed by all the walnuts, the dark chocolate and soaked prunes. Scrape the batter into the prepared basin.  
**3** Put a piece of baking parchment on top of a sheet of foil (both large enough to cover the top of the basin). Fold a pleat along the middle, then place, parchment-side down,

on top of the pudding, with the pleat across the centre. Tie firmly in place with string, using the string to make a handle. Trim the excess parchment and foil.

**4** Put the pudding in a large saucepan with a lid, then pour in enough boiling water to come one-third of the way up the side of the basin. Bring the water to a simmer, cover the pan and steam the pudding for 1½ hrs, making sure that the pan doesn't boil dry. Leave to sit for 10 mins.

**5** For the sauce, put the chocolate in a bowl. Pour the cream, stout and sugar into a heavy-bottomed saucepan and heat gently, stirring until the sugar has dissolved and the mixture is hot, then pour over the chocolate. Leave to sit for 2 mins or so. Stir until smooth.

**6** To turn the pudding out, run a knife around the edge of the basin. Set a serving plate on top of the pudding, invert, give it a bit of a shake and it should slide out. Pour some of the chocolate sauce over the top and offer the rest in a jug, with some crème fraîche or whipped cream on the side.

**PER SERVING** 676 kcals • fat 39g • saturates 19g • carbs 69g • sugars 56g • fibre 5g • protein 9g • salt 0.8g

## Roast Bavarian ham hocks with beer, caraway & juniper

**SERVES 6-8** **PREP** 45 mins plus at least 8 hrs soaking **COOK** 3 hrs **EASY**

2 unsmoked ham hocks (each about 1.2 kg), rind scored  
6 garlic cloves  
5 tsp caraway seeds  
2 tsp juniper berries  
3 tbsp olive oil (plus more for rubbing on the hocks)  
3 large onions, sliced  
3 celery sticks, diced  
500g potatoes, sliced  
600g celeriac, peeled and sliced  
4 eating apples, cored and quartered  
4 bay leaves  
750ml dark beer  
3 tsp soft light brown sugar

**1** Ham hocks are very salty; to get rid of the excess, soak them in a pan of water for 8 hrs or overnight,

changing the water a couple of times, then drain.

**2** Heat oven to 180C/160C fan/gas 4. Crush or grate 4 of the garlic cloves, finely slice the other 2 and reserve them. Crush the caraway and the juniper seeds using a pestle and mortar. Mix 5 tsp of the spices with the crushed garlic and the olive oil. Make small, deep slits through the rind of the hocks, then rub the garlic and spice mixture all over the skin and flesh, pushing some of it into the slits. Rub more oil into the skin and season. Put in a large roasting tin and cook for 30 mins.

**3** Remove from the oven and take the hocks out of the tin. If there are any burnt bits of garlic or spices in the bottom of the tin, scoop them out (otherwise they will taint the flavour of the cooking juices). Reduce oven to 160C/140C fan/gas 3.

**4** Spread the onions and celery out in the tin, sprinkling over some of the rest of the spices and some seasoning. Layer the potatoes and

celeriac on top, season, add the sliced garlic and sprinkle over any remaining spices. The onions should be completely covered. Add the apple and the bay leaves.

**5** Heat the beer in a saucepan, but don't boil it, then pour it over the vegetables in the tin. Put the hocks on top, return to the oven and cook for 2½ hrs – baste the pork a few times and make sure that the potatoes and apples don't get too dark (turn the apples over and baste them from time to time). When there's 30 mins left, sprinkle the apple wedges with a little sugar and return to the oven.

**6** After cooking, there shouldn't be much juice left in the tin. But if the vegetables are too 'soupy', remove the hocks and keep them warm, then set the tin on the hob and simmer until some of the liquid has evaporated. Transfer everything to a shallow serving dish.

**GOOD TO KNOW** iron • fibre • 2 of 5-a-day  
**PER SERVING** (8) 563 kcals • fat 24g • saturates 5g • carbs 27g • sugars 15g • fibre 7g • protein 51g • salt 4.1g



You can read about the craft beer trend on page 8.



'There are no books in my collection more used than Jane Grigson's fruit and vegetable books. It isn't just that her recipes are good – she is also a terrific writer. I feel like she is a kindred spirit.'





## Stout & apple wheaten bread

**MAKES 3 loaves** **PREP 30 mins**  
**COOK 35-40 mins** **EASY** ✱

60g butter, cut into small cubes, plus more for the tins  
1 large apple (or 2 small ones), peeled, cored and diced  
175g plain flour  
450g wholemeal flour  
90g medium oatmeal  
2½ tsp bicarbonate of soda  
4 tbsp muscovado sugar  
175ml good-quality stout

5 tbsp treacle  
400ml buttermilk  
oat flakes, pinhead oatmeal or sesame seeds (or a mixture of all three) to sprinkle over the top

**1** Heat oven to 180C/160C fan/gas 4. Butter three 1lb loaf tins. Toss the apple with 2 tbsp of the plain flour. Mix the flours and oatmeal with 1 tsp salt and the bicarbonate of soda. Add the butter and rub it in with your fingertips. Stir in the sugar.  
**2** Make a well in the middle of the mixture and gradually pour in the stout, followed by the treacle, then the buttermilk. Mix the

liquids in with a butter knife as they are added, also working in the floured apple – work quickly and be careful not to overmix.

**3** Divide the mixture between the loaf tins, sprinkle over the oats or seeds, and bake for 35-40 mins. To test whether the loaves are ready, remove one from the tin and tap the bottom. If it sounds hollow, it's ready; if not, return to the oven for a little longer. Turn the loaves out of the tins and leave to cool on a wire rack.

**PER SERVING** 126 kcals • fat 2g • saturates 1g • carbs 22g • sugars 7g • fibre 2g • protein 3g • salt 0.5g



# Wines to take you from winter to spring

Whether it's a warming red on a cold evening or a refreshing white on the first mild day, you'll enjoy exclusive discounts on top-quality wines with the Good Food Wine Club. Here, Henry Jeffreys highlights two wines from the case and suggests a pairing with this month's recipes



Henry Jeffreys is our wine expert and, along with the BBC Good Food team, tasted his way through over 100 wines to choose our Wine Club selection.

Henry writes about wine for *The Guardian* and *The Spectator*, and on his blog, [worldofbooze.wordpress.com](http://worldofbooze.wordpress.com). His first book, *Empire of Booze*, is out now. Find Henry's tasting notes, including food pairings, for all the selected wines at [bbcgoodfood.com/wine-club](http://bbcgoodfood.com/wine-club).

## Campanula Pinot Grigio 2015

Pinot grigio is something of a chameleon grape. In the north of Italy, it makes very light, floral wines, ideal for knocking back on a warm spring day. In Alsace, it's known as pinot gris, where it makes rich wine, with flavours of honey and ginger, which beautifully matches the cooking of the region. However, this pinot grigio is from neither of those places – perhaps surprisingly, it's from Hungary.

**The taste** Weighty and full-fruited with ginger and cinnamon notes, this wine is much closer to a pinot gris from Alsace. That spicy quality and full texture make it just the thing to pair with the spicy tamarind prawns on p56.

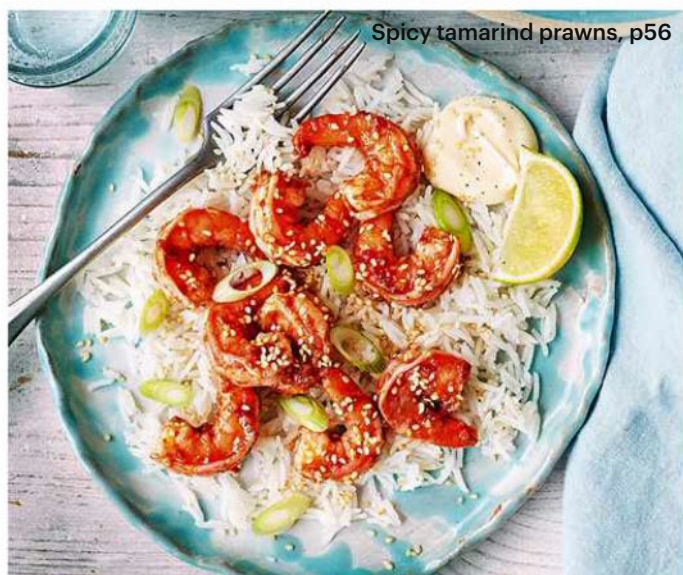
## Patronus 'Batch 2' Barossa 2011

The Barossa valley in South Australia is blessed with large quantities of old-vine grenache, shiraz and mataro (collectively GSM), which make some intensely flavoured wines. Say 'Barossa Valley' to most wine lovers and they'll imagine muscular red wines bursting with fruit, oak and alcohol.

**The taste** The Batch 2 is a little different. It has the intensity you'd expect, but it's not an Australian bruiser. It's light-bodied and perfumed, with raspberry fruit and warm spicy notes. It would be excellent with the sausage, kale & chilli pasta on p40.



For more details about the wines in this month's cases, visit [bbcgoodfood.wineclub.com/gfmarch](http://bbcgoodfood.wineclub.com/gfmarch) or call 03300 242 855 quoting code RNW1A.



Spicy tamarind prawns, p56



Sausage, kale & chilli pasta, p40



# Feelgood fish

Oily fish makes good brain food, so use our family-friendly recipes to add more to your diet

recipes SOPHIE GODWIN photographs SAM STOWELL

Salmon egg-fried rice, p90

**M**ost of us want to get more fish into our diet, and with good reason – it's rich in the omega-3 fatty acids, EPA and DHA. Interestingly, it's when we are very young that oily fish may be most beneficial for our brains. That's because it aids the development and function of a child's brain and nervous system, and has been linked to helping behavioural problems, improving memory and sharpening concentration.

We can't produce these fats in our own bodies, which makes them invaluable in our diet, especially for the young – so teaching them to learn to love fish can only be a good thing. Salmon, mackerel, fresh tuna, trout, sardines and herring are great sources of omega-3 fats, and should be eaten once a week if possible. Serve these family-friendly fish recipes and everyone will benefit.  
*Kerry Torrens, nutritional therapist*





Hoisin mackerel pancakes, p90





Sesame tuna steaks  
with Asian slaw, p90



### Salmon egg-fried rice

Let your kids choose how much heat they like – serve hot sauce on the table alongside, rather than adding chilli to the rice itself.

**SERVES 2-3 PREP 10 mins**  
**COOK 10 mins EASY**

thumb-sized piece ginger, grated  
1-2 garlic cloves, grated  
2 tbsp low-salt soy sauce  
½ tbsp rice wine or sherry vinegar  
2 tbsp vegetable oil  
1 large carrot, chopped into chunks  
175g pack baby corn & mangetout or sugar snap peas, chopped  
2 skinless salmon fillets  
250g pouch brown basmati rice  
2 eggs  
hot sauce, to serve

**1** Mix the ginger, garlic, soy and vinegar, and set aside. Heat a large pan or wok and add 1 tbsp oil, the vegetables and salmon. Fry the salmon for 2 mins each side until it begins to turn opaque. Tip in the rice and stir, flaking the fish into large pieces, then move everything to the side of the pan.

**2** Add the remaining oil to the pan, crack in the eggs and stir to roughly scramble them. Once cooked, stir through the rice and pour over the soy marinade. Season and leave to bubble away for a few mins more, so that all the rice is coated in the sauce. Serve in bowls with hot sauce for drizzling.

**GOOD TO KNOW** omega-3 • 1 of 5-a-day •  
**PER SERVING (3)** 432 kcs • fat 23g • saturates 4g •  
carbs 24g • sugars 4g • fibre 3g • protein 30g •  
salt 1.7g

### Sesame tuna steaks with Asian slaw

Get the best-quality tuna you can: look for the Marine Stewardship Council label for sustainably sourced fish.

**SERVES 2 PREP 10 mins**  
**COOK 10 mins EASY**

2 tbsp sesame oil  
1 lime, ½ juiced, ½ cut into wedges to serve  
¼ red cabbage, shredded  
½ red chilli, thinly sliced  
1 yellow pepper, cut into strips  
100g beansprouts (make sure they are the ready-to-eat variety)  
30g peanuts, toasted and roughly chopped  
2 x 2cm-thick tuna steaks  
2 tbsp sesame seeds

**1** Mix together the sesame oil and lime juice with some seasoning, then toss with the cabbage, chilli, pepper, beansprouts and peanuts.

**2** Heat a non-stick frying pan until searing hot. Season the tuna steaks on both sides and turn them in the sesame seeds to coat. Fry for 3 mins each side until the tuna is browned and a sesame crust has formed, but the fish is still pink in the middle. Leave to rest for a few mins, then serve with the slaw and lime wedges for squeezing over.

**GOOD TO KNOW** healthy • folate • fibre • vit c • iron •  
omega-3 • 3 of 5-a-day  
**PER SERVING** 535 kcs • fat 26g • saturates 4g •  
carbs 15g • sugars 11g • fibre 11g • protein 56g •  
salt 0.5g

### Hoisin mackerel pancakes

Using sweet ingredients with stronger-flavoured fish like mackerel helps tempt children to eat it. However, sweet sauces such as hoisin are a source of added sugar, so use them in moderation.

**SERVES 4 PREP 15 mins**  
**COOK 5 mins EASY**

3 mackerel fillets, all bones removed, cut into finger-length strips  
2 tbsp hoisin sauce, plus extra for dipping  
4 spring onions  
½ cucumber  
2 Little Gem lettuces  
1 tsp vegetable oil  
10 Chinese pancakes (available from Waitrose, Asian supermarkets or Chinese takeaways)

**1** Marinate the mackerel in the hoisin sauce while you prepare the veg. Cut the spring onions and cucumber into thin matchsticks, and separate the lettuce leaves.

**2** Heat the oil in a large frying pan over a medium heat. Add the mackerel and fry for 3-4 mins until sticky and caramelised. Heat the pancakes following pack instructions. Serve everything in the middle of the table and let everyone help themselves.

**GOOD TO KNOW** omega-3 • 2 of 5-a-day  
**PER SERVING** 393 kcs • fat 22g • saturates 4g •  
carbs 24g • sugars 9g • fibre 3g • protein 24g •  
salt 0.9g



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## Tandoori trout

*Oily fish like trout is a valuable source of vitamin D, which supports strong bones and teeth.*

**SERVES 4** **PREP** 5 mins

**COOK** 35 mins **EASY**

4 thick trout fillets  
1 tbsp tandoori curry paste  
500g new potatoes, larger ones halved  
2 tbsp vegetable oil  
1 garlic clove, chopped  
1 tsp each ground cumin and garam masala (or ground coriander)  
½ tsp ground turmeric  
320g frozen peas  
yogurt, coriander leaves and mango chutney, to serve

**1** Coat the trout in the curry paste. Put the potatoes in a large pan of cold salted water, bring to the boil and cook for 15-20 mins until tender but still retaining their shape. Drain and leave to steam-dry.

**2** Heat the grill. Put the trout fillets on a baking tray lined with foil and cook until tender, about 6-8 mins.

**3** Meanwhile, heat the oil in a large frying pan and add the garlic and spices. Cook for a few mins until fragrant, then tip in the potatoes. Fry for 3 mins until crisp at the edges, then throw in the frozen peas. Cook for 2-3 mins more until warmed through. Season well and serve with the trout, coriander sprinkled over, and yogurt and chutney on the side.

**GOOD TO KNOW** healthy • fibre • iron • omega-3 • 1 of 5-a-day

**PER SERVING** 359 kcals • fat 15g • saturates 2g • carbs 27g • sugars 6g • fibre 7g • protein 35g • salt 0.5g







# Joe's bun-free burger

A healthy spin on a fast-food favourite, exclusively for *Good Food*, from the fitness guru  
*recipe photograph WILL HEAP*

**B**urgers make me happy – everyone loves a naughty burger, and this one won't disappoint. However, using turkey mince rather than beef keeps the fat content down. I like to serve my burger with some healthy sweet potato wedges – plus, going bunless helps to keep carbs down.

## Lean turkey burger with sweet potato wedges

*An extra-lean, fat-fighting machine of a burger, served with a side of vibrant greens.*

**SERVES 2** **PREP 15 mins** **COOK 25 mins**  
**EASY** \* uncooked burgers only

1 large sweet potato (about 190g), cut into wedges  
260g turkey breast mince (under 5% fat)  
1 small red onion, diced  
1 garlic clove, grated  
1 large egg, beaten  
1 apple (about 70g), peeled and grated  
2 tsp dried oregano  
1 tsp paprika  
15g coconut oil  
135g green vegetables (spinach, kale, broccoli, mangetout or green beans)

- 1 Heat oven to 180C/160C fan/gas 4. Zap the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft. Leave to rest for 30 secs.
- 2 While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a baking tray in the oven for 15-20 mins until cooked through.
- 3 Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt.
- 4 Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

**GOOD TO KNOW** low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free  
**PER SERVING** 428 kcals • fat 13g • saturates 8g • carbs 32g • sugars 20g • fibre 10g • protein 40g • salt 0.4g



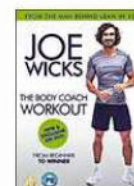
Joe's book, *Lean in 15: The Sustain Plan*, and his new DVD, *The Body Coach Workout*, are out now. He will also be cooking at the BBC Good Food Show at Birmingham NEC (15-18 June). Visit [bbcgoodfoodshow.com](http://bbcgoodfoodshow.com) to book tickets. Readers get a discount; see page 98 for details.



**Next month:**  
Joe's leaner full English

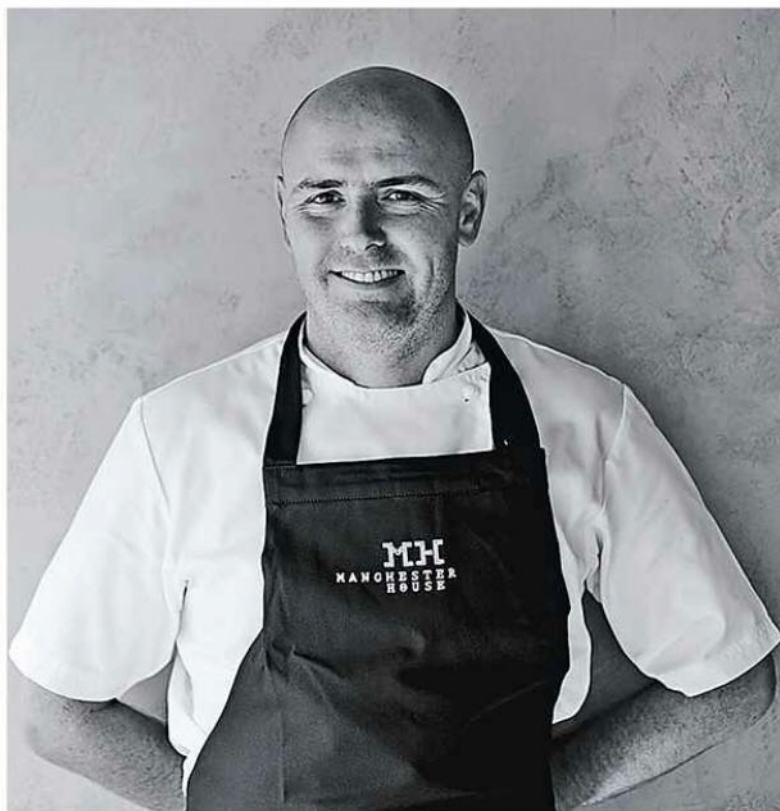


*Good Food* contributing editor Joe Wicks is a former personal trainer. He has become an Instagram phenomenon with 1.7 million followers and his #Leanin15 videos, which focus on quick, easy cooking. His 90 Day SSS (Shift, Shape and Sustain) Plan has inspired men and women nationwide to sign up to his programme of healthy recipes and workouts. [thebodycoach.co.uk](http://thebodycoach.co.uk)  
@thebodycoach



'I've got to go with Mary Berry – she's an absolute British icon. I met her recently and had a photo taken with her, she's really lovely!'





# Join us for an exclusive six-course lunch at Manchester House

Book now to attend this fabulous event in Manchester on 19 April



**Y**ou're invited to a six-course lunch – with wine pairings for three courses – at Manchester House, including a meet-and-greet with chef-patron Aiden Byrne. Plus, you'll get a goody bag worth £25 to take home.

Aiden opened Manchester House in 2013, returning to his northern roots and embracing the opportunity to create the innovative British menus for which he has become so well known. His dishes are based on classical flavour combinations and seasonal produce, and delivered with great flair and technical skill.

The restaurant has won numerous awards since opening, including four AA Rosettes last year. It was 12th in Square Meal UK's 100 Top Restaurants 2016.

**DATE** 19 April 2017

**PLACE** Manchester House, 18-22 Bridge Street, Spinningfields, Manchester M3 3BZ

**TIME** 12:30pm-3:30pm

**PRICE** £90 per person

**TO BOOK** For reservations, please contact Manchester House, stating 'BBC Good Food reader lunch'. Please call **0161 835 2557** or email

**bdm@manchesterhouse.uk.com**

## **BONUS for goodfood SUBSCRIBERS**

Another great reason to subscribe to *BBC Good Food* magazine! Subscribers save £5, paying £85 per person. Turn to page 59 for your subscriber code.

### **Sample courses**

Warm potato mousse, chicken skin, foie gras ballotine & Pink Fir Apple potatoes

Squid ink rice cracker, cured lemon sole, pickled chipirón squid & smoked red pepper jelly

Scallop in sushi vinegar, green peppercorns & kohlrabi

Venison & celeriac pie with liver parfait croûte

Casserole of monkfish with cockle, thyme & king oyster mushroom

Pear, chestnut & chocolate



# Satisfying lunch



This salad, packed with omega-3 and two of your 5-a-day, is a great addition to our 2017 diet plan. Find the plan and lots more recipes online

recipe SARA BUENFELD photograph MIKE ENGLISH

## Salmon pasta salad with lemon & capers

Use frozen, skinless wild salmon fillets – much cheaper than fresh.

SERVES 2 PREP 10 mins  
COOK 20 mins EASY

- 85g wholewheat penne
- 1 tbsp rapeseed oil
- 1 large red pepper, roughly chopped
- 2 frozen, skinless wild salmon fillets (about 120g each)
- 1 lemon, zested and juiced
- 2 garlic cloves, finely grated
- 1 shallot, very finely chopped
- 2 tbsp capers
- 6 pitted Kalamata olives, sliced
- 1 tsp extra virgin olive oil
- 2 handfuls rocket

**1** Cook the pasta following pack instructions. Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 mins until it softens and starts to char a little. Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 mins until just cooked.

**2** Meanwhile, mix the lemon zest and juice in a large bowl with the garlic, shallot, capers and olives.

**3** Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil. Toss everything together, flaking the salmon as you do so. If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.

**GOOD TO KNOW** healthy • low cal • fibre • vit c • omega-3 • 2 of 5-a-day  
PER SERVING 475 kcals • fat 22g • saturates 3g • carbs 31g • sugars 4g • fibre 8g • protein 35g • salt 1.1g



Did you miss the launch of our healthy diet plan? Don't worry, you can catch up at [bbcgoodfood.com](http://bbcgoodfood.com)



'My mum, who was a nutritionist, was so forward-thinking. In the 1970s, her food was wholemeal, virtually sugar-free and organic. I love to think I'm following in her footsteps.'

SARA BUENFELD, Food writer





London-based Niomi, a blogger and YouTube sensation, has more than 1.6 million subscribers to her lifestyle channel. Her book, *Eat Smart*, is packed with everyday healthy eating ideas.

@niomismart

### Vegetable tagine with apricot quinoa

*As ingredients like pomegranates and preserved lemons are more readily available now, I wanted to show how simple it is to incorporate their punchy flavours into dishes at home. This vegan recipe is a good source of iron and gives you all 5 of your 5-a-day!*

**SERVES 4** **PREP** 30 mins  
**COOK** 45 mins **EASY**

#### For the tagine

1 tsp coconut oil or olive oil  
1 red onion, chopped  
2 garlic cloves, crushed  
1/2 butternut squash (500g), deseeded, peeled and chopped  
1 large aubergine (500g), chopped into large chunks  
2 red peppers, chopped  
400g can chickpeas, drained  
400g can chopped tomatoes  
500ml vegan vegetable stock (such as Marigold Vegan Bouillon Powder)  
1 tsp ground cinnamon  
1 tsp ground cumin  
2 tsp turmeric  
2 tsp paprika  
small bunch coriander, chopped  
small bunch mint, chopped, plus extra to serve  
pomegranate seeds, to serve (optional)

#### For the apricot quinoa

280g quinoa  
80g dried apricots, chopped  
20g flaked almonds, toasted

## new food talent **Niomi's** vegan tagine

This month, **Niomi Smart** shares her recipe for a flavour-packed Moroccan dish

*photograph* MIKE ENGLISH

#### For the dressing

4 tbsp tahini  
2 tsp preserved lemon, finely chopped,  
plus 2 tsp liquid from the jar  
6 tbsp almond milk

- 1 Heat the oil in a large frying pan and fry the onion over a medium heat for 3 mins. Add the garlic and butternut squash, and cook for a further 7 mins.
- 2 Add the remaining vegetables and continue to fry for 3 mins before adding the chickpeas, tomatoes and stock, along with the spices and seasoning. Simmer for 30 mins, uncovered. Meanwhile, put 750ml water in a small saucepan, bring to a simmer, then add the quinoa and cook for 20 mins. When cooked, stir in the apricots and almonds, plus a pinch of salt.
- 3 To make the tahini dressing, whisk together all the ingredients in a small bowl. Season with a pinch of salt.
- 4 Serve the quinoa with the tagine, and drizzle the tahini dressing over the top. Scatter over some chopped coriander and mint and the pomegranate seeds, if using, to finish.

**GOOD TO KNOW** vegan • low fat • calcium • folate • fibre • vit c • iron • 5 of 5-a-day

**PER SERVING** 650 kcs • fat 20g • saturates 3g • carbs 80g • sugars 31g • fibre 23g • protein 25g • salt 0.5g



**'Madeleine Shaw – her recipes are delicious, and she's created a really strong business and brand.'**



Last month, **Alessandra Peters** shared her recipe for baked sweet potatoes with steak fajita filling. Find it at [bbcgoodfood.com](http://bbcgoodfood.com).



Next month: **Flynn McGarry's** Lamb with warm potato & olive salad









# Harrogate 5-7 May

Join Michelin-starred chefs  
and celebrate the best in  
regional produce



**T**his year, your BBC Good Food Show returns to the beautiful spa town of Harrogate with even more inspiration, live cooking demonstrations, and a bigger range of local food favourites, plus more of the UK's finest food and drink producers.

Join Michelin masters Tom Kerridge, Michel Roux Jr and more, plus a host of regional chefs and experts all cooking exclusive dishes LIVE in the beautiful Edwardian theatre.

For 2017, we will be showcasing more of Yorkshire's chefs, experts, delicacies and

producers, so come and be inspired by the best in the business on our NEW BBC Good Food Stage, get your questions answered in live interviews and meet your favourite chefs in book signing sessions.

Harrogate tickets on sale now.  
Save 20%\* - quote GFR4.

## SHOW HIGHLIGHTS



**Supertheatre**  
See top chefs cooking delicious seasonal dishes live in the Supertheatre, plus discover the best local cuisine in our NEW Eat Like a Local session.



**BBC Good Food Stage**  
NEW to Harrogate, hear more from your culinary heroes on the BBC Good Food Stage, also featuring Local Hero sessions with some of Yorkshire's finest producers.



**Regional Producers**  
Shop for seasonal ingredients and tasty treats from some of the best regional producers in the Deliciously Yorkshire Market, Producers' Village and Drinks Cabinet.



**VIP Experience**  
Indulge in the ultimate Show experience and join us for the day as a VIP, or why not find out more about our exclusive VIP Box for Two package.



# Birmingham

## 15-18 June

**Joe Wicks joins the line-up at our flagship food event!**

**J**oin us this June for the ultimate day out for food lovers as the BBC Good Food Show returns to Birmingham, with an all new line-up of the UK's top chefs, bakers and experts.

Enjoy brand-new live cooking features and take part in more hands-on experiences and masterclasses than ever before. Taste, shop, learn, and be inspired by the best in the business.

**NEW** for this year, we are excited to announce that bestselling author and health and fitness expert **Joe Wicks**, will be joining our stellar line-up of chefs and experts cooking LIVE in our exclusive Supertheatre. Don't miss Joe's first appearance at a BBC Good Food Show, where he'll be cooking up a storm of delicious and nutritional dishes to get you set for summer!

**Plus**, Michelin-starred chefs **Tom Kerridge** and **Michel Roux Jr**, alongside firm favourites **Mary Berry**, **Nadiya Hussain**, **Glynn Purnell** and more fantastic chefs and experts will be inspiring you with summer recipes and cooking tips, live on stage.

**Birmingham tickets on sale now. Save 20%\* – quote GFR4.**

**“I’m excited for my first ever BBC Good Food Show and can’t wait to meet you all!”**

**Joe Wicks**

Joe Wicks Photography: CONOR McDONNELL

**NEW!**

**bbcgoodfoodshow.com | 0844 581 1345**



\*Not valid on VIP, VIP Luxe or with any other offer. Excludes Hampton Court Palace events. Ends 31.03.17. Not all celebrities appear at all Shows or on all days. Calls cost 7p/minute plus phone company charges. The Good Food word mark and logo are trademarks of British Broadcasting Corporation. © British Broadcasting Corporation. Organised and presented by River Street Events.

AEO



# Season's best

Make the most of early spring produce  
with these new recipes

*recipes* CASSIE BEST and SOPHIE GODWIN

*photographs* PETER CASSIDY



Harissa lamb with labneh  
& chickpeas, p104





Roasted aloo gobi, p104





## Ham hock colcannon

**SERVES 4** **PREP** 20 mins

**COOK** 20 mins **EASY**

800g floury potatoes (such as Maris Piper or King Edward)  
50g butter  
3 garlic cloves, chopped  
1 small Savoy cabbage, shredded  
8 spring onions, sliced on a diagonal  
100ml double cream  
2 tbsp wholegrain mustard  
180g ready-cooked ham hock  
4 eggs

**1** Peel and cut the potatoes into even, medium-sized chunks. Put in a large pan filled with cold salted water, bring to the boil and cook for 10-15 mins until a knife can be inserted into the potatoes easily.

**2** Meanwhile, melt the butter in a large sauté pan over a medium heat. Add the garlic, cabbage, spring onions and some seasoning. Stir occasionally until the cabbage is wilted but still retains a little bite, then set aside.

**3** Drain the potatoes, leave to steam-dry for a couple of mins, then mash

with the cream, mustard and seasoning in the same saucepan. Stir in the cabbage and ham hock. Keep warm over a low heat.

**4** Reheat the pan you used to cook the cabbage (no need to wash first), add a splash of oil, crack in the eggs and fry to your liking. To serve, divide the colcannon between bowls and top each with a fried egg.

**GOOD TO KNOW** folate • fibre • vit c • 1 of 5-a-day • gluten free

**PER SERVING** 600 kcals • fat 37g • saturates 18g • carbs 38g • sugars 3g • fibre 7g • protein 25g • salt 2.2g





Shellfish, orzo &  
saffron stew, p106



## Harissa lamb with labneh & chickpeas

*Lamb rump, a tender cut from the top of the leg, is similar in flavour and texture to beef rump steak. It makes an excellent roasting joint for two people.*

**SERVES 2** **PREP** 20 mins plus overnight straining and chilling  
**COOK** 35 mins **EASY**

500g full-fat natural yogurt  
300g lamb rump  
2 tbsp harissa  
½ cauliflower, broken into florets  
400g can chickpeas, drained and rinsed  
2 tbsp good-quality olive oil, plus extra for drizzling  
1 tbsp cumin seeds  
1 preserved lemon, finely chopped  
handful mint, leaves torn  
2 spring onions, chopped diagonally  
**You will need**  
muslin or a J-cloth

**1** The night before, make the labneh. Put a sieve over a large bowl and line with muslin or a J-cloth. Mix the yogurt with ¼ tsp salt, spoon into the sieve and put in the fridge to strain. Massage the harissa into the lamb, cover and chill overnight.  
**2** Heat oven to 200C/180C fan/gas 6. Toss the cauliflower and chickpeas in a large roasting tin with the oil, cumin seeds, preserved lemon and seasoning. Season the lamb and nestle into the roasting tin. Roast for 20 mins for pink (or 25 mins if you prefer your meat a little more well done), then remove the lamb to rest. Continue cooking the other ingredients for 15 mins until the cauliflower is beginning to char.  
**3** Meanwhile, bring the yogurt out of the fridge – it should have thickened to a spreadable consistency and taste slightly soured. Remove from the muslin and discard the drained liquid. *Any leftover labneh can be kept in an airtight container in the fridge for up to five days.*  
**4** Carve the lamb into thin slices. Spread a good dollop of labneh onto each plate and top with the lamb and the chickpea mixture. Scatter over the mint and spring onions, and drizzle over a little oil to serve.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free  
**PER SERVING** 693 kcals • fat 41g • saturates 14g • carbs 32g • sugars 9g • fibre 11g • protein 43g • salt 0.6g

## Roasted aloo gobi

**SERVES 4** **PREP** 15 mins  
**COOK** 50 mins **EASY** **V**

400g floury potatoes (such as Maris Piper or King Edward), cut into medium-sized chunks  
1 large cauliflower, cut into florets  
1 tbsp cumin seeds  
2 tsp coriander seeds  
2 tsp nigella seeds  
1 tsp ground cinnamon  
1 tsp turmeric  
1 tsp chilli powder  
4 tbsp vegetable, sunflower or rapeseed oil  
8 curry leaves  
4 garlic cloves, crushed  
2 x 400g cans chopped tomatoes  
2 small green chillies, pierced a few times  
1 tsp golden caster sugar  
1 lime, juiced  
small pack coriander, chopped  
basmati rice, naan and natural yogurt, to serve

**1** Heat oven to 180C/160C fan/gas 4. Tip the potatoes into a large pan, fill with cold water and bring to the boil. Simmer for 5-6 mins until starting to soften but still holding their shape. Drain well.  
**2** On a large baking tray, toss the potatoes and cauliflower with the spices and 2 tbsp oil. Season well and roast for 45 mins, stirring halfway through cooking, until the veg is soft and starting to brown.  
**3** Meanwhile, heat the remaining oil in a large pan. Fry the curry leaves and garlic for 1 min, making sure the garlic doesn't brown. Add the tomatoes, chillies, sugar, lime juice and some seasoning. Cover with a lid and simmer for 15 mins until the tomatoes have broken down.  
**4** Add the roasted veg to the tomatoes. Simmer for 5 mins, adding a splash of water if the curry gets too thick. Stir through the coriander and serve with rice, warm naan and yogurt.

**GOOD TO KNOW** vegan • healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free  
**PER SERVING** 322 kcals • fat 15g • saturates 1g • carbs 33g • sugars 14g • fibre 9g • protein 10g • salt 0.1g

## Caramel passion fruit slice

**MAKES 16** **PREP** 15 mins plus chilling  
**COOK** 20 mins **MORE EFFORT**

**For the shortbread**  
150g plain flour  
100g desiccated coconut  
170g cold butter, cubed, plus a little for the tin  
75g golden caster sugar  
**For the caramel**  
90g butter  
397g can of condensed milk  
2 tbsp golden syrup  
2 tbsp dark brown sugar  
3 passion fruits, pulp only  
**For the topping**  
200g dark chocolate  
30g coconut shavings, toasted

**1** Heat oven to 180C/160C fan/gas 4 and butter a 23 x 23cm brownie tin. First, make the shortbread by stirring the flour and coconut together in a bowl, then rub in the butter with your fingers until the mixture looks like breadcrumbs. Stir through the sugar, then bring the dough together with your hands. Pat into the tin, pricking the top all over with a fork. Bake for 15-18 mins until lightly golden and crisp.  
**2** For the caramel, put the butter, condensed milk and syrup in a pan with a large pinch of salt. Heat gently until simmering, then whisk for 6 mins until thick and fudgy. Take off the heat and stir in the passion fruit pulp. Pour over the shortbread, smooth over with a palette knife and leave to set.  
**3** Once set, melt the chocolate in the microwave in 30-sec bursts until glossy and smooth. Smooth over the caramel shortbread, then scatter over the coconut shavings. Leave to set, then cut into 16 squares. *Will keep for five days in an airtight container.*

**PER SLICE** 395 kcals • fat 26g • saturates 17g • carbs 34g • sugars 26g • fibre 3g • protein 4g • salt 0.4g







## Shellfish, orzo & saffron stew

**SERVES 4** **PREP** 20 mins  
**COOK** 20 mins **MORE EFFORT**

good pinch of saffron  
12 mussels (about 250g)  
12 clams (about 250g)  
8 large prawns, shells and heads on  
3 tbsp olive or rapeseed oil  
2 shallots, finely chopped  
1 celery stick, finely chopped  
5 garlic cloves, crushed  
150ml white wine  
50ml Pernod  
500ml fish stock  
200g orzo  
small pack parsley, finely chopped  
extra virgin olive or rapeseed oil,  
for drizzling  
crusty bread, to serve

**1** Boil the kettle, put the saffron in a small bowl, pour over 100ml hot water and set aside to steep. Tip the mussels and clams into a large colander and rinse under cold water. Scrub the shells and pull away any stringy beards. Discard any that don't close when tapped on the side of the sink. Use a small serrated knife to cut down the prawn backs, through the shells, pulling out any black entrails you find.

**2** Heat the oil in a large casserole dish or deep frying pan. Add the shallots, celery and garlic, and fry over a low heat for a few mins until starting to soften. Add the wine and Pernod, and bring to the boil. Simmer for 1-2 mins, then add the stock, the saffron with its steeping liquid and some seasoning. When bubbling, reduce to a simmer and stir in the orzo. Cover the pan with a lid and cook for 4 mins.

**3** Add the shellfish, re-cover and cook for 5 mins more until the pasta is cooked, the prawns are pink and the shells are all open (discard any that aren't). Scatter with parsley and serve in bowls with a drizzle of oil and crusty bread.

**GOOD TO KNOW** low cal • vit c • iron

**PER SERVING** 426 kcals • fat 13g • saturates 1g • carbs 19g • sugars 2g • fibre 3g • protein 43g • salt 3.0g

## Rhubarb, marzipan & citrus cake

**SERVES 12-15** **PREP** 20 mins plus  
macerating **COOK** 50 mins **EASY**

300g softened butter, plus a little  
for the tin  
400g thin-stemmed rhubarb,  
cut into thick pieces  
350g golden caster sugar  
½ orange, zested  
½ lemon, zested  
3 large eggs  
200g self-raising flour  
50g fine polenta  
50g ground almonds  
1 tsp baking powder  
100g marzipan, chopped into  
small chunks

**1** Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm traybake tin with baking parchment. Toss the rhubarb in 50g sugar and set aside to macerate for 20 mins.

**2** Tip the butter, remaining sugar and zests into a large bowl. Beat with an electric whisk until light and fluffy. Add the eggs, one at a time, mixing well between each addition. Add the flour, polenta, almonds, baking powder and a good pinch of salt, and mix until just combined. Fold through half the rhubarb (reserving the rest for the top), plus any juices, and the marzipan.

**3** Scrape the mixture into the tin. Smooth the surface up to the edges and top with the remaining rhubarb. Bake for 45-50 mins until risen and golden, and a skewer inserted in the centre of the cake comes out clean. If there is any wet mixture, return it to the oven for 5 mins, then check again. Cool in the tin for 10 mins, then serve warm with crème fraîche, or cool completely to serve as a cake. *Will keep in an airtight container for three days.*

**PER SERVING** (15) 371 kcals • fat 21g • saturates 11g • carbs 41g • sugars 28g • fibre 1g • protein 5g • salt 0.6g



## At their best now

### Fruit & veg

- Cauliflower
- Celeriac
- Endive
- Green cabbage
- Jerusalem artichokes
- Leeks
- Lemons
- Oranges and blood oranges
- Parsnips
- Passion fruit
- Purple sprouting broccoli
- Rhubarb
- Spinach
- Spring greens
- Spring onions
- Swede
- Young carrots

### Meat & game

- Lamb
- Pigeon
- Rabbit

### Fish & seafood

- Clams
- Crab
- Lobster
- Mussels
- Prawns
- Scallops
- Sea bream
- Sea trout



• Cassie Best, our Senior food editor (left), trained as a chef at Leiths School of Food and Wine. Over the past five years she has written hundreds of recipes for *Good Food*. @cassiecooks

• Cookery writer Sophie Godwin, who also trained at Leiths, worked as a chef before joining *Good Food*. She is passionate about seasonal, veg-centric cooking, and loves to create big sharing dishes. @sophonaplate







## this month's menu

# Jikoni

For a light, bright take on Indian cuisine, with plenty of elements from other cultures, try Ravinder Bhogal's recipes from her new Marylebone restaurant

words LULU GRIMES recipes RAVINDER BHOGAL photographs DAVID COTSWORTH



**J**ikoni, which means 'kitchen' in Swahili, is Ravinder Bhogal's homage to both her Indian and Persian heritage, and her childhood in Africa. Comfortable, colourful and dotted with personal references, this is a restaurant to settle into and take your time. Bright fabrics make the space cosy when it's cold, but in the summer, choose a table outside and you can enjoy the sunshine while playing the Indian board game, carrom.

Dishes cross national boundaries and make their own unique place in global cuisine. Small plates include sweet potato bhel, as well as a choice of quail Scotch eggs, one of which is prawn toast with banana ketchup. The menu changes seasonally – in colder months you'll find mutton keema sloppy Joe and crispy pig's cheek with turnip polenta; in the spring, dishes such as the green salmon with pineapple & tamarind salad featured overleaf. Small plates start at £7 and big plates from £12.25.

[jikonilondon.com](http://jikonilondon.com)

### Blood orange & star anise fizz

**SERVES 4** **PREP** 20 mins plus  
3 hrs soaking **COOK** 30-40 mins

4 blood oranges, quartered  
120ml Grand Marnier  
1 star anise  
4 tsp tequila  
prosecco or champagne, to top up

**1** Soak the blood oranges (skin on) in 100ml Grand Marnier for 3 hrs.  
**2** Heat oven to 200C/180C fan/gas 6 and tip the oranges, along with the soaking liquid, into a small

roasting tin or ovenproof dish. Roast in the oven with the star anise for 30-40 mins or until the orange skins start to caramelise. Remove the skins and star anise, and purée the pulp in a food processor until smooth. Strain through a fine mesh sieve and chill until needed.

**3** Mix 25ml of the purée with 1 tsp each of tequila and Grand Marnier per cocktail, and top with prosecco or champagne to serve.

**GOOD TO KNOW** gluten free

**PER SERVING** 170 kcals • fat none • saturates none • carbs 12g • sugars 12g • fibre none • protein 1g • salt none





## Menu for 4

Blood orange & star anise fizz

Salt & pepper sprouting broccoli  
with sriracha mayonnaise

Green salmon with  
pineapple & tamarind salad

Meringue roulade with  
passion fruit cream



## Salt & pepper sprouting broccoli with sriracha mayonnaise

*This is the best way to eat your greens – and one of the naughtiest. Spears of fried broccoli make a brilliant vehicle for transporting moreish sriracha mayonnaise into your mouth. You might have a little leftover mayonnaise, but I'm sure it won't go to waste.*

**SERVES** 4-6 as a starter **PREP** 25 mins  
**COOK** 15 mins **MORE EFFORT** **V**

### For the sriracha mayonnaise

1 egg  
1 lime, juiced  
1 garlic clove, finely chopped  
250ml rapeseed oil  
1-2 tbsp sriracha, to taste

### For the broccoli

140g cornflour, plus a little extra for dusting  
60g plain flour

1 tsp each black peppercorns and Sichuan peppercorns, toasted and coarsely crushed  
160ml sparkling water, chilled  
handful of crushed ice  
500g sprouting broccoli, trimmed  
sunflower oil, for deep-frying

### To serve

1 tsp sunflower oil  
3 spring onions, sliced diagonally  
2 garlic cloves, finely sliced  
1 red chilli, finely sliced into rings  
1 lime, cut into wedges (optional)

**1** For the mayo, blitz the egg, lime juice and garlic in a food processor until light and frothy. With the motor running, add the oil in a thin, steady stream until the mixture thickens and emulsifies. Switch off, season, then fold in the sriracha. Chill until needed.

**2** Slowly heat the oil to 175°C in a wok or deep-fat fryer (a drop of the batter will sizzle and turn brown

in 20 secs). To make the batter, mix the flours with 1 tsp sea salt and the peppers. Whisk in the sparkling water and crushed ice. Dust the broccoli first in cornflour, then dip each piece in the batter, shaking off any excess. Add the broccoli to the hot oil in batches and fry for about 2 mins or until golden and crisp. Scoop out using a slotted spoon, and drain on a plate lined with kitchen paper.

**3** Heat the sunflower oil in a wok. Add the spring onions, garlic, onions and chilli, and stir-fry for 2 mins or until fragrant.

**4** To serve, arrange the broccoli on plates or on a platter, scatter with the stir-fried aromatics, drizzle over the mayo and serve with some lime wedges, if you like.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day

**PER SERVING** (6) 475 kcs • fat 36g • saturates 3g • carbs 31g • sugars 1g • fibre 4g • protein 4g • salt 0.9g



## Green salmon with pineapple & tamarind salad

*Pineapple and salmon may seem like an unlikely combination, but the sweet and sharp tang of the fruit perfectly complements the oily, spicy fish. You can prepare both the salmon and pineapple salad ahead, then all you have to do is cook the salmon at the last minute. Serve with steamed rice or Indian breads, if you like.*

**SERVES** 4 **PREP** 30 mins  
**COOK** 20 mins **EASY**

4 salmon fillets

### For the marinade

1 tsp rapeseed oil  
200g baby spinach  
½ small pack coriander, leaves picked  
2 garlic cloves, grated  
2 tbsp grated ginger  
1 green chilli, roughly chopped  
1 tsp cumin seeds  
125g natural yogurt  
1 lime, zested and juiced

### For the pineapple salad

1 pineapple, peeled and finely sliced  
1 garlic clove  
1 tbsp apple juice  
2 tbsp tamarind paste  
1 tbsp honey  
2 tbsp extra virgin olive oil  
1 red chilli, finely sliced

½ small pack coriander, leaves picked  
½ small pack mint, leaves picked  
crispy fried shallots and lime wedges, to serve

**1** Heat a pan with the oil and wilt the spinach and coriander leaves. Put in a food processor and blend with the remaining marinade ingredients until you have a smooth paste. Season well.  
**2** Place the salmon, skin-side up, on a board. Score the skin deeply and pour over the paste, massaging it all over the skin and flesh. Put aside while you heat the oven, or leave to marinate in the fridge for longer, if you prefer.

**3** Heat oven to 200°C/180°C fan/gas 6. Lift the salmon from the paste, being careful not to brush too much off. Lay the salmon on a baking sheet, skin-side down, and roast for 10-15 mins. Meanwhile, make the pineapple salad. Crush the garlic with salt flakes and pepper in a mortar, then stir in the apple juice, tamarind, honey and oil. Pour over the sliced pineapple, making sure it is evenly coated.

**4** To serve, lay some pineapple slices on each plate, add a fillet of salmon to each and scatter over the red chilli, coriander, mint and crispy shallots. Serve with wedges of lime.

**GOOD TO KNOW** folate • vit c • omega-3 • 2 of 5-a-day • gluten free

**PER SERVING** 543 kcs • fat 29g • saturates 5g • carbs 27g • sugars 24g • fibre 4g • protein 40g • salt 0.4g



## Meringue roulade with passion fruit cream

*You can make this dessert ahead of time, but don't chill it for more than a day or the meringue will start to get sticky.*

**SERVES** 6-8 **PREP** 40 mins  
plus cooling **COOK** 25 mins  
**MORE EFFORT**

**For the meringue**  
flavourless oil, for brushing  
4 large egg whites  
200g white caster sugar  
1 tsp vanilla extract  
1 tsp white vinegar  
2 tsp cornflour, sifted  
50g desiccated coconut, toasted  
and cooled

**For the filling**  
150ml double cream  
1 tbsp icing sugar  
150g mascarpone, beaten  
6 passion fruits  
½ small pack mint, leaves picked  
and shredded  
icing sugar, for dusting

**1** To make the meringue, heat oven to 200C/180C fan/gas 6. Line a 23 x 33cm baking tray with baking parchment and lightly brush with oil.  
**2** Whisk the egg whites until stiff. Gradually whisk in the sugar, a little at a time, and continue whisking until the mixture is thick and glossy, then fold in the remaining meringue ingredients. Spread the meringue evenly onto the prepared baking tray. Bake for 10 mins, then lower the temperature to 170C/150C fan/gas 3 and cook for a further 10 mins.

**3** Meanwhile, dust another sheet of baking parchment with icing sugar. Once cooked, remove the meringue from the oven and leave to cool for 2 mins on the tray. Turn out onto the dusted piece of parchment. Cool for a further 5 mins, then gently peel off the bottom sheet of parchment from the meringue. Cover with another layer of parchment and roll up the meringue from the long side until ready for use.  
**4** To make the filling, whip the double cream with icing sugar and fold in the mascarpone and passion fruit pulp.  
**5** Unroll the meringue, spread the cream mixture over the surface, top with the shredded mint leaves and roll up again, using the parchment to help you. Chill, then serve in slices, dusted with icing sugar.

**GOOD TO KNOW** gluten free  
**PER SERVING** (8) 341 kcal • fat 22g • saturates 15g •  
carbs 30g • sugars 29g • fibre 2g • protein 4g • salt 0.1g



'Vandana Shiva, a campaigner for biodiversity – she fights against genetically modified crops and corporate control of seeds. Her fiery energy and spirit are infectious, and she has inspired campaigners everywhere to stand up to greedy corporations trying to patent seeds.'



tom kerridge

# Poaching

This month the BBC chef shares his advice on this gentle method of cooking, along with some favourite recipes

*photographs* TOM REGISTER



Good Food contributing editor Tom Kerridge is chef-owner of The Hand & Flowers and The Coach – both

in Marlow, Buckinghamshire. His latest book, *Tom Kerridge's Dopamine Diet* (£20, Absolute Press), is out now. Each month Tom creates exclusive recipes for us. [Twitter](#) [Instagram](#) @ChefTomKerridge



Red wine poached halibut with  
bacon & mushrooms, p114





Poached duck egg with hot smoked  
salmon & mustard hollandaise, p114



**P**oaching transfers heat quickly and easily, whether you're using water, stock or sugar syrup as the poaching liquid. It's ideal for lean cuts of meat like chicken and turkey, and tender fillets of fish that benefit from gentle treatment. It isn't designed for tougher cuts of meat, which need a long, slow braise.

If you're cooking a whole bird or fish, they need to be immersed in cold liquid, brought briefly to the boil to destroy surface bacteria, then barely simmered at a lower temperature (70-80C). For smaller cuts, lower into just-boiled liquid and quickly turn down to poaching temperature, adding a splash of cold water if you need to. If the temperature is too high, the outside of the food will be dried out before the centre is cooked.

When we talk about fruits or vegetables, 'poached' simply means simmered slowly – a gentle way of cooking delicate fruit like rhubarb that would turn to mush if treated too vigorously.

We get the word poach from 'poché' – French for pouch – which is a good description for the way an egg white makes a pocket for the soft yolk when cooked gently in hot water. Making a whirlpool of water can help wrap the white around the yolk, but uncontrolled bubbles will pull it away in shreds. For a smooth oval result, keep the water below the boil with just an occasional bubble breaking through the simmering surface.

## Poached duck egg with hot smoked salmon & mustard hollandaise

*As eggs age, their whites start to break down, making them harder to poach – so always use the freshest you can find. Adding a splash of vinegar to the water helps the egg whites coagulate (turn from liquid to solid). Be careful not to add too much though, or your eggs will taste of it.*

**SERVES 4 PREP 15 mins COOK 30 mins  
MORE EFFORT**

2 x 150g pieces hot smoked salmon  
4 duck eggs  
splash of white wine vinegar  
60g watercress  
a little rapeseed oil  
2 breakfast muffins, cut in half and toasted  
**For the hollandaise**  
250g butter  
30ml cabernet sauvignon  
30ml white wine vinegar  
20ml double cream  
2 large egg yolks  
1 tsp snipped chives  
1 tsp wholegrain mustard  
½ lemon, juiced

**1** Heat oven to 180C/160C fan/gas 4. Clarify the butter for the hollandaise by melting it in a small saucepan over a low heat. Spoon off any white froth that comes to the surface, then carefully pour the melted butter into a jug, leaving behind any milky solids at the bottom of the pan.

**2** To make a reduction for the hollandaise, gently simmer the wine and vinegar in a small saucepan until reduced to a glaze (it should be around 1-2 tsp), then pour in the double cream and briefly whisk

with a balloon whisk. Tip the cream into a small heatproof bowl. Bring two large saucepans of water to a simmer (one for the hollandaise, the other to poach the eggs). Whisk in the egg yolks, then set the bowl over one of the pans of simmering water, making sure the water doesn't come in contact with the bottom of the bowl. Keep whisking for 2-3 mins until thick and aerated. Ladle the clarified butter into the bowl, whisking as you pour. If your mixture looks a bit greasy, or is thickening too much, add a splash of water. Once all the butter has been incorporated, add the chives, mustard and lemon juice, and keep warm.

**3** Put the salmon on a baking tray in the oven to gently warm through while you poach the eggs. Add a splash of vinegar to the pan of simmering water, give a little swirl, crack the eggs into a cup, then tip into to the water, one at a time. Poach the eggs for 3-4 mins. Lift them from the water with a slotted spoon, drain on kitchen paper and season.

**4** To serve, dress the watercress in a little rapeseed oil and put on each half of the toasted muffin. Flake over the warm salmon. Lay the poached eggs on top, then spoon over the hollandaise sauce (add a splash of water if it's thickened).

**GOOD TO KNOW** folate • iron • omega-3  
**PER SERVING** 909 kcal • fat 76g • saturates 39g • carbs 17g • sugars 2g • fibre 2g • protein 36g • salt 3.4g



**Cook the eggs in two batches if you don't feel confident cooking them all at once.**

## Red wine poached halibut with bacon & mushrooms

*Here the poaching liquid is simmered down to make a flavourful sauce.*

**SERVES 2 PREP 10 mins COOK 30 mins  
EASY**

200ml red wine  
100ml fresh chicken stock  
3 thyme sprigs  
3 black peppercorns  
2 x 150g portions halibut  
2 rashers streaky bacon  
1 tbsp rapeseed oil  
1-2 tbsp butter  
100g wild mushrooms (or a large king oyster mushroom, cut in half lengthways)

½ lemon, juiced  
115g spinach

**1** Heat oven to 160C/140C fan/gas 3. Put the wine, stock, thyme, peppercorns and a pinch of salt in a deep-sided frying pan and bring to just below the boil. Drop in the halibut, turn down the heat and poach for 8 mins or until flaking apart. While the fish is poaching, fry the bacon in a hot frying pan for 2 mins each side until crispy. Remove from the pan, cover with foil and keep warm in the oven.

**2** In the same frying pan, heat the oil and 1 tbsp butter until foaming. Add the mushrooms and cook until you get a lovely golden colour. (If using a king oyster mushroom, turn over to get an even colour

on both sides.) Once cooked, add the lemon juice to taste and sprinkle with a little salt.

**3** Lift the cooked fish from the pan, lay on a plate, cover with foil and keep warm in the oven. Turn the heat up on the poaching liquid, reduce by two-thirds, then pour through a fine sieve.

**4** Wash the spinach in cold water and add to the mushrooms. Season, add more butter if needed, and cook for about 3 mins, stirring until wilted. Divide the spinach and mushrooms between two plates and serve the halibut on top. Spoon over the reduced sauce and top with a rasher of crispy bacon.

**GOOD TO KNOW** folate • 1 of 5-a-day  
**PER SERVING** 447 kcal • fat 24g • saturates 9g • carbs 2g • sugars 2g • fibre 1g • protein 37g • salt 1.2g





White chocolate mousse with  
poached rhubarb, p116



## White chocolate mousse with poached rhubarb

**SERVES 6** **PREP** 40 mins plus chilling  
**COOK** 30 mins **MORE EFFORT**

### For the mousse

150g white chocolate  
4 large egg whites  
1 tbsp golden caster sugar  
200ml double cream

### For the poached rhubarb

185ml white wine (or a mini bottle)  
1 tbsp golden caster sugar  
1 vanilla pod, split lengthways and  
seeds removed  
4 tall rhubarb stalks (about 375g),  
cut into 5cm pieces

### For the topping

75g jumbo oats  
30g plain flour  
2 tbsp golden caster sugar  
50g melted butter

**1** Melt the white chocolate in a heatproof bowl over a pan of simmering water, then remove from the heat. Whisk the egg whites to stiff peaks, add the sugar and briefly whisk again. Whisk the cream to soft peaks, then fold the melted chocolate into the cream. Once incorporated, mix a spoonful of the egg whites into the cream and chocolate mix, stir well, then fold the remaining egg white mix in. Work quickly, taking care not to knock out too much air. Cover with cling film and chill in the fridge for at least 1 hr.

**2** While the mousse is setting, poach the rhubarb. Pour the wine, sugar, vanilla pod and seeds, and 150ml water into a saucepan and bring to the boil. Drop in the rhubarb, turn down the heat and poach for 2-3 mins. Turn off the heat and leave the rhubarb to cool in the liquid.

**3** Heat oven to 180C/160C fan/gas 3. Mix the oats, flour and sugar in a bowl and pour over the melted butter. Stir well, then tip onto a non-stick baking sheet and bake for 20 mins, tossing halfway through, until golden and crisp. Remove from the oven and leave to cool. To serve, lift the rhubarb out of the poaching liquid (see above right) and spoon into serving bowls, alternating with a large scoop of the mousse and a sprinkle of the oat crumb.

**PER SERVING** 500 kcal • fat 34g • saturates 20g • carbs 39g • sugars 27g • fibre 2g • protein 7g • salt 0.3g

## Make a cocktail from the leftover syrup Rhubarb Bellini

Reduce the leftover rhubarb poaching liquid until syrupy, about 5 mins. Add 1 tbsp rhubarb syrup to each glass and pour over your choice of sparkling wine.



**Next month:**  
Tom tackles Easter roasts



You can find Tom's exclusive  
recipe for poached chicken on  
our website, [bbcgoodfood.com](http://bbcgoodfood.com).

He will also be cooking at the BBC Good Food Shows at Harrogate HIC (5-7 May) and Birmingham NEC (15-18 June). Visit [bbcgoodfoodshow.com](http://bbcgoodfoodshow.com) to book tickets. Readers get a discount; see p98 for details.

good food  
SHOWS



'My mum. She used to do sausage roast on a Sunday. Money was short and she didn't have enough to buy an actual joint of meat, so she would roast a lump of sausagemeat and serve it with all the traditional vegetables that go with a roast. So as kids, we felt no different, and it showed us that food should be prepared with love and care.'



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# MasterChef makeover

# Chicken pie

BBC MasterChef judge **John Torode** gives one of our most popular family dinners a twist

photograph MIKE ENGLISH



**BBC ONE** Every month, chef and *Good Food* contributing editor John Torode reinvents one of the most popular recipes on our website. John has been a judge on BBC One's *MasterChef* for 12 years. The new series begins at the end of March. [@JohnTorode1](#)

If there's one pie that's king, it's the crowd-pleasing chicken & mushroom. Making over this popular *Good Food* pie was certainly a challenge, but I think I have it in the bag.

To keep the chicken succulent, I used a mix of good-quality thighs and breast. Then, rather than simply cooking the chicken in the sauce, I poached it gently first, and made a sauce using the poaching stock. I also added leeks, which go so well with poached chicken.

Pies are one of my guilty pleasures. I like the pastry thick, and I want ripples and dimples of what I call 'sog' – where the filling bubbles up, splutters over and soaks in. My perfect pie has a patchwork lid of crisp crunch and softened saucy layers, served with a dollop of tomato ketchup. This will be a family favourite – it's a beaut.



'My grandmother taught me the basics from a very early age – she will always be there for inspiration. Then, Elizabeth David's books really helped me to understand European food. I was lucky enough to cook for her before she died.'

## Chicken, leek & mushroom pie

*This recipe makes one large pie, or you can divide the mixture between two smaller dishes – bake one now and freeze the other, unbaked, for another time.*

**SERVES** 6-8 **PREP** 25 mins

**COOK** 1 hr 10 mins **EASY**

✳ unbaked

4 large chicken breasts  
4 skinless and boneless chicken thighs  
2 bay leaves  
1/2 small pack thyme  
1/2 small pack flat-leaf parsley, leaves and stalks separated  
2 large onions, chopped  
1 garlic clove  
1 chicken stock cube, crumbled  
750ml milk, plus extra to glaze  
100g butter  
3 leeks, chopped  
300g button mushrooms, halved  
100g plain flour, plus extra for dusting  
200ml crème fraîche  
500g puff pastry  
tomato ketchup, to serve (optional)

**1** Put the chicken in a large pan with the bay, half the thyme sprigs, the parsley stalks, onions, garlic, stock and seasoning. Pour the milk over the chicken and, if you need to, top up with water to make sure the chicken is covered. Bring the chicken to the boil, then turn down and simmer for 15 mins. Lift from the liquid and leave to cool.

**2** Drain the poaching liquid through a sieve into a large jug – you need 650ml to make the sauce for your pie.

**3** Meanwhile, heat the butter in a saucepan over a low-medium heat. Add the leeks and the mushrooms, and cook for 5-10 mins until soft, then season well. Add the flour and stir to coat the vegetables. Slowly add the poaching liquid, stirring until you have a thick sauce.

**4** Using two forks, pull the chicken apart into thumb-sized chunks rather than chopping it – I feel you get a far better pie this way. Chop the parsley leaves, then stir into the leeks with the thyme leaves, crème fraîche and chicken. Check the seasoning, then spoon the mixture into your pie dish (or dishes) to cool slightly.

**5** Heat oven to 220C/200C fan/gas 7. Roll out the pastry on a lightly dusted work surface to the thickness of a £1 coin. Cut thin strips from the edges and use a little water to stick these around the lip of the pie dish, then wet the top of the pastry strip. Lift the pastry on top of the pie, trim the edges and crimp them with your fingers or a fork. Brush the top with milk and cut a steam hole in the middle.

**6** Put the dish on a baking sheet and cook in the oven for 20-25 mins until the pastry is risen and golden. Some of the filling will have bubbled up through the steam hole. Have a bottle of tomato ketchup on hand to serve, if you like – and be careful, the pie will be hot.

**GOOD TO KNOW** calcium • fibre • 2 of 5-a-day  
**PER SERVING** (8) 683 kcs • fat 41g • saturates 23g • carbs 41g • sugars 11g • fibre 6g • protein 34g • salt 1.4g



If you've cooked our original chicken & mushroom puff pie ([bbcgoodfood.com/chicken-and-mushroom-puff-pie](http://bbcgoodfood.com/chicken-and-mushroom-puff-pie)), why not try John's version and let us know which you prefer. Drop us a line at [hello@bbcgoodfoodmagazine.com](mailto:hello@bbcgoodfoodmagazine.com). You can find more of John's recipes on our website.







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## your recipes

# Mackerel bowls

Some of the most popular recipes on our website come from you – including this delicious Japanese-inspired dish

recipe BILL WILLIAMSON photograph TOBY SCOTT



'I first became interested in food watching my mother cook,' says Bill Williamson, who is originally from

California but now lives in Surbiton. 'She had no fear in the kitchen. My parents lived in Japan after the war, and I have adapted one of my mother's Japanese-inspired recipes here.'

Bill's recipes and cooking have in turn inspired his sons, Pete and Leo, and they now run a food blog together called *whatdadcooked.com*.

### Easy mackerel bowls

**SERVES 4** **PREP 20 mins**  
**COOK 15 mins** **EASY**

200ml sake  
60ml mirin  
3 tbsp white miso  
3 tbsp palm sugar  
60ml dark soy  
sauce

thumb-sized piece ginger, peeled  
and sliced into matchsticks  
4 skinless mackerel fillets, bones  
removed, cut into thick slices  
2 x 250g pouches mixed grains  
80g frozen petit pois  
1 large courgette, sliced into ribbons  
with a peeler  
50g watercress  
1 tbsp sesame seeds, to serve

**1** Put the sake, mirin, miso, palm sugar and soy in a saucepan and bring to the boil. Add the ginger and return to the boil.

**2** Place the mackerel in a single layer in the saucepan, cover and reduce to a simmer. Cook on a low heat for 5-10 mins, then remove the mackerel and ginger, and taste the broth. If it's a bit strong, dilute with 50-100ml water.

**3** Cook the grains following pack instructions. Tip the peas into a bowl, cover with boiling water, allow to sit for 30 secs, then drain. Spoon the grains into four deep bowls, then spoon about 2 tbsp of the broth into each (you'll have some left over). Top with the mackerel and ginger, a handful of watercress, the peas, courgette and a scattering of sesame seeds.

**GOOD TO KNOW** fibre • omega-3 • 1 of 5-a-day  
**PER SERVING** 658 kcs • fat 35g • saturates 7g •  
carbs 40g • sugars 8g • fibre 7g • protein 38g • salt 1.4g



Got a recipe you'd like to share? Visit [bbcgoodfood.com](http://bbcgoodfood.com) and create an account in My Good Food – your recipe could be featured in a future issue.







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**Family travel**

# Atlantic Canada

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words LULU GRIMES

Photograph GETTY





Charlottetown,  
Prince Edward Island



Domaine de Grand Pré



You can go whale-watching  
off the Atlantic coast

**N**ova Scotia, New Brunswick and Prince Edward Island (PEI) may ring more of bell than the catch-all moniker of Atlantic Canada, particularly if you're a *Titanic* buff or spent your childhood reading *Anne of Green Gables*. Whether you've any prior knowledge or not, Atlantic Canada makes a fabulous foodie family holiday. Miles of coastline with sparklingly clear, cold water are home to lobsters, mussels, oysters, clams, scallops and, of course, fish. PEI, with its rolling picturesque farmland, is a mass producer of potatoes, and there are orchards and vineyards in Nova Scotia.

As well as eating, there are adventure sports to be tried, extraordinary natural phenomenon to watch (such as the tidal bore wave in the Bay of Fundy), and wildlife to be spotted everywhere, from whales and bald eagles to tiny crabs and sea anemones. However, I should admit that we failed to spot a single moose, unless it was stuffed.

The ideal window for visiting is from June, when it's sunny but still fairly chilly, through to the spectacular autumn in September-October. For whale-watching, July to October is a safe bet and, if icebergs are your thing, consult [icebergfinder.com](http://icebergfinder.com) to get the latest locations before booking.

A six-hour flight makes this a doable journey with kids, and once you've picked up a hire car, the roads are wide and – compared to Europe – exhilaratingly empty. Even in August, it's amazingly tranquil. Make a loop of the following destinations and you'll cover a lot of ground.

### Nova Scotia

Fly directly to Halifax, the capital of Nova Scotia, and prepare to be regaled with sunny enthusiasm about two tragedies that have had enormous impact on the town. Halifax is where the rescue boats for the *Titanic* raced back to in 1912, carrying both survivors and those less fortunate. Then, five years later, an enormous explosion ripped apart the harbour and killed thousands. Walk along the waterfront, stopping at the maritime museum – *Titanic* and Halifax explosion exhibits, of course ([maritimemuseum.novascotia.ca](http://maritimemuseum.novascotia.ca)) – before picking up a tray of poutine: chips, cheese curds and gravy, a Canadian comfort food speciality, or homemade ice cream from the street kiosks nearby.

Stop at the Halifax Distilling Company ([halifaxdistillingco.ca](http://halifaxdistillingco.ca)) to try some JD Shore spiced rum (children can come too). Julie Shore and Arla Johnson also own the PEI distillery, where they make vodka with potatoes. A trip on the noisy

but fun amphibious Harbour Hopper ([mtcw.ca](http://mtcw.ca)) will give you an overview of both the harbour, historic buildings and the city's immaculate hilltop fort.

Halifax Seaport Farmers' Market ([halifaxfarmersmarket.com](http://halifaxfarmersmarket.com)) operates Tuesday-Sunday on the harbour front. You can try local cheese, wine and produce, as well as baked goods. On Saturday mornings, visit the Historic Farmers' Market, set in a splendid 200-year-old building in Brewery Square ([historicfarmersmarket.ca](http://historicfarmersmarket.ca)). Try the wild-fermented sauerkraut from Pickled Pink (@[picklebrine](https://twitter.com/picklebrine)), or small-batch baked goods from Gold Island Bakery ([goldisland.ca](http://goldisland.ca)).

From Halifax, head west for the rich farmland of Annapolis Valley, and Grand-Pré UNESCO World Heritage Site. Historically this area was Acadian (French), so this is wine country. Visit Domaine de Grand Pré to both taste and eat (see 'Where to eat'). Pretty Wolfville ([wolfville.ca](http://wolfville.ca)), on the Minas Basin, is home to a lively and ultra-local farmers' market ([wolfvillefarmersmarket.ca](http://wolfvillefarmersmarket.ca)), where you'll find heirloom fruit and veg with names such as 'peaches and cream' corn, plus small-batch maple syrup and fresh blueberries. Each October this uni town plays host to Devour!, a film festival devoted to food ([devourfest.com](http://devourfest.com)).





Canadian comfort food, poutine



Chip Shack, PEI



Fundy National Park, New Brunswick

eat like a local  
atlantic canada



Halifax Seaport Farmers' Market



Street food in Nova Scotia



Local lobster

Stop at Hall's Harbour, a tiny fishing village, for a lunch and a 30-minute tour of the Lobster Pound (well worth the group cost of £24). Not only will you see some enormous lobsters, you'll learn the party trick of being able to tell males from females. Choose a lobster from the tanks in the shop (sold by weight at market price), take it round to the cookhouse and it will reappear at your table, complete with trimmings ([hallsharbourlobster.com](http://hallsharbourlobster.com)).

## New Brunswick

The three-hour ferry for New Brunswick leaves from Digby and lands you in historic Saint John, the only city on the Bay of Fundy. New Brunswick is Canada's only officially bilingual province, so you'll hear much more French spoken here. Head towards the Canadian border and you'll fetch up in Saint Andrews By-the-Sea. Water Street, in the picturesque harbour, is lined with cafés and shops, and whale-watching tours out of the jetty (see '5 ways', overleaf).

Turn the other way out of Saint John and you'll be driving towards Fundy National Park and Alma village. In the latter, take time to join the queue at Kelly's Bake Shop for a 'world famous sticky bun'. An Octopus' Garden is a quiet stop for a snack (good toasties), on the veranda at the back, while Tides Restaurant at

the Parkland Village Inn ([parklandvillageinn.com](http://parklandvillageinn.com)) serves good seafood (try the scallops) with a view over the bay.

Shediac on the Northumberland Strait coast calls itself the 'lobster capital of the world', and has a stonkingly large lobster statue to ram the message home. Head over to Pointe-du-Chêne Wharf Road to visit baby lobsters at the Homarus Eco Centre ([ecocentrehomarus.org](http://ecocentrehomarus.org)), or take a bonkers Lobster Tales trip with Shediac Bay Cruises ([lobstertales.ca](http://lobstertales.ca)) – the kids will adore it and you will learn how to crack and eat a lobster properly (if you think you know how, really, you don't). Barbecued chicken is available for non-lobster eaters (£43 adults, £30 under-12s).

## Prince Edward Island

Drive over the impressive eight-mile-long Confederation Bridge (or take the ferry) to this idyllic island of rolling green hills and farmland. Charlottetown, the birthplace of the Canadian Federation, is the capital, with a pretty, well-preserved centre. The harbour has been revitalised and there are lots of good restaurants, bars and cafés.

Take a Taste the Town walking tour to orientate yourself and pick up tips on where to eat. My guide was thorough, knowledgeable Paul Kelley, and we

whipped through Raspberry Point oyster tastings, drank Gahan blueberry ale and ate lobster tacos, mussels and hand-cut fries from the Chip Shack ([experiencepei.ca/taste-the-town](http://experiencepei.ca/taste-the-town), £32). The best coffee is to be found at The Kettle Black ([kettleblackroastery.com](http://kettleblackroastery.com)), and you can't leave the island without eating lots of Cow's ice cream ([cows.ca](http://cows.ca)).

## Where to eat

**Halifax** Dine at **The Five Fishermen** restaurant for some old-school Canadian charm. Originally an early 19th-century school, then a mortuary (*Titanic*/explosion again), this is now a fine-looking venue with a more casual grill serving burgers (£8), fish & chips (£9) and haddock tacos with pico de gallo (£7) downstairs. Upstairs is a pricier restaurant – the seafood tagliatelle (£21) is hand-rolled and finished with lobster stock ([fivefishermen.com](http://fivefishermen.com)).

At the **Domaine de Grand Pré** winery restaurant, Le Caveau, sit outside under the arbour by candlelight and enjoy chef Jason Lynch's Eel Island & Cabot oysters with caper brine, local charcuterie and Martock Glen boar porchetta. With starters and small plates from £7, this is fantastic value for the calibre of the food. Brunch is available on Sundays ([grandprewines.ns.ca](http://grandprewines.ns.ca)).



**Saint Andrews** Just outside town, overlooking Passamaquoddy Bay near the US border, the **Rossmount Inn** ([rossmountinn.com](http://rossmountinn.com)), run by chef Chris Aerni and his wife Graziella, is a haven of calm beauty. The daily changing menu is based around what's locally available and what Aerni grows. Any dish made with heirloom tomatoes will be the best you ever ate, and the Bay of Fundy haddock with lemon butter, capers & chives is sublime. There isn't a children's menu, but they will adjust main dishes. With starters from £5.50 and mains from £11, this is spectacularly good value for precise dishes that extract maximum flavour from their ingredients.

**Charlottetown Sims Corner** is where to eat steak (from £23), or the 'out of body experience' lobster mac 'n' cheese (£21). The menu has a fantastic list of 'enhancers', so add a crab leg, smoky gouda crust or bone marrow to anything, if you fancy ([simscorner.ca](http://simscorner.ca)).

**Brakish!** on the harbour serves big bowls of mussels for £9 (try blueberry beer and bacon), and has a convenient lawn with games where children can let off steam ([brakish.com](http://brakish.com)).

**The Chowder House** at Point Prim should be on your list for great views and top-notch food, including five types of chowder (from £5), island cheddar panini (£6) and lobster rolls (£9) to choose from ([chowderhousepei.com](http://chowderhousepei.com)).

If you are heading home via the ferry, leave room for one final stop at **Wood Islands Seafood and Take Out**, where you can eat crabby patty while watching your vessel arrive ([facebook.com/WoodIslandsSeafoodAndTakeout](https://facebook.com/WoodIslandsSeafoodAndTakeout)).

For more information visit [tourismnewbrunswick.ca](http://tourismnewbrunswick.ca), [novascotia.com](http://novascotia.com) and [tourismpei.com](http://tourismpei.com).



Hopewell Rocks



Foraging for clams



The Chowder House

## Once you've picked up a hire car, the roads are wide and – compared to Europe – exhilaratingly empty

### Where to stay and how to get there

If you're taking the ferry from Nova Scotia to New Brunswick, **Digby Pines Golf Resort and Spa** is a good place to stop. Big rooms, a fantastic 1920s-style pool and views over the bay from the bar (rooms from £65; [digbypines.ca](http://digbypines.ca)). In Saint Andrews, stay at the fabulous **Algonquin Resort** (there's a pool with water slide for the kids), which is old-school, comfy and chic all at once, with a great breakfast

(from £108; [algonquinresort.com](http://algonquinresort.com)).

**The Great George** in Charlottetown, PEI, comprises several beautifully restored old buildings. Freshly baked chocolate chip cookies appear in the lobby, there are board games to play and guests gather for drinks each evening (from £128; [thegreatgeorge.com](http://thegreatgeorge.com)).

Flights with Air Canada from London Heathrow to Halifax, Nova Scotia, start from £399 return.

## 5 ways to work up an appetite

**Foraging for clams** Join Jim Conohan to learn how to forage clams and oysters from the Boughton River, PEI, at low tide, eating as you go (£55 adults, £15 children; [experiencepei.ca/beachcombersclamboil](http://experiencepei.ca/beachcombersclamboil)).

**Whale watching** Fundy Tide Runners in Saint Andrews will kit you out in flotation suits, give you a wildlife briefing and speed out to the whale feeding grounds in a Zodiac. You are almost guaranteed to find whales – we saw minke and finbacks (£37 adults, £27 children; [fundytiderunners.com](http://fundytiderunners.com)).

**Walking on the sea bed** Hopewell Rocks has one of the planet's highest tides (ranging from 10-14 metres). Ask guides for information, and if you spot Kevin Snair he'll show you flora and fauna as well as video clips of the tide rising (£6 adults, £4 children; [thehopewellrocks.ca](http://thehopewellrocks.ca)).

**Tidal bore rafting** If you fancy bouncing around in an inflatable over the Shubenacadie River's shallow, choppy waters and sliding around in mud, then I promise you will scream with laughter – but wear clothes and shoes you don't love (£37 adults, £32 children; [raftingcanada.ca](http://raftingcanada.ca)).

**Sea kayaking** Coastal kayaking is a great way to see wildlife and learn about the area. Fresh Air Adventure offers various packages – we took the four-hour option, perfect with a child (kids can go in double kayaks). A picnic and a sticky bun keep your energy up (£42 adults, £36 children; [freshairadventure.com](http://freshairadventure.com)).



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The rolling Tuscan hills

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insider

# Bath

Traditionally a city of posh restaurants and genteel Georgian tea rooms, Bath is developing a lively dining scene that includes vegetarian offerings, craft beer and small foodie outlets run by innovative young chefs

words FIONA BECKETT

## The Scallop Shell

A favourite of local chefs and cívies alike, this was nominated independent fish & chip restaurant of the year in the 2016 National Fish & Chip Awards. Come here for brilliantly fresh fish, including some of the best haddock & chips I've eaten. Look out for deliciously plump Elberry Cove mussels too. Haddock & chips, £12.95; mussels, £5. [thescalloshell.co.uk](http://thescalloshell.co.uk) **CD, CE, KF**

## Corkage

This cosy wine bar, run by local Richard Knighting and endearingly eccentric former acrobat Marty Grant, is a great place to try interesting wines – many of

which they import themselves. With 50ml tasting samples on offer, you can try several, fortified by a regularly changing menu of substantial small plates, such as crab on toast. Booking essential. Plates, £7-8; small glasses of wine, £4-6. [corkagebath.com](http://corkagebath.com) **CD, CE**

## Menu Gordon Jones

Bath currently finds itself in a perilous position whereby three of its top restaurants – Allium, Bath Priory, and The Olive Tree – have recently changed chef, hence their surprising omission from this list. But Menu Gordon Jones, whose chef used to cook at Bath's landmark Royal Crescent Hotel, is a worthy alternative if you're after innovative food. The no-choice menu won't be for everyone, but it's a real gastronomic experience. Surprise menu, £55. [menugordonjones.co.uk](http://menugordonjones.co.uk) **SO**

## Yen Sushi

Sit at the counter of this conveyor-belt sushi bar and watch the chefs skilfully wielding their razor-sharp knives. The freshly made maki rolls are particularly good, as is the refreshing seaweed salad. Deep-fried dishes, such as octopus and gyoza, are slightly less successful. Dishes from £1.80. [yensushi.co.uk](http://yensushi.co.uk) **CD, CE, KF**

## Hunter & Sons

Worth visiting for the craft beer and coffee alone (they do a perfect flat white), the food here is now an equal draw, thanks to a new chef, who used to work at Silo in Brighton. The menu makes the most of West Country ingredients, with standout dishes such as tomato salad with Westcombe ricotta, basil oil & puffed barley. Open for breakfast and lunch only, but look out for special beer dinners. Dishes from £8. [hunter-sons.co.uk](http://hunter-sons.co.uk) **CD**

## Woods

A Bath institution, Woods has been going for 36 years and has a loyal following among locals who love its retro food and decor. Ideal for a light lunch, including an impressive parmesan omelette & salad, or for cosy get-togethers with family. Mains from £12; two-course lunch/early dinner, £18.95. [woodsrestaurant.com](http://woodsrestaurant.com) **KF**

## Henry's

This stylish restaurant, named after its young chef, Henry Scott, offers beautifully presented, imaginative food, including a full vegan menu. Clever combinations of flavours and textures include a ravioli starter filled with confit chicken or Jerusalem artichoke. A great deal on champagne by the glass (£7.50) makes this ideal for a romantic evening out. Mains from £17; four-course tasting menu, £42. [henrysrestaurantbath.com](http://henrysrestaurantbath.com) **SO**

## Sam's Kitchen Deli

This bustling little café is a favourite weekend brunch spot, with comforting dishes like wild mushrooms on toast, and a range of healthy juices and imaginative hot drinks. There's also servings of honey, Marmite and peanut butter on the tables – almost like being at home. Plates for two from £16.50. [samskitchendeli.co.uk](http://samskitchendeli.co.uk) **CE**

## Dough

Friendly, Italian-run Dough would be nice enough as a standard pizzeria but delivers far more, including six alternative crusts, which range from hemp to nutty Italian grano arso (scorched grain). Not cheap, but four people could easily share three pizzas. Sit near the front to watch the pizzaioli expertly spin the dough. Pizzas from £8.95. [doughpizzarestaurant.co.uk](http://doughpizzarestaurant.co.uk) **CD, KF**

## The Pulteney Arms

There are more beautiful pubs in Bath, but the slightly scruffy Pulteney is a favourite with locals. Sunday roasts are a particular bargain, with hearty portions of roast beef & Yorkshire pudding. Skip the starters and leave room for old-fashioned puds such as apple crumble & cream. Roasts from £12. [thepulteneyarms.co.uk](http://thepulteneyarms.co.uk) **CD, CE, KF**



Fiona Beckett is a food writer based in the West Country, who spends more time than she should enjoying the restaurants of Bath. [@food\\_writer](https://www.instagram.com/food_writer)

### SUITABLE FOR

**CD** casual dining **CE** cheap eat  
**KF** kid friendly **SO** special occasion

## 5 foodie places to try

**Bath Farmers' Market** One of the best in the South-west, this Saturday morning market has a great range of produce (don't miss smoked fish from Felce Foods). [bathfarmersmarket.co.uk](http://bathfarmersmarket.co.uk)

**The Fine Cheese Co** Bath has two top-notch cheese shops (the other is Paxton & Whitfield), but Fine Cheese has a more wide-ranging selection, along with fabulous condiments and prepared plates. [finecheese.co.uk](http://finecheese.co.uk)

**Bertinet Bakery** Lately downsized from a café to a tiny bakery, Bertinet still remains the place to buy sourdough. [bertinet.com](http://bertinet.com)

**The Foodie Bugle Shop** A beautifully styled small shop and tea room, packed with gorgeous buys: preserves, chocolates, antique cutlery and beeswax candles. [thefoodiebugle.com](http://thefoodiebugle.com)

### Comins Tea House

A cool, contemporary tea shop offering an astonishing range of authentic Chinese, Japanese and Taiwanese teas. Enjoy dumplings at lunchtime and cakes in the afternoon. [cominstea.com](http://cominstea.com)



For 10 more foodie places to discover in Bath, visit [bbcgoodfood.com](http://bbcgoodfood.com). You'll also find other city guides, including Manchester and Edinburgh, on our website. • Next month: Newcastle





The Roman Baths



Dough



Sam's Kitchen Deli



The Foodie Bugle Shop



Yen Sushi



The Fine  
Cheese Co



Henry's



The Scallop Shell



# how to eat in **Capri &** **Sorrento**

Our new guide is packed with local knowledge to help you track down food experiences that will get you under the skin of this southern Italian paradise

*words* CHRISTINE HAYES *recipe* ANTONINO MONTEFUSCO



Marina Grande, Capri



10 things  
to eat  
and drink

**T**he island of Capri is a short but bumpy ferry ride from Naples port, best visited out of

season – before June or after September (the summer months are impossibly hot and crowded).

Reaching its centre involves a trip up a funicular, or a winding taxi ride, and – if staying at one of the island's most picturesque hotels, such as Punta Tragara ([hoteltragara.com](http://hoteltragara.com)) – a five-minute walk through the pedestrianised lanes. Our suggestion? Fortify yourself with a glass of falanghina at Piccolo in the Piazzetti. Yes, it's touristy, but it's two minutes from the laneways leading to butchers and grocers serving the locals, and the bustling heart of Capri.

Both in Capri and in neighbouring Sorrento – easily visited together on one holiday – the Campanian staples are ubiquitous: seafood (cuttlefish, octopus, clams, prawns); the classic Caprese salad (mozzarella, tomatoes & basil); vegetables, especially aubergine (most-loved baked with cheese in melanzane parmigiana) and pumpkin (zucca).

Ambitious new chefs fiercely respect regionality, the seasons, and their mother's cooking, but – having gained experience in other parts of Italy and beyond – they are bringing new techniques to the table too. The Amalfi Coast is a good place to enjoy both traditional classics and high-end, technique-driven cooking.

### Three must-visit restaurants

From Capri, take a taxi to Anacapri, where most of the locals live. Call **Da Gelsomina** ([dagelsomina.com](http://dagelsomina.com)) ahead and they'll collect you by car to climb further up to this restaurant with rooms, set in its own vineyard and farm. Chicken cooked under a brick is the house speciality. The third-generation owners are justifiably proud of their house wine – it isn't sold anywhere else on the island.

The Marina Grande in Sorrento is home to plenty of trattorias, but **Da Emilia** ([daemilia.it](http://daemilia.it)) has the best position on the water. Owned and run by the original Emilia's relatives, at weekends the outdoor tables are occupied by extended families sharing jugs of wine, fritto misto, spaghetti vongole and plates of mussels in garlic & wine.

In the clifftop town of Sant'Agnello in Sorrento, head to **A Puteca e Masaniello** ([facebook.com/gastronomia.masaniello](https://www.facebook.com/gastronomia.masaniello)), a well-stocked 'gastronomia' (deli) with a handful of tables, for a relaxed lunch. Owner Nello was once a cheesemaker and delights in showing how to warm up mozzarella in hot water before moulding it into neat balls, which enhances the flavour. Eat Parma ham with melon, and lasagne with porcini & pumpkin.

### Baba al limoncello

at I Giardini di Cataldo ([igiardinidicataldo.it](http://igiardinidicataldo.it)). Wander through the lemon groves, and taste gelato and jams made from this heritage brand of limoncello, which attributes its superior quality to the volcanic soil, hand-peeling and no chemicals. You can sample and buy jars of mini baba (like rum baba but soaked in limoncello) to take home.

### Negroni sbagliato and canapés

Pronounced 'spa-lee-ah-toe' (AKA a 'wrong negroni', as it mixes prosecco or franciacorta with Campari and vermouth instead of gin), this is the perfect sundowner on the terrace of Grand Hotel Excelsior Vittoria ([exvitt.it](http://exvitt.it)), Sorrento. Tiny sandwiches and pastries whet your appetite for dinner.

At the hotel's restaurant, Terrazza Bosquet, chef Antonino Montefusco's menu shows both his skill and playful approach. Order **'La Dolce Vita'**, a starter of seafood and local seasonal vegetables, which arrives in a tin that's opened at the table, then arranged like a bouquet of flowers.

**Prawns bon bon** at Monzu restaurant ([hoteltragara.com](http://hoteltragara.com)), Capri. This starter makes the most of the delicately sweet, raw local prawns. Served in a 'soup' of lemon, olives and almond oil, dressed with flaked almonds and microherbs, it's beautifully simple.

### Frolla pastries for breakfast

Made from a soft, slightly chewy shortcrust dough, the longer name is 'sfogliatella frolla'. A round dome-shaped pastry, they

are filled with sweetened ricotta, semolina, candied fruit and cinnamon.

**Caprese cake** Chef Luigi Lionetti at Monzu restaurant, Capri, explains that this traditional flourless cake, using butter, sugar, almonds and chocolate, is the subject of much argument. Should the egg yolks be separated, and when should they be added to the other ingredients? It's now seen as much on breakfast buffets as it is as an afternoon treat.

**Delizie al limone** These individual sponge cakes are filled with lemon cream, topped with whipped cream and sometimes spiked with limoncello.

**Taralli** Ring-shaped savoury biscuits sometimes flavoured with fennel seeds. A good snack with wine.

**Caprese salad** The classic salad from Capri is made with mozzarella, tomatoes, basil, olive oil and salt.

### Gnocchi alla Sorrentina

Potato gnocchi in a tomato sauce is one of the region's popular comfort foods. Turn the page for a recipe from Antonino Montefusco.







## Tomato gnocchi bake

**SERVES** 2-3 **PREP** 30 mins plus standing **COOK** 1 hr 10 mins **V**

### For the tomato sauce

2 garlic cloves, thinly sliced  
3 tbsp olive oil  
400g passata  
small pack basil, leaves only,  
roughly torn

### For the gnocchi

300g potatoes  
180g plain flour  
1 egg  
50g parmesan, grated, plus extra  
to serve  
75g mozzarella, torn

**1** First, make the gnocchi. Peel the potatoes, boil for about 30 mins, then mash and leave to cool. Tip the mash into a mixing bowl, add the remaining gnocchi ingredients and mix with a wooden spoon. Once combined, knead with your hands until you get a smooth dough – tip it out onto your work

surface if you need to. Cover and leave the dough to stand for 30 mins.

**2** Meanwhile, make the tomato sauce. Fry the garlic in the olive oil in a saucepan over a medium heat until it begins to turn golden. Remove from the heat and add the passata, basil and some seasoning. Cook for 15-20 mins over a medium heat until thick.

**3** Bring a pan of salted water to the boil and heat oven to 180C/160C fan/gas 4. Roll the gnocchi into three thick cylinders, 2cm in diameter, then cut into squares. Tip into the pan and cook for 2-3 mins or until they rise to the surface and feel cooked through. Drain and add to the tomato sauce.

**4** Transfer to a deep casserole dish, top with all the cheese and cook in the oven for 8 mins. Serve with the extra parmesan on the side for sprinkling over.

**GOOD TO KNOW** 1 of 5-a-day • calcium  
**PER SERVING** (3) 601 kcal • fat 24g •  
saturates 9g • carbs 70g • sugars 7g •  
fibre 5g • protein 23g • salt 0.9g

## Where to stay

**Punta Tragara**, Capri, has rooms from £325 per night, based on two adults sharing a Prestige bedroom on a B&B basis ([hoteltragara.com](http://hoteltragara.com)).  
**The Grand Hotel Excelsior Vittoria**, Sorrento, has rooms from £390 per night, based on two adults sharing a classic garden view room on a B&B basis ([exvitt.it](http://exvitt.it)).

## 5 foodie travel tips

### Ask how fish is priced

When buying fish in restaurants, check if it is being sold by weight or per fish – otherwise, you might get a shock when the bill arrives. Local fish include mormora (sea bream), pagello fragolino (snapper), octopus and cuttlefish.

### Order pizza Napoli

Across the water from Naples – home of pizza – you'll find unpretentious, great-value Da Giorgio ([ristorantedagiorgio.com](http://ristorantedagiorgio.com)) on Capri, with great views over the bay. The clientele is a successful mix of locals and tourists, young and old. Get there before 1pm if you want to be seated immediately. Pizzas are substantial, service is quick and no-nonsense.

### Drink falanghina, aglianico and franciacorta

Campania's ubiquitous white grape is falanghina (fa-lan-ghee-nah), which goes well with seafood. On Capri, Scala Fenicia's Capri Bianco is a white wine blend of greco, falanghina and biancolella – you can take a guided tour and tasting ([scalafenicia.com](http://scalafenicia.com)). Aglianico (ah-lyah-nee-koh) is the region's full-bodied red. If you want fizz, you'll find that Lombardia's answer to champagne, franciacorta (frah-n-chah-cor-tah) is widely available and a pleasant (though more expensive) alternative to prosecco.



### Eat fried food

Chef Antonino Montefusco says no trip to Campania is complete without tasting the Neapolitan street food 'o'cuppetiello', a brown paper cone filled with mini arancini, croquette, deep-fried mozzarella, seaweed, cauliflower or seafood. He also recommends taking a guided fishing trip while in Sorrento, especially for the 'frittura di paranza' – when the fishermen deep-fry whatever little fish are in the nets.

### Indulge in ice cream

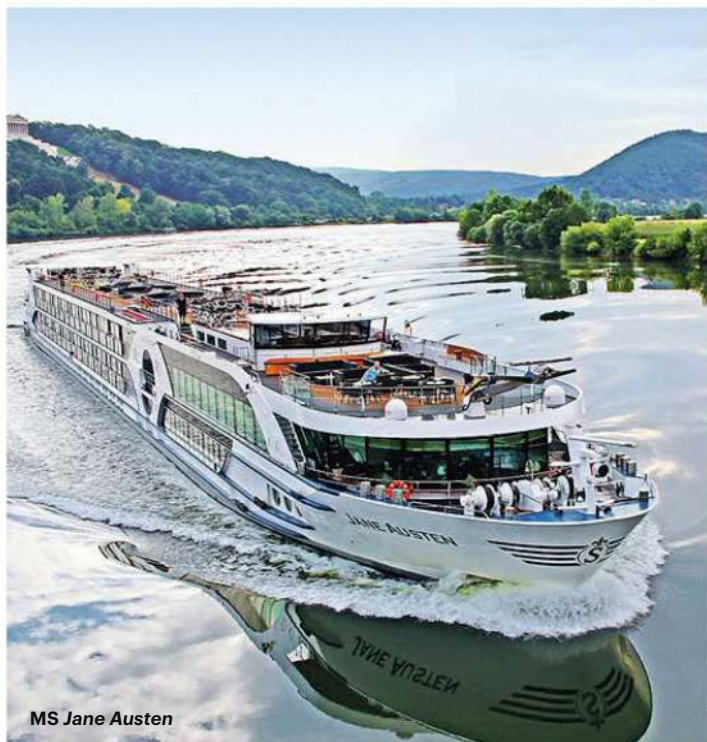
Gelateria Primavera, in Sorrento, is an Aladdin's cave of ice cream and sorbet. Hundreds of flavours, from the sublime limone de Sorrento, pistachio and pomegranate to the ridiculous big-brand hitters such as Bounty, Kinder and Twix.





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Bamberg on the River Main in Germany



A double room aboard the MS Thomas Hardy

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# Breakfast inspiration

Is your breakfast a little too samey every day? Want to try something new? Let the Alpro range add a delicious twist to your mornings

**D**o you always hit the snooze button so you only have time for a quick bowl of cereal? Or do you invariably have something easy to eat on the go, such as a muffin or a smoothie? No matter your breakfast style, it's good to mix things up – and it doesn't have to take much effort.

Simply adding a little of Alpro's great-tasting and healthy\* plant-based range can make things a lot more exciting. Why not try pouring some fibre-rich Alpro Oat Original drink onto muesli topped with grated pear and pomegranate seeds. Add deliciously healthy\*\* Alpro Almond Unsweetened drink to porridge with apple slices and blackberries. Or mix Alpro Simply Plain soya alternative to yogurt, which is rich in plant protein, with gently warmed frozen berries and mixed seeds.

The breakfast possibilities are endless with Alpro. Early risers will love taking their time over this healthy but indulgent banana split. The Alpro Plain with Coconut soya alternative to yogurt gives it a lovely, subtle tropical taste.

## Banana split

SERVES 1 ● PREP 5 mins ● NO COOK ● EASY

- 1 small banana
- 2 tbsp Alpro Plain with Coconut
- handful raspberries
- 1 tbsp almond butter
- pinch of cacao nibs (optional)
- sprinkle of toasted coconut flakes (optional)

- 1 Split the banana in half lengthways and put on a plate or in a shallow bowl.
- 2 Spoon over the Alpro Plain with Coconut, then top with the raspberries and a drizzle of the almond butter.
- 3 Sprinkle over the cacao nibs and toasted coconut flakes, if using. Serve immediately.

**TIP** For a tasty twist with a delicate hint of almond, try this with Alpro Plain with Almond soya alternative to yogurt.



For more tasty recipes, plus nutritional information, visit [bbcgoodfood.com/alpro](http://bbcgoodfood.com/alpro)

\*Source of calcium, which as part of a balanced diet and lifestyle, is needed for strong bones. \*\*Source of calcium and vitamin E. Vitamin E is an antioxidant that contributes to the protection of cells from oxidative stress.





# test kitchen

Expert tips and reviews from **Barney Desmazery** to help you become a better cook



Barney, our Food editor-at-large, has worked as a chef internationally and is a pro at adapting restaurant recipes to make at home.

@barney\_desmazery



## PICK THE PERFECT...

### Masher

The ideal masher is metal so that it has weight. A perforated plate crushes what you are mashing up as it is forced through the holes and a lengthy handle makes light work of a deep pan of potatoes.

This one (left) has all the essentials, plus the clever addition of a side scraper – great for making guacamole in a rounded bowl. *Jamie Oliver masher with silicone scraper*, £12.77, amazon.co.uk

## GADGET REVIEW

### Himalayan salt block

These dusky pink slabs of ancient salt are the hot new kitchen gadget. You can cure, chill, freeze, cook and heat up food on them. The salt reacts differently with ingredients, depending on the temperature of the block and the length of time the food is in contact.

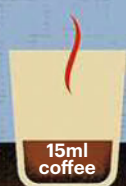
We tested three ways of cooking. At room temperature, cucumbers were cured to

perfection. When frozen, caramel brittle set and became agreeably salted. But when we heated the block in the oven, the steak we cooked on it stuck.

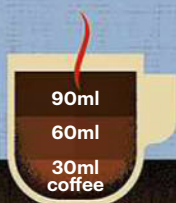
The pink block makes a sturdy presentation platter, and it's worth the price if you're an inquisitive cook, but you'll need space in your kitchen as it's 20 x 20cm, and weighs about 4kg. £34.99 [lakeland.co.uk](http://lakeland.co.uk). Françoise Faye

## Coffee decoder

Don't know a latte from a flat white? The experts at independent specialist coffee shop Cable Co give us the lowdown ([cableco.london](http://cableco.london))



RISTRETTO



SINGLE/DOUBLE/  
TRIPLE ESPRESSO



SHORT BLACK



MACCHIATO



AMERICANO

add a dash of milk for a white Americano





**HOT HACK** Want to give an Asian broth or stock a smokier flavour and darker colour? Try adding a whole piece of charred ginger. Simply char the unpeeled ginger all over on a gas flame (using tongs to move it around) or with a blowtorch. Then smash the ginger with the back of a knife, a pestle or rolling pin before adding it to your recipe.

#### TAKE A COOKERY COURSE

### Indian cookery

**Authentic Indian Cooking, Hampton, Surrey (anjuladevi.com)**

Indian cuisine's many ingredients and techniques can make it a daunting prospect. Anjula Devi's solution? Preparation. Stock your storecupboard with a compendium of spices, spend a leisurely Saturday creating a stockpile of base ingredients (slow-cooked onions and tomatoes, plus whizzed-up garlic and ginger for your freezer), then you're ready to make weeknight curries so flavourful you won't be tempted by a takeaway.

Anjula runs one-to-one masterclasses from her home. Over four enjoyable hours I learned to make an authentic chicken curry; a creamy tarka dal (secret ingredient: tamarind); paneer with peas; roast potatoes with leeks, spring onions, cabbage & spinach; and perfect fluffy rice.

**Cost** £149, including all the food you've cooked to take home.

**Verdict** An in-depth introduction to authentic Indian cookery with an emphasis on health, delivered with warmth, expertise and great stories. *Keith Kendrick*



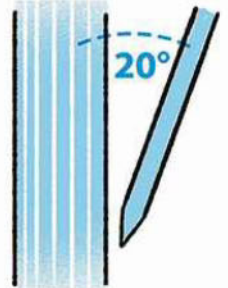
#### HOW TO...

### Sharpen a knife with a steel

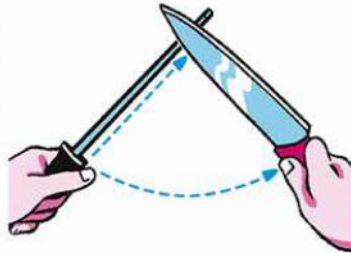
A sharp knife allows you to prepare food more safely. Ideally, try to use a steel before and after every time you chop



**1** Place the heel of the knife against the bottom of the steel, with the blade facing away from you.



**2** Lift the knife so it's at a 20-degree angle, with the blade touching the steel.



**3** Applying a bit of pressure, draw the knife both away and along the length of the steel until the tip of the blade reaches the tip of the steel.



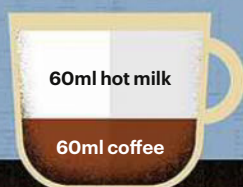
**4** To sharpen the other side, put the knife underneath and repeat, angling the blade in the same way.

#### CHEF SWAPS

### Crème fraîche for double cream

As both have 48% fat content, they behave in the same way when whisked or cooked. Crème fraîche has an acidic sourness that works well when making rich cream sauces, or as an accompaniment to desserts. It also makes a good replacement for soured cream, plus it has a longer shelf life. So if you want to buy just one cream, then fraîche is best.

## Coffee decoder



PICCOLO



FLAT WHITE



CAPPUCCINO



AFFOGATO



ICED COFFEE



YOUR WEEKEND CHALLENGE

## Make marshmallows for Mother's Day

Classic homemade marshmallows contain egg whites, which means they only keep for a few days. But with this method you get a much bouncier texture that lasts for a week.

### Vanilla egg-free marshmallows

**CUTS INTO 16** **PREP** 30 mins  
plus 1 hr setting **COOK** 5 mins  
**MORE EFFORT**

10 sheets of gelatine  
500g white caster sugar  
2 tbsp liquid glucose  
1 tsp vanilla extract  
oil, for the tin  
50g each icing sugar and cornflour,  
mixed together, for dusting

**1** Separate the leaves of gelatine and put in a glass bowl. Pour over 150ml boiling water from a kettle and stir until the gelatine has completely dissolved – if it's not dissolving, give it 10-sec blasts in the microwave and stir until it does. Scrape the mixture into the bowl of a tabletop mixer with a whisk attachment.

**2** Tip the sugar and glucose into a saucepan with 200ml water. Boil vigorously until the mixture reaches 127°C on a cooking thermometer.

**3** When the syrup is up to temperature, turn down the whisk to a slowish beat, then slowly pour the gelatine mixture onto the egg, avoiding the beaters. Add the vanilla and whisk on high for 8 mins until the mixture is shiny white and holds its shape.

**4** Lightly oil a 20 x 20cm tin. Use an oiled spatula to scrape the egg white mixture into the tin and lay a piece of cling film on top to press down on and flatten it out. Leave for at least 1 hr to set. Loosen the edges with a knife and dust a work surface with some of the icing sugar mixture. Turn the marshmallow onto the icing sugar and use a knife dipped in boiling water to cut into squares. Dust them with the rest of the icing sugar mix. *Will keep in an airtight container for up to one week.*

**GOOD TO KNOW** low fat • gluten free  
**PER SERVING** 161 kcals • fat none • saturates none •  
carbs 39g • sugars 35g • fibre none • protein 1g • salt none

### Make them your own

- **Add a flavouring** Instead of vanilla, use peppermint or rosewater.
- **Fold food colouring** through the whipped mix for a rippled finish.
- **Tip half the mix** into the tin, scatter over fresh raspberries, then smooth over the rest.
- **Add sweet spices** like powdered cinnamon to the dusting.
- **Coat the squares** in desiccated coconut, or dip them in melted chocolate, and leave them to set.



LATTE



ICED LATTE



MOCHA

## Know the jargon

**A stain of milk** Adding froth to a black coffee without any milk, as in a macchiato.

**Cold brew** A coffee that is slowly filtered using cold water for the flavour to develop, then serve black and cold.

**Crema** The rust-coloured layer of foam on an espresso.

**V60** A filter coffee made with a single-cup 'dripper' – see Mother's Day gifts, p13.





## ON TEST

# Chef's knives under £40

Barney Desmazery and features editor Natalie Hardwick rate kitchen kit each month. You can find more reviews online

star  
buy

### MOST PROFESSIONAL

**Victorinox Fibrox 20cm chef's knife, £26, [knivesandtools.co.uk](http://knivesandtools.co.uk)**

This was the sharpest knife we tested, and also the best all-rounder. It glided through the normal chopping tasks, and is ideally shaped and flexible enough for more challenging jobs, like jointing

chicken or filleting fish. Simple in design, the handle is one-size-fits-all. It also comes with a sheath for safe storage.

The model we tested had an easy-to-clean plastic handle, but for more of a looker, and with about £8 added to the price tag, Victorinox makes a very similar rosewood-handled knife.



### HOW WE TESTED

We spent a day testing 15 of the most easily available 19-20cm chef's knives. We hacked our way through hard-to-handle butternut squash, and sliced up tomatoes.

To test knife-point precision, we finely chopped shallots and shredded carrots. All knives labelled dishwasher-friendly were run on a hot cycle after the test to ensure they really were dishwasher safe.

### WHAT WE LOOKED FOR

**Sharpness** We expected the knives to be razor-sharp when box fresh, but some were noticeably sharper. Surprisingly, some struggled with the skin of a squash.

**Handle comfort** You should be able to grip the handle easily regardless of the size of your hand. We looked at where the heel of the knife meets the handle – if this isn't honed properly, it can rub and cause calluses, like a bad pair of shoes on a long walk.

**Balance and weight** You should be able to feel weight in the knife but it shouldn't be heavy. Blade-to-handle balance is important for good control and for the feeling that the knife is an extension of your hand.

**Tang** The tang is the part of the metal in the blade that becomes the handle. The strongest knives are full tang, which means the blade runs the full length of the handle, which is bolted around it. In general, full tang is a sign of quality, although it's not necessarily a deal-breaker.

### BEST JAPANESE-STYLE

**Rockingham Forge 20cm chef's knife, £19.98, [kitchenknives.co.uk](http://kitchenknives.co.uk)**

Although not sold as Japanese-style, this is a hybrid, combining the weight and forged handle of a modern kitchen knife with the sleek blade of a deba-style Japanese fish filleting and sushi knife. This, and its great balance, makes it easy to rock from the tip to the heel of the blade, so it's excellent for slicing carrots or celery.



### BEST INNOVATION

**Dexam Groovetech Airflow 20cm chef's knife, £32.99, [tesco.co.uk](http://tesco.co.uk)**

Kitchen geek alert! Ingredients that have a high water content (pretty much all vegetables) will stick to a smooth knife blade because, as you chop, the exposed liquid forms surface tension. If you're a veg-centric cook that finds this annoying, then this is the knife for you – the grooves stop it from ever happening again.



### BEST FOR GIFTING

**V Sabatier X50 CrMoV 15 20cm chef's knife, £16.80, [yatesupplies.com](http://yatesupplies.com)**

'Sabatier' denotes a style of classic French kitchen knife rather than a sign of quality. But this one is a good-looking workhorse that has a quality above its price tag. It is full-tanged and well-balanced, and able to deal with tough ingredients such as red cabbage or celeriac, and delicate enough to segment an orange.



### BEST BUDGET

**Kitchen Devils Control 20cm chef's knife, £8.59, [robertdyas.co.uk](http://robertdyas.co.uk)**

Not the weightiest knife, but at under £10 it was the sharpest budget knife we tested and most comfortable to use. We particularly liked the finger stop at the end of the handle. Sharp enough to carry out all our tasks and flexible enough to make it multi-purpose, we think this is a great first-time knife for a rookie cook who can upgrade in time.



Next month: Coffee machines





FOOD IN FOCUS

## Beef brisket on Instagram

Want to up your food Instagram game? We ask leading food photographer Peter Cassidy (@petecassidyfoto) why this smartphone shot works – it's inspired by the beef brisket on p36.

Follow



Without using any props, the photographer has still thought about an interesting textured surface – it's actually a manhole cover in the street.

The focus is fully on the food – the background has been made soft, so your eyes go straight to the meat and carrots.

The overhead angle allows a big piece of beef like this to be completely in frame.

The food has been shot while it's still warm. If the meat went cold, it wouldn't look nearly as appetising.



There's a good balance of shapes – the circle of the sieve sits well with the rectangular roasting tin.

The food is very seasonal – I would recommend posting this at dinnertime on the weekend for even more likes.

The food has been shot in direct daylight on an overcast day, giving a lovely mirrored glimmer to the carrots and the pan juices.

### FINALLY

Don't forget to add tags:  
#beefbrisket #sundayroast  
#family #bbcgoodfood

We love seeing your photos; share them at #bbcgoodfood

### ASK THE EXPERT

## Q What's the difference between baking powder and bicarbonate of soda?

Edd Kimber, professional baker, author and former Great British Bake Off winner, says:

**A** Both are raising agents, but they work differently. Bicarbonate of soda (baking soda) needs to be used with an acidic ingredient to activate it, or it won't work and your cake won't rise. However, baking powder is made of baking soda plus cream of tartar, an acid it can react with when used in a recipe.

Some recipes use both baking powder and baking soda – this is simply because there isn't a strong enough acid to create the necessary lift, so the baking powder helps to trigger the soda. While you can substitute one for the other (and tweak your ingredients), it's

simpler to stick to what the recipe requires – and use measuring spoons for accuracy.

Also, make sure to keep both powders in a dry, cool spot – they lose their effectiveness if stored in a humid environment.

Self-raising flour is a mix of plain flour and baking powder, to make it more multi-purpose. You can make your own by adding 1½ tsp baking powder for every 150g plain flour.

Download Edd Kimber's food podcast, Stir the Pot, every fortnight from theboywhobakes.co.uk/stir-the-pot.

### ESSENTIAL KIT

## Pizza & pasta

Fucina, an Italian restaurant in London's Marylebone, serves high-end pasta and stone-baked pizza from a wood-fired oven. Chef Stefano Stecca recommends the best Italian ingredients, and where you can buy equivalents in the UK to give your cooking an authentic touch. @FucinaLondon



**Cantarelli Parmigiano Reggiano**, which is matured traditionally for 36 months. Whole Foods sells one that is matured for 24 months (wholefoodsmarket.com).

**Olio Flaminio extra virgin olive oil**, made in Umbria from the very finest olives. Buy Umbrian olive oil from theoliveoilmill.co.uk.

**Tornatore anchovies** from Liguria. Camisa (camisa.co.uk), a deli in Soho, stocks some that are very similar.

**Gentile pasta** from Gragnano, near Naples. This company has been hand-making pasta for more than 100 years. Find Gentile pasta at vorrei.co.uk.





# STEP BY STEP

# Pierogi

**Olia Hercules** shows us how to make the traditional Eastern European dumplings

photographs DAVID COTSWORTH



Food writer and stylist Olia, who was born in Ukraine, trained as a chef at Leiths School of Food and Wine before working at Ottolenghi. Her best-selling book *Mamushka* is a celebration of her culinary heritage, and she is now working on a book about the food of Georgia. Olia is also running a food photography gastro-break in France this June ([biginfrance.com](http://biginfrance.com)). @oliahercules @OliasGastronomy



'I really like Elisabeth Luard – it's worth seeking out her books if you haven't heard of her. And I really love Nigella Lawson for her strength of character and kindness – she's been really supportive of young female food writers.'

## Pierogi

*Variations on these dumplings are found all over Eastern Europe, with the fillings sometimes being a simple cheese curd or potato. They're mostly vegetarian, but that doesn't mean that meat isn't involved – often the dumplings are filled with the leftover vegetables that have been slow-cooked with meat. They can also be sweet. One of my favourite seasonal ways to cook them is filled with blackberries and lemon thyme.*

**SERVES 4 PREP 45 mins plus resting COOK 30 mins**  
**A CHALLENGE V**

### For the filling

1 tbsp sunflower oil  
2 shallots, finely chopped  
150g sauerkraut, finely chopped  
150g hispi (sweetheart) cabbage, shredded

### For the dough

1 large egg, lightly beaten  
½ tbsp vegetable oil  
350g plain flour, plus extra for dusting

### For the crispy shallots

vegetable oil, for frying  
2 shallots, finely sliced  
plain flour, for dusting

### To serve

45g butter  
60ml soured cream

**1** First, make the crispy shallots. Heat the oil in a saucepan to 180C (a cube of bread will turn golden in 15 secs). Toss the shallots in a little flour and deep-fry for 1 min or until light golden and crispy. Drain on kitchen paper. *Can be made up to two days before and kept in an airtight container.*

**2** To make the filling, heat the oil in a medium non-stick frying pan and gently fry the shallots for 10 mins until starting to turn golden.

**3** Add the sauerkraut and cabbage, and cook for 5-10 mins until the cabbage has softened. Taste and add a little salt if under-seasoned,

or sugar if stringent. Scrape into a bowl and leave to cool completely.

**4** To make the dough, mix the eggs and oil with 125ml water, then gradually add in the flour, mixing well with your hands. Knead it on a well-floured surface until the dough stops sticking to your hands. You should end up with firm, elastic dough. Wrap it in cling film and rest in the fridge for at least 30 mins, or overnight.

**5** Flour your work surface generously. Roll out the dough to a 40cm circle or until the dough is as thick as £1 coin.

**6** Using a 9cm cookie cutter, cut out discs in the dough – you should end up with about 25 discs. Do not throw away the off-cuts – we throw them in with the pierogi when boiling to minimise any waste.

**7** Have a well-floured tray ready. Put 1 tsp of the filling into the centre of each disc. In your hand, fold in half around the filling and seal to create half-moon shapes. Put them on the floured tray, making sure they don't touch each other.

**8** Bring a large saucepan of salted water to the boil and carefully lower the pierogi in. Boil them for 2 mins or until they float to the top.

**9** Drain and serve with a knob of butter and some soured cream. Finish by sprinkling the crispy shallots on top to serve.

**GOOD TO KNOW** fibre • 1 of 5-a-day

**PER SERVING** 403 kcs • fat 7g • saturates 1g • carbs 70g • sugars 3g • fibre 6g • protein 12g • salt 0.6g

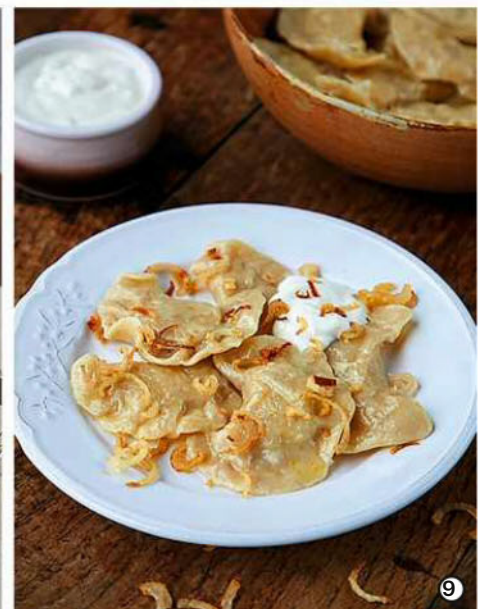


**Pierogi are excellent fried in butter the next day. Or, don't wait – just cool them down and fry them straight away.**



**Made Olia's pierogi? We'd love to see your photos – tag them on Instagram #bbcgoodfood**







## my kitchen

# Kate Humble

The BBC TV presenter invites us into her kitchen, where modern design marries with the old stones of a 17th-century farmhouse

interview CLARE HARGREAVES photograph ALUN CALLENDER

**W**hen she's not filming, Kate is either at her Monmouthshire farm – which runs rural skills courses ([humblebynature.com](http://humblebynature.com)) – or feeding the hens, ducks and geese at the Welsh farmhouse smallholding a few miles away, where she lives with her husband, Ludo, a TV producer, and their three dogs.

This March, Kate will present *Back to the Land*, a new three-part series on BBC Two, celebrating the food entrepreneurs who are reviving the British countryside.

**I'm a country girl at heart.** I was brought up next to a farm in Berkshire. However, because of work, we lived in London for 20 years. But after a decade, I began to resent living in the city and wanted to be more connected with the seasons. It wasn't easy to up sticks and go, but after Ludo made *The Choir* with Gareth Malone and it won a Bafta, the BBC asked him if he'd work for them in Wales.

**This house nearly fell into ruin.** A shepherd lived in the kitchen in the Sixties while the rest of the farmhouse was left to fall apart. Happily, in the Eighties, the wreck was rescued by an artistic couple, who lived here until we bought it 10 years ago. They did it up and respected the original features, like the beams, 2ft-thick walls and stone fireplaces.

**I loved this kitchen the moment we moved in.** It had a great feel, even though it wasn't fitted and had dark terracotta tiles all over the floor and work surfaces.

**I used to feel like a galley slave!** To begin with, I used the table as my worktop, but it was hopeless. I was hunched up, plus getting to the sink in the far corner to drain vegetables meant running an obstacle course over dogs, dog bowls and clutter. I love cooking, but I got to the point of not loving it. A kitchen should be a sociable place, but I used to feel anxious.

**Oddly, my personal trainer came to the rescue.** She found me a kitchen designer (her husband) and builder (her brother William). So now I have an island and I can chat to

guests while I cook. I wanted wooden work surfaces but William suggested a recycled plastic that's environmentally friendly and easy to clean. We got the warmth of wood from the tables and chairs instead, and by using oak for the window sills.

**I love wooden bowls and spoons.** I always bring some back when I film in Africa. I like low-tech kitchen kit alongside the modern stuff.

**I treasure my cookbooks.** In fact, I chose Nigel Slater's *Kitchen Diaries* on Radio 4's *A Good Read*. I often return to Nigel. I like Hugh Fearnley-Whittingstall too, and I've recently discovered Anna Jones's *A Modern Way to Eat*.

**We wanted a range cooker, but hated the energy they use.** So we got an Esse ([esse.com](http://esse.com)) oil-fired range, which has two hotplates and four electric rings, and uses less energy. I love that you can treat it like a normal oven. In winter, it's on low to keep the kitchen warm, then we just turn it up when we cook.

**At first I panicked at owning four acres of countryside.** But it's got easier. We'd had an allotment in London – however, we soon discovered it was a lot colder, more exposed and wildlife friendly here! We grow tomatoes, cucumbers, courgettes, beans and chillies.

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**Back to the Land starts on BBC Two in March.**



Kate, with her sheepdog Teg, loves a mixture of warm wooden features and modern appliances





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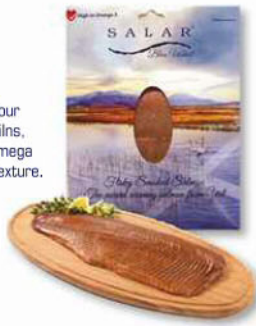


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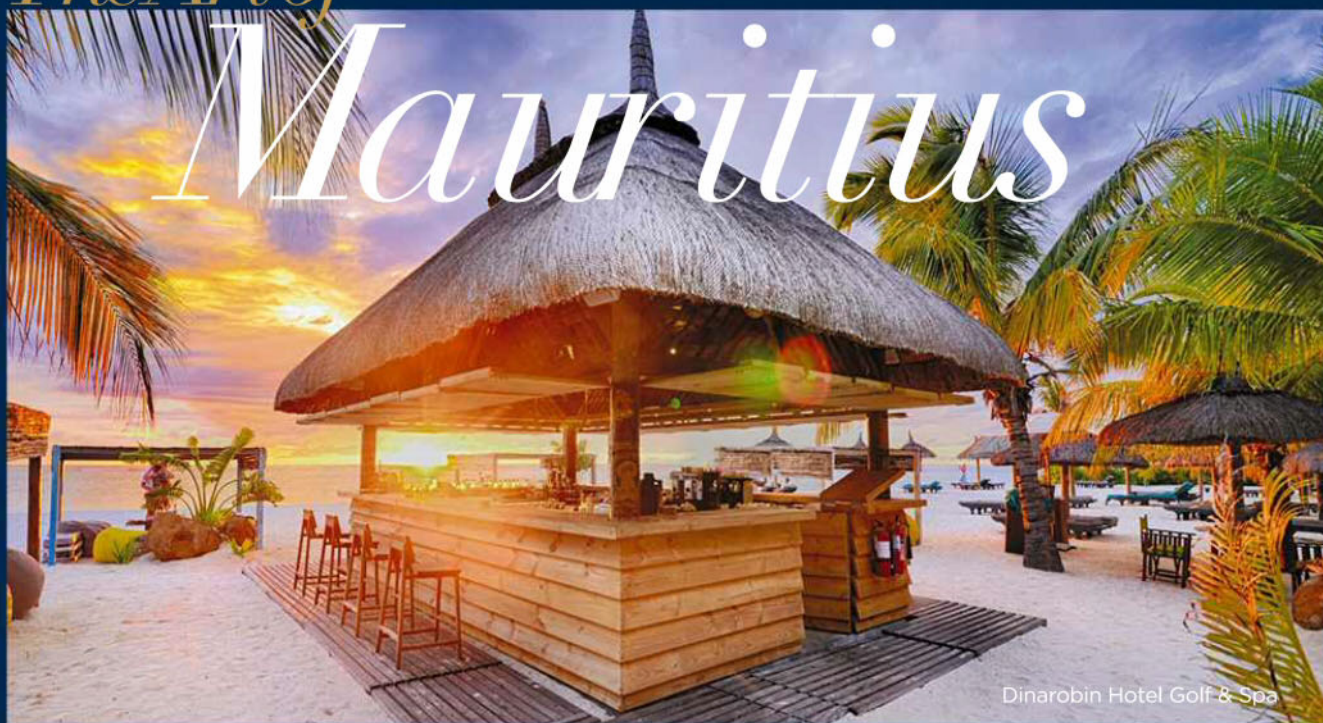
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## Get the best from our recipes

Our recipes are triple-tested: we cook them all three times to ensure they work for you

- Always read the recipe thoroughly before starting, and use standard measuring spoons for accuracy.
  - Where possible, we use humanely reared British meats, free-range chicken and eggs, and sustainably sourced fish.
  - We help you to avoid waste by using full packs, or suggesting how to use leftovers.
  - If egg size is important, we'll state it in the recipe.
- Helping you to eat well**  
 Our nutritional therapist analyses our recipes on a per-serving basis, not including

optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official amount an adult should consume daily: Energy 2,000 cals, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (please note, RIs for saturates, sugar and salt are maximum daily amounts).

**How we label our recipes**  
 Our vegetarian (V) or vegan recipes are clearly labelled, but check pack ingredients to ensure they're suitable. If we say you can freeze a

recipe (❄), freeze for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

**A low-fat recipe** has 12g of fat or less per serving. A recipe is 'healthy' if it is low in saturated fat, with 5g or less per serving; low in salt, with 1.5g or less; and low in sugar, with 15g or less.

**A low-calorie recipe** has 500 calories or less per main course, 150 calories or less for a dessert.

We include the number of portions of fruit and/or veg in a serving, and the vitamins

or nutrients that it contains.

• Please note that recipes created for Advertisement features are checked by our cookery team but not tested in the Good Food Test Kitchen.

• Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more info, visit [coeliac.org.uk](http://coeliac.org.uk).

• We regret that we are unable to answer individual medical/nutritional queries.



**Cookery assistant, Elena Silcock**



# this month's recipes

**RECIPE KEY** ● Vegetarian ● Low cal ● Low fat ● Gluten free ● Suitable for freezing

## Starters, sides, sauces & cocktails

15-minute coleslaw **25** ●  
 Blood orange & star anise fizz **108** ●  
 Domino Dauphinoise **36** ● ●  
 Earl grey martini **11** ●  
 Hoppers **76** ● ●  
 Italian kale **36** ● ●  
 Leek seeni sambol **76** ● ●  
 Purple sprouting broccoli with preserved lemon dip **56** ● ●  
 Really useful roasted red pepper sauce **52** ● ● ● ●  
 Rhubarb chutney **76** ● ● ●  
 Salt & pepper sprouting broccoli with sriracha mayonnaise **110** ●

## Vegetarian mains

Beans & feta on sourdough toast **53** ●  
 Burrito bowl with chipotle black beans **41** ● ●  
 Cauliflower curry **76** ● ●  
 Cheat's aubergine parmigiana **53** ● ●  
 Coconut curry noodle bowl **48** ●  
 Forager's ravioli **69** ● ●  
 Gnocchi with roasted red pepper sauce **52** ● ● ● ●  
 Green burgers **50** ● ●  
 Miso roasted tofu with sweet potato **43** ●  
 Pierogi **140** ●  
 Roasted aloo gobi **104** ● ● ●  
 Roasted pepper baked eggs **52** ●  
 Spiced roast cauliflower with herby rice **42** ●  
 Tomato gnocchi bake **132** ●  
 Vegetable tagine with apricot quinoa **96** ● ●

## Fish & seafood

Chipotle cod tacos **56**  
 Cod & clementines **73** ●  
 Cod with olives & crispy pancetta **53** ● ●  
 Easy mackerel bowls **121**  
 Fish finger wraps with cheat's tartare sauce **49**  
 Green salmon with pineapple & tamarind salad **110** ●  
 Groucho Club crab cakes **67**  
 Hoisin mackerel pancakes **90**  
 Poached duck egg with hot smoked salmon & mustard hollandaise **114**  
 Red wine poached halibut with bacon & mushrooms **114**  
 Salmon egg-fried rice **90**  
 Salmon pasta salad with lemon & capers **95** ●  
 Sesame tuna steaks with Asian slaw **90**  
 Shellfish, orzo & saffron stew **106** ●  
 Spicy tamarind prawns **56**  
 Tandoori trout **91**

## Poultry

Chicken, leek & mushroom pie **118** ●  
 Chicken Valencia **81**  
 Lean turkey burger with sweet potato wedges **93** ● ● ●  
 Mum's Bangladeshi korma **72** ● ●  
 Spanish chicken stew **45**

## Meat & game

**MAKE OUR COVER RECIPE** Aubergine curry with lamb cutlets **61** ●  
 Easy pulled beef ragu **50** ●  
 Ham & cheese Dutch baby pancake **42**  
 Ham hock colcannon **102** ●  
 Harissa lamb with labneh & chickpeas **104** ●  
 Lemon pepper steaks with hazelnut salsa verde **44** ●  
 Liver & mash **66**  
 One-pot beef brisket & braised celery **36** ● ●  
 Pork & caramelised pineapple adobo **78**  
 Portugese duck rice **78**  
 Pulled pork **25** ●  
 Roast Bavarian ham hocks with beer, caraway & juniper **84**  
 Sausage, kale & chilli pasta **40**  
 Spiced lamb pie **66** ●

## Baking & desserts

Amaretti muffins **56** ●  
 Basic egg-free marshmallows **137** ● ●  
 Caramel passion fruit slice **104**  
 Gran's rich fruit cake **62** ●  
 Loaf cake **154**  
 Coffee & cardamom **154**  
 Orange, honey & mascarpone **154**  
 Raspberry & pistachio **154**  
 Meringue roulade with passion fruit cream **111** ●  
 Rhubarb, marzipan & citrus cake **106**  
 Salted caramel cheesecake **38**  
 Steamed chocolate, stout & prune pudding **84** ●  
 Stout & apple wheaten bread **85** ●  
 Whey chocolate mousse **8**  
 White chocolate mousse with poached rhubarb **116**







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# your feedback

We love to hear from you. Get in touch at the addresses below, or find us on Facebook, Instagram and Twitter @bbcgoodfood

**Write to** BBC Good Food, Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT **Email us at** [hello@bbcgoodfoodmagazine.com](mailto:hello@bbcgoodfoodmagazine.com)

## gf star letter



**I like the whole family to sit down to a meal together every evening**, but this can be challenging as I cook for three generations, aged from two to 67. Luckily I enjoy cooking and experimenting, and *Good Food* constantly gives me new ideas.

Now every Sunday my children, aged two and five,

are allowed to pick a recipe they like from your magazine for me to cook the following week. This has been a game-changer and led to some really fun meals, and often things I would never have considered for children. Granddad's been loving it too and suggested he should get to choose one dessert a week.

**Lou Henderson, Alton, Hampshire**

**Lou wins 12 bottles of Zalze Bush Vine Chenin Blanc 2016** (£8.29, Waitrose). This dry, zesty wine, with flavours of pear and pineapple, is a great match for grilled white meat or fish.



**I am a keen cook but often find myself making the same things.** Inspired by your magazine, I decided my New Year's resolution would be to try a fresh recipe every week.

So far, so good. I recently made Tom Kerridge's chive gnocchi with leeks & smoked cream sauce (Oct 2016). Not only was it delicious, I also learned new skills making both the gnocchi and the sauce. Thank you, *Good Food*!

**Kerry Whyte, Aberdeen**

**Joanna Blythman's article on veganism (Jan) raised interesting points.** By choosing your animal-based foods carefully, you'll support good farming practice and promote animal welfare.

As a vet married to a farmer, I have seen first-hand farming hit by the rising demand for cheap meat. Buying the best quality you can could mean eating meat less frequently, and your magazine can help with how to make the most of the meat you do buy.

**Ellie McCracken, Dumfries and Galloway**

## your recipes #bbcgoodfood



**@danhousden**

Check out Dan's mouth-watering coconut lamb & pistachio rice salad (Jan).

**@poppys\_pies**  
Poppy cooked a beautiful breakfast with our recipe for sweet potato hash, eggs & smashed avo (Jan).



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## great eats

  #gfeatsout

Every month, we ask a *Good Food* fan to recommend a favourite place to get good food. This month, Jane Parrish recommends The Wheatsheaf in Greetham, Rutland, Leicestershire ([wheatsheaf-greetham.co.uk](http://wheatsheaf-greetham.co.uk)).



I would like to give a big shout-out to a gem we found several years ago. Run by Carol and Scott Craddock, this homely pub with real fires offers a fantastic, locally sourced, seasonal menu.

Everything is homemade by the brilliant Carol in their tiny kitchen, from the bar snacks to the jams, which are also for sale. The bar has a selection of real ales, served by Scott, who always remembers names and faces. I love the incredibly tender pork belly with super-crispy crackling, and I always finish with the salted chocolate.

**Know somewhere good in your area?**

A restaurant, a market, a great deli? Tell us what makes it stand out – we'll publish a recommendation in every issue. Let us know on Facebook and Twitter using the hashtag #gfeatsout



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gf new series

# 3 twists Loaf cake

Each month we take a classic recipe to a new level

recipe SOPHIE GODWIN

photograph CLARE WINFIELD

## Loaf cake

SERVES 8 PREP 15 mins  
COOK 50 mins EASY

175g unsalted butter, softened,  
plus extra for the tin  
150g golden caster sugar  
2 large eggs  
225g self-raising flour  
50g natural yogurt

**1** Heat oven to 190C/170C fan/gas 5. Butter and line the base of a 450g loaf tin. Using an electric whisk or stand mixer, combine all the ingredients with a pinch of salt. Spoon into the tin and bake for 50 mins until a skewer inserted into the centre comes out mostly clean, with a few dry crumbs attached.

**2** Leave to cool in the tin for 10 mins before transferring to a wire rack to cool completely. *Will keep for three days in an airtight container.*

PER SERVING 367 kJ • fat 20g • saturates 12g •  
carbs 41g • sugars 19g • fibre 1g • protein 5g • salt 0.3g

### 1 Coffee & cardamom

Add 50ml strong coffee and the crushed seeds from 4 cardamom pods to the cake batter. While the cake cools, mix 100g icing sugar with 25ml strong coffee, then spread over the cooled loaf cake, decorating with extra white icing if you like.

### 2 Orange, honey & mascarpone

Add  $\frac{3}{4}$  of the grated zest from 2 oranges to the cake mixture. Once the cake has cooled, mix 100g mascarpone with the juice of  $\frac{1}{2}$  orange and 2 tbsp honey. Spread over the cake and scatter over the remaining orange zest.

### 3 Raspberry & pistachio

Fold 80g raspberries and 50g chopped pistachios into the batter, then bake the cake for an extra 10 mins. While the cake cools, mix 100g icing sugar with 6 raspberries to make a rough icing. Spoon over the cooled loaf and top with a handful of chopped pistachios.

DON'T MISS NEXT MONTH'S **goodfood** ON SALE 31 MARCH  
Brilliant spring recipes and Easter inspiration - Italian-style lamb, mini egg cake and hot cross scones





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2 September 2017



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*Proved together  
baked together  
raised together*

*We can hardly bear to tear them apart*



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