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ON SALE 1-28 FEBRUARY 2017 £4.30

delicious.

Reasons to be cheerful

- 1 Dream Sunday roast menu
- 2 Healthy midweek comfort food
- 3 The new hot chocolate craze

EAT WELL FOR LIFE

- Spicy vegetarian brunch
- The secret wonderfood in your storecupboard
- 10 steps to better digestion

A PERFECT NIGHT IN

Snuggle up with a box set and the food of love

PLUS Is frozen food actually better for you?

BE A BETTER COOK

- THE CHALLENGE: ENGLISH MUFFINS
- TECHNIQUE: PERFECT RISOTTO
- STEP BY STEP: THAI PORK CURRY
BY SOM SAA'S ANDY OLIVER



HEAVEN ON A PLATE
Caramelised bananas,
boozy chocolate sauce,
fluffy pancakes
and Greek yogurt





PEUGEOT
MOTION & EMOTION

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PEUGEOT 3008 SUV
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ALL-NEW PEUGEOT 3008 SUV

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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only and may not reflect actual on-the-road driving conditions. Visit Peugeot.co.uk for more information. Information correct at

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peugeot.co.uk/3008SUV

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time of going to print.



Zero-calorie Truvia.[®] Leaves help make it sweet.

Being honest, we can't take all the credit for our sweetener – praise is due in large part to those little sweethearts: the Stevia leaves. Thanks to all their hard work, you are now able to enjoy Truvia[®] with its sugar-like texture and calorie-free sweetness.



For more delicious recipe ideas
check out Truvia.co.uk


WELCOME TO February

Feeling a bit glum? Grab a warm drink, sit down and send the depressing vibes packing with this huggable issue of your favourite magazine. It might be dark and cold outside, but inside it's toasty and cosy. The perfect recipe (in our view) involves two stages: get outside, breathe big lungfuls of air, clock up a few thousand paces, then reward yourself with wholesome, fantastic flavours to snuggle up with and enjoy in front of a good film on the telly. Suddenly February looks altogether better

The quick weekend brunch

BAKED EGGS WITH HOT-SMOKED
SALMON AND HERBS

SERVES 4. HANDS-ON TIME 15 MIN, OVEN TIME 25 MIN

Heat the oven to 200°C/180°C fan/gas 6. Melt a knob of butter in a saucepan, then add 1 finely chopped onion and fry for 5-8 minutes until soft. Turn off the heat and add 2 tbsp creamed horseradish, 200ml double cream, 200g hot smoked salmon, flaked, a small handful of chopped fresh parsley and the juice of 1 lemon. Season to taste, then divide the mixture evenly among 4 small ovenproof dishes. Make an indentation in each mixture with the back of a spoon, then crack 1 medium free-range egg into each. Grate over parmesan, loosely cover with foil, then bake in the oven for 20 minutes. Remove the foil and return to the oven for another 5 minutes until the egg white has set. Serve straightaway with hot buttered toast. 





Proper cold weather...

I love it. It kills the bugs, it gives the world a bit of sparkle, and it makes it feel right to hunker down inside with cosy food and a box set. Come to think of it, that's far more my kind of Valentine's night than a restaurant full of couples not

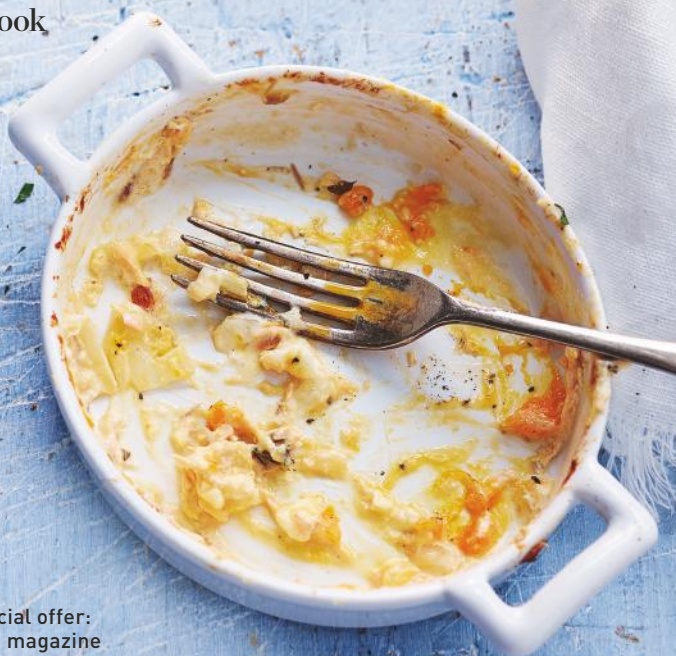
talking to each other, handing over sorry-looking red roses that have spent too long in the florist's chiller store.

On p58 we've created five recipes made for sharing, snuggled up in front of something you both want to watch on the telly (now there's a challenge – and we're giving you inspiration for that, too). To whet your appetite I'll mention oven-baked chips with a herby melted cheese topping...

There are so many other things to celebrate this month, too, including our new, expanded Eat Well For Life section where you'll find all manner of good-for-you recipes. Plus there's the top news that it's beneficial to eat dark chocolate and unpasteurised cheese and drink red wine (in moderation, naturally). It's all about the little creatures in your gut called microbes. Mark my words: they're going to change the way we think about our health. Big thanks to Tim Spector, the expert who's made it his mission to study them and who, on p96, shares his discoveries. It's certainly something to think about as you cook dinner on a weeknight after work. I look forward to hearing what you think.

Karen

KAREN BARNES, EDITOR



PS Turn to p80 for our special offer: subscribe to *delicious.* magazine and receive, FREE, a copy of GBBO starlet Flora Shedden's new cookbook, worth £25



Follow Karen on Twitter [@deliciouseditor](#) and on Instagram [@editorkarenb](#)



Good night in

If you need inspiration for a film to watch alongside the sofa snacks on p58, *Life Animated* is a top choice. It's a hope-filled docu-film telling the remarkable story of Owen Suskind, autistic son of Pulitzer Prize-winning journalist Ron Suskind and his wife Cornelia. Owen became mute as a toddler, and the film tells how he learned to communicate again through Disney dialogue. There's a coming-of-age cooking moment involving choc chip cookies, too. Available on DVD now, £9.99



Fireside read

Adventures of a Terribly Greedy Girl is a romp through the life of author, food writer and one-time male model-booker Kay Plunkett-Hogge. There are recipes and checklists peppered among the riotous stories, giving the book great pace. Dip in and out or read on the train to brighten your commute – it's better than a Berocca fix (and far more entertaining). £12.99, Mitchell Beazley, out 9 February

Catch of the day

Heard of skrei? It's an outstanding Norwegian cod, the fishing of which is strictly controlled (the whole community gets involved) and happens when the mature fish return to Norwegian waters to spawn. Skrei's white flesh has a gentle flavour and big-flaked texture, making it sought-after by chefs. From now until mid-April is the time to buy. Ask for it at your fishmonger; it's also available in Selfridges and Whole Foods Market in London.



WIN!

For a chance to win dinner for two – and try skrei – at Le Gavroche, where chef Michel Roux Jr (left) is a skrei fan, visit deliciousmagazine.co.uk/skrei



FEBRUARY moments...

Which wines for the bar?

Never know which wine to match with chocolate? Join wine writer Angela Mount and Cocoa Runners founder Spencer Hyman on 16 February for an evening focusing on this notoriously tricky pairing. After a thirst-whetting glass of fizz, you'll taste five wines and 10 chocolates. Tickets are £25 and the event is in the Igloo Room (once an air-raid shelter) at Bath's Abbey Hotel. Visit eventbrite.com and search for 'Cocoa Runners' to book your place.



Hot table

The new London restaurant to have on speed-dial this month: Mere, which *MasterChef The Professionals* judge Monica Galetti is opening mid-February with husband David at 74 Charlotte Street in Fitzrovia. Monica promises a relaxed vibe. A treat in store. **a**





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FEBRUARY 2017

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Styling Davina Perkins

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THE delicious. PROMISE

RECIPES THAT WORK Every recipe is rigorously tested by our food team, using state-of-the-art Electrolux ovens, so you can be confident they work every time.

INGREDIENTS We aim to use easy-to-find seasonal ingredients. We'll tell you where to find any unusual ingredients and/or what to substitute them with.

We use higher-welfare meat for testing, supplied by The Ginger Pig (thegingerpig.co.uk).

✚ This symbol next to an ingredient means there are more ideas for using it on our Loose Ends page.

HONEST COOKING TIMES

Unlike many magazines, our timings include prep such as chopping. Hands-on time is when you're chopping, stirring or frying. Oven/simmering time is when you can leave the dish in the oven or on the hob.

✓ Indicates a vegetarian recipe. GF Indicates a gluten-free recipe.

KNOW-HOW Whenever you see this symbol, you'll find useful extra information about the recipe.

MAKE AHEAD This symbol means you'll find an option to freeze or chill part or all of the recipe in advance.

✱ Indicates you can freeze all or most of the recipe. Unless stated, freeze the finished dish for up to 3 months. Defrost and heat until piping hot.

NUTRITIONAL INFORMATION

Recipes are analysed for nutritional content by an expert nutritionist. They're calculated with precision but may vary, depending on the ingredients used. Calculations include only listed ingredients.

PRICES are correct at time of going to press.

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NEW SECTION

*20 pages of
what you've
long been
waiting for:
no fads, no
groundless
health*

*claims, just honest, nutritious recipes
and informed know-how. Go to p83
to find out more*

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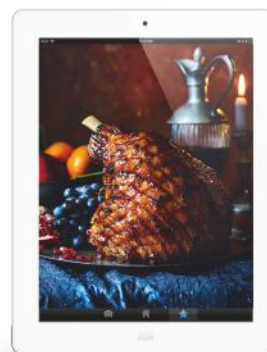
WIN a three-night boutique stay in Devon worth £1,000

As if our cover recipe didn't already have stacks of appeal (see what we did there?), we have something extra to entice you to make it... This month, you could win a three-night stay at the New England-styled South Sands hotel in the chi-chi resort of Salcombe in south Devon, where local seafood is always on chef Allister Bishop's menu. The beachside hotel is also a great spot for walks, watersports and pure relaxation.

The winner and a guest will stay for three nights in a sea-view room with a three-course dinner in the waterfront restaurant and breakfast included each day. Plus, there'll be access to an unlimited supply of award-winning Salcombe Dairy ice cream for the duration of your visit. southsands.com; salcombedairy.co.uk **FOR A CHANCE TO WIN...** Make the pancakes on our cover, take a picture and share it with us (see below). The closing date is 28 February 2017.

TO ENTER, GO TO deliciousmagazine.co.uk/cookthecover

**COOK
THE
COVER**



DECEMBER'S WINNER
• **Ray Bluck** wins a set of Stellar Sabatier knives and a carving set for his glazed ham.

NEW WAYS TO INSPIRE YOUR COOKING

Master new skills in the comfort of your own kitchen with deliciousmagazine.co.uk



ENJOY
the best comfort food



EAT LIGHT
with healthy recipes



IMPRESS
with decadent desserts


Sign up today and save your favourite dishes in your online recipe book


delicious.
MAGAZINE


Tell us what you think of delicious. (good and bad) or send your tips, pictures and queries to:

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THIS MONTH'S STAR PRIZE!

Six bottles of top Codorníu cava, £30 voucher and more Codorníu has teamed up with José Pizarro to create a brunch dish to pair with its premium Anna de Codorníu Blanc de Blancs: baked eggs, jamón, peas and tomato. The prize includes the recipe and a £30 Ocado voucher to buy the ingredients for it, as well as two cava flutes, an ice bucket and a fizz stopper. Time for brunch and bubbles?



WIN! £50 SAINSBURY'S VOUCHERS

Great recipes need great ingredients. For your chance to win £50 Sainsbury's vouchers, **solve the cryptic clue on the magazine spine**, then email your answer, with your name, full UK mainland address and phone number, to **info@deliciousmagazine.co.uk**. Competition entry closes 28 February 2017. Voucher can be used in store only (see p129 for Ts&Cs). Solution to December's cryptic clue: *lebkuchen*

FROM OUR INBOX...



SUBJECT: Just what was needed FROM: Alex Coleman

January begins with a slight sense of dread for me. The novelty and excitement of a new year don't escape me, but I never feel quite ready to go cold turkey on warming food and comfort. You got it spot on with January's issue of *delicious.* – gently easing me out of December excesses, yet in such a way that I have no guilt about cooking and eating a number of hearty winter dishes in tandem.

SUBJECT: Clued up FROM: Lydia Cockram

For the past few years I've bought the Christmas issue of *delicious.* for the recipes and gift ideas. This year I read the magazine all the way through and noticed the food lover's crossword at the back. I couldn't believe there was a crossword all about my primary interest! It was fun, challenging and something my husband and I could do together. So, thank you. I've now taken out a subscription and am looking forward to many more crosswords to complete in the future.

SUBJECT: Beware the nut FROM: Penny Borrow

I left my November issue of *delicious.* lying on the kitchen table and my fella discovered it. He got excited about the low-alcohol ale supplier, stocked up and is now feeling smug about his reduced intake. He's become such a fan of the magazine, in fact, that he bought me a year's subscription for Christmas (hooray!). With my January copy I embarked on the gorgonzola orzotto [p76], followed by caramel baked apples [p82] made with homemade mincemeat using a big bag of apples from my neighbour's tree. But I must point out one thing: I go nuts for sweet chestnuts, but beware anyone tempted to nosh on a nut like the one pictured on this page last month – that's a horse chestnut, not the edible sort! Mind you, it is said that keeping a horse chestnut in your back pocket can relieve haemorrhoids.


Editor Karen Barnes replies... Others have alerted us to the error in the illustration we used, too. To make it abundantly clear, above are pictures of a horse chestnut and a chestnut – not to be mixed up!



SUBJECT: Picture perfect FROM: Bruce Hammersley

Having just eaten January's clementine, avocado and ham hock salad [p53], I had to tell you how very good it is. In my experience, food photographs in magazines and cookbooks don't always

match the reality, but I was delighted to discover our salad looked exactly like your picture. Great stuff.

Acting food editor Jennifer Bedloe replies... That's because we don't ever dress up recipes to make them look better than the reality. How you see the food in the pictures is how it really is. Delighted you're happy! 

What YOU'VE been making this month...



Cheddar and red onion chutney mini sausage rolls
Hannah Dunham



Ham, cheese & chilli beetroot chutney toastie
Caroline Parkes



Asian-style scampi with spiced herb relish
Jo Kennedy



Butternut, mushroom & chestnut brioche-crust wellington
Clarissa Greves

FOR STARTERS

NEWS, NIBBLES OF KNOWLEDGE AND GOOD THINGS TO DO RIGHT NOW

WIN A PRIZE TO WRITE ABOUT WHAT YOU LOVE

Entries are open for Oxford Brookes University's Yan-Kit So Award for food writers specialising in Asian cuisine. It's an award created in memory of the acclaimed writer of *Classic Food of China*, published in 1992

The bursary will support the winner to research their topic in Asia, and produce an inspiring and informative book or article in the English language. Judges will include chef and author David Thompson, food writer Fuchsia Dunlop and Donald Sloan, head of the Oxford School of Hospitality Management.

The 2015 winner was Celia Plender, a doctoral student in Food Anthropology at London's School of Oriental and African Studies, whose research was on regional Japanese specialities. Entries close 30 April 2017; visit brookes.ac.uk/yan-kit-so



CHEESE LOVERS REJOICE!

Want to know your roquefort from your reblochon?

Launched this year, the Academy of Cheese offers Introductory and Professional accreditations (Levels 1 & 2), covering cheesemaking, affinage (cheese-ripening), tasting and selling

Established by Devon cheesemaker Mary Quicke with Paxton & Whitfield's Ros Windsor, Turnbolls Deli's Charlie Turnbull and the Guild of Fine Food, the not-for-profit organisation aims to raise standards in the industry and encourage new talent. With backing from big cheeses including Cropwell Bishop Creamery, Wyke Farms, Stichelton Dairy and Tesco, there are plans to introduce an Expert qualification this year and finally a Master of Cheese in 2018 (Levels 3 & 4).

For more information visit academyofcheese.org

Mood enhancers

If you find comfort in cooking, you're not alone – 76 per cent of Brits say it gives them cheer. Here are the top 10 favourites dished up to banish the blues:

1 Apple crumble	6 Spaghetti bolognese
2 Roast dinner	7 Sticky toffee pudding
3 Fish and chips	8 Pizza
4 Sausage and mash	9 Ice cream
5 Shepherd's pie	10 Curry

Did you know...?

The record for the highest pancake toss was set in 2010 in New York by Dominic Cuzzacrea, whose pancake soared a whopping 9.47m – higher than two double-decker buses – and landed back in the pan. Shrove Tuesday is 28 February





TRENDWATCH

Winter lodges

Furs aplenty at the Coq d'Argent and, below from left, Four Seasons and York & Albany



Restaurateur James Ramsden, our roving London trend-spotter, chills out in some winter wonderlands

Perhaps it's because we like things a little cutesy, or maybe it's just because actual Alpine holidays are ruinously expensive, but there's a spate of mountain lodge/schloss/fondue and open fire/cosy glühwein pop-ups kicking about this winter.

Head to the **Four Seasons** hotel on Park Lane (fourseasons.com) to at least get close to spending what you would in Méribel, without the EasyJet hassle, for cognac lodges and what they reckon is "winter's most Instagrammable heated hideaway".

In the City, the **Coq d'Argent** (coqdargent.co.uk) has its annual Lodge d'Argent, a winter terrace offering the comfort of a French ski chalet at a fraction – I suspect a sizeable fraction – of the price. Hard to say no to tartiflette, mind.

In the frozen north (Camden), **York & Albany** (gordonramsayrestaurants.com/york-and-albany) has a fairytale gingerbread cabin where you can toast Hans Christian Andersen and the Brothers Grimm etc with gingerbread espresso martinis, gingerbread men and plenty more ginger-themed stuff.

At the other end of the Northern Line there's **The Lodge** in Clapham (thelodgeclapham.com), with its fur-covered seats (they all have fur-covered seats) and swimming pool-filling quantities of molten cheese to dip stuff into.

Or in Soho, head for **Piste at Archer Street** (archerstreet.co.uk/our-bars/piste-winter-bar), where you can do the après-ski thing without the ski part. Drink heavily, basically. From 5-7pm aperitifs are on the house. Please drink responsibly.

None of these are a cheap night out but they're all a fun, if near-ludicrously kitsch, way to spend an evening.



IN THIS MONTH...

1703 Mount Gay Estate in Barbados began distilling rum (known back then as 'Kill-Devil') on 20 February, making it the oldest existing rum brand in the world.



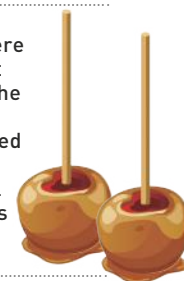
1795 On 2 February Napoleon offered 12,000 francs to anyone who could improve food preservation for his army,

prompting the discovery that heating food sealed in glass jars lengthens its shelf life.

1881 Russian ballerina Anna Pavlova was born on 12 February. It was said, "She does not dance; she soars as though on wings," which is perhaps why the light, airy dessert was named after her.



1953 Toffee apples were a bestseller when sweet rationing was ended in the UK on 5 February. City workers queued for boiled sweets and a firm in Clapham gave 800 school children 68kg of lollipops during their break time.



1971 Richard Hellmann died on 2 February. In 1905 the German-born New York deli owner began selling mayo he made in small batches with his wife. Hellmann's now has \$400m sales in the USA each year.

2008 On 1 February a 'tear-free' onion was unveiled by scientists, who managed to switch off the gene behind the enzyme that makes us cry when it's released by chopping. →





NEW ON OUR PODCAST

In the latest episode Marco Pierre White reflects on the 30 years since he opened his landmark London restaurant Harveys,

where he became the youngest chef ever to be awarded two Michelin stars, and chef Paul Ainsworth (whose restaurant also holds a Michelin star – see p124) discusses the fantastic local produce available in Padstow. We also talk to River Cottage's Gill Meller about how the call of the wild led him to become a forager.

■ Find the podcast on iTunes or the podcast app, or visit deliciousmagazine.co.uk and follow the links



KITCHEN STARS (CLOCKWISE) Marco Pierre White; Gill Meller; Paul Ainsworth



DATES FOR YOUR DIARY FEBRUARY

UNTIL 26

Magical Lantern Festival, Chiswick House and Gardens, London

This festival looks to the East as it explores the Silk Road with light sculptures, an ice rink, an ice bar and an impressive food line-up, including katsu, Chinese duck and a marshmallow roasting pit. From £16.50 adult, £10.50 child (weekday in advance); magicallantern.uk/london

17-19

Wakefield Festival of Food, Drink and Rhubarb

Wakefield is one of the points making up Yorkshire's famous rhubarb triangle and the pink delicacy is the stalk of the town at this festival. Enjoy street entertainment, themed menus and cookery demos, and see this wonderful ingredient play a starring role at the food and drink stalls. Entry free; wakefield.gov.uk

18-26

Rye Bay Scallop Week

Celebrate the start of the season for this rather special mollusc at Rye's picturesque port with markets, hands-on cookery classes and demos, and special menus at local restaurants. Prices for events vary; scallop.org.uk

21-25

National Winter Ales Festival, Norwich

There'll be old ales, strong milds, stouts and more at this celebration organised by the Campaign for Real Ale (Camra), who'll be announcing their Champion Winter Beer of Britain 2017. Most events will take place in St Andrews & Blackfriars Hall but selected pubs around the city will also be selling festival beers. Entry to events from £2 (free for Camra members); nwaf.org.uk

HOT NEW COOKBOOKS

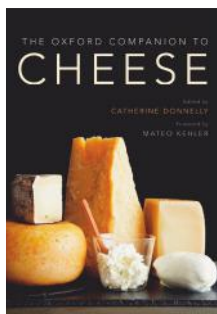


GATHERINGS: RECIPES FOR FEASTS GREAT AND SMALL

£25, Mitchell Beazley
The debut book from 20-year-old Flora Shedden, the youngest ever semi-finalist on GBBQ, is a collection of recipes that go way beyond baking. There are ideas for breakfasts both wholesome and indulgent, menus for casual feasting and a host of enticing mains, starters, sides and – of course – fabulous puddings and bakes.

THE OXFORD COMPANION TO CHEESE

£40, Oxford University Press
This 850-page encyclopaedic

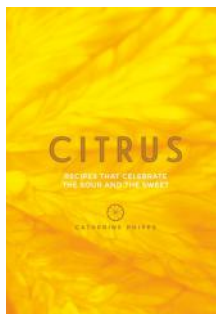


tome is a sister title to the magisterial reference work The Oxford Companion to Food. Edited by US cheese expert Dr Catherine Donnelly, it covers everything from world artisan cheese styles (from Appenzeller to Zamorano) and producers, to tasting terms and cooking advice. A must-read for curd nerds and cheese lovers.

CITRUS

£20, Quadrille (out 9 February)

Catherine Phipps' latest book will bring much-needed vibrancy and sharpness to the winter kitchen. The 150-plus

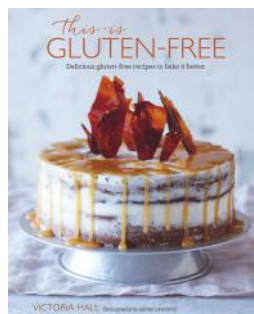


imaginative recipes – using lemon, lime, orange, grapefruit, yuzu, pomelo, bergamot and more – are great, and we've earmarked at least a dozen we want try over the coming months.

THIS IS GLUTEN-FREE

£16.99, Ryland, Peters & Small

Author Victoria Hall is owner and founder of 2 Oxford Place, a gluten-free restaurant (with vegan and dairy-free options) in Leeds. There's plenty of useful advice (and no claptrap), alongside appealing recipes for sweet and savoury bakes. Lovely photography too.



A SLICE OF MY LIFE

SIMON ROGAN

The super-chef recounts his journey from simple family fare to top-end cuisine at Fera and L'Enclume

PIE PICNICS

I come from a working-class family in a not-too-posh area of Southampton in Hampshire. We didn't eat extravagantly. Almost every Sunday the family, along with my gran, cousins and aunties, would all travel to a beach in Bournemouth and later come back through the New Forest. Nan worked for a pie factory and she'd bring lots of delicious meat pies, which we'd eat in the forest before the last leg in a pub. Those are fond memories.

LOVE OF FORAGING

My first job was an apprenticeship with Paul Norman at a country house hotel called Rhinefield House in the New Forest, with a sous chef who was keen on mushroom picking. I found it fascinating foraging in the forest – ceps and girolles – the satisfaction of finding something for free and cooking up something good.

BEST-LOVED COOKERY BOOKS

I used to flick through *Great Chefs of France* by Quentin Crewe and Anthony Blake, look at all the French guys and think: "One day I have to work there; it's the finishing school for chefs." But my favourite book is Michel Bras' *Essential Cuisine*. Vegetables are close to my heart and he was light years ahead.

FAVOURITE CHEF'S KIT

I have a little palette knife that I've had for ages, but best of all has to be my set of Miyake knives.

JEAN-CHRISTOPHE NOVELLI'S INFLUENCE

After Rhinefield, where I got a classical grounding, I went on to learn a more modern cuisine with Jean-Christophe Novelli. He was an amazing character and restaurateur. After a shift, we'd have a couple of drinks and a bit of reflection on the day. He taught me how to have a handle on every detail, from the décor to the finance.

MUM WAS WAY AHEAD

She used to cook chicken chasseur for me when I got home from work late at night. The skin was left on and it was quite greasy – but now that's considered a masterstroke for keeping in all the flavour! **a**



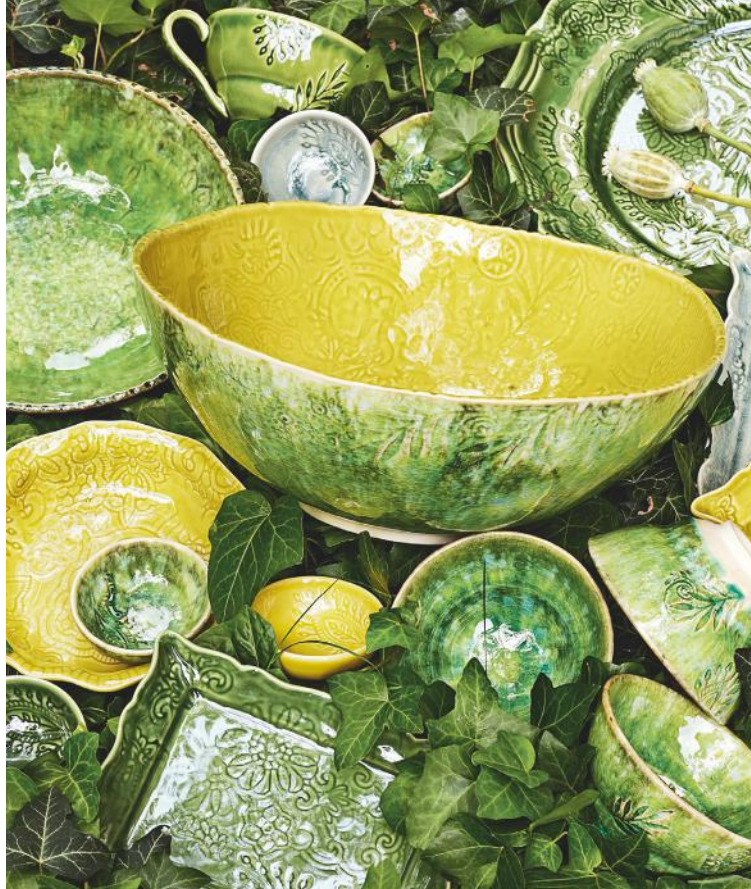
A CLASS ACT, FROM TOP Simon in his kitchen at Fera at Claridge's; he used to love a meat pie; the pier at Bournemouth; the New Forest is a good place to forage for ceps; Jean-Christophe Novelli, a man with an eye for detail



WISH LIST



“These pages are about us doing the hard work so you don’t have to... Joy! We’ve sent anything from 40 to 100 new products a month, and we really do try them all: tasting, smelling the aromas, testing gadgets. Only if they’re useful, good-looking and value for money do they get the delicious. seal of approval.” KAREN BARNES, EDITOR



Spring!

It’s on the way... Surely? Well, it is in china form, at least. The Arabesque range by Swedish company Sthål is in an array of matching greens that shows off food beautifully or looks equally good layered up on the table, ready to receive whatever you’re serving. Despite being embossed with exotic flowers, foliage and birds, the look is harmonious. From £8 for a dip bowl, up to £100 for a serving bowl. For stockists, visit sthal.se/en/england



TASTE OF EXCELLENCE

Dark cherry balsamic vinegar and extra-virgin olive oil... Another set of condiments to get pushed to the back of the cupboard? Not so. These come from chef Massimo Bottura of the three-Michelin-star Osteria Francescana restaurant in Italy. Plus the packaging is gorgeous. They’re not cheap – the taggiasca olive oil is £15.95 and the balsamic £24.95 – but so worth it. Exclusively from Harvey Nichols; harveynichols.com



HOT ON THE SHELVES

1 SPICY DOES IT

I love this Peanut & Tamarind Chutni from The Spice Tailor. Use in stir-fries or pour over chicken thighs, then roast and serve with basmati rice for the easiest supper. £2.89, Waitrose



2 EXOTIC PASTE

Belazu’s Zhoug – a Yemeni condiment made from garlic, coriander and mild chilli – shines with chicken or fish, in a wrap or dolloped into soup. £3.99 for 170g, Sainsbury’s



3 TOP DRESSING

I’m not a fan of ready-made dressings – it’s so easy to make your own – but I like Tigg’s Perfect Match Subtle Pepper & Mustard dressing. A useful standby when time is tight. £3.99 for 250g, Ocado



in the know.



BARGAIN BUY

Celebrate British food heritage with this classic Colman's Mustard metal storage tin. At 14cm high it's a fair bit bigger than the standard mustard tin, so it's genuinely useful for storage – and it's hot stuff at only £7. iwmsshop.org.uk

THIS MONTH I'M DRINKING...

*Not one, but two
cockle-warming gins*

LIMITED EDITION POETIC LICENSE Mulled Winter Fruit Fireside Gin smells enticingly of clove and nutmeg but isn't sweet. Try with ginger ale, on ice. £34.95 for 70cl, poeticlicensedistillery.com



2 CONKER SPIRIT DORSET DRY GIN Luscious, with a texture so smooth it's almost creamy, and there's a warming spiciness on the palate. Gentle enough to drink neat; try on ice with a slice of orange (it works). £35.95 for 70cl, masterofmalt.com

Valentine's gifts with a difference...

BITTERSWEET

If your partner loves their morning toast, how about a beautiful box of sweet-sharp marmalade, homemade by food writer Sarah Randell? The flavours are palate-teasing: quince & sweet orange, blood orange & vanilla, lemon & bergamot – or there's classic seville. £20 for three boxed pots, at potofmarmalade.uk



BOX OF TREATS

It's a joy to receive top-quality brownies or salted caramel millionaires, and the delights created by Yorkshire sisters Jane and Lucy Batham taste like homemade. £13.95 including p&p for a box of eight; tarteandberry.com



Art and the artisan

The Tate museum now roasts all its own coffee on site. For £48 you can buy a six-month subscription with a 250g delivery of single-origin coffee each month. For a bit more culture, £80 will give your loved one the Coffee and Art experience, including pastries, cocktail, museum entry, a coffee-making tutorial and 500g coffee. Visit tate.org.uk/visit/coffee-by-tate for more information



The cute one

Foil-wrapped Swiss milk chocolate hearts, £3 for 130g, Marks & Spencer

PS Or, for something different (and spectacular), you can bid on eBay for a box of Chocs for Chance chocolates, each a one-off made by a top chef such as Raymond Blanc, Heston Blumenthal or Tom Kerridge, among others. The boxes are being sold for charity to give disadvantaged young people a life-changing chance. Visit chocsforchance.org/chefs to find out more

delicious. TEST REPORT

THE COOKERY SCHOOL



WHERE Lucknam Park
Cookery School, Colerne,
Wiltshire

THE COURSE Fish and shellfish,

£175 for a full day (includes lunch and other treats)

TESTED BY Emma Gray

WHAT IT'S LIKE Driving up towards Lucknam Park, a much-garlanded country house hotel near Bath, the magnificent setting stopped me in my tracks: horses trotted past the grand Cotswold-stone mansion, flowers lit up the borders of the manicured lawns and the sound of traffic faded away into the distance.

The estate, set in 500 acres of parkland, was purchased by a shipping family in 1994, and the place now functions as a hotel, spa, equestrian centre and cookery school.

The school is set inside a cottage, a short stroll from the main hotel. The kitchen is rustic yet modern, designed to mimic a domestic kitchen so the dishes can easily be re-created at home. I was greeted by Ben Taylor, my teacher for the day, with an offer of coffee, homemade pastries and the chance to get to know my fellow course-goers.

WHAT I LEARNED Ben's knowledge of fish and shellfish is remarkable, from sourcing the best produce to creating intricate dishes using fresh seasonal ingredients. The general consensus among the group was that preparing and cooking fish is daunting, but by the end of our stint in the kitchen we'd made canapés, starters and mains using mussels, tiger prawns, lemon sole, lobster, sea bass and more.

We learned the proper way to fillet fish,



FISH TO FRY
Teacher Ben Taylor helps course-goers grasp seafood prep



which many of us had never attempted before. The highlight for me was when Ben showed us how to smoke fish using cooking utensils found in a domestic kitchen – two pans, foil and a cooling rack are all you need. It's something I'll definitely be trying at home. We used this method to make tea-smoked mackerel rillettes on croutons.

Other dishes on the menu included grilled mackerel, chorizo and black olive couscous; tiger prawn and mussel stir-fry; prawn hot and sour soup; and lemon sole à la meunière. We greedily tucked into our fishy feast for lunch.

THE VERDICT This course has take-away value, whatever your skill level. Ben's excellent guidance led to great-tasting results, and each of us took home several recipes – as well as some fresh fish to get us started.
lucknampark.co.uk/cookery-school

FISH COOKING: THE TAKE-HOME TIPS

By expert teacher Ben Taylor

- Buy the fish as whole as possible as it's easier to gauge the freshness. Bright eyes, pink gills and a fresh smell are what you're looking for.
- A sharp, flexible knife is crucial for fish preparation, so you can get the maximum amount of fish off the bone.
- For crisp skin, carefully place the fish in a hot frying pan with oil, skin-side down, and hold in place with a fish slice for 20 seconds so the skin can't contract and lift off the hot pan.
- To check whether the fish is cooked, use a cocktail stick: if it's done, the stick will push through the flesh with little resistance.



THE TAKE-HOME RECIPE Plaice with spinach, prawns and cauliflower purée

SERVES 2. HANDS-ON TIME 40 MIN

- 50g unsalted butter
- 100g baby spinach
- 25g capers, rinsed
- 25g blanched almonds
- 125g tenderstem or sprouting broccoli, trimmed
- 25g sultanas, soaked in water for 15 minutes and drained
- 1 garlic clove, crushed
- 8 sustainable tiger or king prawns, peeled, deveined and cut into 1cm pieces
- 1 lemon, sliced in half
- 15g fresh flatleaf parsley, chopped
- Olive oil for drizzling and frying
- 2 x 150g plaice fillets, skin-on, dusted in plain flour

FOR THE CAULIFLOWER PURÉE

- 1 large cauliflower, cut into small florets
- 25g butter
- 150ml vegetable stock
- 1 tbsp double cream, plus extra to serve

1 Heat the oven to 190°C/170°C fan/gas 5. To make the purée, put the cauliflower, 25g butter, stock and a pinch of salt in a medium saucepan. Bring to the boil, stirring occasionally, and cook for about 20 minutes until the liquid has almost all evaporated. Add the cream.

2 Transfer the mixture to a blender and whizz to a smooth purée, then taste and season. Return to the pan and cover with the lid to keep warm. Turn the oven to low (110°C/90°C fan/gas ¼).

3 In a large frying pan, melt 25g of the butter, then add the spinach to wilt. Transfer to a serving dish and keep warm in the oven.

4 In the same pan, melt the rest of the butter, then fry the capers, almonds and broccoli for 4-5 minutes. Add the sultanas, garlic and prawns. Fry for 1 minute or until the prawns are just cooked, then squeeze over half the lemon and add the parsley and a drizzle of oil. Put in a serving bowl, cover with foil and keep warm in the oven.

5 Heat a glug of oil in the same frying pan over a high heat. Add the fish fillets and fry for 2 minutes, skin-side down, until golden. Carefully flip and fry for another minute or until cooked through (see tips, left).

6 Warm the purée (you may need to add a splash of cream to loosen). Serve with the spinach, prawns, broccoli and fish, with the remaining lemon cut into wedges to squeeze over.

PER SERVING 843kcal, 57.4g fat (25.1g saturated), 48.9g protein, 26.9g carbs (20.3g sugars), 1.6g salt, 11.5g fibre →

THE GADGET



Sage by Heston Blumenthal No-Mess Waffle Maker

Around £100, widely available

TESTED BY Aggie MacKenzie

WAFFLE ON
It's fun and
foolproof, with
sweet results

WHY BOTHER? Come on, who'd turn their nose up at a warm, crispy homemade waffle? I wouldn't – but they're tricky to make unless you have the proper gadget to create that distinctive dimpled shape.

WHAT'S GOOD ABOUT THIS ONE? The last time I attempted waffle making – around 20 years ago – I used an old-fashioned waffle iron and most of the batter splurged onto the hob. The 125ml portion instructed here is spot-on and the finished waffles come away cleanly from the non-stick cooking plates – any spillage into the 'moat' is also cooked (chef's treat!). Seven browning settings allow you to choose how you like your waffles cooked – from pale and interesting to toasty and golden. Three beeps sound when they're ready.

ANY DRAWBACKS? Only if you add more batter than is instructed.

WOULD I BUY ONE? Absolutely. The gadget is easy to use and gives quick, excellent results. The instruction manual is refreshingly uncomplicated and includes recipes that actually work (too often not the case). A great gadget to use with children (little or big!).



THE TASTE TEST HAZELNUT CHOCOLATE SPREAD

HOW WE TEST Our panel are taste experts. We conduct our tests without packaging, so our tasters don't know who produced each product or how much it costs. And to prevent one tester influencing another, the panel aren't allowed to confer during the tests, so the results you read below are unbiased.

WHAT WE LOOKED FOR Hazelnut chocolate spread should be a rich treat with an enveloping chocolatey taste and smooth, spreadable texture. The flavour should be natural, not too sweet or salty, with a toasty depth from the nuts.



SUPERMARKET WINNER Asda Chosen By You Hazelnut Chocolate Spread, £1.50 for 400g Premium taste, with a long-lasting nutty flavour and buttery texture. Perfect for toast.



SUPERMARKET RUNNER-UP Marks & Spencer Smooth Italian Hazelnut Chocolate Spread, £3 for 200g Roasted aroma, excellent praline flavour and a rich texture. Pure indulgence.



BRANDED WINNER Nutella, £2.50 for 400g, widely available The old-school classic wins for its luscious creamy texture and seductive sweet-salty balance.



BEST DARK SPREAD Mr Organic Dark Chocolate and Hazelnut Spread, £3.99 for 200g, Ocado Rich, not too sweet, with nuggets of cocoa that melt on the tongue. Gold star for no palm oil.

TASTE TEST WORDS: PHOEBE STONE

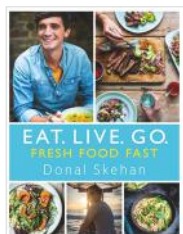
THE COOKBOOK



Eat. Live. Go: Fresh Food Fast
by Donal Skehan

(£25; Hodder & Stoughton)

TESTED BY Susan Low



Irish-born food writer, photographer, TV star and cookbook author Donal Skehan used to be a popstar. He wisely swapped the mic and hair products for the kitchen – and his star

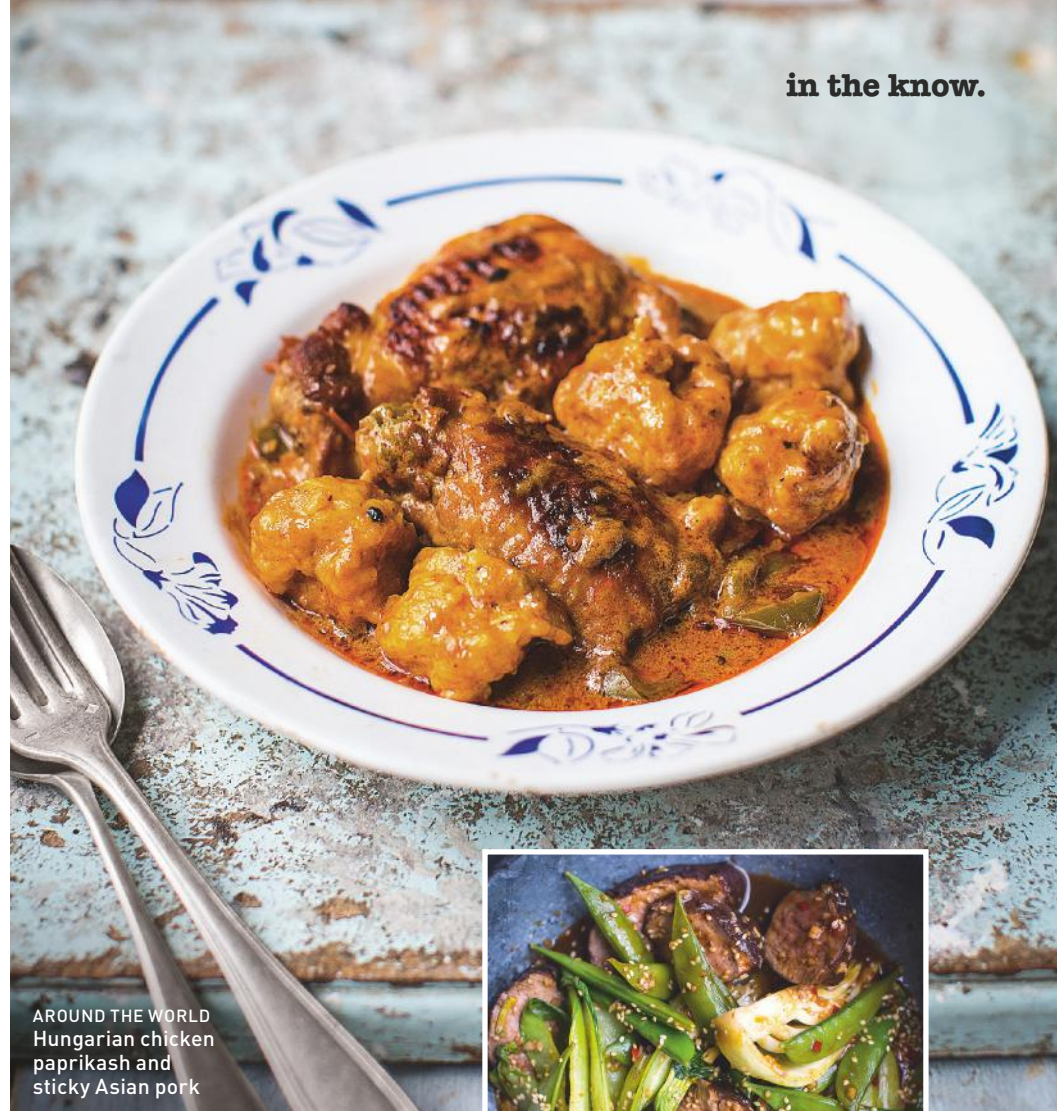
has risen pretty much nonstop since. He presented Irish broadcaster RTÉ's first *Kitchen Hero* series when he was just 23, was a judge on CBBC's *Junior MasterChef* and now lives in LA with his wife Sofie – but still manages to be one of the regular presenters on *Saturday Kitchen*. If the affable (and talented) Donal doesn't go on to take the American food-TV world by storm, I'll be astonished.

Recipes from Donal's previous books (this is his sixth) have appeared in *delicious.* before, so I knew what to expect. Donal is big on healthy eating, likes strong flavours and is something of a magpie, picking up recipes and flavours during his frequent travels. He also likes a trend. "I hold my hands up to being part of the Green Juice Brigade, the Quinoa Massive and the Spirulina Squad, but I do so with strong ties to the food I grew up with," Donal writes, and that's a pretty fair summing-up of the book.

QUALITY OF THE RECIPES

The three sections (Eat, Live and Go) are divided into chapters that between them cover quick and more leisurely cooking, sweet snacks, breakfasts, healthy meals, simple suppers, foreign feasts and street eats. Some recipes ride the crest of the trendy wave: quinoa chocolate cake with avocado frosting; turmeric, ginger and cayenne power juice; and courgetti and beetballs. There's also a lot of chicken – but you can never have enough chicken.

With that in mind, I tested a chook recipe – Hungarian chicken paprikash with dumplings. It's a dish I ate a lot growing up as it's one of my mum's favourites, cooked by her Hungary-born grandmother. I cheered about Donal's 'secret tip' – not to cook paprika over

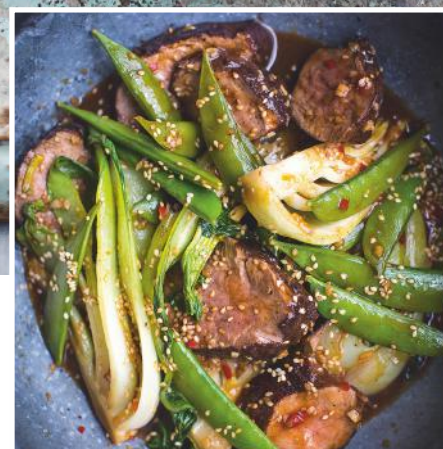


AROUND THE WORLD
Hungarian chicken
paprikash and
sticky Asian pork

a high heat, which would ruin the spice's aroma and make it taste bitter, which is what Mum taught me.

Oddly, though, in Donal's instructions, the chicken isn't first browned as it usually is for a casserole – although the chicken in the photograph does seem to be browned. To hedge my bets, I made half the recipe using browned chicken and the other half unbrowned chicken, as instructed. In a blind taste test, the dish with the browned chicken was deemed to have a deeper flavour. Despite that, the recipe was straightforward and worked well enough, although the walnut-size dumplings, made without fat or leavening, were a bit leaden.

Next up was the sort of one-pot dish I like to make after work – sticky Asian pork fillet with sesame greens, flavoured with five-spice powder, garlic, ginger and plenty of chilli. I initially doubted whether the dish could be cooked in the promised 35 minutes. It did take a little longer for the sauce to cook down, but it was flavourful and quick enough to cook



midweek. It could have done with a serving suggestion for steamed rice, though.

PHOTOGRAPHY

As I said, Donal's a talented one. He took the appetising, cleanly shot food photos here, working with stylist and former *delicious.* food editor Lizzie Kamenetzky. Ingredients lists and cooking instructions don't always tally with what's in the photos, though.

WHO'S THE BOOK SUITABLE FOR?

If you're looking for good old-fashioned Irish food, this isn't your book. But for cooks on the lookout for worldly dishes with plenty of spice and a good dose of flavour, there's plenty to choose from – especially if you like chicken.

VERDICT ★ ★ ★ ☆ ☆

Find the recipes I tested from this book online at deliciousmagazine.co.uk/eatlivego

delicious. PRODUCE AWARDS WINNER

“It’s about doing things in a traditional way”

Meet the brother-and-sister team behind delicious. Produce Awards winner The Thoughtful Producer, who are changing the way chickens are reared. Their free-range birds are a taste that time forgot

A quiet revolution is happening at Kings Coppice Farm in the countryside around Cookham in Berkshire. The surroundings are suitably peaceful, but brother-and-sister duo Tom and Sarah Copas are making a firm stand against mass-produced poultry in the best way they know how: by proving that there’s a viable – and great-tasting – alternative to intensively farmed poultry. Disillusioned with the choices available to would-be chicken farmers, they decided to take action and do things differently. Thus the idea for The Thoughtful Producer was born.

“It’s about doing things properly, in a traditional way,” explains Sarah, who oversees sales and marketing, while Tom looks after the rearing and processing. “That means everything from the age of the bird, the welfare of the bird, the feed, straight through to dry-plucking after slaughter.”

When they set out, the pair weren’t starting from scratch. They both grew up being roped into helping with their dad’s turkey business, Copas Traditional Turkeys – but chickens were where the pair wanted to make their mark. “The turkeys are still special to us but we were never happy with the chicken we bought,” says Sarah. “We knew so much about turkeys, so we thought, ‘Let’s relate that across to chickens.’” Tom chips in: “Dad had a go at rearing chickens in the past but he never cracked it, so we took on the challenge. But he still shares his

opinion on how things should be done.”

Bringing their idea of how chickens should be reared – and how they should taste – didn’t happen overnight. “It took four trials over two years to get the breed right and more tests to refine the game hanging,” says Tom.

Sarah explains the difficulties of finding breeds to rear slowly. “Many chickens are attuned to growing quickly because of the pressure of industrial farming. And many traditional breeds have either died out or don’t have a lot of meat on their bones.”

WHAT OUR FINAL JUDGING PANEL SAID

“Tastes like chicken used to. You can almost taste the grass. Herby. So moist – even the breast has flavour.”

The white-feathered birds raised by The Thoughtful Producer are of the Ross breed. Sarah explains: “The Ross is a modern breed but we’ve found that they adapt well to our slower-growing methods. We’ve not yet found a traditional breed that can deliver the same flavour and build that our customers look for, but we’ll continue to trial other breeds to perfect what we do.”

The birds are all free-range, free to peck and scratch in the earth and forage for food to supplement their diet of cereal and maize. “We’re currently trialling a number of other additions to their diet, such as

herbs and apples, but there’s nothing to confirm yet!” says Sarah. The birds in the Fabulously Free Range line (which were the ones that won the delicious. award) are reared to 9-10 weeks and the chickens in the Game Hung line are reared to 10-12 weeks (the average slaughter age for intensively reared broiler chickens in the EU is 6 weeks).

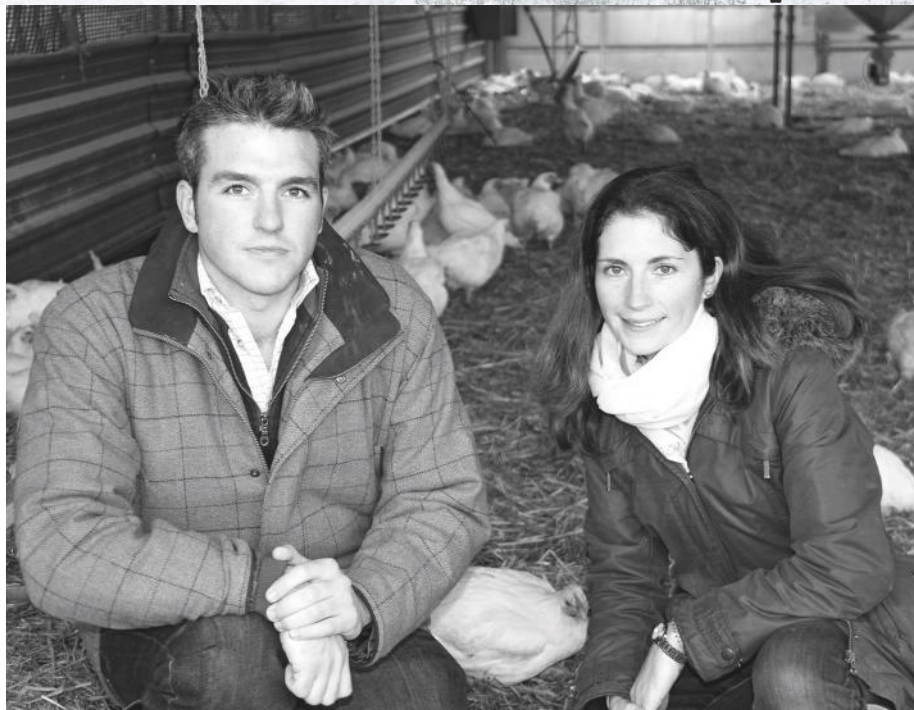
After much trial and a bit of error, Tom and Sarah launched the first chooks to market in late 2015. Looking back on it, Tom says it was the best feeling: “It was exciting but also the most terrifying day since we started. All the theory was put into practice but we got some amazing reviews.” For Sarah, the initial feedback from chefs and butchers in the area is her highlight. “Chef Tom Kerridge said our chicken knocked his socks off,” she remembers. “That was phenomenal.”

The pair hope that the taste of their traditionally reared chickens will knock the socks off home cooks, too. “People always say our chickens taste like chicken used to taste,” says Sarah. And, funnily enough, those were pretty much the exact words the judges at the final of the delicious. Produce Awards, back in July, used to describe the simply roasted Thoughtful Producer chicken.

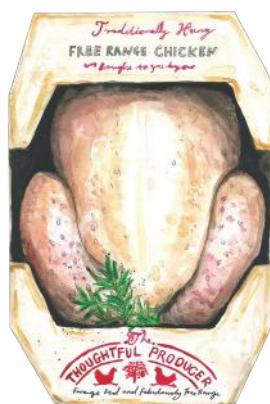
“Ultimately,” says Sarah, “our message to consumers is to buy better meat less often and support farms who are doing the right thing.” And if you can have a top Sunday roast while doing that, all the better. →

WORDS: DAISY MEAGER. PHOTOGRAPHS: MARK HAMPSHIRE. ILLUSTRATION: ALICE CLEARY

meet the producer.



Sarah and Tom Copas have spent two years perfecting the art of raising the best chooks on their free-range farm in Berkshire



WHERE TO BUY

The Thoughtful Producer chickens are sold via the website (thoughtfulproducer.co.uk) and delivered to your door; you can also collect from the farm or buy from ocado.com

TURN THE PAGE FOR A GREAT RECIPE USING THIS WONDERFUL WINNING CHICKEN →

d.

MAGAZINE
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PRODUCE AWARDS

2017 IN ASSOCIATION WITH
Fisher & Paykel

YOUR VOICE COUNTS! FOOD LOVERS...

Do you have a favourite baker or cheesemaker, or know a great farmer or fishmonger you think deserves to be noticed? If so, let us know.
PRODUCERS...

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TO NOMINATE OR ENTER

Go to deliciousmagazine.co.uk/produceawards

TO ENTER
OR
NOMINATE

meet the producer.



NEXT MONTH

We head to Bath to find out how baker Richard Bertinet works sourdough magic

THE RECIPE

Roast chicken with lemon, oregano and olive breadcrumb stuffing

SERVES 4-6. HANDS-ON TIME 40 MIN,
OVEN TIME 60-65 MIN, PLUS RESTING



The chicken can be stuffed and chilled the night before. Bring to room temperature 1 hour before roasting.

- 2kg The Thoughtful Producer chicken (or other good quality British free-range chicken)
- 40g unsalted butter, softened
- 1 banana shallot, finely chopped
- 2 garlic cloves, crushed
- 3 fresh oregano sprigs, leaves stripped from the stalks
- 100g fresh sourdough bread, torn into 2cm pieces
- Finely grated zest 1 lemon

- 50g pitted black kalamata olives (about 16)
- 1 large free-range egg, beaten
- Steamed cavolo nero or cabbage and roast potatoes to serve

1 Remove the chicken from the fridge an hour before you start (see Make Ahead). Heat the oven to 200°C/180°C fan/gas 6.

2 Heat 10g of the butter in a frying pan and fry the shallot with a pinch of salt for 10 minutes or until just starting to soften. Stir in half the crushed garlic and the oregano. Set aside to cool slightly.

3 Whizz the bread to fine crumbs in a food processor. Add the shallot mixture, lemon zest, olives and egg, then whizz again until combined. Transfer to a bowl and season with lots of pepper and a little salt (the olives will be salty).

4 In a small bowl, mix the remaining butter and garlic, then season well. Working your hand in from the neck cavity, gently separate the skin from the meat and spread the garlic butter between the skin and the breast of the chicken. Follow this with half to three-quarters of the stuffing, but don't push it all the way down the breast, keeping an even amount on each side. Stuff the remaining mixture into the cavity, then pull and secure the skin under the bird.

5 Season the skin of the chicken generously, then transfer to a roasting tin and roast for 15 minutes. Turn the oven down to 180°C/160°C fan/gas 4. Cook for 45-50 minutes more or until the juices run clear when you push a skewer into the thickest part of the thigh.

6 Rest the chicken for 10 minutes on a carving board, loosely covered with foil, then carve and serve with steamed cavolo nero or cabbage and plenty of roast potatoes.

PER SERVING (FOR 6) 351kcal, 14.5g fat (5.6g saturated), 46.5g protein, 8.2g carbs (0.9g sugars), 0.8g salt, 1.1g fibre

WINE EDITOR'S CHOICE A lighter chardonnay such as chablis appeals here, but even better is a lemony bordeaux blanc. **A**



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Have you discovered podcasts yet?



If not, it's time! They've been around for a decade and in that time have gone from being a niche medium to a mass-market phenomenon – the ideal way to zone out on a journey and great to listen to while you cook. There are oodles of food podcasts – keen-eared Sophie Herdman rounds up the most appetising



THE HERITAGE ONE BBC RADIO 4: THE FOOD PROGRAMME

This long-running, multiple-award-winning radio programme is also downloadable as a podcast. It's one of the most listenable and insightful programmes around, covering everything from investigative stories on the struggles and triumphs of British food producers to notes on the Pope's favourite dessert. Primarily presented by celebrated food journalists Sheila Dillon and series producer Dan Saladino, The Food Programme shines a light on every aspect of the food we eat.

- Listen at bbc.co.uk/programmes/b006qnx3 or via iTunes



THE LONG-STANDING ONE THE SPLENDID TABLE

American Public Media's The Splendid Table started as a traditional radio programme more than 20 years ago when producer and food lover Sally Swift approached food writer and cooking teacher Lynne Rossetto Kasper. The pair came up with the idea to start a food show that did more than just discuss recipes – and that's exactly what their broad-ranging podcast does. It covers everything from food science and food history through to fascinating interviews and storytelling. The podcast has won lots of awards and famous culinary fans over the years, including the late Julia Child, who appeared on the show many times.

- Listen at splendidtable.org/episodes or via iTunes or Spotify



THE CULTURAL ONE MONOCLE 24: THE MENU

London-based Monocle started out as a global affairs and culture magazine, blossomed into a brand that produces books and travel guides, and now has a radio station and even shops and cafés. Monocle's food programme and podcast, The Menu, hosted by Markus Hippel, a Finn, covers global food and drink trends, from Brazilian wine to urban mushroom farming in Vienna, and spots upcoming food neighbourhoods around the globe. A sophisticated listen that keeps you up to speed with the people and places shaping the world of food.

- Listen at monocle.com/radio/shows/the-menu or via iTunes



THE NERDY ONE AMERICA'S TEST KITCHEN RADIO

Another podcast from across the pond, this one from the Boston-based team behind the

cultishly popular *Cook's Illustrated* magazine. There's little this team don't know about food. As well as interviews with food buffs, the show covers ideas and tips for the everyday cook (from the best lemon squeezers to decoding wine descriptions) and answers questions from listeners.

- Listen at americastestkitchen.com/radio or via iTunes



THE ONE WE'D LIKE YOU TO PUT AT THE TOP OF YOUR LIST... THE delicious. PODCAST

Obviously we can't give this a rating, but we hope you'll enjoy hearing more from the **delicious.** team in this podcast, presented by Gilly Smith. We explore all corners of the food world, from eating in space to the best cheese toastie. You'll hear from famous names such as Mary Berry and Rick Stein, British producers and **delicious.** editor Karen Barnes, who shares behind-the-scenes snippets.

- Listen at deliciousmagazine.co.uk/dish or via iTunes 

WHAT WE'RE LISTENING TO...

DEPUTY CHIEF SUB EDITOR HUGH THOMPSON: THE FOOD CHAIN

Part of BBC World Service, it's tagged as 'the economics, science and culture of what we eat'.

- bbc.co.uk/programmes/p028z2z0

EDITOR KAREN BARNES: BITE

From the news website Mother Jones

and hosted by Tom Philpott, it covers every aspect of food, from health to politics. • motherjones.com/category/secondary-tags/bite

DEPUTY EDITOR SUSAN LOW: NORDIC

FOOD LAB RADIO Nordic Food Lab is a not-for-profit organisation that applies science to gastronomy. Podcasts focus on sensory perception, ecology and food diversity. • nordicfoodlab.org/radio

favourites.

— *ALWAYS A WINNER* —
American-style
pancakes

Nothing gets a morning cheer like a stack of fluffy American pancakes as a weekend treat. These three variations use a master recipe made with buttermilk for extra tang. There's a savoury take on smoked salmon blinis, a moreish banana and Nutella-style sauce and the pancake version of a cream tea

RECIPES **REBECCA WOOLLARD**
PHOTOGRAPHS **MAJA SMEND**
FOOD STYLING **LOTTIE COVELL**
STYLING **LUIS PERAL**

THE MASTER RECIPE

Buttermilk pancakes

SERVES 4 (MAKES 12 PANCAKES).

HANDS-ON TIME 30 MIN

- 150g plain flour
- ½ tsp baking powder
- ½ tsp cream of tartar
- 1 tbsp caster sugar
- 2 large free-range eggs, separated
- 284ml carton buttermilk
- Knob of butter for frying

1 Mix the flour, baking powder, cream of tartar, sugar and a large pinch of salt in a large bowl. Make a well in the centre, then add the egg yolks and stir. Slowly pour in the buttermilk, stirring constantly, to form a smooth, thick batter.

2 In a separate large, spotlessly clean bowl, whisk the egg whites

using an electric mixer until they form soft, floppy peaks. Using a metal spoon or balloon whisk, gently fold the whites into the pancake batter, starting with a tablespoon, then adding the rest in 2 additions, for a light, fluffy batter.

3 Heat a large frying or crepe pan and lightly grease with butter. Drop small ladlefuls of batter into the hot pan, spaced out, then smooth them down so they're around 10cm wide and 1cm thick. Cook over a low-medium heat for 2-3 minutes until golden underneath, then flip and repeat until fluffy and cooked through. Keep warm in a low oven while you make the rest, then add your topping and eat straightaway.

PER PANCAKE 79kcal, 1.7g fat (0.6g saturated), 3.5g protein, 12.1g carbs (2.5g sugars), 0.1g salt, 0.5g fibre

COVER RECIPE

Pancakes with caramelised banana and homemade Nutella-style sauce

SERVES 4. HANDS-ON TIME 25 MIN, PLUS MAKING THE PANCAKES

MAKE
AHEAD

Make the sauce up to 24 hours ahead, keep in the fridge, then warm to serve.

FOOD
TEAM'S
TIPS

The portion size for our cover image uses a bit of artistic licence – 3 pancakes per person should suffice.

If you want a runnier sauce, add the extra 50ml cream. You'll have sauce left over. It will keep, covered, in the fridge for up to 1 week.

- 75g caster sugar
- 3 large bananas, just underripe, sliced thickly on the diagonal
- 12 buttermilk pancakes (see Master Recipe), warm
- Greek yogurt to serve

FOR THE NUTELLA-STYLE SAUCE

- 50g blanched hazelnuts
- 100g quality milk chocolate (we used Green & Black's), in pieces
- 100-150ml single cream (see tips)
- Splash dark rum or amaretto
- 1 tsp flavourless/sunflower oil

1 For the sauce, heat the oven to 180°C/160°C fan/gas 4 and spread out the nuts in a baking tray. Toast in the oven for 8-10 minutes until lightly golden and fragrant. Put the chocolate, 2 tbsp of the cream and the alcohol in a bowl over a pan of steaming (not simmering) water. Don't let the bowl touch the water. When the chocolate has melted, stir to combine, then take off the heat.

2 Let the hazelnuts cool, then transfer to a food processor, add the oil and whizz for 6-7 minutes to form a smooth paste. Pour the chocolate mixture into the processor and whizz until smooth, then pour in the remaining cream and pulse briefly to bring the sauce together. Return to the chocolate bowl and keep warm over the pan of hot water, with a sheet of cling film touching the surface to prevent a skin forming.

Giant pancake stack with jam and clotted cream

SERVES 8. HANDS-ON TIME 15 MIN, PLUS 25 MIN FRYING THE PANCAKES

Heat the oven to very low. Make **double the pancake batter** in the Master Recipe above, adding **2 tsp vanilla bean paste** with the egg yolks in step 1. In a 20cm non-stick frying pan, melt a **knob of butter** over a medium heat. Once the butter is sizzling, ladle in a fifth of the pancake batter and gently spread out with the back of the ladle to coat the base of the pan. Turn down the heat to low and cook the pancake for 3½ minutes until the top is almost dry and the underside looks golden when raised.

Using a palette knife or fish slice, flip the pancake over and add

a small knob of butter

to the pan, tipping it to distribute. Cook for 2-2½ minutes more, then remove to a baking tray, cover loosely with foil and keep warm

in the oven. Repeat

4 times to make 5 pancakes.

Pile up on a serving platter, adding **2 layers of your choice of jam (about 4 tbsp per layer)**, then dollop **120g clotted cream** on top. Dust with **icing sugar**, cut into wedges and serve.

PER SERVING 390kcal, 17.7g fat (9.8g saturated), 10.9g protein, 45.9g carbs (15g sugars), 0.4g salt, 1.8g fibre



Turn the oven to very low.

3 Spread out the 75g sugar in an even layer in your largest frying pan. Put the pan over a low heat and, as soon as the sugar begins to melt in the middle of the pan, put the bananas on top and let the sugar melt around them. Once melted, raise the heat so the sugar turns to caramel. Once it becomes a brick red colour, flip the bananas and cook until well caramelised. Don't move them much or they'll break up. Keep warm in the oven on a baking tray lined with baking paper while you make the pancakes. To serve, layer up pancakes, top with bananas and a dollop of Greek yogurt, then pour over some of the 'Nutella' sauce.

PER 2 TBSP NUTELLA-STYLE SAUCE 105kcal, 8g fat (3.2g saturated), 1.8g protein, 5.5g carbs (5.4g sugars), trace salt, 0.6g fibre
PER SERVING (NO SAUCE) 397kcal, 6.2g fat (2.6g saturated), 11.6g protein, 72.4g carbs (41.6g sugars), 0.4g salt, 2.8g fibre

Horseradish pancakes with smoked salmon and dill sauce

SERVES 4. HANDS-ON TIME 50 MIN



Make the dill sauce up to 3 days ahead, cover and chill. Use any excess sauce with anything fishy or with grilled chicken.

- 1 batch pancake batter (see Master Recipe) with 1 tbsp horseradish sauce added in step 1
- 200g quality smoked salmon
- Fresh dill sprigs and lemon wedges to serve

FOR THE DILL SAUCE

- 1 large free-range egg yolk
- 1 tbsp white wine vinegar
- 1 tbsp dijon mustard
- Generous ½ tsp caster sugar
- 150ml sunflower oil
- Small bunch fresh dill, quite finely chopped
- Juice ½ lemon (optional)

1 To make the dill sauce, put the egg yolk, vinegar, mustard, sugar and a large pinch of salt into a mixing bowl and whisk using an electric mixer until a foam is beginning to form. Slowly pour in the oil in a thin stream, whisking to thicken (it should have the consistency of hollandaise). Once you've added all the oil, stir in the dill, then taste and season with lemon juice if you like. Set aside.
2 Fry the pancakes as in the Master Recipe. Stack a few pancakes on top of each other, top with ruffles of smoked salmon and drizzle with some dill sauce. Garnish with more fresh dill, lemon wedges and a good grind of black pepper.

PER 2 TBSP DILL SAUCE 124kcal, 13.3g fat (1.7g saturated), 0.6g protein, 0.5g carbs (0.4g sugars), 0.2 salt, 0.1g fibre

PER SERVING (NO SAUCE) 629kcal, 41.5g fat (7.8g saturated), 23.3g protein, 39.6g carbs (10.4g sugars), 2.5g salt, 1.8g fibre **A**

NEXT MONTH
 Everyone loves a crumble



Meet the modern-day BEER MAKERS

For hundreds of years, making beer was considered women's work. How it became male territory (along with beer drinking) is a story for another time, but the good news is that change is brewing. Emma Sturgess meets three women who are reshaping the industry

What do Jane Austen, St Brigid of Kildare and Sumerian goddess Ninkasi have in common? One way or another (Brigid did a nifty trick with her bathwater), they all made beer. For centuries, putting a drink on the table was women's work. Most medieval English ale was brewed and sold by women. By 1600 things had shifted, and female

'brewsters' had largely been replaced by men. That didn't stop domestic brewers like Jane Austen making 'small beer' for household consumption, but it left a commercial legacy that was hard to shift.

Today, however, there are around 1,700 breweries in the UK and the industry is peopled by powerful women, from Brigid Simmonds, head of the British Beer and Pub

Association, to Melissa Cole, author of *Let Me Tell You About Beer* (Pavilion Books). The Campaign for Real Ale (Camra) says there's been a substantial rise in female real ale drinkers, while the UK and Ireland now have 26 beer sommeliers who are women. It's not enough to advise us all on a pint quite yet, but it's a start. Meet three of the trendsetters – and try their recipes.



THE ACCIDENTAL BREWSTER

EMILY SCOTT, ST TUDY INN, CORNWALL

She never expected to pull a pint, never mind brew one. But in 2015 chef Emily Scott became the licensee of the St Tudy Inn, near Wadebridge. She knew that she'd have to nurture drinkers as well as diners. "I'm the least likely landlady," she says, "but one of the best places to be is behind your own bar. The drinking side is so important."

Every area has a dominant brewery and a bestselling beer. In Cornwall it's Sharp's Doom Bar. But over coffee with Padstow Brewing Co's Caron Archer, Emily decided that the village needed a beer of its own.

"It's like cooking," she says. "You choose the hops and decide what kind of beer to make. I wanted something quaffable, not too perfumed. I found myself in the brewery, climbing up a ladder, digging out the mash tun. On the first day I sold five gallons of St Tudy Ale in four hours, and I'm now selling way more St Tudy than Doom Bar. Most of my locals drink it, the village shop sells it; it's been phenomenal." With her own beer festival under her belt and plans to brew with culinary herbs, Emily is happy as a brewster. But can she pull a good pint? "I get better the more I drink!"

RECIPES EMILY SCOTT,
SARA BARTON AND SUSAN BOYLE
PHOTOGRAPHS LAUREN MCLEAN
FOOD STYLING LOTTIE COVELL
STYLING MORAG FARQUHAR

Emily Scott's St Tudy Ale bread

MAKES 1 X 800G LOAF (12 SLICES).

HANDS-ON TIME 30 MIN, OVEN TIME 40 MIN,
PLUS RISING AND PROVING

“At the pub we use our beer in lots of recipes – it’s always in the batter for our fish and chips, for which we often use gurnard or hake, and we make braised beef with beer and onions. This loaf has been popular, too; you really do get the hoppy flavour in the bread.”

KNOW-HOW

Pouring water into a roasting tray in the bottom of the oven (step 4) creates steam, which helps the bread to rise and form a thick, chewy crust.

- 250g strong white bread flour, plus extra to dust
- 250g wholemeal bread flour
- 10g fine sea salt
- 1 tsp chopped fresh thyme leaves
- ½ tsp ground fennel seeds
- 15g fresh yeast (or 7g dried fast-action yeast)
- 10g golden caster sugar
- 280ml St Tudy Copper Ale, warmed to blood temperature (the ale is only available direct from the pub but you can use any reputable best bitter)
- 1 tbsp sunflower oil, plus extra

1 In a large mixing bowl, combine the white and wholemeal flours, salt, thyme and ground fennel, then make a well in the middle.

2 In a separate bowl, dissolve the yeast and sugar in the warmed ale, then whisk in the oil. Quickly pour the wet ingredients over the dry and mix with a wooden spoon to form a sticky dough. If you have a stand mixer, attach the dough hook and knead for 8-10 minutes on a medium speed until the dough springs back to the touch and the texture is smooth. (Otherwise knead the bread on a lightly floured surface for about 10 minutes until it springs back to the touch.) Put the dough in a large, lightly oiled bowl and cover with

cling film. Leave in a warm place for at least 1 hour until doubled in size.

3 When the dough has risen, lightly flour your hands, then knock back and knead the dough for about 1 minute. Shape into a lozenge/rectangle, transfer to a lightly floured non-stick baking sheet and cover loosely with oiled cling film. Leave to prove for 30 minutes until risen a little and a small indentation remains when touched with your finger. Heat the oven to 200°C/180°C fan/gas 6.

4 Dust the proved loaf generously with flour, then gently score slashes into the top using a very sharp knife

(the slashes will allow the loaf to expand without breaking the crust).

Pour a glass of water into a roasting tray at the bottom of the oven (see Know-how), then bake the loaf in the centre of the oven for 40 minutes.

5 Remove the bread from the oven and check it’s cooked through by tapping on the base of the loaf – when it’s cooked, it will sound hollow. Transfer to a wire rack to cool. Slice and spread with unsalted butter sprinkled with sea salt, or eat with cheddar and an apple.

PER SLICE 171kcal, 1.6g fat (0.2g saturated), 6.1g protein, 30.3g carbs (1.6g sugars), 0.8g salt, 2.8g fibre →



“Brewing beer is like cooking... Choose the hops and decide what kind to make”



THE TRAILBLAZER

SARA BARTON, BREWSTER'S BREWERY

Sara is a publican as well as the founder of Brewster's Brewery in Grantham, Lincolnshire (brewstersbrewery.com). She says local beer is attracting a new generation of real ale drinkers. "A lot more women are drinking beer in the pub. Female customers are very interested in what I've been brewing. And bottled beers are getting people interested in drinking at home."

A trained biochemist, Sara started Brewster's in the late 1990s and, in 2012, was named the first female Brewer of the Year in the British Guild of Beer Writers Awards. She says small-scale brewing is flexible and family-friendly, and has real growth prospects, with pubs more open to taking beer from small breweries.

But while the industry has moved on, some brewers are still making 'girls' beer'. "People tend to think, 'What do girls like? They don't like bitter things; they might like fruit essence.' If they put My Little Pony on it they couldn't do worse. In reality, women like *good* beer."

Sara Barton's Thai green curry

SERVES 4. HANDS-ON TIME 40 MIN

"I think Thai curry suits light, hoppy beers, which complement its heat and flavour – something like our Rutterkin. If you can't find it use another golden ale."

MAKE
AHEAD

Make the curry paste up to 48 hours ahead; keep, sealed, in the fridge.

KNOW-
HOW

Creamed coconut needs to be chopped or grated before being dissolved.

FOR THE CURRY PASTE

- 1 tsp cumin seeds
- 1 tsp Thai shrimp paste (available from larger supermarkets)
- 4 garlic cloves, chopped
- 5cm piece fresh galangal (from larger supermarkets), peeled and chopped – or use fresh ginger
- 1 tbsp palm sugar (from larger

supermarkets) – or use soft, brown sugar

- 1 lemongrass stalk, trimmed, tough outer layer discarded and stem finely chopped
- 5 medium green chillies, deseeded and chopped (use fewer if you don't like your curries too hot)
- Bunch fresh coriander stalks (use the chopped leaves in the curry)

FOR THE CURRY

- 2 tbsp vegetable oil
- 500g boneless, skinless free-range chicken thighs, cut into chunks
- Large knob fresh ginger, finely chopped
- 100g creamed coconut, dissolved in 450ml boiling water (see Know-how)
- 2 tsp soy sauce
- 2 tsp fish sauce
- Finely grated zest and juice 1 lime, plus wedges to serve
- 100g beansprouts
- 4 baby pak choi, halved lengthways
- 100g frozen green beans
- Fresh coriander leaves (see above)
- Thai sticky rice to serve

1 For the curry paste, toast the cumin seeds in a nonstick frying pan until aromatic. Tip into a food processor with the shrimp paste, a pinch of salt, the garlic, galangal, palm sugar, lemongrass, chillies and coriander stalks, then whizz to a paste.

2 Heat the oil in a large sauté pan or frying pan over a medium-high heat and fry the chicken for 5 minutes to colour. Add the ginger and fry for 1 minute. Add the curry paste and cook for 2 minutes. Pour in 200ml cold water and the creamed coconut mix; simmer for 7-8 minutes until the chicken is cooked completely.

3 Add the soy, fish sauce, lime zest and juice; taste and add more if needed. Add the vegetables and cook for 3-4 minutes. Stir in the coriander. Serve with rice and lime wedges.

PER SERVING 338kcal, 17.5g fat (8.7g saturated), 32.8g protein, 10.1g carbs (8.3g sugars), 1.6g salt, 4g fibre →

people.

*“A lot more women are
drinking beer... Good beer”*



THE PUBLICANS-TURNED-BEERMAKERS

SUSAN AND JUDITH BOYLE, TWO SISTERS BREWING

"Alcohol," says Susan Boyle, "is the family business." She and sister Judith grew up in the family pub in Kildare, Ireland. As far back as they can trace, the Boyles have been publicans. Now, Judith (right), a beer sommelier and chemist, and Susan, a wine consultant, have brewed their own beer in tribute to St Brigid, the founder of their home town and patron saint of brewing. Judith says: "We like beer, we've done a lot of selling beer. We thought we'd like to make some."

Back in the day, men drank in the bar at Boyle's pub, while women were confined to furtive sips in the adjoining grocer's. The sisters' wider family didn't expect them to pick up the

bar towel, presuming – wrongly – that they wouldn't take on the pub. But Susan and Judith's dynamism is irresistible, and now visitors to Boyle's are encouraged to try St Brigid's by the hard-to-please regulars. "It was traditionally women who brewed and, as with everything in culture, men took over for a while. With the beer revival women have started to become involved in it again," says Judith.

Has it been tough? "The majority of people in Ireland are positive, especially in the industry. They say women can really taste bitter and balance – we used to be out there foraging, and if it was bitter, it was poisonous. Some of the women working in beer in other countries find it really tough. Ireland's a bit kinder." twosistersbrewing.com



Susan Boyle's beer marshmallows

MAKES 24 LARGE MARSHMALLOWS.
HANDS-ON TIME 30 MIN, PLUS 1 HOUR
SETTING

“This is a cracking marshmallow recipe, topped with toasted hazelnuts. We also use dry ice to make beer-flavoured ice cream with a hint of a fizz. The bitter aspect of beer works well with sweet things.”

MAKE AHEAD

The marshmallows will keep for up to 48 hours in an airtight container.

FOOD TEAM'S TIP

When adding the hot syrup, use a stand mixer to leave both hands free to pour. If you don't have one, use a handheld electric whisk and take extra care – or ask someone to help.

SUSAN'S TIPS

A silicone baking tray will make turning out the marshmallows much easier.

For the beer, Susan recommends 40ft Deep stout from 40ft Brewery in London, or any good stout.

- Flavourless oil for greasing
- 6 tbsp icing sugar
- 6 tbsp cornflour
- 455g granulated sugar
- 1 tbsp liquid glucose (from large supermarkets)
- 340ml dark malty beer or stout (see Susan's tips)
- 9 sheets gelatine (we used Costa Fine Leaf, from Waitrose)
- 2 large free-range egg whites
- 50g toasted hazelnuts, chopped ✪

YOU'LL ALSO NEED...

- Sugar thermometer
- 30cm x 20cm shallow baking tray

1 Lightly oil the baking tray or use a silicone baking tray (see Susan's tips). Sift together the icing sugar and cornflour and use half to dust the tray. Reserve the excess for later.
2 Put the granulated sugar, liquid glucose and 200ml of the beer in a small heavy-based pan. Bring to the boil and continue boiling to 127°C on a sugar thermometer.

3 Meanwhile, in a heatproof bowl, soak the gelatine in the remaining beer. When the syrup reaches around 120°C on the thermometer, beat the egg whites in a stand mixer until stiff (see tip). When the syrup reaches 127°C, carefully pour it over the softened gelatine and soaking liquid. The syrup will bubble up vigorously so take great care. Mix well, then pour the syrup into a jug.
4 Continue to beat the egg whites and carefully pour the hot syrup from the jug slowly into them – don't pour it onto the beaters (see tip). Beat for 10-15 minutes more until the mixture is stiff and thick enough to hold its shape on the whisk.
5 Spoon the marshmallow mixture

into the prepared baking tray and top with the chopped hazelnuts.

6 Leave the marshmallow set for at least an hour. Dust the work surface with some of the remaining icing sugar and cornflour mixture. Loosen the marshmallow around the sides of the tray with a palette knife, then turn it out onto the dusted surface. Cut into 24 squares, then roll in the rest of the icing sugar and cornflour. Leave to dry a little, then pack in an airtight container.

PER MARSHMALLOW 129kcal, 1.3g fat (0.1g saturated), 1.1g protein, 26.9g carbs (23.3g sugars), no salt, 0.1g fibre

✪ For ways to use up leftover toasted hazelnuts, see Loose Ends **11**

“The bitter aspect of beer works well with sweet things”

NEXT MONTH
The things my mother taught me, by Rachel Allen

If you make one recipe this month, make it this

It's the ideal antidote to a dreary February day: golden, flaky pastry topped with sharp apples and an indulgent layer of melted cheese. Serve with a bitter salad to offset the richness for a lunch to remember

Cider-cooked apple, onion and cheese galette

SERVES 8. HANDS-ON TIME 40 MIN, SIMMERING AND OVEN TIME 45-50 MIN, PLUS CHILLING

MAKE AHEAD

Make the pastry up to 24 hours in advance and keep, wrapped in cling film, in the fridge. The apple and onion mixture can be made up to the end of step 3 up to 24 hours in advance. Keep chilled.

FOOD TEAM'S TIPS

To make this vegetarian, replace the cheeses with 300g vegetarian cheddar.

FOR THE FLAKY PASTRY

- 165g plain flour, plus extra to dust
- 100g cornmeal or polenta
- ½ tsp salt
- 165g unsalted butter, wrapped in foil, then frozen for at least 1 hour
- 7-8 tbsp (100-120ml) iced water
- 1 medium free-range egg, beaten, to glaze

FOR THE FILLING

- 60g unsalted butter
- 3 large onions, sliced
- 4 eating apples (we used braeburn), peeled and sliced
- 300ml dry cider
- 150g strong or vintage cheddar, grated (see tip)

- 150g French or Swiss mountain cheese, grated (such as abundance, gruyère or beaufort)
- Large pinch cayenne pepper
- 1½ tsp mustard powder
- 3 fresh rosemary sprigs, leaves finely chopped
- 2 fresh thyme sprigs, leaves finely chopped, plus extra to garnish

1 For the pastry, put the plain flour, cornmeal/polenta and salt in a large mixing bowl and stir to combine. Grate in the frozen butter, using the foil to hold it, then flick the flour over the butter using a dinner knife. Slowly add the iced water, stirring with the knife to combine; stop adding water just as it starts to come together (you may not need it all). Tip the pastry out onto a lightly floured work surface and bring it together quickly with your hands into a fat disc. Handle the pastry as little as possible, to keep it cool and stop the butter melting. Wrap in cling film, then chill for at least 2 hours.

2 For the filling, melt the butter in a large sauté/frying pan over a medium-high heat, add the onions and season well with salt. Fry for about 30 minutes, stirring often, until the onions are soft, lightly golden and slightly caramelised.

3 Add the apples and the cider, turn up

the heat and bubble for 15-20 minutes until the cider has evaporated. Tip the mixture onto a plate to help it cool, then season with pepper and leave to cool completely (see Make Ahead).

4 Heat the oven to 200°C/180°C fan/gas 6. Mix the cheeses, cayenne, mustard powder and chopped herbs in a bowl. Remove the chilled pastry from the fridge, unwrap, then roll it out on a very well floured surface to form a rough circle the thickness of a £1 coin. The edges can be ragged. **5** Lift the pastry onto a large baking sheet lined with baking paper, then pile the cooled filling onto the centre, leaving a rough 3cm border around the edge. Scatter most of the cheese over the onion mixture, then fold the edges of the pastry up around the filling.

Brush the pastry with beaten egg, then scatter the remaining cheese on top. Bake for 30 minutes until the pastry is golden and the cheese is bubbling. Leave to cool for 5 minutes, then slice and serve with a sharp green salad.

PER SERVING 571kcal, 38g fat (23g saturated), 15.4g protein, 37.5g carbs (11.2g sugars), 1g salt, 3.8g fibre

WINE EDITOR'S CHOICE Lightly chilled medium-dry cider is the best match for this. If you prefer wine, make it a crisp, young Loire chenin blanc. **d**

favourites.





BREXIT

What do the food & drink experts say?

As a result of the referendum on 23 June 2016, the UK is about to embark on a major period of change. But will it signal the start of a brighter future for home-grown food and drink, or will it spell the end of a golden age for British cuisine? Daniel Tapper asked some of the food world's most influential voices what they think will happen next



THE GOVERNMENT ADVISOR TIM LANG

“In the lead-up to the referendum, the discourse surrounding the EU was overwhelmingly negative, with a focus on ‘crazy’ bureaucrats imposing unnecessary food standards. In reality, being a member of the EU has helped the UK transform its food scene from a culinary backwater to one of the most exciting and forward-looking food cultures in the world. We have greater access to a wider range of fresh fruit and vegetables from the Continent than ever before; we’ve adopted

café culture; and there are thousands of interesting European foods to try. And the success of the Common Agricultural Policy (CAP), meanwhile, means we have excellent food security.

By leaving the EU we are facing a period of destabilisation at a time when we’re also experiencing rising obesity and massive inequality between the diets of the rich and the poor. Brexit could be an opportunity but only if we focus on making the food system better for health and better for the environment.”

Tim Lang is professor of Food Policy at City University, London



THE RESTAURATEUR RICK STEIN

“I was a keen remainer. I love Europe and I like the idea of being a part of the

mainland as opposed to being a little island on the edge. My main worry is for my workforce: 80 per cent of the people who run my restaurants are British but the other 20 per cent are European and they're invaluable to me. I'm not the only one; places like Cornwall and the Lake District rely on skilled waiters, bar staff and hoteliers from the Continent. Yes, this gap could potentially be filled by British people but it can be hard to find local people who want a career in catering.”

Rick Stein is a broadcaster, author and restaurateur. His latest book, Rick Stein's Long Weekends (BBC Books), is out now



THE ORGANIC FARMER HELEN BROWNING

“I know UK farmers were overwhelmingly anti-EU, which seems extraordinary

given how reliant they are on EU subsidies. I think it was because they believed, rightly or wrongly, that Brussels introduced too many regulations. The EU has brought political stability to Europe, and by voting to leave we are threatening to undo many progressive sustainable farming policies. As a small island we cannot produce as much food as the USA and South American countries. The way forward is to focus on quality not quantity. We need to produce the best food we can while continuing to improve the quality of our soil, water and countryside.”

Helen Browning OBE is a farmer and chief executive of the Soil Association



THE FOOD WRITER SYBIL KAPOOR

“The next five to 10 years might be difficult, partly because a weakening

pound will raise the cost of imported food. But I'm a perennial optimist and think Britain will pick itself up and make the best of the situation. There are all sorts of wonderful things we could do, from protecting more of our waters to making more sustainable fisheries and developing stronger export markets for our artisan food producers. Brexit could be a chance to

support more sustainable agriculture and to develop stronger local food networks.”
Sybil Kapoor is an award-winning food writer and the author of Simply British and Simply Veg (Pavilion), both out now



THE ENTREPRENEUR OONAGH SIMMS

“In my opinion, the Brexit vote was a blow largely dealt by older generations. And it's

younger people who are going to have to pick up the pieces. Almost everyone my age



The next 5-10 years might be difficult because costs will rise... but there are a lot of wonderful things we could do



considers themselves European citizens. I trained to be a chocolatier in Paris and my craft is completely informed by European traditions. In fact, if the French government hadn't supported me, I would probably have given up and become a dentist.”

Oonagh Simms is founder of gourmet marshmallow brand The Marshmallowist (themarshmallowist.com)



THE FISHERIES EXPERT MICHEL KAISER

“The EU's sustainable fishing policies have helped reinvigorate UK fish stocks.

However, I estimate that 95 per cent of the UK fishing community voted leave because they're tired of what they perceive to be too much red tape from Brussels. They hate the lack of control they have when it comes to quotas and they're frustrated at being told where they can and can't fish. Leaving the EU could be good for people who catch crabs and lobsters because they don't move very far, which means UK fishermen will be able to manage stocks on their own terms. However, most other fish migrate on a wider scale and are highly unpredictable. The EU has been negotiating with countries such as Iceland and Norway to keep access to these fish. But once we trigger Article 50, the UK will have less bargaining power.”

Michel Kaiser is professor of Marine Conservation Ecology at the School of Ocean Sciences, Bangor University, Wales



THE SCOTCH WHISKY DISTILLER ANTHONY WILLS

“My industry exports around 90 per cent of its

whisky to foreign markets; therefore our future is entirely dependent on beneficial trade agreements. The good news for us is that, because we produce a luxury product we have healthy profit margins, which means we can suck up some of the short-term cost hikes. What's more, Scotch whisky cannot be produced

anywhere else on earth, and it's still recognised as the world's number one whisky – so there'll always be demand.”
Anthony Wills is the founder and MD of the Kilchoman Distillery, Islay



THE CAMPAIGNER SHANE HOLLAND

“I speak to food business of all sizes, from sole traders to

multinationals, and they all say they hate uncertainty, which is something that Brexit has created. Artisan food producers are more at risk than larger companies, though, because it only takes a small reduction in profit margins for them to go out of business. Sadly, there's a real risk of this happening once Brexit is triggered – partly because it's likely trade tariffs will be placed on UK goods entering EU markets. We'll also lose EU standards such as Product of Designated Origin (PDO) and Protected Geographical Indication (PGI), which benefit many UK producers. We should make it our priority to rewrite this legislation so British food continues to thrive in foreign markets.”

Shane Holland is executive chairman of Slow Food UK

• Daniel Tapper's book *Food Unwrapped: Lifting the Lid on How Our Food is Really Produced* (£14.99; Transworld) is out now

THE COUNTRY COOK'S GUIDE TO...

THE SUNDAY ROAST

It's probably Britain's favourite meal, yet many cooks tell us they feel daunted by the task of getting the weekend staple on the table. It's all down to the planning, says Debbie Major – and the right recipes. We asked her to roll out an epic feast everyone can look forward to

RECIPES AND FOOD STYLING **DEBBIE MAJOR** PHOTOGRAPHS **ANDREW MONTGOMERY** STYLING **OLIVIA WARDLE**

THE MAIN EVENT
Easy-to-carve leg of
lamb with roasties in
their skins, p42



SUNDAY ROAST
MENU FOR 6

Tequila Bloody Mary

+

Roast leg of lamb
with rosemary and
garlic pesto

Twice-roasted
potatoes ✓

Roast carrots with
nigella seeds ✓

Cauliflower, leek and
cheese gratin ✓

Lamb gravy

+

Blood orange jellies
with madeines and
chantilly cream



GET-AHEAD GRATIN
Cauliflower cheese –
plus leeks, p44



“The Sunday roast is a meal that brings people together – and it justifies a little snooze in the afternoon, too! My approach is to keep it simple. Skip the starter – there will be plenty of food to come – and begin with a savoury cocktail instead. The roast meat doesn’t need to be complicated – herbs and garlic are all it needs, and the vegetables can be given an easy flavour flourish. Finish with a prep-ahead pud and your feasting will be as enjoyable for you as it is memorable for the gathered throng.”

DEBBIE MAJOR

Tequila bloody mary

SERVES 6. HANDS-ON TIME 15 MIN, PLUS CHILLING

- 1 Pour **300ml tequila**, **8-10 good shakes Worcestershire sauce**, **14-16 shakes chipotle Tabasco** (or plain Tabasco sauce), **juice 2 large limes**, **½ tsp celery salt** and **1 litre good quality tomato juice** into a large glass jug, mix well, then taste and season with salt and freshly ground pepper. Leave to chill for at least 4 hours (overnight is even better).
- 2 Pour into tall, **ice**-filled glasses, garnish with **small inner sticks of celery** and serve.

DEBBIE'S GET-AHEAD TIPS

- 1 Ask your butcher to bone and roll the lamb
- 2 Make the pesto a day ahead
- 3 Bake the potatoes in advance, ready to roast
- 4 After making the white sauce for the gratin (p44), press a sheet of cling film directly onto the surface to prevent a skin forming
- 5 Make the jellies and madeleines for the pudding (p44) the day before



Roast leg of lamb with rosemary and garlic pesto

SERVES 6. HANDS-ON TIME 30 MIN, OVEN TIME 65-70 MIN, PLUS MARINATING AND RESTING

“Lamb’s sweet, rich flesh works well with zippy herbs and garlic, so I’ve made a simple pesto marinade. If you’re buying British lamb (which we encourage) it will almost certainly be hogget at this time of year – it has a deeper flavour than new-season lamb and a more robust texture. Stir leftover pesto into pasta or gnocchi for a midweek supper.”



Make the pesto and marinate the lamb, covered, overnight in the fridge.



The lamb bones act as a trivet for the meat and help to flavour the gravy, but don't worry if you can't get them.

- 1.8-2kg leg of lamb, boned and rolled (about 1.5kg boned weight), bones reserved – see tip
- 1 large onion, halved and thickly sliced
- 1 large carrot, thickly sliced
- 4 large fresh rosemary sprigs

FOR THE PESTO

- 2 large fresh rosemary sprigs, leaves picked and chopped
- 15g fresh flatleaf parsley
- 3 garlic cloves, roughly chopped

- Finely grated zest 1 lemon
- 3-4 tbsp olive oil
- ½ tsp salt

YOU'LL ALSO NEED...

- Digital probe thermometer

1 Using a sharp knife, make small 2.5cm deep slits all over the lamb, about 2.5cm apart.

2 For the pesto, whizz all the ingredients – using 3 tbsp oil – with some black pepper in a mini food processor (or whizz in a jug using a stick blender) to form a paste. Add more oil if it's a bit thick.

3 Rub the pesto all over the lamb, pushing it into each slit as you go. Season, then put on a plate, cover loosely with cling film and set aside somewhere cool or in the fridge for at least 2 hours (or see Make Ahead).

4 Take the meat out of the fridge 2 hours before you want to cook it. Heat the oven to 230°C/fan 210°C/gas 8. Scatter the lamb bones, onion, carrot and rosemary in a roasting tin. Rest the lamb on top, then roast for 15 minutes in the middle of the oven. Lower the heat to 180°C/160°C fan/gas 4 and roast for 50 minutes (for rare) or 55 minutes (for medium). A digital thermometer pushed into the thickest part of the meat should read between 50°C and 60°C.

5 Remove the lamb from the oven, lift the joint onto a carving board and cover loosely with foil (discard the bones but reserve the veg in the tin). Rest for 45 minutes or until the gravy (p44) and side dishes are ready.

PER SERVING 462kcal, 25.9g fat (9.6g saturated), 51.2g protein, 4.8g carbs (3.4g sugars), 0.5g salt, 2.3g fibre

Twice-roasted potatoes

SERVES 6. HANDS-ON TIME 10 MINUTES, OVEN TIME 1 HOUR 50 MINUTES

“These roasties are a little different in that the potatoes are baked in their skins first, then cut into quarters, drizzled with oil and roasted, making them extra crisp on the outside yet still fluffy in the centre.”

- 1.2kg maris piper potatoes
- 100ml light olive oil for oiling and drizzling

1 Prick the potatoes here and there 2-3 times with the point of a knife. Cook next to the lamb, directly on the oven rack, for 15 minutes at 230°C/210°C fan/gas 8, then for 50 minutes at 180°C/160°C fan/gas 4 until tender when pierced with a skewer.

2 Remove the potatoes from the oven then, as soon as you can handle them (an oven glove helps), cut each one into quarters. Lightly oil a roasting tin, then gently pinch each piece to open up the now fluffy potato. Put the pieces skin-side down in the tin. Drizzle the rest of the oil over the potatoes and sprinkle with a little salt and black pepper.

3 Return to the oven on the top shelf and roast at 200°C/180°C fan/gas 6 for 30-45 minutes until crisp and golden.

PER SERVING 284kcal, 12.4g fat (1.8g saturated), 3.9g protein, 37.3g carbs (1.7g sugars), trace salt, 4g fibre

Roast carrots with nigella seeds

SERVES 6. HANDS-ON TIME 10 MIN, OVEN TIME 30-45 MIN

“Seasoned carrots, roasted just as they are, are one of my favourite vegetables for Sunday lunch. Adding a few nigella seeds gives a savoury nuttiness.”

MAKE
AHEAD

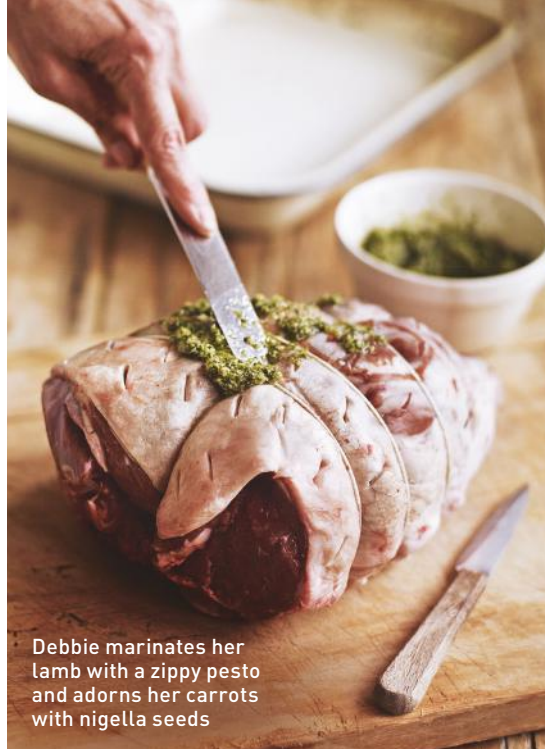
Prep the carrots to the end of step 1 up to 12 hours in advance and keep in a freezer bag in the fridge.

FOOD
TEAM'S
TIP

For even cooking, cut larger carrots in half lengthways to make them all a similar size.

- 750g medium carrots, topped and tailed (see tip)
- 2 tbsp light olive oil
- 1 tsp nigella seeds
- ½ tsp sea salt

1 In a bowl, mix the carrots with the oil, nigella seeds, salt and →



Debbie marinates her lamb with a zippy pesto and adorns her carrots with nigella seeds



the menu.





Twice-roasted potatoes, p42

SUSY ATKINS' WINE PICKS

There's no better match for roast leg of lamb than Spain's great traditional red, rioja. Make it a 'reserva' style for some mellow, oaky maturity. It will go just fine with all those wonderful vegetable side dishes, too. For the blood orange jellies, chill a frothy fizz, ideally a medium-sweet one like a cava demi-sec or Italian asti.



FIND MORE IDEAS ON THE delicious. WEBSITE

You can find more of Debbie's recipes online – visit deliciousmagazine.co.uk/countrycook

some freshly ground black pepper.

2 Spread in a single layer in a roasting tin, then roast at 180°C/160°C fan/gas 4 for 35–45 minutes (along with the potatoes, p42, and gratin, below) until tender.

PER SERVING 79kcal, 4.3g fat (0.6g saturated), 0.9g protein, 7.1g carbs (6.7g sugars), 0.1g salt, 4g fibre

Cauliflower, leek and cheese gratin

SERVES 6. HANDS-ON TIME 20 MIN, OVEN TIME 30–45 MINUTES, PLUS INFUSING

“When choosing vegetables to go with a roast, I like to serve some with a sauce, such as this gratin, which looks the part and tastes great with the lamb.”



The assembled, uncooked gratin will keep covered in the fridge for up to 12 hours.

Continue from step 6.

- 500ml whole milk
- 1 tsp black peppercorns
- 1 small onion, halved
- 2 fresh bay leaves
- 2 large mace blade pieces

- 1 large cauliflower (about 1kg)
- 2 large leeks (if the outer leaves are tough, discard, then wash and trim the leeks)
- 30g butter
- 30g plain flour
- 4 tbsp double cream
- 50g mature cheddar, grated

1 While the lamb is in the oven (or up to 12 hours ahead; see Make Ahead), put the milk, peppercorns, onion, bay leaves and mace in a non-stick saucepan. Bring to the boil, then set aside for 30 minutes to infuse.

2 Bring a large pan of salted water to the boil. Cut the green leaves off the cauliflower and reserve any with small, pale green stalks. Discard the rest. Break the cauli into large florets and cut the leeks into 2.5cm pieces.

3 Meanwhile, make the white sauce. Bring the infused milk back to the boil, then strain it into a jug. Discard the flavourings and wash out the pan, then add the butter and melt over a low heat. Stir in the flour and cook gently for 30 seconds. Remove the pan from the heat and gradually stir in the milk. Return to the heat and bring slowly to the boil, stirring all the time. Simmer for 10 minutes.

4 Put the cauliflower in the boiling water and cook for 4 minutes or until just tender (it will cook further in the oven.) Remove with a slotted spoon to a colander and drain well. Add the reserved leaves and leeks to the boiling water in the pan and cook for 2 minutes, then drain well.

5 Arrange the cauliflower florets, leafy stalks and leeks in a shallow ovenproof dish. Season the white sauce with salt and pepper to taste, then stir in the cream. Pour the sauce over the vegetables and sprinkle with the grated cheese.

6 Bake at 180°C/160°C fan/gas 4 for 35–45 minutes (along with the potatoes, p44, and carrots, p45) until lightly golden.

PER SERVING 287kcal, 17.5g fat (10.5g saturated), 11.5g protein, 17.8g carbs (10.7g sugars), 0.4g salt, 5.8g fibre

For more ways to use mace blade see Loose Ends

Lamb gravy

SERVES 6. HANDS-ON TIME 20 MIN



Make the gravy while the lamb is resting and the vegetables are in the oven, then keep warm over a low heat.



Add a good glug of red or white wine or madeira to the lamb pan juices before whisking in the flour, if you like, then add another small splash at the end to balance the acidity.

- 2 tbsp plain flour
- 400–500ml good quality fresh chicken or lamb stock

1 Skim away as much of the fat from the top of the juices in the roasting tin as you can. Put the tin on the hob over a low heat, then stir in the flour (see tip). Gradually stir in 400ml of the stock, then bring to a simmer and bubble for 15 minutes until you have a good gravy consistency. Add the extra 100ml stock if you prefer a thinner gravy. Strain the gravy into a clean pan (discard the veg), then keep warm over a low heat.

2 Carve the lamb, then serve with the gravy and vegetables.

PER SERVING 47kcal, 2g fat (0.2g saturated), 3.2g protein, 4.1g carbs (0.3g sugars), 0.2g salt, 0.2g fibre

Blood orange jellies with madeleines and chantilly cream

SERVES 6. HANDS-ON TIME 40 MIN, OVEN TIME 10–12 MIN, PLUS CHILLING AND COOLING

“Blood oranges are only around for a short time, so make the most of their beautiful citrusy flavour and vibrant colour while you can. These do-ahead jellies provide a light and zingy ending to the meal.”



Make the jellies and madeleines up to 24 hours in advance. Keep the jellies in the fridge, covered, and the cooled cakes in a sealed container in a cool room. →

FOOD
TEAM'S
TIPS

If blood oranges aren't in season, use 600ml fresh sanguinello juice from a carton instead.

If you only have one madeleine tin, leave the rest of the mixture in the fridge until the first batch is done.

Try whipping 1 tbsp sweet marsala into the chantilly cream.

FOR THE JELLIES

- 8-10 blood oranges (to yield 600ml juice; see tip)
- 200ml cava or prosecco ☼
- 200g caster sugar
- 8 small sheets leaf gelatine (14g – I used Costa Fine Leaf)

FOR THE MADELEINES

- 3 medium free-range eggs
- 100g caster sugar
- Finely grated zest 2 blood oranges (or regular oranges)
- 85g plain flour, plus extra to dust
- 4 tsp cornflour
- 1 tsp baking powder
- 100g slightly salted butter, melted and cooled, plus 25g to grease
- Icing sugar for dusting

FOR THE CHANTILLY CREAM

- 150ml double cream
- 3 tbsp caster sugar

YOU'LL ALSO NEED...

- 2 x 12-hole madeleine tins (see tips); 6 pudding glasses or 150ml pudding moulds, lightly greased with flavourless oil; and a piping bag (optional)

1 Strain the orange juice into a pan, then add the cava/prosecco and the sugar. Stir over a low heat until the sugar dissolves. Meanwhile, soak the gelatine in cold water for 5 minutes.

2 Take the syrup off the heat. Remove the gelatine from the water, squeeze out the excess, then add it to the syrup and stir until dissolved.

3 Divide the jelly mixture among 6 glasses or moulds, then chill for 6 hours or until set (see Make Ahead).

4 To make the madeleines, heat the oven to 190°C/170°C fan/gas 5. Put the eggs and sugar in a large mixing bowl or a stand mixer and whisk by

hand/mix for 5 minutes or until very thick and moussey. Whisk in the orange zest.

5 In a separate bowl, sift together the flour, cornflour and baking powder. Gently fold it into the egg mixture using a large spoon, then fold in the 100g melted butter.

Put the mixture in the fridge for 15 minutes to thicken slightly.

6 Meanwhile, brush the moulds of 1-2 madeleine tins with 25g melted butter and set aside for a minute or two until the butter has set (see tips). Sprinkle each mould with a little flour and shake around to coat. Tap out the excess.

7 Pipe or spoon 2 tablespoons of the madeleine mixture into each mould to three-quarters full; you'll have enough for 18 madeleines (you may need to bake in batches; see tips). Bake for 10-12 minutes until puffed up, slightly peaked in the centre and richly golden. Leave to cool in the tin for 1 minute, then carefully transfer to a wire rack and leave to go cold.

8 When ready to serve, whip the cream and 3 tbsp sugar together until soft peaks form (see tips). Dust the madeleines with icing sugar and serve with the blood orange jellies and chantilly cream.

PER SERVING 685kcal, 33.5g fat (20g saturated), 8.8g protein, 81.4g carbs (67.4g sugars), 0.8g salt, 0.7g fibre

☼ For more recipes with prosecco or cava, see Loose Ends [a](#)

NEXT MONTH

Debbie's recipes for homemade cheese



LOVE A TIME PLAN? HERE IT IS...

- **The day before** Make the jellies and madeleines. Make the pesto for the lamb and put the lamb in the fridge to marinate.
- **12 hours before** Prepare the cauliflower gratin and carrots.
- **2 hours before** Heat the oven to 230°C/210°C fan/gas 8. When the oven is hot, put the lamb and the whole potatoes in for 15 minutes.
- Lower the oven temperature to 180°C/160°C fan/gas 4. Bake the potatoes for another 45 minutes and roast the lamb for 50-55 minutes.
- Meanwhile, prepare the carrots and the cauliflower and leek gratin, if you haven't already.
- Remove the baked potatoes from the oven, continue as in the recipe (step 2) and return them to the top shelf of the oven to roast.
- Remove the lamb from the oven, lift onto a carving board, cover loosely with foil and leave to rest. Put the gratin and carrots into the oven and cook as in the recipes.
- Meanwhile, make the gravy. Make the chantilly cream and chill until needed.
- Serve the cocktails.
- Carve the lamb and serve with the sides.
- Serve the pudding.

Grown-up jellies with madeleines on the side





STAR OF THE SEASON

CLAMS



“I love the way clams punch above their weight when it comes to tasting of the sea – they look tiny out of their shells, but the ozoney flavour and wonderful aroma more than make up for their lack of size. Although clams can be expensive, they’re so simple to cook with and they’re one of my favourite ingredients at this time of year when they’re at their best.”

LOTTIE COVELL, ACTING FOOD LIFESTYLE EDITOR

RECIPES AND FOOD STYLING **LOTTIE COVELL**
PHOTOGRAPHS **GARETH MORGANS** STYLING **DAVINA PERKINS**

WHAT TO LOOK FOR WHEN YOU BUY

The shells can be open or closed, but when you tap them on a hard surface there should be some movement to show the clams are alive. Ask your fishmonger when they were caught and make sure the shells aren't damaged or broken. The most popular UK clam, the amande de mer, is so called for its delicate almond flavour (I'm not sure why its British name is dog cockle!). Cherrystone clams, brought over on ships from the US, have now colonised some British waters, so you can sometimes find those locally.

HOW TO CLEAN & PREP FRESH CLAMS

Discard any with broken shells. Half an hour before you want to start cooking, fill a clean sink with enough very cold water to cover the clams, then add 4-5 tbsp salt – it should taste as salty as the sea. Leave the clams to soak for 30 minutes. This will help clean out any sand or grit that's lurking inside the shells.

5 QUICK FIXES

1 SPICY VONGOLE

Fry 1 finely chopped onion, 1 chopped red chilli and 2 crushed garlic cloves in a large lidded pan with extra-virgin olive oil. Add a glass of dry white wine and bubble to reduce, then add 1kg cleaned clams (see below left) and put the lid on. Give the pan a shake. When the clams start to open, stir clams and juices into freshly cooked spaghetti. Sprinkle with lemon juice, toasted breadcrumbs and lots of chopped fresh parsley.

2 THAI GREEN FISH CURRY

Visit deliciousmagazine.co.uk for a Thai green fish curry recipe. Add a couple of handfuls of cleaned clams for the last 5 minutes and simmer with a lid until the clams open. Toss through the sauce and serve straightaway.

3 CLAMP PAELLA

Visit deliciousmagazine.co.uk for a paella recipe and add a couple of handfuls of cleaned clams for the last 5 minutes of the cooking time.

4 CLAM, CHILLI, GREEN OLIVE & LEMON TOASTS

Bring a large pan of water to the boil and cook 1kg cleaned clams for 5 minutes until their shells open. Drain and remove their shells. Roughly chop the clams, a handful of pitted green olives, 1 red chilli and a handful of chopped parsley. Mix with lemon juice and extra-virgin olive oil, then season to taste. Use to top small pieces of toast and serve straightaway as a canapé.

5 GRILLED CLAMS

Buy large clams, such as cherrystones. Steam for 3-4 minutes in a large pan with a lid with a good knob of butter and a large glug of wine until their shells open. Remove from the heat and leave until cool enough to handle. In a bowl, combine fresh breadcrumbs with some chopped fresh parsley, a finely chopped garlic clove and a knob of butter. Spoon a little into each clam shell. Turn the grill to high and cook for 3-4 minutes until golden and crisp. →

Lemon, parsley & spinach clams on toast

SERVES 4 AS A STARTER (2 AS A MAIN).

HANDS-ON TIME 30 MIN

- 40g unsalted butter
- Olive oil for frying
- 4 shallots, finely sliced
- A few fresh thyme sprigs
- 2 garlic cloves, crushed
- 100ml dry white wine
- 100g spinach
- 1kg cleaned clams (see p46)
- 3 tbsp soured cream
- 4 sourdough bread slices

- Large bunch fresh flatleaf parsley, roughly chopped
- Squeeze of lemon

1 Melt the butter in a large frying pan with a glug of oil. Add the shallots and thyme, then fry over a low-medium heat for 20 minutes until the shallots have softened and lightly caramelised. Stir in the garlic and fry for the final 2 minutes.

2 Turn up the heat to high, add the wine and simmer for 5 minutes. Add the spinach, clams and soured cream, then cook for 5 minutes,

stirring occasionally, until the spinach wilts and the clams open.

3 Toast the sourdough (halve if serving as a starter). Stir the parsley and lemon juice into the clam mixture, taste and season. Remove the thyme sprigs, then spoon the mixture evenly over the toast slices and serve straightaway.

PER SERVING (FOR 4) 333kcal, 15.9g fat (6.4g saturated), 19g protein, 22.4g carbs (3.5g sugars), 3.3g salt, 6g fibre

WINE EDITOR'S CHOICE The subtle lemon zing of a Bordeaux white.



**NEXT
MONTH**
Let's hear it
for leeks

Clam chowder

SERVES 4-6. HANDS-ON TIME 50 MIN

FOOD
TEAM'S
TIP

You can use frozen clams or substitute fresh mussels in this recipe to reduce costs.

- 250ml dry white wine
- 50g butter
- 2kg cleaned clams (see p46)
- Olive oil for frying
- 1 onion, finely chopped
- 1 celery stick, finely sliced
- 1 leek, finely sliced
- 2 garlic cloves, crushed
- 2 tsp hot chilli powder
- 2 tsp sweet smoked paprika
- 200g cooking chorizo, sliced
- 600g maris piper potatoes, diced
- 400ml whole milk
- 400ml double cream
- 200ml dry sherry (we used oloroso)
- Finely grated zest and juice 1 lemon
- Bunch fresh flatleaf parsley, chopped

1 In a large pan with a lid, bring 300ml water, the wine and 30g of the butter to the boil. Add the clams, put the lid on and cook for 4-5 minutes until the shells open. Immediately strain the clams through a sieve lined with muslin over a bowl (reserve the cooking water).

2 Remove the clams from their shells, gently rinse under cold water to clean off any grit, then put in a bowl, cover with damp kitchen paper and chill.

3 Pour a glug of oil into a large deep pan over a medium heat and add the remaining butter. Add the onion, celery and leek and fry for 10 minutes, stirring regularly. Add the garlic, chilli powder, paprika and chorizo. Turn up the heat and fry for 3-4 minutes, stirring often.

4 Add the potatoes, milk and reserved cooking liquid, then simmer for 15 minutes until the potatoes are tender. With a masher, gently mash some of the potato to thicken the soup. Don't worry if it curdles; stir in the cream, sherry, lemon juice and zest, cooked clams and parsley. Bring to the boil and simmer for a few minutes. Serve with crusty bread.

PER SERVING (FOR 6) 896kcal, 62g fat (33.6g saturated), 33.5g protein, 31.7g carbs (8.3g sugars), 5.3g salt, 5.4g fibre

WINE EDITOR'S CHOICE A bright white. Top pick is a Spanish verdejo. **A**





GIVE IT SOME *citrus zing*



“Cooking with the zingy flavours of citrus and tropical fruit, in savoury or sweet dishes, brings happy thoughts of warmer times. The vivid colours are a welcome contrast to the cold and grey outside, reminding me that spring isn’t far away, and I’ve created these recipes to bring it a little bit closer.” LOTTIE COVELL, ACTING FOOD LIFESTYLE EDITOR

RECIPES AND FOOD STYLING **LOTTIE COVELL**
PHOTOGRAPHS **TOBY SCOTT**
STYLING **TONY HUTCHINSON**



Grilled mackerel,
grapefruit and pesto
freekeh salad, p52



TEAM FAVOURITE

Susan Low,
deputy editor

"This pappardelle has just about all my favourite things in it and it's the perfect combination of spicy, sharp, crunchy and herby."

Sicilian lemon pappardelle with 'nduja and crunchy breadcrumbs

SERVES 4. HANDS-ON TIME 30 MIN

KNOW-HOW

'Nduja is a spreadable spicy Calabrian pork sausage. Find it in Italian delis, large supermarkets and at natoora.co.uk, or use crumbled cooking chorizo.

- 30g unsalted butter
- 4 banana shallots, sliced
- 2 garlic cloves, crushed
- Zest and juice 3 lemons (ideally Sicilian), plus wedges to serve
- 50g 'nduja, crumbled (see Know-how)
- Bunch fresh flatleaf parsley, chopped
- 3 tbsp extra-virgin olive oil, plus extra for frying
- 50g fresh white breadcrumbs
- 400g fresh pappardelle
- 40g parmesan, grated, plus extra to serve

1 Heat the butter in a large pan over a low heat and fry the shallots for 15 minutes until soft. Add the garlic, lemon zest and juice, then cook for a minute. Add the 'nduja and half the parsley, then fry for 1-2 minutes.

2 In a small frying pan, heat a glug of olive oil, add the breadcrumbs and fry over a medium heat for 3-4 minutes until crisp. Set aside.

3 Cook the pappardelle in a pan of boiling salted water for 3-4 minutes until almost tender. Drain, reserving a cupful of the cooking water, then add the pasta to the 'nduja mixture.

Set over a medium heat, then toss with a splash of the pasta water, the 3 tbsp olive oil and the 40g parmesan.

4 Season to taste, divide among bowls, sprinkle with the crunchy breadcrumbs and remaining parsley, then serve with lemon wedges and extra parmesan.

PER SERVING 606kcal, 27.5g fat (9.6g saturated), 20.7g protein, 66.5g carbs (5.1g sugars), 0.8g salt, 4.8g fibre

WINE EDITOR'S CHOICE A modern, fresh, citrusy white fiano from Sicily is just right with this.

Grilled mackerel, grapefruit and pesto freekeh salad

SERVES 4. HANDS-ON TIME 40 MIN, GRILL TIME 10 MIN

MAKE AHEAD

Make the pesto 24 hours ahead. Keep in a sealed container in the fridge.

Leftovers will keep for up to 3 days.

KNOW-HOW

Freekeh is made from green durum wheat that's been toasted, giving it a slightly smoky flavour. It's available from larger supermarkets, delis and health food shops. If you can't find it, use bulgur wheat or giant couscous instead, and cook according to the pack instructions.



For how to segment citrus fruit, visit deliciousmagazine.co.uk/segment-fruit

- Olive oil for frying and drizzling
- 1 red onion, finely chopped
- 1 tbsp balsamic vinegar
- 200g freekeh (see Know-how)
- 500ml chicken stock
- Squeeze lemon juice
- 8 skin-on mackerel fillets, pin boned (small bones removed with kitchen tweezers/pliers)
- 3 large pink grapefruit, segmented and juice reserved (for the pesto)
- 100g young leaf spinach
- 25g fresh flatleaf parsley, chopped

FOR THE PESTO

- 100g pine nuts, lightly toasted for 5 minutes in a dry frying pan
- 50g basil
- 50g fresh flatleaf parsley
- 120ml extra-virgin olive oil
- 50g parmesan, coarsely grated
- Reserved juice from the segmented grapefruit (above)

1 Heat a glug of olive oil in a large pan, then add the onion and gently fry for 5-6 minutes until softened. Add the balsamic vinegar and freekeh, then cook for 2-3 minutes more. Add the stock and simmer for 20 minutes until the freekeh is al dente – the stock should be almost completely absorbed. Turn off the heat and allow to cool to just warm.

2 Meanwhile, put half the pine nuts and the rest of the pesto ingredients in a food processor and whizz to a rough paste. Heat the grill to high.

3 Drizzle olive oil and a squeeze of lemon over the mackerel fillets, then grill for 5-8 minutes, skin-side up, until cooked through (keep an eye on them, as grills vary in strength).

4 Stir the grapefruit segments, spinach, parsley and half the pesto into the freekeh. Season to taste and serve with the mackerel, extra pesto and the remaining pine nuts.

PER SERVING 885kcal, 53.2g fat (9.7g saturated), 44.6g protein, 50g carbs (16g sugars), 1g salt, 13.7g fibre

WINE EDITOR'S CHOICE Dry versions of Portugal's vinho verde shine with these flavours.

Lemon, lime and passion fruit cheesecake tart

SERVES 8-10. HANDS-ON TIME 1 HOUR, OVEN TIME 1 HOUR, PLUS 3 HOURS CHILLING

MAKE AHEAD

Make the pastry up to 1 month ahead and freeze, wrapped in cling film and foil. The tart can be made up to 48 hours ahead and kept in the fridge.

FOOD TEAM'S TIP

Freeze egg whites in a freezer bag, marked with the date and number of whites, for up to 3 months.

FOR THE PASTRY

- 110g unsalted butter, at room temperature
- 60g caster sugar
- 130g plain flour
- 60g semolina

FOR THE CITRUS FILLING

- 230g caster sugar
- Finely grated zest and juice 3 lemons
- Finely grated zest and juice 2 limes
- 4 large free-range eggs, plus 4 yolks, beaten (see tip)
- 200g unsalted butter, softened
- Pulp from 3 passion fruit
- 1 gelatine sheet (we used Costa Fine Leaf, from Waitrose)
- 80g full-fat cream cheese (we like Philadelphia)
- 50g icing sugar →



what's good now.

CITRUS-POWERED PASTA
Sicilian lemon
pappardelle with
'nduja and crunchy
breadcrumbs





Lemon, lime and passion fruit cheesecake tart, p52

YOU'LL ALSO NEED...

- 23cm diameter fluted tart tin (4cm deep), with a removeable base

1 Whizz the butter and sugar in a food processor until smooth. Add the flour and semolina, whizz to combine, then tip onto a work surface and bring together by hand into a dough. (If you don't have a food processor, beat the butter and sugar in a large bowl with a wooden spoon until smooth. Add the flour and semolina and bring together with your hands to form a dough.)
2 Grate the dough into the tart tin, then quickly press evenly into the base and up the sides of the tin with your fingers to make a tart case. If it starts to feel greasy, chill it in the freezer for 5 minutes, then continue. Freeze for 1 hour (see Make Ahead).
3 Heat the oven to 180°C/160°C fan/

gas 4. Line the chilled pastry case with foil and fill with baking beans. Bake for 25 minutes, then remove the foil and beans and bake for 3-4 minutes until the base has no grey patches and feels sandy. Set aside.
4 Meanwhile, make the filling. Heat the caster sugar with the lemon and lime juice and zest (reserve the juice of ½ lemon) in a large pan over a medium heat until dissolved. Turn the heat to low and add the beaten eggs and yolks. Whisk with a balloon whisk until the mixture starts to thicken, then swap to a wooden spoon and stir for 10-12 minutes until thick and curd-like. Keep stirring to stop the mixture curdling. If it looks like it might curdle, remove from the heat, keep beating and return to the heat once it has cooled a little.
5 As soon as the filling has thickened, pour it through a sieve into a bowl

and, using the wooden spoon, beat in the softened butter, bit by bit. Stir in the passion fruit pulp.

6 Soak the gelatine leaf in cold water for 5 minutes. Heat 3 tbsp of the filling in a small pan, remove from the heat, squeeze the water out of the gelatine leaf, then stir it into the hot filling until dissolved. Stir the mixture into the filling in the bowl.

7 In a separate bowl, mix the cream cheese with the icing sugar and the reserved lemon juice. Pour the filling into the pastry case, then dollop small blobs of the cream cheese mixture over the top. Use a skewer to swirl the mixture into pretty patterns. Leave the tart to set in the fridge for at least 3 hours before slicing.

PER SERVING (FOR 10) 576kcal, 32.5g fat (18.8g saturated), 9.2g protein, 61g carbs (35.2g sugars), 1.9g salt, 1.5g fibre

Ginger and honey biscuit cake with choc-orange icing

SERVES 14-16. HANDS-ON TIME 1 HOUR, OVEN TIME 20 MIN, PLUS 5-6 HOURS CHILLING

MAKE AHEAD

Make the biscuits up to 24 hours ahead and wrap in cling film. If you wrap the dough well in cling film, it can be frozen for up to 1 month.

KNOW-HOW

This is inspired by Russian honey cake, made by layering thin biscuits and soured cream icing. I've added chocolate and orange, and used cream cheese in the icing.

FOOD TEAM'S TIP

It's vital to leave the melted honey and butter mixture to cool long enough in step 1 so the eggs don't scramble (step 2) – although if left too long it will begin to firm up like caramel. If you're worried, let it set until cool enough to handle, then warm through very gently when stirring in the eggs. If the eggs do scramble, don't panic – pour the mixture through a sieve and continue.

The longer the cake is in the fridge, the softer the layers will be: 5-6 hours gives the perfect texture. →

what's good now.



A biscuit cake to
make tea-time the
best time of the day



A palate-wakening sorbet

FOR THE BISCUITS

- 200g clear honey
- 130g caster sugar
- 150g unsalted butter
- 3 large free-range eggs, beaten
- 1 tsp baking powder
- 2 tsp ground ginger
- Finely grated zest 1 orange
- 600g plain flour, plus extra to dust

FOR THE CANDIED CLEMENTINES

- 200g caster sugar
- 2 clementines, unpeeled, sliced horizontally very thinly

FOR THE ICING AND DECORATION

- 650g cream cheese (we like Philadelphia)
- 250g unsalted butter, at room temperature
- Finely grated zest 2 oranges
- 120g icing sugar
- 3 tbsp clear honey
- 100g dark chocolate, chopped
- 1 tsp sunflower oil

YOU'LL ALSO NEED...

- 2 (or more) large baking sheets lined with non-stick baking paper
- 20cm round cake tin

1 Heat the oven to 180°C/160°C fan/gas 4. Melt the honey, sugar and butter in a large pan over a medium heat. Bring to a simmer and bubble

for 5 minutes until a slightly darker shade of brown. Turn off the heat and leave to stand for 8-10 minutes until cool enough to touch (see tip).
2 Gradually pour the beaten eggs into the cooled mixture, beating with a balloon whisk until fully combined.
3 Add the baking powder, ground ginger, zest, flour and a pinch of salt, then mix well using a wooden spoon. The dough is soft like gingerbread dough and takes about 5 minutes to properly combine. Weigh, then divide into 10 pieces (about 110g each).
4 Shape each piece into a disc then, on a well floured surface, roll one into a 2-3mm thick circle just larger than 20cm in diameter. Use a 20cm cake tin to cut out a disc of dough. Use a cake lifter or cake tin base to transfer to one end of a lined baking sheet. Repeat with another 3 dough pieces, putting 2 discs on each lined sheet, then bake for 7-8 minutes until golden and cooked through. Leave to firm up for 5 minutes, then carefully transfer to a wire rack to cool completely. Repeat with the remaining dough.
5 Once the biscuits are cooked, make the candied clementines. Turn the oven down to 120°C/100°C fan/gas 1½. Put the sugar in a pan with 200ml water and bring to the boil, stirring to dissolve. Add the clementine slices, reduce to a simmer and cook for 3-4 minutes. Drain, lay out on a baking sheet lined with non-stick baking paper and bake for 50-60 minutes.
6 Meanwhile, make the icing. In a large mixing bowl, beat the cream cheese, butter and zest with an electric whisk until smooth. Add the icing sugar and honey, then whisk again until smooth and creamy.
7 Put one biscuit on a large plate, spread evenly with 3-4 tbsp of icing using a palette knife and top with another biscuit. Repeat using up all the biscuits, then spread the rest of the icing over the top and sides of the biscuits. Use a palette knife to gently scrape the icing around the sides until you can just see the edges of the biscuits, then chill in the fridge for at least 30 minutes to set.
8 Meanwhile, in a heatproof bowl,

melt the chocolate over a pan of simmering water (don't let the bowl touch the water), then mix in the sunflower oil. Remove the cake from the fridge, drizzle over a little chocolate, then spread it over the icing with a palette knife to create a swirling pattern. Keep adding more chocolate and spreading it across the cake. When you're happy with your swirl, drizzle over the rest of the chocolate, Jackson Pollock style. Return to the fridge to set for at least 2 hours (see tip). Decorate the top with the candied clementines.
PER SERVING (FOR 16) 633kcal, 32.9g fat (20.5g saturated), 8.2g protein, 74.9g carbs (45.9g sugars), 0.4g salt, 1.9g fibre

* Mango and lime sorbet

SERVES 8-10. HANDS-ON TIME 20 MIN, PLUS FREEZING



The sorbet will keep in the freezer, covered, for 2 months.

NOTE Contains raw egg white.

- Zest and juice (about 80ml) 3-4 limes
- 300g caster sugar
- 4 large ripe mangoes (about 950g), skin and stones removed, flesh roughly chopped
- 1 medium free-range egg white

1 Gently heat the lime zest, juice and sugar in a heavy-based pan with 150g water until the sugar dissolves. Turn up the heat, bring to the boil and simmer for 3-4 minutes.

2 Whizz the mango in a blender until smooth. Add the sugar syrup and whizz until combined. Leave to cool, then pour into a sealable container and freeze until solid. Remove from the freezer, leave until soft enough to spoon into a food processor, then add the egg white and whizz until smooth. Return to the container and freeze until ready to use. Take out of the freezer 5 minutes before serving.

PER SERVING (FOR 10) 181kcal, 0.2g fat (0.1g saturated), 0.9g protein, 42.2g carbs (41.9g sugars), trace salt, 3.1g fibre **a**

NEXT MONTH
Root vegetables get a star turn

Get more out of mornings

It only takes a little change with Alpro's plant-based range to discover a whole lot of choice for breakfast

What's your breakfast style? Do you always hit the snooze button, then only have time for a quick bowl of cereal? Or perhaps you wait until you get to work, then enjoy a leisurely porridge at your desk? With Alpro's great-tasting and healthy* plant-based range, you can easily add a twist to your everyday favourites.

Try adding a splash of fibre-rich Alpro Oat Original drink to give granola and blueberries an oaty twist. Or why not pair deliciously healthy** Alpro Almond Unsweetened drink with porridge, sliced banana and a drizzle of honey? Or simply sprinkle some chopped nuts and seeds on top of a bowl of Alpro Simply Plain soya alternative to yogurt.

Let Alpro inspire you to get more out of your mornings with a plant-based twist on breakfast. Try this quick and easy recipe – ideal for those eternal snoozers all year round.

Crispy rice puff and nut cereal breakfast bars

MAKES 24. HANDS-ON TIME 5 MIN,
OVEN TIME 8-10 MIN, PLUS CHILLING

- 120g jumbo oats
- 100g pecans, chopped
- 80g mixed seeds
- 75g puffed rice
- 80g dried cranberries
- 1 tsp ground cinnamon
- 5 tbsp rapeseed oil
- 50g soft brown sugar
- 125ml honey
- Alpro Simply Plain to serve

1 Heat the oven to 180°C/160°C fan/gas 4 and line a 23cm square cake tin with non-stick baking paper.

2 Spread the oats, nuts and seeds out onto a large baking tray and bake for 8-10 minutes until just starting to

brown. Give the mixture a good stir halfway through cooking.

3 Remove the tray from the oven, mix in the puffed rice, cranberries and cinnamon, then set aside.

4 In a small saucepan, heat the rapeseed oil, sugar and honey until the sugar has melted, then pour over the cereal mix and stir well, ensuring everything is coated.

5 Pour the mixture into the cake tin, press down firmly with the back of a spoon, then chill for 30 minutes.

6 Lift the cereal square out of the tin and cut into 24 bars. Store in an airtight container between baking paper. Serve with a big pot of Alpro Simply Plain for dipping.

TIP For a tasty twist, try this with Alpro Plain with Almond or Alpro Plain with Coconut soya alternative to yogurt.




Visit alpro.com/uk to discover more tasty recipes on Alpro's Creative Kitchen page, or find Alpro on Facebook

* 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 which contributes to the protection of cells from oxidative stress.

WHEN TV AND SOFA ARE CALLING...

RECIPES AND FOOD STYLING **REBECCA WOOLLARD** PHOTOGRAPHS **KATE WHITAKER** STYLING **DAVINA PERKINS**



Chocolate,
cardamom and
caramel tear-apart
bread, p64



“Once the heady days of the grand Valentine’s gesture are over and you settle into

a more comfortable routine, you may start to think there’s nothing nicer than snuggling up on the sofa, sharing a plate of good food and a bottle of wine and watching something engrossing on TV.

These recipes are perfect for those occasions, when you want to do more than just open a bag of popcorn but still need something that can be eaten with your fingers. And you can scale up the recipes if you’re having a group sofa-fest.

What you watch is up to you, of course, but we’ve included some of our favourites in case you need some ideas. ”

REBECCA WOOLLARD, FOOD EDITOR →

Beef fillet and
madeira béarnaise
open sandwiches,
p60

SUSY ATKINS' WINE PICKS

A bottle of cool pale ale rocks with the chips, though a bright, fresh Chilean sauvignon blanc would do too. The rich beef fillet needs a soft, silky red, perhaps a beaujolais (see p69) or pinot noir. Spanish albariño – refreshing and elegant – is the white that wins with the crab croquetas, and for both the sweet dishes chill a sweet, golden moscatel de valencia.

Crispy chips with chilli salsa and cheese

SERVES 2. HANDS-ON TIME 25 MIN,
OVEN TIME 35-45 MIN, PLUS SOAKING



The salsa will keep in the fridge for around 48 hours. You'll have more than you need, so keep the rest to dollop over meat and fish, or stir into yogurt as a dip or to use as a salad dressing.



Soaking the chips in salted water (step 1) helps to draw out the starch and season them all the way through, giving fluffier, more flavourful chips.

- 2 large baking potatoes, peeled
- 3 tbsp salt
- 3 tbsp sunflower oil
- 75g mix mozzarella and mature cheddar, grated (block mozzarella works best)

FOR THE CHILLI SALSA

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 shallot, finely chopped
- 2½ tbsp red wine vinegar
- Large pinch sugar
- 25g bunch fresh mint, leaves picked
- 25g bunch fresh coriander, leaves picked
- 25g bunch fresh flatleaf parsley, leaves picked
- 1 green chilli, deseeded if you like, roughly chopped
- 1 tbsp olive oil

1 Slice the potatoes into thin chips, then put in a bowl with the salt and cover with cold water. Soak for 1 hour, then drain and pat dry using kitchen paper. While they're soaking, heat the oven to 200°C/180°C fan/gas 6.

2 Heat the oil in your largest roasting tin (it's important not to crowd the chips) for 3-4 minutes until smoking. Add the chips and turn to coat in the oil, then cook in the oven for 30-35 minutes, turning occasionally (don't worry if they break up a little when turned – it just adds to their crispiness), until crisp and golden.

3 While the chips are cooking, make the salsa. Heat a frying pan and toast the cumin and coriander seeds until fragrant. Transfer to a pestle and mortar and crush to a powder.

Put the shallot, red wine vinegar and sugar in a small glass or ceramic bowl, stir in a little salt and leave for 10 minutes. Put all the salsa ingredients except the olive oil in a food processor and whizz to a rough paste. Whizz in the oil, then taste and add more salt, sugar or vinegar as needed. (If you don't have a food processor, crush the ingredients to a paste in a pestle and mortar, adding the oil with the rest of the ingredients.)

4 When the chips are golden, lift them into an ovenproof serving dish using a fish slice, then pat gently with kitchen paper to remove excess oil. Scatter over the grated cheese, then return to the oven for 5-10 minutes more until the cheese has melted. Dollop over the chilli salsa and serve immediately.

PER SERVING 625kcal, 33.8g fat (9.5g saturated), 16.2g protein, 59.7g carbs (5.6g sugars), 3g salt, 8.7g fibre

Beef fillet and madeira béarnaise open sandwiches

SERVES 2. HANDS-ON TIME 45 MIN



Serve the beef at room temperature. Cook it up to 24 hours ahead, cool and chill, then take out of the fridge around 1 hour before slicing and serving. Make the béarnaise no more than 30 minutes in advance.



Ask your butcher for centre-cut fillet. It's pricier but it will be an even thickness, which makes it easier to cook.

- 300g piece grass-fed British beef fillet (see Know-how)
- Flavourless oil for rubbing
- 4 sourdough bread slices, toasted
- Butter for spreading
- Small amount of horseradish sauce or mustard (optional)
- Handful watercress to garnish

FOR THE MADEIRA BÉARNAISE

- 3 tbsp white wine vinegar
- 3 tbsp madeira, plus an extra splash
- 1 shallot, finely chopped
- 1 mace blade
- ½ tsp peppercorns
- 1 large free-range egg yolk
- 70g unsalted butter, melted
- 3 tbsp finely chopped fresh tarragon leaves

1 For the béarnaise, put the vinegar, madeira, shallot, mace and peppercorns into a small non-reactive saucepan (such as stainless steel or good nonstick) set over a high heat. Bubble to reduce to 1 tbsp liquid. Strain the liquid into a medium heatproof glass or ceramic bowl (discard the solids) and set aside.

2 Heat the oven to 220°C/200°C fan/gas 7. Put a frying pan over a high heat, rub the beef fillet with the oil and season well all over with salt. Once the pan is smoking hot, add the beef and sear on all sides for 3-4 minutes until well coloured, then transfer to the oven and cook for 12-15 minutes or until a digital thermometer pushed into the middle reads 30-35°C (to keep it tender enough to eat without cutlery it needs to be medium-rare at most). Remove the steak to a plate, cover tightly with a layer of foil and a double folded tea towel, then leave to rest. The internal temperature will rise a few degrees and you'll have perfectly tender meat.

3 While the steak is resting, finish the béarnaise. Set the bowl with the reduction over a pan of gently simmering water (don't let the bowl touch the water) and, using a balloon whisk, whisk in the egg yolk with a pinch of salt. Once it is fully incorporated and the mixture is beginning to increase in volume, slowly whisk in the melted butter in a thin stream – the mixture should thicken and stay aerated.

4 Once all the butter is whisked in, stir in a final small splash of madeira and the tarragon. The sauce should coat the back of a →



Crispy chips with
chilli salsa and
cheese

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spoon easily but still be pourable.

Cover with cling film directly touching the surface and leave in the bowl on top of the pan, but off the heat (see Make Ahead).

5 Lightly butter the toast and, if you want to, add a scrape of horseradish sauce or mustard – don't go overboard or it will mask the flavour of the béarnaise. Top with a few watercress sprigs, then slice the rested beef as thinly as you can and ruffle the slices onto the toast. Stir the resting juices from the meat into the béarnaise, spoon it over the beef generously and serve immediately.

PER SERVING 832kcal, 52g fat (27.4g saturated), 42.7g protein, 40.7g carbs (4.6g sugars), 1.2g salt, 2.8g fibre

✪ For more ways to use mace blade, see Loose Ends

* Crab croquetas with romesco dipping sauce

MAKES 24 CROQUETAS. HANDS-ON TIME 1 HOUR, PLUS CHILLING

MAKE AHEAD

It's difficult to make these in smaller quantities so you may as well make a large batch. This recipe will make enough for 4 people. Make a batch, freeze half on trays, then put in bags and freeze for up to 1 month. Fry the croquetas from frozen for a minute longer than in the recipe.

FOOD TEAM'S TIP

The romesco also makes a generous portion, but leftovers will keep in the fridge, covered, for up to 5 days. It's great served with fish or chicken, as a dip for bread or with pasta like a sort of pesto. The fish stock imparts depth of flavour but if you want to simplify your shopping list, you could replace it with extra milk.

- 65g unsalted butter
- 1 large banana shallot, very finely chopped
- 140g plain flour, plus extra to dust
- ¼ tsp mustard powder
- Large pinch cayenne pepper
- Large pinch freshly grated nutmeg
- 125ml fresh fish stock (see tip)
- 300ml milk

- 50g each brown and white crabmeat
- 2 tbsp mix of finely chopped chives and dill
- 2 large free-range eggs, beaten
- 135g dried breadcrumbs
- Around 2 litres sunflower oil for frying

FOR THE ROMESCO SAUCE

- 2 red peppers
- 80g blanched almonds, roughly chopped
- 70g stale crusty white bread, torn into chunks
- ¼ tsp hot smoked paprika
- 1 large garlic clove, crushed
- 2 tbsp sherry vinegar
- 90ml extra-virgin olive oil

1 Heat the butter in a medium saucepan, then add the shallot and a pinch of salt. Cook over a low-medium heat for 6-7 minutes until slightly softened but not coloured. Add 65g of the flour, the mustard powder, cayenne and nutmeg, then cook, stirring, for 3-4 minutes until the flour starts to smell biscuity. Turn up the heat and gradually add the stock, stirring all the time, so the mixture thickens and bubbles gently. Once the stock is added continue to add the milk in the same way, then cook for 3-4 minutes, stirring, until the mixture is very thick and comes away from the sides of the pan when stirred. Stir in both kinds of crabmeat and the chopped herbs, then taste and season as needed.

2 Transfer the sauce to a baking tray or large shallow bowl, smooth the top and cover with a layer of cling film directly touching the surface. Leave to cool completely, then chill in the fridge for at least 3 hours, or up to overnight.

3 For the romesco, either grill the peppers under the hottest grill setting, turning often until blackened all over, or char them directly in the flame of a gas hob, using metal tongs. Once the peppers are blackened, put in a bowl covered with cling film or in a freezer bag and leave to cool for 20 minutes.

Peel off the blackened skins (a quick rinse under cold water will help), remove the stalks and seeds, then tear into strips. Put in the bowl of a food processor with the remaining romesco ingredients (except the olive oil) and season well. Whizz to a thick paste, then pulse in the olive oil until well combined but still with some texture. Taste, season, scoop into a bowl and set aside.

4 When ready to assemble the croquetas, put the remaining 75g flour and the eggs into separate, wide, shallow bowls and the breadcrumbs into a small roasting tin. Dust your hands with flour, then scoop out walnut-size pieces of the croqueta mixture with a teaspoon and roll into a ball between your palms. Drop into the flour to coat, then into the eggs, shaking gently each time to remove any excess. Finally, put them in the breadcrumb tin. Work until you have 3-4 croquetas in the breadcrumb tin, then shake the tin gently to coat the croquetas all over – squeeze them carefully in your hands to secure the coating.

Put the breadcrumb-coated croquetas on a baking tray lined with baking paper, then chill all 24 croquetas in the fridge for 1 hour (or in the freezer for 40 minutes).

5 Heat the oil in a large heavy-based saucepan over a medium-high heat to 180°C when tested with a digital thermometer. (If you don't have one, drop a few breadcrumbs into the oil after it's been heating for about 5 minutes – if they sizzle enthusiastically it's about right.)

Fry the croquetas in batches for 4-5 minutes until deep golden – don't crowd the pan, and if they stop sizzling at any point, remove them from the pan with a slotted spoon, turn up the heat and bring the oil back to temperature before continuing. Keep the cooked croquetas warm in a low oven while you finish the rest. Serve with the romesco for dipping.

PER CROQUETA 142kcal, 9.2g fat (2.6g saturated), 4g protein, 10.5g carbs (1.3g sugars), 0.2g salt, 0.6g fibre →

LITTLE BALLS OF JOY
Crab croquetas
with romesco
dipping sauce



Food editor Rebecca Woollard's recommendations

"There's a varied mix of TV viewing here – not all terribly suitable for Valentine's Day, maybe, but they're some of my favourites."

- **ORANGE IS THE NEW BLACK**

Brilliant dark comedy-drama about life in a women's prison. I was hooked from the first episode (warning: there are 52 in total).

- **PEAKY BLINDERS**

A beautifully shot, stylish drama about post-World War I life in Birmingham, very loosely based on a real-life gang. Features the equally beautiful Cillian Murphy and, later on, a wonderfully Machiavellian Tom Hardy.

- **GAVIN & STACEY**

This comedy is like a favourite comfort blanket. Endlessly repeatable and featuring one of the best marriages ever created... If we could all be as happy as Pam and Mick, the world would be a much better place.

- **ORPHAN BLACK**

Absurdly silly dystopian drama about cloning, made watchable by the excellent acting of Tatiana Maslany, who plays about 12 roles.

Chocolate, cardamom and caramel tear-apart bread

MAKES 1KG LOAF (SERVES AROUND 10).

HANDS-ON TIME 35 MIN, OVEN TIME 45 MIN, PLUS RISING AND PROVING

MAKE
AHEAD

This is best eaten warm from the oven but can be cooled, wrapped and kept for 2 days. Warm in the oven if you like or blast for 30 seconds in the microwave.

- 5g dried fast-action yeast
- 2 tbsp soft light brown sugar
- 450g strong white bread flour, plus extra for dusting
- 1 tsp salt
- 8 cardamom pods, seeds finely ground
- 290ml lukewarm milk
- 1 medium free-range egg, lightly beaten
- 400g dulce de leche or Carnation caramel
- 100g dark chocolate, roughly chopped
- Sea salt flakes to scatter

YOU'LL ALSO NEED...

- 900g loaf tin (around 23cm x 13cm; ours was from Le Creuset), oiled and fully lined with non-stick baking paper (it's easiest to use 2 separate strips of paper)

1 Combine the yeast, sugar, flour, salt and ground cardamom in a mixing bowl. Pour in the milk and the egg, mix into a dough using a wooden spoon, then tip out onto a lightly floured surface and knead for 10-15 minutes until smooth and

elastic. Transfer to a lightly oiled bowl, cover with cling film and leave to rise for 1 hour or so until doubled in size.

2 Once risen, knead the dough lightly for a few seconds to distribute the air. Heat the oven to 180°C/160°C fan/gas 4. Tear off walnut-size pieces of dough and roll into balls between your palms. Drizzle a layer of dulce de leche into the prepared loaf tin, then loosely pile the balls into it, drizzling over more dulce de leche and scattering over chocolate and sea salt flakes as you go. The balls shouldn't be packed tightly as they need room to expand. When the ingredients are used up, cover loosely with cling film and set aside to prove/rise for 30 minutes.

3 When the dough is puffed and prodding with a finger leaves an indent, bake the loaf for 45 minutes. Cover with foil after 25-30 minutes to stop it getting too dark. After cooking, leave the loaf in the tin for 5 minutes, then remove and cool on a wire rack. Tear apart to eat.

PER SERVING (FOR 10) 362kcal, 7.3g fat (4.2g saturated), 8g protein, 65.1g carbs (31.3g sugars), 0.6g salt, 1.8g fibre

* Bourbon and maple ice cream coupes

MAKES AROUND 500ML ICE CREAM.

HANDS-ON TIME 20 MIN, PLUS AT LEAST 8 HOURS FREEZING

MAKE
AHEAD

The maple ice cream will keep in the freezer for up to 1 month.

KNOW-
HOW

This is a take on a classic French pudding in which sorbet or ice cream is teamed with a spirit and served in a coupe. We've made a no-churn ice cream with a light, creamy texture similar to a parfait.

The combination of orange, bourbon and sweet maple has hints of an Old Fashioned cocktail, so we've garnished it with orange zest and cherries, but they're not essential. NOTE Contains raw egg.

- 3 medium free-range eggs, separated
- 120ml maple syrup
- 250ml double cream
- Juice ½ orange
- Bourbon for pouring over
- Amarena or maraschino cherries in syrup and strips of orange zest to serve (optional)

1 Put the egg yolks and maple syrup into a large mixing bowl and whisk using an electric hand mixer for about 5 minutes until moussey and aerated – when you lift the whisk the mixture should drop off and remain briefly visible (as a 'ribbon') on the surface. In another mixing bowl, whip the double cream with the orange juice to soft peaks (the peaks flop over when the beaters are lifted out), then set aside. Fold the cream into the egg mixture using a balloon whisk.

2 In a third clean bowl and using clean beaters, whisk the egg whites to medium-stiff peaks. Fold into the egg and cream mixture, starting with a tablespoon, then adding the rest in 2 additions. Gently transfer to a freezerproof container, then freeze for at least 8 hours until solid.

3 To assemble, take the ice cream out of the freezer 10 minutes before serving. Scoop into bowls or glasses and pour over a generous splash of bourbon. Serve with a twist of orange peel and, if you like, a maraschino or amarena cherry.

PER SERVING (2 x 50ML SCOOPS) 282kcal, 18.5g fat (10.8g saturated), 3.3g protein, 10.3g carbs (9.4g sugars), 0.1g salt, no fibre **a**



Managing editor Les Dunn's recommendations

"Tears of sorrow, tears of laughter – you can't beat a good cry."

• THE BIG LEBOWSKI

Charming cult comedy about The Dude, a slacker trying to get recompense for his rug, win the bowling competition and more. Make a white russian cocktail [or two] and take it easy.

• JEAN DE FLORETTE & MANON DES SOURCES

Classic two-film adaptation of Marcel Pagnol's book about rural Provençal life (French with subtitles). Brilliantly acted – if you're not weeping at the end, you have a heart of stone.

• ANNIE HALL

Romantic Woody Allen movie that teeters between funny, sad and hysterically funny. Ahead of its time. Gags and wry observations fly as the truth of a relationship is laid bare.

• GRAND BUDAPEST HOTEL

Ralph Fiennes was robbed of an Oscar for his extraordinary performance as concierge Monsieur Gustave H in this gloriously entertaining Wes Anderson farce.

cheer-up february.



ADULTS ONLY
Bourbon and
maple ice cream
coupes



**MASTER
RECIPE**

Red wine braised
beef and veg
stew



Beef cobbler

ONE BEEF STEW...

3 great ideas for leftovers

Meaty, comforting cooking is one of the great pleasures of February. Slow-cooked braised beef is quick to put together but it does need a long stint in the oven. Make our master recipe, eat half, then use the leftovers in one of these three simple, flavoursome recipes



Enchiladas



Braised beef, anchovy
salsa and polenta



THE MASTER RECIPE * Red wine braised beef and vegetable stew

SERVES 2 WITH ENOUGH LEFTOVERS TO MAKE ONE
OF THE RECIPES (RIGHT). HANDS-ON TIME 30 MIN,
SIMMERING TIME 3½-4 HOURS

MAKE
AHEAD

The finished dish will keep, covered in the fridge, for 3-4 days. Freeze in freezer bags or a sealed plastic container for up to 3 months.

FOOD
TEAM'S
TIPS

Try to buy beef shin steaks with the bone in (ask your butcher, or buy from Ocado or Waitrose). Cook the bone in the stew with the meat; the marrow gives it extra flavour. If you'd rather simmer the dish in the oven, bring it to the boil, cover and cook for 3-3½ hours at 150°C/130°C fan/gas 2.

- Olive oil for frying
- 1 onion, finely sliced
- 3 small carrots, thinly sliced
- 1 leek, thinly sliced
- 100g chestnut mushrooms, halved
- 2 garlic cloves, crushed
- 750g British beef shin, diced (see tips)
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 250ml red wine
- 400ml beef stock
- Small bunch fresh thyme sprigs
- Jacket potatoes or mashed potato to serve

1 In a deep, heavy-based casserole with a lid, heat a glug of oil over a medium heat. Add the onion, carrots and leek, then fry for 5 minutes until starting to soften. Add the mushrooms and garlic and fry for 4 minutes more, stirring occasionally.
2 Add the beef, flour, tomato purée and Worcestershire sauce. Turn up the heat and brown the meat for a minute or so, stirring. Add the wine, bubble to reduce for 1-2 minutes, then add the stock and thyme. Bring to the boil, then turn down to the lowest setting until the stew is barely simmering. Put the lid on the pot and simmer for 3½-4 hours, stirring every 45 minutes to prevent it catching on the bottom (to cook it in the oven, see tip). Check the beef is tender, taste and season, then serve with jacket/mashed potatoes.

PER SERVING 452kcal, 14.5g fat (4.3g saturated), 47.3g protein, 18.5g carbs (10.4g sugars), 1.3g salt, 5.7g fibre

WINE EDITOR'S CHOICE The merlot-rich style of a saint-émilion from Bordeaux.

Now try these...

BEEF COBBLER

SERVES 2. HANDS-ON
TIME 15 MIN, OVEN TIME
35-40 MIN



Heat the oven to 200°C/180°C fan/gas 6. To make the cobbler topping, put **100g plain flour**, **½ tsp baking powder** and a **pinch of salt** in a mixing bowl and stir together. Add **25g unsalted butter** then, using your fingertips, rub in until the mixture has a coarse, sandy texture. Mix in **90ml buttermilk** and a **handful of finely chopped chives**, then bring together into a soft, sticky dough.

Pour the **half-batch of stew** into a saucepan with **100-150ml beef stock** (the cobbler will soak up a lot of the extra liquid). Gently heat through, then transfer to a 1 litre ovenproof dish and dollop small spoonfuls of the topping haphazardly over the beef. Brush the tops with a **little more buttermilk**.

Bake for 35-40 minutes until bubbling and the topping is cooked through. Check after 30 minutes; if it's browning too much, cover with foil.

PER SERVING 756kcal, 25.9g fat (11.3g saturated), 55.2g protein, 60g carbs (13.3g sugars), 2.5g salt, 7.8g fibre

WINE EDITOR'S CHOICE The gravy-soaked cobbler topping calls for an easy-going côtes du rhône villages.

ENCHILADAS

SERVES 2. HANDS-ON
TIME 30 MIN, OVEN TIME
30 MIN



In a large frying pan, heat a **glug of vegetable oil** and fry a **roughly chopped onion** for 5-8 minutes until softening. Add **1 tsp ground cumin**, **1 tsp ground coriander** and **4 tsp chipotle paste**, fry for a few minutes, then stir in a **400g tin of chopped tomatoes**. Simmer for 15 minutes.

Heat the oven to 200°C/180°C fan/gas 6. Meanwhile, pour the **half-batch of beef stew** into a saucepan and gently heat through. If the sauce has thickened up a lot, add a splash of beef stock or water. Put a large frying/

griddle pan over a high heat and toast **2 large flour tortillas**, one at a time, until lightly charred on both sides.

Divide the stew between the tortillas, then roll them up. Put the tortilla rolls in a 1 litre ovenproof dish. Pour over the hot tomato and chipotle sauce, then dollop over **4 tbsp soured cream**. Top with **30g grated cheddar** and bake for 30 minutes until golden and bubbling. Leave to stand for 5 minutes, then serve with a green salad.

PER SERVING 801kcal, 42.3g fat (13g saturated), 55.3g protein, 33.4g carbs (24g sugars), 1.8g salt, 9.2g fibre

WINE EDITOR'S CHOICE Match the spices with a Chilean carmenère, which has a wonderfully savoury, peppery note of its own.

BRAISED BEEF, ANCHOVY SALSA AND POLENTA

SERVES 2. HANDS-ON
TIME 20 MIN



In a small food processor, whizz a **handful of fresh flatleaf parsley** and a **handful of fresh basil leaves**, **1 small garlic clove**, **2 anchovy fillets**, **1 tsp red wine vinegar**, a pinch of salt and **4 tbsp olive oil**. (This makes more than you need; keep the leftovers covered in the fridge.)

In a large saucepan, heat **500ml semi-skimmed milk** and **30g butter** until it comes to a simmer. Put **100g instant polenta** in another saucepan and, stirring constantly, pour in the hot milk mixture. Turn the heat to low and keep stirring until the polenta thickens and comes to the boil. Add **30g grated parmesan** and plenty of salt and pepper. Leave to bubble for 5 minutes. Warm through the leftover braised beef and serve with the polenta and salsa.

PER SERVING 995kcal, 46.7g fat (18.3g saturated), 65g protein, 65.3g carbs (22g sugars), 2.6g salt, 7.9g fibre

WINE EDITOR'S CHOICE A good Italian valpolicella will have just the required juicy plum and red cherry character. **A**

One night only! Join us for an exclusive evening of food and film


Enjoy a seven-course tasting menu at BAFTA 195 Piccadilly and a special screening of *Chef*



READER
EVENT

The home of the British Academy of Film and Television Arts, BAFTA 195 Piccadilly in London's West End, is rolling out the red carpet for delicious. readers for a very special one-off event.

You'll be treated like movie royalty. After champagne you'll enjoy the first half of a seven-course tasting menu with wine pairings, created by Anton Manganaro. There's then a screening of *Chef*, in which Jon Favreau plays the frustrated hero working in a posh restaurant, who gets his mojo back by hitting the road in a food truck.

The evening is cleverly crafted to match the movie's plot: four elegant fine-dining courses then, after the credits roll, three fun street food-style courses. You'll meet editor Karen Barnes and other members of the delicious. team, and everybody takes home a goody bag. It's going to be an evening to remember. 



STAR BILLING
You'll arrive at BAFTA 195 Piccadilly to a champagne reception, then chef Anton Manganaro will present a feast to complement the movie

TICKETS ARE LIMITED SO BOOK NOW!

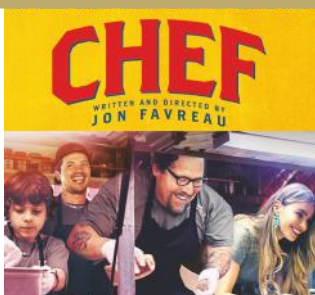
EVENT DETAILS

PRICE £75 per person

DATE Thursday 27 April

TIME 6.30pm

VENUE BAFTA 195 Piccadilly, London W1



TO BOOK: visit delicious-bafta195-dinner.eventbrite.co.uk

TERMS AND CONDITIONS Full payment required upon booking. For reservations cancelled, the full cost will be retained unless the ticket can be resold.



195

BRITISH ACADEMY
OF FILM AND TELEVISION ARTS

SEVEN-COURSE TASTING MENU

Slow-cooked organic Rookery
Farm egg with oscietra caviar



French onion soup



Seared scallop, prawn
and squid risotto



Chocolate lava cake with
chantilly cream

THE SCREENING

Cuban sandwich with
yucca fries



Smoked brisket with grits
and BBQ sauce



Beignets with coffee
ice cream



CHEERS!

Susy Atkins rounds up the hottest wines and trends

GRAB A BARGAIN

• **Exquisite Collection Touraine Sauvignon Blanc 2015, Loire, France (£5.49, Aldi)**
There's a bright, early spring-like quality to this green-appley, slightly grassy dry white.

• **Estevez Pinot Noir Reserva 2015, Central Valley, Chile (£4.79, Aldi)**
Smooth and easy-going with plump black cherries

and a rich chocolate note. Another Aldi bargain.

• **Taste the Difference Fairtrade Moscato Sparkling Rosé 2015, South Africa (£5, Sainsbury's)**
Fun, frivolous pink froth, medium-sweet, and a decent example of low-alcohol wine (5.5%). Works well with fruit salad or sorbet.



FRIDAY SPECIAL



• **Le Stelle Vermentino di Sardegna 2015, Italy (£8.79, Waitrose)**
A refreshing, classy Sardinian white with green-herbal and ginger notes. Try it with top-notch seafood.

• **Sole de Recas Shiraz-Fetească Neagră 2015, Timis, Romania (£8.75, Oddbins)**
Something different:

a Romanian red, bold and rich with raspberries and a peppery edge. Can take on spicy meat dishes.

• **Wm Morrison Somontano Cabernet Sauvignon 2015, Aragón, Spain (£8)**
A new and distinctive wine from far northeast Spain. A ripe core of cassis with hints of mint and mocha. Lovely with lamb.

SPLASH OUT (perfect for Valentine's Day)

• **Hill-Smith Estate Chardonnay 2015, Eden Valley, Australia (£10.99, Waitrose)**
Seductive chardonnay, rounded and ripe, lifted by hints of pineapple and peach. Fab with salmon.

• **Te Taha Martinborough Pinot Noir 2014, New Zealand (£15, Marks & Spencer)**
Juicy NZ pinot, packed with redcurrants and

plums. Beguiling with steak or duck for a romantic meal.

• **Hambleton Classic Cuvée Rosé NV, England (£30-35, Berry Bros & Rudd, Fareham Wine Cellar and hambleton vineyard.co.uk)**
Romantic rosé with sublime flavours of wild strawberry, cherry and brioche. Teeming with tiny bubbles. Swoon...



WHAT'S HOT

Beaujolais is back

The fashion for lighter, juicier reds means gamay, the grape behind beaujolais' soft, tangy style, is in demand. Don't buy basic stuff though. Trade up to beaujolais-villages or, better still, go for one of the 10 crus (sub regions) such as fleurie, brouilly, morgon, saint-amour and moulin-à-vent. Good with pâtés, roast pork, chicken stew and chicken liver salad.

Three beaujolais worth trying: **Saint-Amour Dominique Piron 2015 (£14, Marks & Spencer)** has juicy strawberry and floral violet notes. **Morgon 2015 Château de Pizay (£10.99, or £9.89 in mixed six offer, Majestic)** is a richer, food friendly, damson-laden red. More pricey, **Moulin-à-Vent 2014, Albert Bichot Les Rochegrès (£24.99, Waitrose)** is smooth yet ripe, with lots of gorgeous fresh raspberry fruit.

ADD A TOUCH OF SPARKLE

Glitz Champagne Flutes from Dartington Crystal are tall and slender – perfect for showcasing the fine bubbles of a good fizz, and they have an elegant Swarovski crystal design. Great for 14 February. £45 for two; dartington.co.uk 



Pick 'n' mix HOT CHOCOLATE

The craze started in the USA (where else?) but it's perfectly suited to wintry days in the UK. Come in from the cold to a homemade hot chocolate – with extras. Start with the basic recipe, then customise it to your taste. This is the sort of DIY everyone can get into



THE MASTER RECIPE

SERVES 6. HANDS-ON TIME 15 MIN

FOOD
TEAM'S
TIP

This hot chocolate is somewhere between Spanish dipping chocolate and the traditional British cup of cocoa. If you prefer a thinner drink, reduce the cornflour to ½ tbsp.

Gently warm **700ml whole milk**, **2 tbsp caster sugar** and **2 tsp vanilla paste** in a medium saucepan until just steaming. Put **1½ tbsp cornflour** (see tip) and **1½ tbsp cocoa powder** in a small mixing bowl, then spoon in a little of the warm milk. Mix until just combined, then pour back into the pan. Whisk for

4–5 minutes until well combined and thickened. Add **70g dark chocolate** and **20g milk chocolate**, both roughly chopped, and let it melt. Stir in **2½ tbsp double cream**, then serve. **PER SERVING (FOR 6)** 225kcal, 12.7g fat (7.8g saturated), 5.7g protein, 21.1g carbs (17.3g sugars), 0.1g salt, 1.1g fibre

RECIPE AND FOOD STYLING: ELLA TARN. PHOTOGRAPHY: KATE WHITAKER. STYLING: DAVINA PERKINS

Salted dulce de leche spoons

SERVES 6. HANDS-ON TIME 5 MIN

Find 6 similar teaspoons, then scoop up **dulche de leche** into each and scatter **a few sea salt flakes** over the top. Serve with the mugs of hot chocolate to stir in until melted and combined.

And for booze...

Spike your hot chocolate with rum, amaretto or Baileys, or pour a slug into double cream, whip to soft peaks and dollop on top. For something different, we love Patrón XO Cafe tequila, Cointreau or pedro ximénez sherry.

Honeycomb rubble

SERVES 6. HANDS-ON TIME 5 MIN

Put **100g chocolate-covered honeycomb** in a small bowl and carefully crush with the end of a rolling pin until you have roughly 1cm pieces. Sprinkle a small amount over each mug of hot chocolate.

S'mores

MAKES 8. HANDS-ON TIME 10 MIN

Put **6 Oreos** in a food processor and whizz to a fine powder. Put **50g dark chocolate** in a small heatproof bowl over a pan of just simmering water (don't let the bowl touch the water). Melt, stir, then remove to cool. Dip the bottom of **8 white marshmallows** into the chocolate, then dip into the Oreo crumbs. Put on a baking tray lined with non-stick baking paper and grill until the tops are golden. Float one or two on top of your mug of hot chocolate.

Chocolate-dipped cookie sticks

MAKES ABOUT 8. HANDS-ON TIME 10 MIN

Put **70g milk chocolate** in a small heatproof bowl over a pan of barely simmering water (don't let the bowl touch the water). Allow it to melt, stir, then remove from the heat. Cut **2-3 large soft cookies** into 2cm sticks, then dip one end of each into the chocolate. Place each stick on a tray lined with non-stick baking paper, then chill for 5-10 minutes to set. Serve with the hot chocolate for dunking. **d**



“My mother was a kitchen alchemist”

For architect turned pro baker Gavan Knox, memories of his childhood kitchen in Ireland are far more than misty-eyed remembrances of things past. His mum's cooking spurred on his creativity – and this recipe sweetly sums it up



“My mother is Mary Berry. Well, to me she is. She's the woman solely responsible for my ability, passion and sometimes foolhardy ambition when I bake. In my childhood memories, she's

permanently enrobed in a gingham tabard and there was nothing this woman couldn't make, bake or generally concoct in her kitchen.

If I were to sum up a childhood of kitchen memories in one dessert, queen of puddings instantly springs to mind. It was Mum's go-to dessert when ingredients were scarce, and for me it's a classic case of my mother being a kitchen alchemist and turning a few mundane ingredients into something fantastic – a fine example of the whole being more than the sum of its parts. The recipe is easy and comforting, and its warmth, familiarity and soothing nature will always remind me of home.”

➤ GAVAN, AKA MR MOM (MRMOMSKITCHEN.WORDPRESS.COM), IS A FOOD BLOGGER, FULL-TIME DAD AND PASSIONATE BAKER, NOW BASED IN CANADA



QUEEN OF BAKERS
Gavan's mum,
Ann Sullivan, in
Ireland – for once
not wearing her
gingham tabard

Queen of puddings

SERVES 8. HANDS-ON TIME 35 MIN,
OVEN TIME 1 HOUR, PLUS SOAKING
AND COOLING

MAKE
AHEAD

You can make the custard to the end of step 3 up to 12 hours in advance. Leave to cool, cover with cling film, then chill. Make the jam (step 4) up to 2 weeks ahead and keep covered in the fridge.

- 600ml whole milk
- 25g butter, plus extra for greasing
- 150g caster sugar
- Finely grated zest 1 lemon
- 1 tsp vanilla extract
- 3 medium free-range eggs, separated, 2 whites reserved
- 130g homemade white breadcrumbs, preferably made with stale bread
- Cream, custard or ice cream to serve

FOR THE RASPBERRY JAM

- 150g frozen raspberries, defrosted ❄
- 100g caster sugar
- 1 tsp lemon juice

YOU'LL ALSO NEED...

- 1.3 litre pie dish, well greased with butter

1 To make the custard, mix the milk, butter, 50g of the caster sugar, the lemon zest and vanilla extract in a saucepan, then gently heat until the sugar has dissolved and the milk is steaming but not boiling. Remove from the heat and leave to cool.

2 In a mixing bowl, beat the egg yolks

using a balloon whisk, then slowly whisk in the cooled milk mixture. Stir in the breadcrumbs. Pour the mixture into the greased pie dish, then leave to soak for 20 minutes. Heat the oven to 150°C/130°C fan/gas 2.

3 Bake the custard for 35 minutes or until lightly golden and set, but still with a good wobble, then remove from the oven (see Make Ahead).

4 Meanwhile, for the jam, put the raspberries in a medium saucepan over a medium heat for 4–5 minutes until they release their juices. Add the 100g caster sugar and bring to a rapid boil for 5 minutes, stirring constantly, by which time the consistency should be thick and jammy. If the mixture is still a bit runny, boil for 2 minutes more. Let the jam cool, then stir in the lemon juice.

5 When the custard and jam are ready, make the meringue. Put the 2 reserved egg whites into a clean mixing bowl, add a good pinch of salt and use an electric hand mixer to whisk the whites to stiff peaks. Whisk in the 100g caster sugar, a tablespoon at a time, to form a thick, glossy meringue.

6 Heat the oven to 150°C/130°C fan/gas 2. Spread the jam over the baked custard, then top with the meringue. Bake for 20–25 minutes until crisp on top (it will still be mallowy in the middle). Serve hot with cream, custard or ice cream.

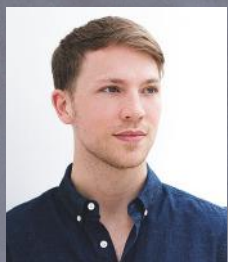
PER SERVING 296kcal, 8.2g fat (4.3g saturated), 7.4g protein, 47.6g carbs (36.2g sugars), 0.3g salt, 0.7g fibre

❄ For more ways to use frozen raspberries, see Loose Ends **d**

food memories.



A wholesome approach to baking



“The tactile pleasure of baking and the simple goodness that goes into it are immeasurably satisfying. These recipes use natural ingredients that have had as little interference as possible,

with no additives or preservatives, and I’ve included dairy-free alternatives, too. There are many ways to make baking that little bit more wholesome – with interesting flours, spices, nuts and fruit. I avoid using white cane sugar, opting for coconut palm sugar instead, as I prefer its flavour. Everything in moderation is my motto.” JORDAN BOURKE

Parsnip cake, p76



RECIPES AND FOOD STYLING **JORDAN BOURKE**
PHOTOGRAPHS **ISSY CROCKER**
STYLING **LOULOU CLARK**



book of the month.

Super-fast,
no-knead spelt
and rye loaf, p77

A BIT ABOUT JORDAN

A chef and author, Jordan trained at the Ballymaloe Cookery School in his native Ireland, then went on to work at the Michelin-starred Petersham Nurseries Café in London. His previous cookbook, *Our Korean Kitchen* (co-authored with his wife Rejina Pyo) was named cookery book of the year at the Fortnum & Mason Food and Drink Awards 2016. Jordan also works as a private chef and as a food stylist and consultant. *Healthy Baking*, from which these recipes have been adapted, is his third book.

Spiced crispbreads, p78





TEAM FAVOURITE
Hugh Thompson,
 deputy chief
 sub editor

"The parsnip cake is simple and satisfying with great depth of flavour – not too sugary, but with raisins providing little bursts of sweetness."

Parsnip cake

SERVES 10-12. HANDS-ON TIME 30 MIN, OVEN TIME 1 HOUR 10-15 MIN, PLUS COOLING

“The addition of parsnip to a cake seems to draw gasps, but it’s no more unusual than carrot. In fact, I’d argue that the chewy sweetness of parsnips makes them even more of a kindred spirit to a moist sponge cake.”



The finished cake will keep in an airtight container for up to 3 days.



Coconut palm sugar is made from the nectar of coconut blossoms. It’s available from Waitrose, Ocado and health food shops. Extra-virgin coconut oil has been cold pressed; it’s available from large supermarkets, health food shops and online.



For a firmer, easier-to-slice texture and deeper flavour, ice the sponge the day after baking it. Keep in an airtight tin. This recipe was tested using dairy-based ingredients.

- 200g white spelt flour
- 50g rye flour, or more spelt flour
- 2 tsp bicarbonate of soda
- 1 tsp baking powder
- 1½ tsp ground cinnamon
- 1½ tsp ground mixed spice
- 3 medium free-range eggs
- 230ml milk (dairy, rice or almond)
- 2 tbsp lemon juice
- 130ml mild rapeseed oil
- 260g coconut palm sugar (see Know-how)
- 2 tsp vanilla extract
- 220g coarsely grated parsnip
- 180g desiccated coconut
- 100g raisins

FOR THE ICING

- 250g cream cheese (or a dairy-free cream cheese alternative)
- 3 tbsp set honey
- 40g extra-virgin coconut oil, melted and cooled, plus 2 tsp extra, left solid (see Know-how)
- Finely grated zest 2 lemons
- 75g toasted flaked almonds
- 2 tsp maple syrup

YOU'LL ALSO NEED...

- 23cm round springform cake tin, greased with oil and lined with non-stick baking paper

1 For the icing, put the cream cheese and honey into a food processor and pulse until combined; don’t overmix. Transfer the mixture to a bowl, then stir in the 40g melted coconut oil and the lemon zest. Cover and chill while you bake the cake.

2 Heat the oven to 200°C/180°C fan/gas 6. In a mixing bowl, sift together the flours, bicarb, baking powder, cinnamon, mixed spice and a pinch of salt. In another large mixing bowl, combine the eggs, milk, lemon juice, rapeseed oil, palm sugar and vanilla extract with a balloon whisk. Whisk the flour mix into the egg mix along with the grated parsnip, coconut and raisins until just combined.

3 Pour the cake batter into the tin, cover with foil and bake for 30 minutes. Remove the foil, then bake for a further 40-45 minutes until a pushed-in skewer comes out mostly clean and the cake is firm to touch. Remove the cake from the oven and leave to cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely.

4 Meanwhile, melt the 2 tsp coconut oil in a pan set over a medium heat. Add the toasted flaked almonds and maple syrup, then cook for 2 minutes or until the almonds are coated and glossy. Remove from the heat and leave to cool.

5 When the cake is completely cool, spread the icing over the top, then scatter over the almonds (see tip).

PER SERVING (FOR 12) 539kcal, 32g fat (16.4g saturated), 8.9g protein, 50.7g carbs (33.6g sugars), 0.9g salt, 6g fibre

Caramelised onion, sweet potato and rye tart

SERVES 8-10. HANDS-ON TIME 1 HOUR, OVEN TIME 60-65 MIN, PLUS CHILLING

“This is perfect for a dinner party. Have everything ready beforehand as the tart takes a bit of time to prepare, then fire it

into the oven just as friends arrive. The smell of it baking is as much a part of the enjoyment as the eating of it.”



Make the pastry up to 24 hours in advance, wrap well in cling film and chill until needed. Allow it to warm slightly to make it more pliable before rolling out. The finished tart can also be served cold; chill in the fridge for 24 hours.

- 5 tbsp olive oil
- 5 onions, thinly sliced
- 2 tbsp chopped fresh thyme leaves
- ½ tsp salt
- 2 sweet potatoes (450g), unpeeled, cut into 2cm thick wedges
- 3 medium free-range eggs, beaten
- 200ml coconut milk or single cream
- 2 garlic cloves, crushed
- 1 tsp cumin seeds
- Small bunch fresh basil, chopped

FOR THE PASTRY

- 200g white or wholegrain spelt flour, plus extra to dust
- 50g rye flour
- ½ tsp salt
- 120g extra-virgin coconut oil or unsalted butter, chilled and cut into small pieces

YOU'LL ALSO NEED...

- 35cm x 12cm rectangular or 24cm diameter round tart tin

1 Heat 4 tbsp of the olive oil in a non-stick frying pan over a low-medium heat. Add the onions and most of the thyme, then season with the salt and a grind of pepper. Cook over a gentle heat for 30-40 minutes, stirring occasionally, until lightly caramelised.

2 Meanwhile make the pastry. Put the flours and salt into a food processor. Add the chilled coconut oil or butter, then whizz until it resembles fine breadcrumbs. Transfer to a bowl, then add 2½ tbsp cold water and bring the dough together with your hands into a ball. If it’s still crumbly, add a few more drops of water, a little at a time,

being careful not to overdo it.

Flatten the dough into a disc, wrap in cling film, then chill for 20-30 minutes until cold but still pliable.

3 Heat the oven to 200°C/180°C fan/gas 6. Dust 2 sheets of cling film with flour, then roll out the pastry between them until 2-3mm thick. Discard the cling film, then line the tart tin with the pastry. If you find the pastry too difficult to roll, simply press it directly into the tin, making sure the base and sides are smooth and even with no cracks. Cover and chill for 15 minutes, or put in the freezer for 5 minutes.

4 Prick the base of the pastry all over with a fork, line with non-stick baking paper, then fill with baking beans or rice. Bake for 20 minutes. Remove the beans/rice and baking paper, then bake the pastry for a further 5 minutes or until biscuity.

5 Meanwhile, toss the sweet potato wedges in the remaining 1 tbsp olive oil, season, then bake for 20 minutes or until just tender.

6 Whisk the eggs, coconut milk/single cream, crushed garlic, cumin seeds and most of the basil. Season well, then pour into the pastry case. Top with the caramelised onions and sweet potato wedges. Cover with foil and bake for 25 minutes. Remove the foil and bake for a further 10-15 minutes until the filling is golden and set. Scatter the remaining thyme and basil over the top to serve.

PER SERVING (FOR 10) 345kcal, 20.1g fat (12.2g saturated), 6.3g protein, 32.6g carbs (6.6g sugars), 0.4g salt, 4.3g fibre

Super-fast, no-knead spelt and rye loaf

MAKES 1 LOAF; 12 SMALL SLICES.

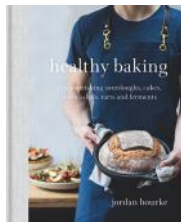
HANDS-ON TIME 15 MIN, OVEN TIME

1 HOUR, PLUS COOLING

“ This loaf comes together in a flash and requires no kneading or proving. It’s somewhere between an Irish soda bread and a country loaf. Feel free to play around with the flours a little, and add herbs, seeds, dried fruit and nuts. ” →



SWEETLY SAVOURY
Caramelised onion,
sweet potato
and rye tart



These recipes were adapted from *Healthy Baking: Nourishing Breads, Wholesome Cakes, Ancient Grains and Bubbling Ferments* by Jordan Bourke (E20; Orion), out 23 February 2017



Serve this loaf as part of a ploughman's lunch, with plenty of butter and a good strong cheese.

- 200g wholegrain spelt flour
- 200g white spelt flour, or more wholegrain if you prefer
- 100g rye flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tsp sea salt
- 80g pumpkin seeds
- 40g sunflower seeds ☼
- 80g raisins (optional)
- 1 tbsp blackstrap molasses or maple syrup
- 520ml tepid water

YOU'LL ALSO NEED...

- 23cm x 13cm loaf tin lined with non-stick baking paper

1 Heat the oven to 200°C/180°C fan/gas 6. Mix all the ingredients apart from the molasses/maple syrup in a mixing bowl. Add the molasses/syrup along with the tepid water, mixing until just combined.

2 Pour the mixture into the loaf tin and bake for 50 minutes. Carefully remove the loaf from its tin, then bake on its side, directly on the oven rack, for a further 10 minutes.

3 Leave the loaf to cool completely on a wire rack before slicing.

PER SLICE 233kcal, 5.3g fat (0.8g saturated), 7.6g protein, 36.4g carbs (5.7g sugars), 0.6g salt, 4.3g fibre

☼ For more recipes with sunflower seeds, see Loose Ends

Spiced crispbreads

MAKES 4 LARGE CRISPBBREADS. HANDS-ON TIME 20 MIN, OVEN TIME 5-7 MIN, PLUS RESTING AND COOLING

“These are a good way to start any kind of meal, served with some labneh or houmous, or simply drizzled with extra-virgin olive oil. They can be topped with your favourite spices and seeds too – the possibilities are endless.”



The crispbreads are best served fresh from the oven but can be stored in an airtight container for up to 1 week.

- 100g white or wholegrain spelt flour, plus extra for dusting
- 25g rye flour
- ¾ tsp fast-action dried yeast
- ½ tsp sea salt, plus extra for sprinkling
- 1½ tsp honey
- 70ml warm water
- Cumin seeds, chilli flakes, dried oregano for sprinkling (optional)

1 Put all the ingredients (apart from the optional sprinkling items) in a bowl and knead for 1-2 minutes until well combined in a ball. Cover and rest for 1 hour at room temperature.

2 Meanwhile, 20 minutes before the resting time is over, heat the oven to 210°C/190°C fan/gas 6½ and line 2 baking sheets with non-stick baking paper.

3 Knead the rested dough once or twice to knock out the air, then divide equally into 4 pieces. Dust the work surface with flour and roll out each piece of dough as thinly as possible, turning and flipping the dough as you roll, and dusting with more flour as necessary to ensure it doesn't stick. Don't worry about the shape, as the crispbreads will be broken into shards once baked.

4 Carefully transfer 2 pieces of dough to the prepared baking sheets, then prick all over with a fork, brush with a small amount of water, then sprinkle with sea salt and any other spices and herbs you like. Bake for 5-7 minutes until golden and crisp; keep a close eye on them as they can burn quickly. Repeat with the remaining 2 pieces of dough.

5 Leave the crispbreads to cool completely on wire racks, then break into irregular shards and serve with any dip you like, or simply drizzle with really good extra-virgin olive oil.

PER CRISPBBREAD 125kcal, 0.7g fat (0.1g saturated), 4.2g protein, 24.5g carbs (1.5g sugars), 0.6g salt, 1.8g fibre

Coconut, tahini and cranberry macaroons

MAKES 14-15. HANDS-ON TIME 10 MIN, OVEN TIME 8 MIN, PLUS COOLING

“These are not like the dainty, pastel-coloured macarons one scoffs when feigning an air of French sophistication. In fact, they're the opposite of elegant – but no less delicious. They're also easier and quicker to make, which is never a bad thing.”



The finished macaroons will keep in an airtight container in the fridge for up to a week.

- 110g tahini
- 45g dried cranberries
- Finely grated zest and juice ½ lemon
- 100ml maple syrup
- 25g white spelt flour or rice flour
- 1 tsp bicarbonate of soda
- 220g desiccated coconut
- 80g dark chocolate, melted in a bowl set over a pan of gently simmering water

1 Heat the oven to 180°C/160°C fan/gas 4 and line a baking sheet with non-stick baking paper. Put all the ingredients except the melted chocolate in a large mixing bowl. Add a pinch of salt, then mix until thoroughly combined; the mixture will be quite dry, but persevere until everything is mixed together.

2 Put 2 tbsp of the mixture into the palm of your hand and compress to form a ball. Lightly flatten into a disc, then put on the prepared baking sheet. Repeat with the rest of the mixture, leaving a 2cm gap between each macaroon. Bake for 8 minutes or until lightly golden.

3 Remove from the oven, then leave to cool completely and firm up on the baking sheet. Dip the cooled macaroons into the melted chocolate, then set aside in a cool spot until the chocolate has set.

PER MACAROON (FOR 15) 202kcal, 15g fat (9.4g saturated), 3g protein, 11.9g carbs (9.8g sugars), 0.2g salt, 3.9g fibre

book of the month.

NOT FANCY, JUST
FANTASTIC
Coconut, tahini
and cranberry
macaroons



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Karen
KAREN BARNES, EDITOR

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COMING NEXT MONTH IN...

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Spring is on the way

- The world's best brownie recipe • Proper coq au vin • New takes on midweek favourites
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MIDWEEK MEALS p84

Warm up the lighter way with hearty dishes that pack in the feelgood factor without the high sat fat



VEGGIE BRUNCH p92

Chetna Makan has weekend lie-ins covered with these breakfast recipes



ON THE PULSE p98

Georgina Fuggle gives new life to the old staples, beans and pulses



THE MAKEOVER p103

Our shepherd's pie sheds fat and calories, but leaves flavour intact

TURN THE PAGE FOR THE RECIPES →

MIDWEEK MEALS

COMFORT FOOD *with a lighter side*

Warm-up food is on the menu this month and these recipes show that, by making a few wise ingredient swaps, it's easy to combine the feel-good factor with a lighter approach. All have tips for shortcuts and make aheads for next time you cook them

WEEKNIGHT PROMISE

Your guarantee for every recipe in this section: **NO MORE THAN...**

- 10 ingredients
- 30 min hands-on time
- 650 calories per portion (but many of the recipes have fewer)
- 10g sat fat per portion

PLUS...

- No unnecessary added sugar
- Minimal washing up

A flavoursome
casserole with
lighter dumplings

RECIPES **ELLA TARN** PHOTOGRAPHS **MIKE ENGLISH**
FOOD STYLING **ROSIE RAMSDEN** STYLING **MORAG FARQUHAR**

Chicken casserole with tarragon dumplings

SERVE 4. HANDS-ON TIME 20 MIN,
SIMMERING TIME 40 MIN

MAKE
AHEAD

Make to the end of step 2 the day before and chill. Reheat for 5 minutes, then add the dumplings and continue to cook for 20 minutes.

HOW
WE MADE IT
LIGHTER

We've swapped traditional suet for yogurt, giving a lighter, softer dumpling.

- 175g self-raising flour
- 6 free-range skinless, boneless chicken thighs, quartered
- Olive oil for frying
- 4 banana shallots, chopped
- 250g carrots, cut into chunks
- 2 garlic cloves, finely chopped
- 500ml fresh chicken stock
- 3½ tbsp dijon mustard
- 20g fresh tarragon, chopped
- 100g greek yogurt

1 Put 25g of the flour on a plate and season with salt and pepper. Dust the chicken in the flour. Heat a glug of oil in a frying pan, fry the chicken over a medium heat for 7-8 minutes to brown, then set aside.

2 Meanwhile, put the shallots, carrots and a glug of oil in a flameproof casserole. Fry for 8 minutes, add the garlic and cook for 1 minute. Pour in the stock and 150ml water, bring to a simmer, then stir in 2½ tbsp of the mustard. Add the chicken and simmer for 20 minutes, stirring occasionally.

3 Mix the remaining flour and most of the tarragon in a mixing bowl with a pinch of salt. Mix the yogurt with the rest of the mustard in a small bowl, then stir into the flour mix. Divide the dough into 8 equal pieces and gently roll into balls. Stir the remaining tarragon into the stew, then arrange the dumplings over the surface. Cover and cook for 20 minutes more or until the dumplings are light and fluffy.

PER SERVING 427kcal, 16.1g fat (4.2g saturated), 30.5g protein, 37.8g carbs (7.4g sugars), 2g salt, 4.5g fibre

Cauliflower macaroni cheese

SERVES 4. HANDS-ON TIME 30 MIN,
OVEN TIME 20 MIN

HOW
WE MADE IT
LIGHTER

Using cauliflower meant we could halve the quantity of pasta, reducing calories. We replaced half the cheddar with camembert, which lowers the fat content while still keeping the cheesiness.

SHORTCUT

Cook a 400g bag of fresh pasta for 2 minutes in the cauliflower water (step 1).

- 1 cauliflower, cut into florets, leaves reserved, any thick stems halved lengthways
- 250g macaroni or other short pasta
- 25g butter
- 1 garlic clove, crushed
- 25g plain flour
- 600ml semi-skimmed milk, gently warmed
- 2 tsp English mustard
- 50g cheddar, grated
- Sprinkle of freshly grated nutmeg
- 50g camembert, sliced

1 Cook all the cauliflower in a large pan of salted boiling water for 8-10 minutes until the florets are tender. Using a slotted spoon, remove the florets to a plate and cook the thick stems for 4-5 minutes longer. Drain.

2 Cook the pasta according to the packet instructions until just al dente, then drain and set aside. Heat the oven to 190°C/170°C fan/gas 5.

3 Meanwhile, melt the butter with the garlic in a large pan over a medium heat. Add the flour and mix to a paste with a wooden spoon. Cook for 2-3 minutes until it starts to smell biscuity, then slowly add the milk, whisking

constantly, and simmer until thick enough to coat the back of a spoon – about 5 minutes. Add the mustard, grated cheddar and nutmeg with a good pinch of salt and pepper and mix in with a wooden spoon until well combined.

4 Add the cauliflower and cooked pasta to the sauce and mix until well coated, then pour into the baking dish and poke the camembert slices into the top. Bake for 20 minutes or until golden and bubbling.

PER SERVING 527kcal, 17.1g fat (9.8g saturated), 24.5g protein, 65.3g carbs (13.8g sugars), 0.9g salt, 7g fibre →



Baked beans with turkey meatballs

SERVES 4. HANDS-ON TIME 30 MIN,
SIMMERING TIME 30 MIN

HOW
WE MADE IT
LIGHTER

Using turkey instead of pork or beef reduces the saturated fat in these meatballs.

SHORTCUT

Look out for packs of turkey meatballs in the supermarket.

- Olive oil for frying
- 1 red onion, roughly chopped
- 2 garlic cloves, crushed
- 2 x 400g tins chopped tomatoes
- 2 tbsp Worcestershire sauce
- 500g free-range British turkey thigh mince
- 1 large free-range egg yolk
- 20g fresh oregano, leaves finely chopped, or 1 tbsp dried oregano
- 400g tin haricot beans, drained and rinsed
- Small bunch fresh flatleaf parsley, chopped, to serve

1 Heat a glug of olive oil in a deep frying pan and fry half the onion for 6-7 minutes until

softening. Add 1 crushed garlic clove and fry for a minute more, then add the chopped tomatoes and 1 tbsp Worcestershire sauce. Add a good pinch of salt and pepper and simmer over a medium heat for 20 minutes, stirring every now and then.

2 Meanwhile, make the turkey meatballs. Put the remaining onion and remaining garlic clove into a mini food processor and whizz to a fine paste. Spoon into a large bowl with the turkey mince, egg yolk, the rest of the Worcestershire sauce and the oregano. Add a large pinch of salt and pepper and mix well. 3 Roll the mixture into 16 even balls, then heat another glug of oil in a large frying pan and fry the meatballs for about 10 minutes, turning, until lightly golden all over. Add the meatballs to the tomato sauce along with the beans, then gently simmer for 10 minutes. Scatter parsley over to serve.

PER SERVING 313kcal, 8g fat (1.9g saturated), 33.5g protein, 22.7g carbs (11.7g sugars), 0.6g salt, 8.4g fibre



* Fish pie with sliced potato topping

SERVES 4. HANDS-ON TIME 25 MIN,
OVEN TIME 20 MIN

MAKE
AHEAD

Double the quantities and make 2 pies. Keep one, well wrapped, in the freezer. Cook from frozen for 50 minutes until piping hot.

HOW
WE MADE IT
LIGHTER

A sliced potato topping uses fewer potatoes than mash – with no need for butter or milk.

- 400g maris piper potatoes, cut into 1.5cm slices
- 1 tbsp olive oil
- ½ onion, finely sliced
- 2 garlic cloves, crushed
- 25g unsalted butter
- 25g plain flour
- 400ml semi-skimmed milk
- 20g fresh parsley, roughly chopped, plus extra to serve
- 520g fish pie mix
- 30g cheddar, grated

YOU'LL ALSO NEED...

- 1.3 litre ovenproof dish

1 Cook the potato slices in a large pan of salted boiling water for 7-8 minutes until just tender, then drain.

2 Heat ½ tbsp oil in a medium pan over a medium-high heat and fry the onion for 6-7 minutes until softening, then add the garlic and fry for a minute more. Remove the onion to a plate and set aside.

3 Heat the oven to 200°C/180°C fan/gas 6. Melt the butter in the same pan, then add the flour and beat in with a wooden spoon. Cook for 2-3 minutes, stirring, until it starts to smell biscuity. Slowly add the milk, whisking constantly, then whisk gently for 3-4 minutes until thickened. Remove the pan from the heat and stir in the parsley and a good pinch of black pepper.

4 Gently stir in the fish, then transfer to a 1.3 litre ovenproof dish. Lay the potato slices over the mixture, overlapping slightly, then brush with the remaining oil. Scatter over the cheddar and cook for 20 minutes or until lightly browned and bubbling.

PER SERVING 419kcal, 17.7g fat (7.3g saturated), 34.2g protein, 29.3g carbs (6.3g sugars), 1.1g salt, 2.9g fibre



Caramelised onion chutney and goat's cheese pizza

SERVES 4. HANDS-ON TIME 20 MIN,
SIMMERING/OVEN TIME 35-38 MIN

HOW
WE MADE IT
LIGHTER

Using tortillas for the bases cuts down on prep/cooking time and saves a few calories.

SHORTCUT

Swap the homemade sauce for a jar of good quality pasta sauce.

- Olive oil for frying and dressing
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 400g tin chopped tomatoes
- 4 large soft flour tortillas
- 6 fresh thyme sprigs, leaves picked and roughly chopped
- 8 tbsp caramelised red onion chutney, from a jar
- 150g soft rindless goat's cheese
- 100g rocket leaves
- Splash balsamic vinegar

1 Heat the oven to 190°C/
170°C fan/gas 5. Heat a glug

of oil in a pan over a medium heat and fry the onion for 6-7 minutes until softening. Add the garlic and cook for a minute more, then add the tomatoes. Simmer for 20 minutes, stirring occasionally. Remove from the heat, leave to cool slightly, then whizz with a stick blender until smooth. 2 Put the tortillas onto 2 baking sheets, then spread evenly with the sauce, leaving a 1-2cm border around the outside. Sprinkle with the thyme, then top with dollops of chutney and pieces of goat's cheese. Bake for 15-18 minutes until the tortilla is golden and crisp at the edges and the cheese has melted. Dress the rocket in a little olive oil and balsamic and scatter it over the pizzas. **PER SERVING** 458kcal, 19.5g fat (9.3g saturated), 15.5g protein, 53.2g carbs (16.2g sugars), 1.7g salt, 4.4g fibre



*Mushroom and beef burgers

SERVES 4. HANDS-ON TIME 30 MIN,
PLUS CHILLING

MAKE
AHEAD

Double the quantities and freeze half (wrap each burger in cling film). Thaw overnight in the fridge, then fry as in the recipe.

HOW
WE MADE IT
LIGHTER

Replacing half the beef with mushroom cuts the fat content but keeps all the flavour.

- Olive oil for frying
- ½ large onion, finely chopped
- 250g chestnut mushrooms, finely chopped
- 1 garlic clove, crushed
- 250g British beef mince
- 1 tbsp Worcestershire sauce
- 6 fresh thyme sprigs, leaves picked and roughly chopped
- 1 medium free-range egg
- 4 burger buns, split in half
- 4 crisp lettuce leaves, sliced
- tomatoes and onion to serve

1 Heat a glug of oil in a pan over a medium-high heat and fry the onion for 4-5 minutes. Stir in the mushrooms, fry for 3-4 minutes, then add the garlic and fry for

a minute. Put the mix in a large bowl, cool, then add the mince, Worcestershire sauce, thyme and egg with a pinch of salt and pepper. Mix with a wooden spoon, then knead in the bowl for 2 minutes with your hands until the mixture starts to stick together. Divide into 4 equal patties, put on a plate, then cover with cling film and chill in the fridge for 30 minutes or the freezer for 10 (see Make Ahead). 2 To cook, heat a glug of oil in a large frying pan over a medium-high heat and fry the burgers for 3 minutes, then flip and fry for 3 minutes on the other side and finally for 3 minutes on the first side. Remove the burgers and set aside to rest while you toast the buns. 3 Put the burger buns cut-side down in the pan and toast for 2 minutes or until the undersides are golden and crisp. Layer up the lettuce, burgers, tomatoes and onion rings between the toasted bun halves.

PER SERVING 453kcal, 21.2g fat (6.4g saturated), 4.2g protein, 40.1g carbs (3.9g sugars), 1.4g salt, 2.7g fibre →

NEXT MONTH
Great new takes on old favourites

Fish and chips with lighter tartare sauce

SERVES 4. HANDS-ON TIME 20 MIN,
OVEN TIME 40 MIN

HOW
WE MADE IT
LIGHTER

We coated the fish in breadcrumbs instead of battering it and oven-baked everything instead of deep-frying.

SHORTCUT

Swap to sweet potato fries, which cook in 20 minutes or so.

- 1.2kg maris piper potatoes, cut into 1cm wide chips
- 2 tbsp olive oil, plus extra for greasing
- 2 medium free-range eggs, lightly beaten
- 100g dried breadcrumbs, lightly toasted in a dry pan
- Finely grated zest 1 lemon, plus juice $\frac{1}{2}$ and wedges to serve
- 4 sustainable white fish fillets such as cod/pollock/haddock
- 100g greek yogurt
- $1\frac{1}{2}$ tbsp capers, chopped
- 1 small shallot, very finely chopped
- 2 tbsp fresh flatleaf parsley, chopped, plus extra to serve

1 Heat the oven to 220°C/200°C fan/gas 7. Put the chips in a large roasting tin in a single layer. Drizzle with olive oil, season with salt and pepper, then toss to coat. Roast for 40 minutes, turning halfway.

2 Put the beaten eggs on a small, lipped plate and the breadcrumbs, mixed with the lemon zest, on another. Lightly oil a shallow baking tray. Dip each fish fillet into the egg to coat, then dip in the crumbs and put into the baking tray. When the chips have been cooking for 22 minutes, put the fish into the oven for the last 18 minutes.

3 Meanwhile, make the tartare sauce. In a small bowl, mix the yogurt, capers, shallot and parsley with the lemon juice until well combined. Serve the fish and chips with a dollop of tartare sauce scattered with extra parsley, with lemon wedges to squeeze over.

PER SERVING 572kcal, 12.5g fat (3.6g saturated), 39.7g protein, 71.7g carbs (4.9g sugars), 0.7g salt, 6.6g fibre **a**

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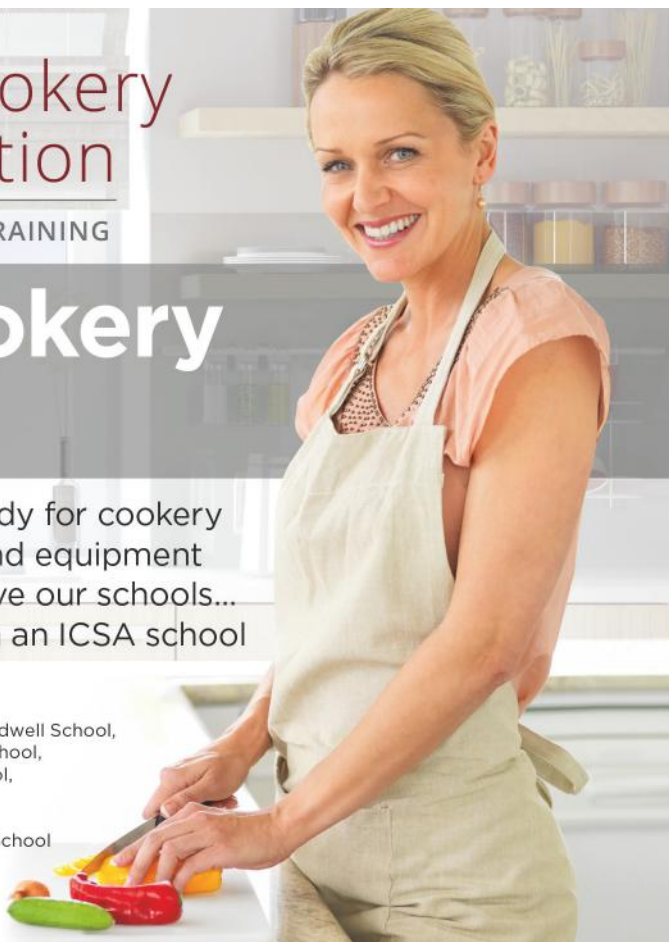
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It's time to thaw our attitude to frozen food

Over 30 per cent of Britons believe frozen food is inferior to fresh, and over 40 per cent say nothing would induce them to buy more of it, according to one study. Is it time to reconsider the 'fresh is best' mantra? Sue Quinn investigates

Frozen food has long had an image problem. Many home cooks sniff at freezer fare, dismissing it as poor quality, less nutritious than fresh, and somehow not good enough if you proudly prepare meals from scratch. But according to nutrition scientists it's time for this frosty attitude to thaw.

The experts are not, of course, referring to the ever-expanding range of pre-prepared food vying for space in the freezer aisle, from bangers and burgers to pizzas and chips. But when it comes to frozen produce such as fruit, vegetables, meat and fish, scientists say these foods can be just as nutritious – more so, even – than fresh.

These days, food often has a long journey from field to fork. Apples,

for example, can appear on the shelf a full 12 months after being picked, and some of the nutrients degrade during that time. State-of-the-art freezing and food transport methods allow produce to be snap-frozen moments after harvest. The more quickly this happens, the more the nutrients are preserved and the less the flavour and texture deteriorate.

GIVE (FROZEN) PEAS A CHANCE

Water-soluble nutrients such as vitamin C and some B vitamins are particularly sensitive to heat, light and oxygen, and are therefore susceptible to damage, explains Ayela Spiro, senior nutrition scientist with the British Nutrition Foundation. "Freshly picked vegetables consistently show the greatest amount of vitamin C, but it begins to degrade after harvest," she says. Rapid-freeze techniques such as blast-freezing halt the deterioration and preserve most of the nutrients. Fresh fruit and vegetables, however, can spend weeks or even months in transit; refrigerated lorries and chiller cabinets slow down the spoiling of produce rather than preventing it.

"The public tends to think that frozen products are inferior, due in part to poorly advertised items by retailers, but the scientific evidence shows otherwise," says Dr Cath Bircher, senior researcher at Chester University's Institute of Food

FROZEN CAN BE MORE NUTRITIOUS THAN FRESH...

- **BRUSSELS SPROUTS** higher in vitamin C and beta-carotene than fresh
- **BLUEBERRIES** higher in vitamin C and polyphenols (micronutrients) than fresh
- **RASPBERRIES** higher in polyphenols (micronutrients) than fresh
- **GREEN BEANS** higher in vitamin C and polyphenols (micronutrients) than fresh
- **SWEETCORN** higher in vitamin C than fresh
- **CAULIFLOWER** higher in polyphenols (micronutrients) than fresh

FROM CHESTER UNIVERSITY'S STUDY FOR THE BRITISH FROZEN FOOD FEDERATION – 'ANTIOXIDANTS IN FRESH AND FROZEN FRUIT AND VEGETABLES: IMPACT STUDY OF VARYING STORAGE CONDITIONS', 2013



Science and Innovation. A good example is frozen peas. "They're frozen within two hours of harvest and retain nearly all the vitamin C content," she says.

A 2013 study carried out by Chester University for the British Frozen Food Federation found that frozen blueberries actually contained higher concentrations of vitamin C than fresh. What's more, there was a "significant" fall in the vitamin C content after the fresh

berries were stored in the fridge for a few days. "It's a fallacy to believe that frozen products are inferior," Dr Bircher says.

MEAT AND FISH

Meat and fish are more complex than fruit and veg but, if freezing is done quickly, the results can still be good, says Dr Bircher. That's why the quality of frozen fish fillets is often good: much of it is snap-frozen at sea or soon after being caught, which locks in the nutrients in the same way it does for fruit and veg. Look out for 'frozen at sea' or similar on packaging when you buy.

Brett Sutton, an arbitrator at the annual Great Taste Awards and chef-proprietor of the award-winning White Post Inn in Somerset, is a fan of frozen fish. He buys fresh fish from a reliable local day-boat fisherman, then blast-freezes it. "I reckon this fish is fresher than that from many of our local fish suppliers, who predominantly buy from boats on which the fish can be caught and packed on ice for up to 10 days before it reaches market," Sutton says. "It then takes two days

“Snobbery about frozen fruit, vegetables, meat and fish is misplaced”

from landing to reach me. I know which fish I would rather use.”

As for shellfish (scallops, mussels, oysters, squid, prawns, crab and the like), theoretically it can be frozen for up to three months, as long as the temperature is below -18°C. Often the results aren't great, though. Shellfish is delicate, and freezing can alter its texture and flavour, so fresh is normally best here. The exception is squid or octopus, as freezing them before cooking can tenderise the flesh.

The problem for consumers is that freezing fresh meat or fish in a domestic freezer isn't as effective as industrial freezing. That's because

TRUE OR FALSE?

Fresh fruit and vegetables are always more nutritious than frozen

☐ TRUE ☒ FALSE

Freezing can lock in the nutrients of fresh produce

☒ TRUE ☐ FALSE

For the most nutritious frozen fish, look for 'frozen at sea' on packaging

☒ TRUE ☐ FALSE

So-called fresh produce might have been picked months ago

☒ TRUE ☐ FALSE

Freezing fresh food at home is not as effective as buying ready frozen, thanks to industrial fast-freezing

☒ TRUE ☐ FALSE

industrial freezers can freeze food within minutes but a home freezer does the job slowly, causing large ice crystals to form within the food's cell structure. These crystals can cause cell damage, making the texture of meat and fish stringy and chewy when defrosted and cooked.

If you like the convenience of keeping a stash of meat and fish in the freezer, buy it ready frozen. "I'd never buy premium meat products, then freeze them – I'd always buy fresh," says Dr Bircher.

THE BOTTOM LINE

Snobbery about frozen fruit, vegetables, meat and fish is misplaced. The quality of fresh produce deteriorates more significantly than many people realise, and much frozen food is just as nutritious as fresh. "Because of the degradation that occurs with the handling and storage of fresh produce, a frozen product may be nutritionally similar to something fresh a consumer has just bought and taken home," says Ayela Spiro. And some frozen fruit and veg are actually more nutritious than fresh. Unless, of course, you're lucky enough to be eating something just picked from a tree in the garden... **a**



V IS FOR VEGETARIAN

The art of the feelgood brunch



“A good breakfast can set you up for a busy day, but at weekends a lazy brunch makes for a relaxing change of pace. These nourishing recipes feel like a treat but are quick to pull together. Pick and choose whatever you fancy – they’re what lie-ins were made for”

RECIPES **CHETNA MAKAN** PHOTOGRAPHS **ALEX LUCK**
FOOD STYLING **ELLA TARN** STYLING **LUIS PERAL**

Masala omelette with
spinach and soured
cream dressing, p94



eat well for life.

Banana, raisin
and honey
muffins, p94





FIND MORE IDEAS ON THE delicious. WEBSITE
Find an extensive collection of brunch recipes online at deliciousmagazine.co.uk/collections/brunch-recipes

Masala omelette with spinach and soured cream dressing

MAKES 2. HANDS-ON TIME 30 MIN

“Eggs are one of the healthiest morning meal options. I’ve spiced up a classic omelette, topped it with spinach, then finished it with a soured cream dressing.”

- Bunch fresh coriander, finely chopped
- 1 tbsp olive oil
- 1 small green chilli, finely chopped
- 1 onion, finely chopped
- 2 cooked beetroot (not in vinegar), finely chopped
- 1 tsp garam masala
- 4 large free-range eggs
- ½ tsp salt
- ½ tsp ground turmeric
- Large handful spinach

FOR THE DRESSING

- 2 tbsp soured cream
- ½ tsp white wine vinegar
- ½ tsp olive oil

1 In a small bowl, mix together the dressing ingredients with a pinch of the coriander. Set aside.

2 Heat 1 tsp of the oil in a frying pan, then add the chilli and onion and cook for 5-8 minutes until the onion is softening. Add the beetroot and cook for 1 minute. Add the rest of the coriander and the garam masala, mix well, then put in a medium bowl. Add the eggs, salt and turmeric, then whisk well for a minute to froth them slightly.

3 Heat another 1 tsp of the oil in the same pan. When hot, pour in half the egg mixture. Cook on a low-medium heat for 2 minutes on each side or until the omelette is cooked through. Transfer to a serving plate and keep warm. Repeat with the remaining oil and egg mixture.

4 Serve the omelettes with the spinach and soured cream dressing.

PER SERVING 361kcal, 22.7g fat (6.4g saturated), 22.1g protein, 14.7g carbs (11.7g sugars), 2g salt, 4.5g fibre

* Banana, raisin and honey muffins

MAKES 12. HANDS-ON TIME 15 MIN, OVEN TIME 25-30 MIN

“These are made with wholemeal flour and without refined sugar – the sweetness comes from banana and a touch of honey. They’re great for brunch and will keep for a few days, so they’ll give you something wholesome to snack on in the week.”



The muffins will keep in a sealed container for up to 3 days. Freeze for up to 1 month, each wrapped in cling film.

- 200g wholemeal flour
- 50g porridge oats, plus a handful for sprinkling
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- 70g raisins, roughly chopped
- 2 large free-range eggs
- 100ml vegetable oil
- 100g natural yogurt
- 2 ripe bananas, mashed
- 4 tsp clear honey

YOU’LL ALSO NEED...

- 12-hole muffin tin lined with paper muffin cases

1 Heat the oven to 180°C/160°C fan/gas 4. In a medium mixing bowl, combine the flour with the oats, baking powder, bicarb and raisins.

2 In a separate medium mixing bowl, combine the eggs, oil, yogurt, mashed bananas and honey. Pour this into the flour mixture, then fold together using a wooden spoon. Don’t overmix or the muffins will become dense when baked.

3 Divide the mixture equally among the muffin cases in the tray, then sprinkle the extra oats over the tops. Bake for 25-30 minutes until the muffins are golden and feel springy to touch, and a skewer pushed inside comes out clean.

PER MUFFIN 188kcal, 8.1g fat (1g saturated), 4.8g protein, 22.7g carbs (8.6g sugars), 0.6g salt, 2.5g fibre

Sweetcorn fritters with avocado, fried egg and mint chutney

MAKES 2. HANDS-ON TIME 30 MIN



Make the fritter batter up to 12 hours in advance and keep covered in the fridge.

- 200g tinned sweetcorn
- 40g plain flour
- ¼ tsp chilli powder
- ½ tsp ground cumin
- 3 large free-range eggs, 1 of them lightly beaten
- Handful fresh coriander, chopped, plus extra leaves to garnish
- Grated zest ½ lime, plus 2 lime wedges to serve and 1 to squeeze
- 1 tbsp sunflower oil
- 1 ripe avocado, sliced (squeeze over lime juice to prevent browning)

FOR THE CHUTNEY

- 30g fresh mint leaves
- 15g fresh coriander leaves
- 1 garlic clove, roughly chopped
- 1 small green chilli
- ¼ tsp salt
- ¼ tsp sugar
- Juice 1 lime

1 Whizz all the chutney ingredients with 2 tbsp water in a food processor until smooth, then transfer to a bowl.

2 Clean the processor, then whizz half the sweetcorn to a coarse paste. Put in a large bowl, then add the rest of the sweetcorn with the flour, chilli powder, cumin, the beaten egg, chopped coriander, lime zest and a good pinch of salt. Mix to a batter.

3 Heat a little oil in a large frying pan, then spoon in the batter to form 4 circles, well spaced. Cook for 2-3 minutes on each side on a low-medium heat until golden. Set aside and keep warm. Fry the whole eggs in the same pan with a little oil.

4 Divide the fritters between 2 plates, then serve with a dollop of chutney, half the sliced avocado, 1 fried egg and a few coriander leaves.

PER SERVING 517kcal, 32.2g fat (6.8g saturated), 20.9g protein, 31.9g carbs (8.6g sugars), 1.7g salt, 8.3g fibre

eat well for life.

Crunchy, spicy fritters
and a fried egg – what
more does a great
brunch need?





GOOD NEWS!

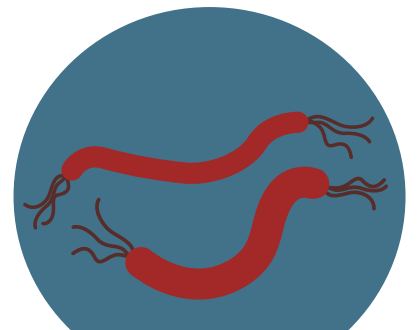
10 FAD-FREE WAYS TO LIVE A HEALTHIER LIFE

The latest science suggests that eating a healthy diet has nothing to do with cutting out food groups or forking out on trendy ingredients. There are some creatures you need to know about – trillions of them, in fact. They're called gut microbes, and Professor Tim Spector explains why it's vital to look after them

Choosing a so-called healthy diet isn't easy. We're bombarded with contradictory messages from nutrition experts, doctors, food manufacturers and the government about what we should be eating and what we should be avoiding. Is it sugar that's the culprit this month? Or is it fat... or carbs? Meanwhile, obesity and diabetes are on the rise.

But there IS an answer. It inhabits the lower gut, weighs some 1.8kg, contains 100 trillion microbes and is called the gut microbiome. Each of us possesses a unique set of

microbes, which vastly outnumber our cells and genes, and their function is to help digest food and keep us alive and healthy. Now, cutting-edge research and technology are allowing scientists to discover how, by changing our diets, we can have a positive effect on our future health.



1 Eat a wide variety of food The general rule is to eat a varied diet and avoid processed food. Many fad diets recommend cutting out food groups, but eating this way can be unsustainable long term, and often claims aren't backed up by scientific studies. Many people's diets rely on processed food, so they may be ingesting as few as 10-20 food ingredients in a year – in contrast to our hunter-gatherer

ancestors who ate around 500 species of plants and animals over the course of 12 months. So it's no coincidence that they had nearly double the species of microbes. Microbial diversity is the key to health. Low microbe diversity is implicated not only in obesity and diabetes, but also in allergies, autoimmune diseases and IBS.

2 Don't shy away from fat Extra-virgin olive oil, nuts, seeds and avocados all contain healthy fats. Full-fat products may be higher in calories, but low-fat often means more sugar, plus emulsifiers and preservatives that can disrupt microbes.

3 Eat plenty of prebiotic foods Prebiotics are substances that we can't digest but they create the ideal environment for the friendly bacteria in our gut to flourish. Foods such as leeks, onions, garlic, Jerusalem or globe artichokes and asparagus are all prebiotics.

4 Eat more fibre Doubling your intake of fibre feeds microbes. Go for a variety of high-fibre root veg, such as sweet potatoes and beetroot, and include pulses such as beans and lentils.

5 Eat lots of probiotic foods These contain healthy bacteria to replenish your gut bacteria. Unpasteurised cheeses (the smellier the better!) and full-fat natural yogurt or kefir act like fitness trainers in our guts – the bacteria they contain stimulate the rest of the community to be healthy, increasing diversity and altering the way we break down food.

6 Learn to love fermented foods Sauerkraut, miso and kimchi are good probiotics (see above) and tasty kitchen ingredients.

8 Fill up on polyphenols These are plant chemicals that help promote the growth of good bacteria and block the bad, keeping the immune system healthy. The good news: red wine and dark chocolate are rich in polyphenols. Other good sources include brightly coloured fruit and vegetables such as carrots, berries and peppers; nuts and seeds; and coffee and green tea.

7 Steer clear of processed food The additives and chemicals they contain will disrupt your microbes so they're not able to work as efficiently. Another good reason to cook at home, from scratch.

9 Only take antibiotics if you really need them As well as fighting infection they will decimate your microbes, which can lead to all sorts of gut problems.

10 Try the 5:2 diet Short-term fasting has been shown to aid weight loss by stimulating friendly microbes. The time off from digestion gives microbes time to clean the gut lining, allowing a greater variety of microbes to flourish next time you eat. **a**

“Microbial diversity is the key to health. Low microbe diversity is implicated in obesity, diabetes, allergies and autoimmune diseases”

Tim Spector is professor of genetic epidemiology at King's College London and a consultant physician. He's director of the Twins UK Registry (twinsuk.ac.uk) and the UK's largest open-source science project, British Gut (britishgut.org). He's also the author of *The Diet Myth: The Real Science Behind What We Eat* (£8.99; W&N).

THE POWERHOUSE IN YOUR STORECUPBOARD

They're versatile, beautiful and taste far better than something this cheap and nutritious really ought to – but that's all part of the understated appeal of pulses, says food writer Georgina Fuggle



Cheesy cauliflower
and flageolet with
truffle oil, p100



Goan coconut
fish curry, p100



“For the past year, chickpeas have replaced my chicken, and pinto beans my pasta. Pulses are nutritious. Each one is essentially a little seed so powerful that it can sprout and grow an entire plant. It’s no wonder they’re a rich source of carbohydrate and

protein. They’re also stuffed with fibre (far more than brown rice), folate (considerably more than kale) and loaded with antioxidants. With pulses it’s not just about what they have but also what they lack, so let’s not forget that they’re gluten free and very low in fat. It’s time to put your fingers on the pulse, get excited, get cooking and get eating.”

GEORGINA FUGGLE →





TEAM FAVOURITE

Rebecca Woollard,
food editor

"Yes, this cheesy cauliflower does serve 4, or 6 as a side, but it also serves one very greedy woman. I couldn't get enough of the creamy beans with that addictive truffle hit. No one else got much of a look in."

Cheesy cauliflower and flageolet with truffle oil

SERVES 4 (6 AS A SIDE). HANDS-ON TIME 20 MIN, OVEN TIME 30 MIN



Make the sauce, without the beans and parsley, up to 24 hours in advance.

Cook the cauliflower as described in step 1 and gently heat through the sauce, stirring in the beans and parsley. Continue as in the recipe.



A roux is a mixture of flour and fat (usually butter) that forms the basis of white sauces such as béchamel and cheese sauce. Once the fat and flour are combined, the roux needs to be cooked for a few minutes or the finished sauce will taste floury.

- 1 large cauliflower, leaves removed and stalk trimmed
- 1-2 tbsp extra-virgin truffle oil
- 40g unsalted butter
- 40g plain flour
- Pinch mustard powder
- Pinch cayenne pepper
- 350ml whole milk
- 400g tin flageolet beans, drained and rinsed
- 2 tbsp roughly chopped fresh flatleaf parsley
- 75g mature cheddar, grated

1 Heat the oven to 200°C/180°C fan/gas 6. Bring a large pan of salted water to the boil and simmer the whole cauliflower for 15 minutes, turning halfway through. Drain, then put the cauliflower in an ovenproof serving dish and, while still hot, drizzle over the truffle oil. Set aside.

2 For the sauce, melt the butter in a small pan over a medium heat, then stir in the flour, mustard powder and cayenne to make a roux (see Know-how). Cook for 2 minutes, then gradually whisk in the milk. Stir over a low heat until thickened. Season to taste with salt and freshly ground black pepper. Remove from the heat.

3 Gradually stir the beans, parsley and half the cheese into the sauce. Taste and adjust the seasoning.

4 Pour the sauce over the cauliflower, letting the beans puddle in the dish.

Scatter the remaining cheese over the cauliflower, then bake in the centre of the oven for 25-30 minutes until golden brown and bubbling.

PER SERVING (FOR 6) 277kcal, 14.9g fat (8g saturated), 12.4g protein, 20.4g carbs (6.6g sugars), 0.3g salt, 5.9g fibre

Goan coconut fish curry

SERVES 4. HANDS-ON TIME 20 MIN, SIMMERING TIME 30 MIN

“Fresh fish and rich coconut take up spices beautifully in a fragrant broth, while a traditional Goan sourness comes from the addition of vinegar. Eat the curry from a deep bowl, finished with a flurry of coriander leaves and a squeeze of lime.”



Prepare the curry paste up to 1 week in advance, cover and keep in the fridge.

FOR THE CURRY PASTE

- 30g cashew nuts
- 3 shallots, chopped
- 1 large red chilli, chopped
- 2 garlic cloves, chopped
- 2 tbsp grated fresh ginger
- 1 tsp white wine vinegar
- Medium bunch fresh coriander

FOR THE CURRY

- 2 tbsp sunflower oil
- 1 red pepper, deseeded and sliced
- 1 tsp ground turmeric
- ½ tsp ground coriander
- ½ tsp hot chilli powder
- 5 curry leaves (dried or fresh)
- 400ml tin coconut milk
- 160ml coconut cream (from a block)
- 400g tin chickpeas, drained and rinsed
- 100g baby spinach
- 200g raw sustainable prawns, peeled
- 200g cod fillet, skinned and cut into chunks
- 2 tsp mustard seeds
- Juice 1 lime

1 To make the curry paste, toast the cashew nuts in a dry frying pan until lightly golden, then transfer to

a blender or food processor with the shallots, chilli, garlic, ginger, vinegar and half the coriander. Whizz to a thick mush, then add a little water to make a loose paste. Scrape into a small bowl (see Make Ahead).

2 To make the curry, heat the oil and sliced pepper in a large heavy-based frying pan over a medium heat. Cook for about 5 minutes until beginning to soften, then stir in the curry paste and fry for a few minutes more.

3 Stir in the turmeric, ground coriander and chilli powder, then fry briskly for a minute or so. Add the curry leaves, coconut milk and cream and 100ml cold water. Bring to the boil, then simmer for 10-15 minutes. Add the chickpeas and cook gently for 5 minutes more.

4 Add the spinach, prawns and cod, then cook for 2-3 minutes until the fish is just opaque and the prawns are pink. Garnish with the mustard seeds and remaining coriander, then squeeze over lime juice to serve.

PER SERVING 605kcal, 43.7g fat (28.5g saturated), 29.7g protein, 19.9g carbs (7.4g sugars), 0.5g salt, 6.4g fibre

White bean and pesto pizzas

SERVES 4-8; MAKES 4 PIZZAS. HANDS-ON TIME 30 MIN, OVEN TIME 15 MIN PER PIZZA, PLUS RISING

“This recipe is inspired by a Venetian way of serving pizza, with pesto. The bean paste and pesto are dolloped over the dough with mozzarella, then baked.”



Make the dough 12 hours in advance and leave to rise slowly in the fridge. Bring to room temperature before knocking back and rolling out. Make the pesto and bean paste 12 hours ahead. Keep in sealed containers in the fridge.



Buy pizza mozzarella – often sold in blocks – rather than the fresh stuff, which will leach water onto the base.

This makes more pesto than you'll need. To store leftovers, put in a sealable container, drizzle with

a little olive oil to cover, then chill for up to 3 days.

FOR THE PIZZA BASES

- 360ml warm water
- 15g dried yeast (not fast-action) or 30g fresh yeast
- 2 tsp caster sugar
- 700-725g strong white bread flour, plus extra for dusting
- 2 tsp salt
- 50ml olive oil, plus extra for greasing
- 125g mozzarella, roughly chopped (see tips)

FOR THE PESTO (SEE TIPS)

- 50g pine nuts
- 70g fresh basil leaves, plus extra to garnish
- 2 fat garlic cloves, crushed
- 50g parmesan (or vegetarian alternative), grated
- 200ml olive oil
- Squeeze lemon juice

FOR THE WHITE BEAN PASTE

- 10g unsalted butter
- 2 shallots, chopped
- 1 fresh rosemary sprig, leaves chopped
- 400g tin cannellini beans, drained and rinsed
- 50ml olive oil

1 To make the pizza bases, measure half the water into a small bowl and stir in the yeast and sugar. Set aside for 5-10 minutes until a little foamy. This proves the yeast is active.

2 Sift 700g flour and the salt into a bowl, make a well in the centre and pour in the yeast mixture, oil and remaining warm water. Mix well with your hands and add a little more flour if the dough seems too wet, or a touch more water if it's too dry.

Transfer to a lightly floured surface and knead for 8-10 minutes until soft and elastic. Return to a clean oiled bowl and cover with oiled cling film or a damp tea towel. Leave in a warm place to rise for about 1 hour until doubled in size (or see Make Ahead).

3 Meanwhile, make the pesto. Toast the pine nuts in a dry frying pan for 2-3 minutes until golden, then →

GEORGINA'S PREP TIPS

- Wash tinned beans thoroughly but gently, removing any claggy brine.
- In almost all cases, tinned beans should be added at the end of the cooking time to prevent them overcooking.
- Tinned beans are quicker and easier to use, but dried beans offer more scope for control: with dried, soaked beans you can cook the pulses and stop when the texture is perfect.
- Dried beans are more cost effective than tinned, so feeding a crowd on a budget is well within reach.

MOVE OVER,
BEANS ON TOAST
White bean and
pesto pizzas





Pasta and beans – simple Italian genius



These recipes are adapted from *On the Pulse* by Georgina Fuggle (£16.99; Kyle Books), out on 16 February.

whizz to a coarse paste in a blender with the basil, garlic and parmesan. Using the pulse setting, trickle in the olive oil. Season to taste with salt and lemon juice.

4 For the bean paste, melt the butter in a small frying pan over a medium heat. Add the shallots and fry for 5 minutes to soften. Add the rosemary and cannellini beans, then cook for 4 minutes. Transfer to a bowl, add the olive oil, season and whizz to a paste with a stick blender.

5 Heat the oven to 220°C/200°C fan/gas 7. Put a baking sheet in the oven to get really hot – this will give your pizza a really crisp base.

6 Knock back the dough by kneading it again for a minute or so, then divide into 4 equal pieces. With a well-floured rolling pin, roll out your first piece as thinly as possible. Remove the baking sheet from the oven, dust with flour and carefully transfer the dough onto it. Dollop over some pesto, then top with bean paste and mozzarella, and bake for 10-12 minutes. Garnish with fresh basil leaves, season with black pepper and serve immediately with a crisp green salad. Repeat with the remaining dough.

PER ½ PIZZA 539kcal, 17.2g fat (3.7g saturated), 15.8g protein, 73g carbs (2.2g sugars), 1.3g salt, 15.4g fibre

NEXT MONTH

Tom Kerridge's secret healthy-eating menu

Pasta e fagioli with chicory

SERVES 6. HANDS-ON TIME 20 MIN, SIMMERING TIME 2 HOURS, PLUS OVERNIGHT SOAKING

“An Italian dish that, like many a successful recipe, started out as peasant food. The ingredients are simple to find and the soup comes together easily with gentle, slow cooking. Simmer until the beans are soft – this may mean timings change slightly, as each pot will cook differently.”



Boil the beans up to 24 hours ahead. Keep in the fridge, cooking liquid and beans separate, both covered.



If you don't have time to soak your beans, boil them for 1½ hours more in step 1. Adding hard cheese rind to a soup or stew is a great way to use up an inedible part of the cheese and add flavour. The rinds freeze well, too.

FOR THE BEANS

- 250g dried haricot beans, soaked overnight (or see tip)
- 3 bay leaves
- 1 whole dried chipotle chilli (from Waitrose)
- 1 fresh rosemary sprig

- Piece parmesan rind (or vegetarian alternative such as gran moravia)
- 1 carrot, scrubbed
- 2 celery sticks

FOR THE SOUP

- 3 tbsp olive oil
- 1 large onion, roughly chopped
- 3 garlic cloves, finely chopped
- 400g tin chopped tomatoes
- 200ml dry white wine
- 125g dried pasta of your choice (my favourite is rigatoni)
- ½ small chicory, finely sliced
- Small handful chopped fresh basil
- Freshly grated parmesan (or vegetarian alternative such as gran moravia) to serve

1 Rinse the soaked beans (see tips) and tip into a large heavy-based pan. Cover with twice their volume of cold salted water, add the bay leaves, chilli, rosemary, cheese rind, carrot and celery, then bring to the boil. Turn down the heat and simmer, uncovered, until the beans are tender – about 1½-2 hours. Remove the pan from the heat and leave to rest for 20 minutes. Remove and discard the herbs, cheese rind and vegetables using a slotted spoon (see Make Ahead).

2 While the beans are resting, heat the oil for the soup in a large deep pan over a medium heat. Add the onion and garlic and fry for about 5 minutes until soft and nutty brown. Add the tomatoes and cook, stirring frequently, for 10-12 minutes until thick. Pour in the wine, bring to the boil and simmer for 5 minutes more until almost evaporated.

3 Add the rested beans and their cooking liquid to the pan and cook for a few minutes over a medium heat. Stir in the pasta – add some cold water if the soup seems too thick – then simmer for 15 minutes or until al dente (firm to the bite). Season to taste, then spoon into bowls and top with the chicory and basil. Serve with grated parmesan on the side.

PER SERVING 330kcal, 6.8g fat (1g saturated), 13.1g protein, 41.8g carbs (7.2g sugars), 0.1g salt, 12.7g fibre **a**

HEALTHY MAKEOVER

SHEPHERD'S PIE

With a few clever tweaks, we've cut the fats and cals in this classic dish but kept all the comfort

* Lighter shepherd's pie

SERVES 4. HANDS-ON TIME 45 MIN,
OVEN TIME 30 MIN

HOW WE DID IT

We replaced a lot of the meat with lentils to reduce the fat, and used cauliflower in the topping to cut down on carbohydrate. To boost the flavour we added more carrot than usual and a little grated parmesan.

MAKE AHEAD

Make the shepherd's pie without baking it (step 4), cover with cling film and chill for up to 48 hours or freeze for up to 1 month. Defrost fully in the fridge, then bake as in the recipe.

- 1 tbsp rapeseed oil
- 1 onion, finely chopped
- 3 carrots, chopped into 1cm dice
- 150g button mushrooms, quartered or cut into chunks if large
- 2 garlic cloves, crushed
- 150g 10% lean lamb mince
- 250g ready-cooked puy lentils (we used Merchant Gourmet)
- 2 tbsp tomato purée
- 400g tin chopped tomatoes
- 200ml beef or lamb stock
- Handful fresh oregano, chopped
- 3 tbsp Worcestershire sauce
- 350g maris piper potatoes, cut into chunks
- 350g cauliflower, cut into florets
- 10g butter
- 20g parmesan, finely grated

1 Heat the oil in a large deep frying pan over a medium heat. Add the onion and carrots, then fry for about 8 minutes until starting to soften. Add the mushrooms and garlic, then fry for a further 5 minutes.

2 Add the mince and lentils, stir to combine and cook for 3-4 minutes until the mince has almost turned

brown. Add the tomato purée, chopped tomatoes, stock, oregano and Worcestershire sauce, then simmer for 25 minutes. Heat the oven to 200°C/180°C fan/gas 6.

3 Meanwhile, put the potatoes and cauliflower in a pan of water and bring to the boil. Boil for 15 minutes until tender, then drain and mash with the butter, salt and pepper.

4 When the mince is cooked, pour into a 1.5 litre ovenproof dish, then spoon the mash on top to cover. Sprinkle with the parmesan, then bake for 30 minutes until the cheese has melted and turned golden and the sauce is bubbling around the edges. Leave it to stand for 5 minutes, then serve. **a**

TRADITIONAL VERSION

695kcal

38g fat
(19.7g saturated)

31.9g protein

52.7g carbs
(11.1g sugars)

1.7g salt

7.6g fibre

MAKEOVER VERSION

384kcal

11.5g fat
(4.7g saturated)

20.7g protein

43.6g carbs
(18g sugars)

1.7g salt

11.6g fibre



NEXT MONTH
A lighter
take on beef
stroganoff



SIMPLY SUPER

New GLORIOUS! Super Soups are full of
bold flavours and healthy ingredients –
the perfect comfort food for when you're
trying to keep up that New Year diet



With an impressive 66 per cent of people opting for balanced eating over a fad diet this winter*, you're certainly not alone in your pursuit of healthiness. But let's not pretend it's going to be easy. Healthy eating can be tough, especially at this time of year. When it's cold and gloomy, your body craves tasty, filling comfort food.

MEET THE NEW GLORIOUS! RANGE

The good news is the new Super Soups range from GLORIOUS! is both exciting in taste and healthy, with each portion providing two of your five-a-day (they're also gluten-free). There are four flavours, inspired by world adventures, that blend and combine more exotic ingredients such as lemongrass, coriander and even chocolate with nutritious ones such as spinach, quinoa and chickpeas. The result is a taste explosion.

DISCOVER VIBRANT FLAVOURS

Zingy Brazilian Super Grain is a zesty high-fibre soup with mixed grains and vegetables, coconut milk and lime, while Mexican Super Bean & Sweet Potato is a smoky sweet potato soup. With beans, spiced paprika and ancho chilli, it packs a bit of a punch.

Then there's Vietnamese Super Green, a light but high-protein soup packed with spinach, petit pois, broccoli and quinoa, with aromatic ginger, lime and lemongrass. And, to finish, Indian Super Spinach & Chickpea is high in fibre, with spinach, potato, chickpeas and lentils, cooked with Indian spices.

Enjoy each soup in the range – they'll help you keep eating healthily throughout the year. Super Soups pots (600g) are available now at Asda, Sainsbury's, Waitrose, Morrisons and Ocado.



SUPER SOUPS

The new GLORIOUS! Super Soups range is packed full of nutrients that can help you keep feeling... yes, super!

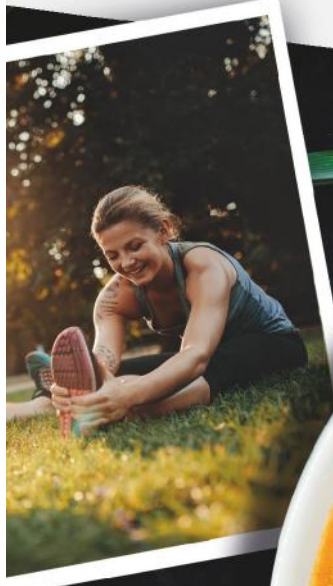
Fibre for super power: all four soups contain fibre to help keep you satisfied throughout the day and your body and mind at their peak.

Protein for super strength: the soups offer vegetarian and vegan sources of protein, such as quinoa, lentils and beans, to help your body repair itself after exercise.

Slow-release carbs for super endurance: the carbohydrates found in ingredients such as brown rice, lentils and chickpeas will help keep you fuelled for the day with slow-release energy.

Healthy ingredients to stay super: each soup contains two of your five-a-day as they're filled with nutritious low-fat ingredients such as vegetables, grains and pulses.

*Comfort Eating and Our Quest for a Balanced Lifestyle report commissioned by GLORIOUS!



For more soup inspiration, visit gloriousfoods.co.uk, facebook.com/Gloriousfoods or twitter [@Gloriousfoods](https://twitter.com/Gloriousfoods)

LOOSE ENDS

Don't let this month's special ingredients linger in your kitchen – make the most of them with these smart and easy ideas



MACE BLADE

FROM
BEEF
FILLET OPEN
SANDWICHES
P60

STEWED FRUIT

Gently stew peaches, apples or plums with a sprinkle of sugar and splash of water. When the fruit softens, add a mace blade to infuse. Remove to serve.

MACE CUSTARD Add a mace blade when warming the milk or cream, then remove before whisking in the eggs.

SUNFLOWER SEEDS

FROM
NO-KNEAD
SPELT AND
RYE LOAF
P77

CRUNCHY TENDERSTEM

Roast 250g tenderstem broccoli in a little oil for 15-20 minutes until crisp. For the last 5 minutes of the cooking time, toss a small handful of sunflower seeds in olive oil and salt, then add to the broccoli. Serve with white fish.

SUNFLOWER SEED BRITTLE Toast two good handfuls of sunflower seeds in a dry frying pan over a medium heat until fragrant, then set aside to cool.

Put 200g caster sugar into a large, spotlessly clean frying pan and gently heat, without stirring, until the sugar has melted into a caramel. Quickly stir in the sunflower seeds, then spread out on a baking sheet lined with non-stick baking paper and cool. Break into shards and use on ice cream or serve as a petit four.

SALAD TOPPER Heat the oven to 180°C/160°C fan/gas 4. Toss a small handful of sunflower seeds in a little olive oil, a pinch of cayenne pepper and some salt. Spread on a baking sheet and roast for 5-10 minutes until golden and crisp. Toss into a salad after dressing, just before serving.

PROSECCO

FROM BLOOD
ORANGE
JELLIES
P44

SPARKLING SORBET FLOAT

Put scoops of berry sorbet into ice cream coupes or cocktail glasses, then carefully pour over prosecco. Serve immediately.

KIR ROYALE Pour 1 tsp crème de cassis into champagne flutes, then top up with prosecco. Serve with nibbles or canapés.

FROZEN RASPBERRIES

FROM
QUEEN OF
PUDDINGS
P72

BERRIES WITH HOT WHITE CHOCOLATE SAUCE

Put 100g chopped white chocolate in a heatproof bowl over a pan of barely simmering water (make sure the water doesn't touch the bowl). Add 250ml double cream. Gently warm the mixture until the chocolate melts, then stir. Divide a handful or two of frozen raspberries among a few small bowls, pour over the hot white chocolate sauce and serve.

FRUIT SMOOTHIE Blend 1 small banana with a small handful of frozen raspberries and 100ml natural yogurt until smooth. For a thicker smoothie, add 1 tbsp almond butter and whizz again. Or to thin, whizz with a splash of milk or almond milk.

RASPBERRY PORRIDGE

When raspberries are out of season, frozen make a good alternative, although they're more tart than fresh berries. Stir them into porridge a few minutes before serving with a drizzle of honey or maple syrup.

TOASTED HAZELNUTS

FROM
BEER
MARSHMALLOWS
P35

NUTTY PASTA FIX

Gently heat 100g toasted hazelnuts in a little oil in a frying pan over a medium heat. Add a small handful of chopped fresh parsley and a squeeze of lemon juice, then remove from the heat. Roughly chop the nuts, then scatter the mixture over pasta before stirring in your favourite pesto.

BROWNIE UPGRADE Sprinkle toasted hazelnuts over a brownie batter just before baking. Find a classic brownie recipe at deliciousmagazine.co.uk. **d**

BE A BETTER COOK

11 PAGES OF KNOW-HOW TO GET YOU COOKING
SMARTER, FASTER AND WITH GREATER CONFIDENCE

MEET OUR EXPERTS



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↑ RISOTTO THE ITALIAN WAY p110

Cookery writer
Valentina Harris
reveals the proper
stages of making
this classic rice dish

← THE CHALLENGE: ENGLISH MUFFINS p112

These old-fashioned
tea-time treats take
a little work but,
slathered in butter,
are a doddle to eat

← CHEF'S STEP BY STEP: THAI PORK CURRY p115

Som Saa restaurant's Andy Oliver
takes you through a Thai classic
from the north of the country

THIS MONTH IN THE delicious. KITCHEN...

As the delicious. food team cook and test recipes, there's constant tinkering and fervent discussion: timesaving ideas; new tricks we've heard of; some technique we've dreamed up and want to try... Then there are the questions and input we get from colleagues as they come to see what's cooking. On these pages, our aim (with help from our regular experts) is to reproduce that test kitchen atmosphere, sharing the most useful ideas and tips we've discovered. It's cookery gold!

WHAT'S THE DEAL WITH...?

MAPLE SYRUP

It's the boiled-down sap of the sugar maple (*Acer saccharum*). Most is produced in eastern Canada and New England. Each tree yields 35-50 litres sap a year, enough for 1 litre syrup. Pure maple syrup has a clean, complex, nutty flavour with hints of vanilla and spice. It's not cheap but a little goes a long way.

IS IT ALL THE SAME?

Maple syrup is graded according to colour and translucence, from early and mid-season Golden and Amber to rich late-season Dark and Very Dark. The intense darker grades are usually used in baking or sweet-making, while the paler grades are used at the table. Cloudy syrup doesn't make the grade.



TRY THIS

Inspired by our citrus feature on p50, try shaking leftover marmalade with vodka to make your own marmalade vodka.



COOK'S TIP

Rock-hard avocados?

Put them in a paper bag with a ripe banana and they'll ripen more quickly.

WHY IS IT SAFE TO SERVE SOME TYPES OF MEAT RARE, BUT NOT OTHERS?

It depends on the cut of meat, its quality and the bacteria/viruses it may contain.

BEEF AND LAMB

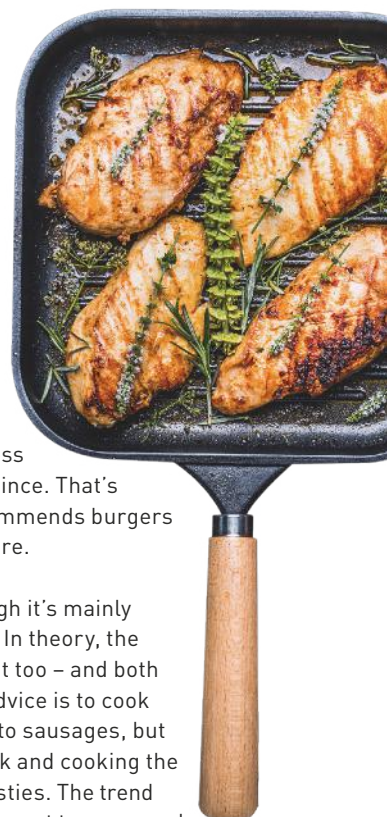
These are dense meats, so bacteria is usually only found on the surface. As long as the outside of larger cuts is thoroughly seared/browned, the middle can be served pink, rare or even raw. Be careful with minced meat, however, as the grinding process can incorporate surface bacteria into the mince. That's why the Food Standards Agency (FSA) recommends burgers be thoroughly cooked, not served pink or rare.

PORK

Pork can contain the virus hepatitis E, though it's mainly found in processed pork such as sausages. In theory, the parasite trichinella can be found in the meat too – and both can be transmitted to humans. The usual advice is to cook pork well done. This is wise when it comes to sausages, but trichinella is almost non-existent in UK pork and cooking the meat to medium is enough to kill off any nasties. The trend now is for chefs certain of the quality of their meat to serve pork with a blush of pink at the centre, although the FSA advises that whole cuts of pork, pork products and offal should be cooked until the meat is no longer pink and the juices run clear.

CHICKEN

The main risks are from salmonella and campylobacter (the latter is present in 70 per cent of supermarket chickens). Thorough cooking will kill them, so chicken must be cooked until the juices run clear.





3 STEPS TO...

PERFECT POPCORN

- 1 Heat **3 tbsp oil** with a high smoke point (sunflower oil is good) in a large, heavy-based saucepan with a lid. Weigh out **75g popcorn kernels** and add a few to the pan. When they pop, add the remaining popcorn in a single layer.
- 2 Remove from the heat, cover with a lid and wait for 30 seconds (this brings all the popcorn kernels to the same temperature), then return the pan to the heat with the lid slightly askew to let out any steam.
- 3 Once the corn starts popping vigorously, give it a gentle shake. When the popping slows, remove from the heat, then tip into a bowl. Add salt to taste and toss to coat.

NOW TRY THESE TWO FLAVOURS

BUTTER-SALTED POPCORN Melt **1½ tbsp butter** in a large pan over a medium heat and leave until it turns pale brown. Add the cooked popcorn and **salt to taste**, then toss to coat.

CARAMEL POPCORN Put **125g butter**, **2 tbsp honey** and **150g caster sugar** in an empty pan. Bring to the boil, stirring to combine, then simmer for a few minutes until the mixture turns a mid-tan caramel (don't let it burn). Quickly pour onto the cooked popcorn and stir until well coated. Spread on a baking sheet, then leave to cool and set.



DID YOU KNOW? Dumplings can be made from flour or potatoes and cooked by boiling, frying or steaming

MAKE THE BOUNTY LAST

RHUBARB


It's prime season for British forced rhubarb, grown in the dark to keep the colour Barbie pink and the flavour delicate.

Truly the cream of the crop.

FREEZE Slice the raw stems into 3cm lengths (throwing away the leaves), spread on a tray and freeze. Pack into bags and freeze for up to a year. Cook straight from frozen.

PRESERVE Forced rhubarb makes bright and tangy jam, and orange is the perfect partner – blood oranges are still around so use those if you can. Rhubarb is low in pectin so you need to use jam sugar.

Chop **1kg rhubarb** (throw away the leaves) and mix in a pan with **1kg jam sugar** and the **zest and juice of ½ orange**. Leave to stand for 2 hours until the juices run, then bring gently to the boil. Cook until a few drops in a cold saucer form a skin that wrinkles when pushed. Pour into sterilised jars, then seal immediately.

 For a video on how to sterilise jars, see deliciousmagazine.co.uk/videos/how-to-sterilise-jars



HOW TO DISPOSE OF COOKING OIL



Love fried food but worried about the wastage and what to do with a whole pan of used oil?

DO Save a couple of empty oil bottles. Wait until the used oil is completely cool, then strain it back into the bottle and replace the lid tightly. Either keep it to use again (unless you've been frying seafood), take it to the local council dump, where they should have a recycling drum, or throw it away with your household rubbish. If using lard, leave it to cool and solidify, put in a sealable bag or container and put in the bin.

DON'T pour it down the sink, which can cause a nasty build-up of fat in household drains and sewers, eventually blocking them up. →

TECHNIQUE

Step-by-step perfect risotto



Cookery writer Valentina Harris has written more than 30 Italian cookery books, including one

solely about risotto. Here she shares the secrets of this classic dish – and the romantic Italian cookery terms.

1 IL SOFFRITTO (THE BASE)

Fry the onion, plus garlic or other vegetables, over a low heat in a deep, heavy-based pan until soft, but don't allow them to colour. Move the pan off the heat when it looks like it might be getting too hot, then let it cool slightly before resuming cooking. Stir frequently and add a tiny drop of stock if needed, to prevent browning.

2 LA TENTAZIONE (THE TEMPTATION)

Add the rice when the onion is completely softened. Toast it carefully over a low to moderate heat, moving the pan on and off the heat if there's a danger of browning, until the grains are shiny, opaque and very hot but not browned at all. Stir constantly and be patient. The toasting process takes 5-8 minutes.

3 IL SOSPIRO (THE SIGH)

When the rice grains have changed in appearance and are making a tiny popping sound, raise the heat and pour in the wine or the first addition of hot stock. As the liquid hits the hot rice it should hiss and steam as the grains bubble, dance and jump in the liquid. Lower the heat again, then keep stirring until all the liquid has been absorbed.

4 LA COTTURA (THE COOKING)

Keep adding hot stock, 2 ladlefuls at a time. Wait for each addition to be absorbed before adding more. Don't hurry this process: let the rice soak up the liquid at its own pace. Regulate the heat to keep it bubbling gently and stir constantly but carefully so as not to break the rice grains.



5 LA DIVISIONE (THE PARTING)

Continue to cook and stir – eventually the spoon will leave a clear wake as it's drawn through the risotto. This is a sign that the rice needs more liquid. It will probably be sticking to the bottom in the centre of the pan so keep the rice moving using the spoon.

6 LA MANTECATURA (THE BUTTERING-UP)

The risotto is cooked when the rice is tender but with each grain still firm to the bite in the centre with no trace of chalky, gritty or crunchy texture, and surrounded by plenty of *velluto* (velvet) that has come from the combination of rice starch and stock. Take the pan off the

heat, stir in extra butter and/or cheese, cover the pan and leave for 4 minutes. This resting before serving, called *mantecare*, makes the texture of the risotto even more creamy and smooth.

7 IL SERVIRE (THE SERVING UP)

After resting, stir the risotto one more time to bring a little air into it, then turn it out onto a warm platter or into warm dishes and serve at once.

8 IL MANGIARE (THE EATING)

Risotto should be eaten in a specific way, using a fork and working clockwise around the edges, finishing at the centre. For a collection of excellent risotto recipes visit deliciousmagazine.co.uk/risotto

4 ROMANTIC BREAKFAST IDEAS FOR VALENTINE'S DAY

1 BRIOCHE FRENCH TOAST WITH RHUBARB

Sprinkle **200g rhubarb chunks** with **sugar**, then bake in a low oven until soft. Beat **3 free-range eggs** with **200ml single cream**, **2 tbsp sugar**, **½ tsp vanilla extract**, a **pinch each of ground ginger and cinnamon**, and **zest ½ orange**. Soak **4 brioche slices** in the mix, then fry on both sides in a **knob of butter** and **1 tbsp vegetable oil** until golden. Sprinkle with **icing sugar** and serve with the rhubarb and **crème fraîche**.

2 POTTED SHRIMP OMELETTES

Warm a **60g tub of potted shrimps** in a small pan with **a few chopped chives**. Beat **6 free-range eggs** with **salt and pepper**. Melt a **knob of butter** in a small frying pan and add half the eggs. As the eggs set, pull the edges into the middle, tilting the pan so uncooked egg fills the gaps. When the omelette is mostly set but still slightly runny, spoon over half the shrimps, then fold in half and put on a warm plate. Repeat. Serve the omelettes sprinkled with **more chives**.

3 BANANA PANCAKES WITH BACON

Sift **150g self-raising flour** into a bowl with **1 tsp baking powder**. Stir in **2 tbsp light brown sugar**, plus a **pinch of salt**. Make a well in the centre and whisk in **2 large free-range eggs**, **1 mashed banana**, **25g melted butter** and **125ml milk** until smooth. Melt a **knob of butter** in a frying pan and cook **2 tbsp batter per pancake** for **2 minutes** on each side. Serve with **crispy bacon** and a **drizzle of maple syrup/runny honey**.

4 MOROCCAN POACHED EGGS

Fry **1 chopped onion**, **2 crushed garlic cloves** and a **chopped thyme sprig** for **10 minutes** in olive oil with a **pinch of salt**. Add **1 tsp each ground cumin and paprika**, plus **400g chopped tomatoes**. Add a **splash of water** and bubble for **20 minutes** until thick. Taste. If it's acidic add **1 tsp sugar**, then season and stir in **chopped fresh coriander**. Make **4 wells** in the sauce, then break **an egg into each**. Cover and cook until the whites are set. Scatter with **coriander leaves** and serve with **slices of toast**.



HOW LONG CAN YOU KEEP WINE FOR COOKING?

After opening, wine can oxidise from exposure to air (it will taste flat and a bit sherry-like) or turn vinegary due to acidifying bacteria. Taste the wine before adding it. Oxidised wine is fine for cooking but the vinegary stuff can prove trickier. Always keep opened wine in the fridge for a longer life.

STEWES AND CASSEROLES

Wine that's been open for up to a month will be fine but add a splash of newly opened stuff at the end of cooking to finish the dish.

SAUCES FOR STEAK OR FISH

Don't use a vinegary wine here. Without time to cook and mellow, the sharp flavour will be overpowering, so it's best to use a newly opened bottle for these sauces.



COOK'S TIP

For baked potatoes that are crisp on the outside and fluffy in the centre, rub with a little oil, then sprinkle with sea salt flakes. The salt helps to absorb the moisture from the spuds (and seasons them) while the oil helps to crisp up the skin.



NEW VIDEOS ONLINE NOW See delicious. expertise in action!

Want to improve your kitchen skills? Visit deliciousmagazine.co.uk and find a collection of easy-to-follow videos

Discover how to... sterilise jam jars • whip up no-churn banana & peanut butter ice cream • prepare cooked crab – and more [a](#)

THE CHALLENGE

ENGLISH MUFFINS



“The traditional English muffin is a perfect thing: dense, chewy, made to be toasted, then slathered in butter. They’re completely different from the spongy, sweet muffins that have eclipsed them in popularity (although they have their place). The originals are one of my favourites for breakfast or afternoon tea – and they’re not hard to make. I’ve used a simple starter dough for my recipe because it gives a deeper flavour – just give it a quick mix, leave for a few hours, then use. Apart from that, all you need is a heavy-based frying pan and a bit of patience. Once you’ve made your own, no shop-bought muffin will ever be good enough.”

REBECCA WOOLLARD, FOOD EDITOR

PHOTOGRAPHS ALEX LUCK FOOD STYLING ELLA TARN STYLING LUIS PERAL





A



B



C



D

English muffins

MAKES 8-10. HANDS-ON TIME 50 MIN,
PLUS RISING AND PROVING, AND 12-24
HOURS FOR THE STARTER

MAKE AHEAD

These are so good eaten warm, fresh from the pan, but they'll keep in an airtight container for up to 3 days. Once cooled, they're best toasted.

FOOD TEAM'S TIP

If kneading by hand, add 250ml warm milk in step 2, and use as little flour on the surface as possible. Too much extra flour will make them hard. If you're making the dough in a stand mixer, use 300ml milk. The softer the dough, the better.

FOR THE STARTER

- 50g strong white bread flour
- 2g dried active yeast (not fast-action)
- 50ml milk

FOR THE DOUGH

- 250-300ml milk (see tip)
- 8g dried active yeast (as above)
- 400g strong white bread flour, plus extra to dust
- 1 rounded tsp fine salt
- 1 tsp caster sugar
- 30g unsalted butter, melted, plus extra to grease
- Vegetable oil for greasing

YOU'LL ALSO NEED...

- 8cm round cutter

- 1 Make the starter at least 12 hours, or up to 24 hours, in advance. Mix the 50g flour and 2g yeast in a large bowl, then stir in the 50ml milk to form a thick paste. Cover with cling film and leave somewhere fairly cool (not cold) and dark (the mixture will expand a little and bubble up).
- 2 To make the dough, heat the 250-300ml milk in a pan (see tip) to just steaming. Cool to lukewarm, then stir in the 8g yeast and set aside. Put the 400g flour in a large mixing bowl with the salt and sugar, then stir in the starter [A]. By the time that's done, the warm milk should be frothy [B]. Add it to the bowl with the melted butter [C], then stir [D] to →

FIND MORE IDEAS ON THE delicious. WEBSITE

You can find an extensive collection of step-by-step recipes online – visit deliciousmagazine.co.uk/better-cook



E



F



G



H



I



J

NEXT MONTH
Learn to expertly joint a chicken, then make the best coq au vin

bring it together into a dough. Tip out onto a very lightly floured surface and knead for 10-15 minutes until elastic and smooth (or use a stand mixer and dough hook for 8-10 minutes). **3** Transfer to a lightly oiled mixing bowl, cover with a clean tea towel and leave somewhere warm to rise until doubled in size [E] for 1 hour (or leave overnight in the fridge).

Once risen, knead the dough again on the work surface to redistribute the air bubbles (known as knocking back) [F], then roll out using a rolling pin [G] until 2-3cm thick. Use an 8cm round cutter to stamp out 8-10 discs from the dough [H], re-rolling the dough (see Rebecca's Tips For Success). Put the discs on a piece of baking paper [I], scatter with a little

flour and cover loosely with cling film. Leave to prove (rise) for 25-30 minutes until puffed. **4** Heat a wide, heavy-based frying pan over a medium heat and grease with a little butter. Carefully transfer 3-4 of the muffins into the pan using a fish slice, turn the heat down to low-medium and cook for 6-7 minutes, making sure they don't burn on the underside. Once golden on the bottom and the sides are starting to look cooked, carefully flip the muffins and repeat [J]. Transfer to a wire rack while you cook the rest. Split in half, butter and eat straightaway or cool completely before toasting. **PER MUFFIN (FOR 10)** 211kcal, 4.1g fat (2.4g saturated), 6.9g protein, 35.8g carbs (2.1g sugars), 2.1g salt, 1.5g fibre **a**

REBECCA'S TIPS FOR SUCCESS

- Keep the dough as soft as you can while still keeping it workable at step 2. More moisture will result in fluffier muffins – a hard, dry dough will rise less.
- Keep an eye on the dough while it's rising and proving (step 3). We noticed a couple of our batches rose quite quickly, so if the dough has doubled in size before the time is up, go ahead and finish the recipe. Don't wait for the full time.
- You should get 10 muffins out of the dough (step 3). If you find you have to re-roll the dough, the last couple won't be as uniform as the first batch, but they'll still taste good.

CHEF'S STEP BY STEP

THAI PORK CURRY

by Andy Oliver

“This is a classic northern Thai dish. The spices show influences from India and Burma, and the curry is rich and complex with a wonderful aroma as it cooks. The sauce has a typical sweet-sour character to it, which makes it irresistible. It’s the perfect introduction to northern Thai cuisine, and it’s worth tracking down a few special ingredients to make it.”



FOOD STYLING LOTTIE COVELL PHOTOGRAPHS MAJA SMEND STYLING OLIVIA WARDLE



MEET THE CHEF

Andy Oliver is co-chef at Som Saa restaurant in east London. After reaching the MasterChef semi-finals in 2009, Andy worked at Michelin-starred Thai restaurant Nahm in London with legendary chef David Thompson. He went on to work at Bo.Lan in Bangkok and The Begging Bowl in Peckham before opening Som Saa restaurant with co-chef Mark Dobbie and general manager Tom George in April 2016.

YOU WILL NEED

- 600g British free-range pork belly, skin and top layer of fat removed, cut into 2.5cm cubes
- 6-7 tbsp sunflower oil
- 75g palm sugar
- 50ml fish sauce
- 250ml chicken stock
- 20 pickled Thai garlic cloves (see Know-how), drained; 30ml of the pickling liquid reserved (optional), plus extra pickled garlic cloves to serve
- 6-8cm fresh ginger, finely sliced
- 1 tbsp tamarind paste
- Jasmine or sticky rice and extra finely sliced ginger to serve
- 4 cloves
- 1 star anise
- ½ small cinnamon stick
- 1 tbsp mild madras curry powder
- 40g fresh ginger, finely chopped
- 40g lemongrass stalks, tough outer leaves discarded, finely chopped
- 15g fresh galangal, finely chopped (from large supermarkets and Asian grocers)
- 15g fresh turmeric root, finely chopped (or 1½ tbsp ground turmeric)
- Garlic cloves from 2 bulbs (regular variety)
- 3 banana shallots, finely chopped

FOR THE CURRY PASTE

- 7g dried, mild chillies
- ½ tbsp fennel seeds
- 1 tbsp coriander seeds
- 1 tbsp cumin seeds

FOR THE FRIED SHALLOTS

- 5 large shallots, finely sliced lengthways
- About 500ml vegetable or rapeseed oil

* Northern Thai-style pork belly curry with pickled garlic and ginger (gaeng hung lay)

SERVES 2-4 AS PART OF A SHARED MEAL.
HANDS-ON TIME 1½ HOURS, SIMMERING
TIME 1½-2 HOURS

MAKE AHEAD

Prepare the curry paste up to 1 week in advance and keep in a sealed container in the fridge. Make the curry up to 48 hours in advance and keep in a sealed container in the fridge. The curry can also be frozen in a sealed container for up to 3 months.

KNOW-HOW

Thai garlic is less potent than our version, so you can't substitute regular pickled garlic in this recipe. Thai pickled garlic is available from some Thai/Asian grocers and online at thaifood.co.uk. If you can't find it use a little extra tamarind instead.

FOOD TEAM'S TIP

Asian cooks often simmer meat in water first to remove any impurities. If you've bought good quality meat, this isn't necessary so you can omit this (step 3) if you prefer, although you might need to skim off a little scum from the surface of the curry as it cooks.

1 For the curry paste, snip the chillies into small pieces and soak in a small bowl of warm water for 30 minutes. Toast the fennel, coriander and cumin seeds, cloves, star anise, cinnamon and curry powder in a dry frying pan over a medium heat, then grind in a pestle and mortar to a powder [A].
2 After the chillies have soaked [B], rinse in a colander to wash away the seeds. Whizz the chillies in the small bowl of a food processor until finely chopped, then whizz with the ginger, lemongrass, galangal, turmeric, garlic and shallots in the large processor bowl until a paste forms [C] – it's OK if there's still a little texture. Whizz the toasted spices into the paste. (You could use a large pestle and mortar to mince the paste.)
3 To make the curry, fill a large saucepan with cold water and add the pork belly [D]. Turn the heat up to medium-high, then remove the

pork with a slotted spoon (discard the liquid) just before it starts to simmer. Rinse the pork under the tap, then set aside (see tip).

4 In a medium wok or pan, heat the 6 tbsp sunflower oil and fry the curry paste for 10-15 minutes on a medium-high heat until aromatic – this will cook away the rawness from the ingredients. Stir constantly to prevent sticking – you may need to add a little extra oil. The paste will become darker, drier and very aromatic as it cooks. Add the palm sugar and fish sauce [E], then cook for 4-5 minutes more until aromatic.

5 Add the blanched pork belly pieces and stir to coat in the curry paste [F]. Add the chicken stock and 400ml cold water, bring to a simmer, turn the heat down to low and simmer gently for 1½-2 hours. Add a little water now and then if the curry gets too dry – it should be quite reduced but not dry.

6 For the last 30 minutes of the cooking time, add the pickled garlic and ginger to the pan [G]. The curry is ready when the pork is tender. Add the tamarind and reserved garlic liquid (optional), then taste and adjust the seasoning if needed. It should be a bit oily, sweet, rich and a little sour.

7 Meanwhile, make the fried shallots. Fill a small pan one-third full with oil and put over a medium heat until hot enough to brown a cube of bread in 60 seconds (about 180°C). Add the shallots and stir with a slotted spoon. Remove the shallots when golden brown [H], then drain on kitchen paper.

8 Serve the curry topped with fried shallots, finely sliced ginger and a little extra pickled garlic, alongside jasmine or sticky rice.

PER SERVING (FOR 4) 652kcal, 46g fat (9.8g saturated), 29.7g protein, 26.7g carbs (2.2g sugars), 4g salt, 6.3g fibre

WINE EDITOR'S CHOICE A tricky dish to match, but the zesty lime of a dry Australian riesling will do nicely.

NEXT MONTH

Chef John Campbell from Woodspeen Restaurant and Cookery School joins the Be A Better Cook team



A



B



C



D



E



F



G



H

ANDY'S TIPS FOR SUCCESS

- Do try and seek out pickled Thai garlic – it keeps well so buy it when you're near Asian supermarkets and keep in the cupboard until you need it.
- When cooking the curry paste, make sure you fry it for the correct amount of time. Smell it as you go – the aroma will change from raw to subtly fragrant. As the paste cooks it darkens; when a little oil gathers on the surface of the mixture, you'll know it's almost ready.
- If you can, cook the curry a day in advance. It's one of those dishes in which the flavours meld and develop, so it tastes even better the next day. **a**

ESCAPE TO THE CAPE

If the February doldrums have you feeling the need to flee to the other side of the world, head for South Africa, says food and wine writer Fiona Beckett. The beguiling beauty of Cape Town and the Winelands – and, of course, the fantastic food and wine – are certain to exert a magnetic pull



There are few things more uplifting for the spirits than fleeing the depths of a UK winter, getting on an overnight flight and landing early the next morning in summery Cape Town. It's one of the most beautiful places I've been. Every time I visit, I'm struck by the extraordinary quality of the light, which paints the mountains golden pink to dusky purple at different times of day. And because South Africa is just two hours ahead, you won't feel horribly jetlagged, making a short winter break more than feasible.

Like many Brits before me I feel the irresistible pull that Africa exerts, and crave it when I'm not there. Yes, there are striking social inequalities – you can't overlook them – but the success of South Africa's tourism industry has bolstered the economy in a way that many African countries must envy.

A TASTE OF THE CITY

Cape Town was recently named the second-best city in the world to visit by Lonely Planet (the first was Bordeaux, but Cape Town has better weather...) and you could easily spend a whole week in the city and on its surrounding beaches without running out of things to do. Your first port of call may well be the Victoria & Alfred Waterfront, with its smart restaurants, shops and dazzling new Zeitz Museum of Contemporary Art Africa, but don't hesitate to explore some of the city's smaller, hipper neighbourhoods.

Top of my list for a Friday night destination would be **The Pot Luck Club** (thepotluckclub.co.za), which is on the top floor of a converted biscuit mill in the newly gentrified neighbourhood of Woodstock. East of the city centre, this has become one of the coolest areas in Cape Town and also houses one of city's finest (and much more expensive) restaurants, **The Test Kitchen** (thetestkitchen.co.za). The Pot Luck Club serves a brilliant succession of beautifully presented Asian-inspired small dishes →

The Cape has more than 180 miles of coastline and some of the world's most beautiful beaches, plus food and wine worth travelling for



grouped under the headings of salty, umami, bitter, sour and sweet. Whatever you choose, don't miss the springbok carpaccio.

On a sunny Saturday, the waterfront may prove irresistible, so head for seafood restaurant **Harbour House** (harbourhouse.co.za), where I had some of the best sushi I've ever eaten, and ask for one of the outdoor tables. Yes it's what the tourists do but there's

a reason for that: it's a great experience (like that other tourist must-do, a walk up Table Mountain).

For supper, try a bite at the popular **Kloof Street House** (kloofstreethouse.co.za), which occupies a beautiful Victorian mansion in this restaurant-mecca of a street that runs south from the city centre. Also in Kloof Street is **Manna Epicure** (mannaepicure.com), a great place for Sunday brunch, with

a huge all-day breakfast menu including – if you're up to it – French toast croissants with bacon, maple syrup and caramelised banana.

INTO THE WINELANDS

Wine is by no means new in the Cape. Vines have been grown here since the 17th century, but it's since apartheid was abolished that the tourism industry has blossomed. Many wineries are long-cherished retirement projects for successful businessmen, so no expense has been spared in creating beautiful environments. Each one seems to have a unique feature, whether it's art, a garden or world-class accommodation.

As most vineyards are within a short one-hour drive of Cape Town, you can visit them on day trips. Constantia, one of the most sought-after parts of the Winelands, is on the doorstep, just south of the city. Head for **Klein Constantia** (kleinconstantia.com), producer of the legendary sweet wine Vin de Constance. Further south is **Cape Point Vineyards** (cpv.co.za),

IS SOUTH AFRICA SAFE?

According to Su Birch of Tastetrip (tastetrip.co.za), "Like any big city, you need to be careful. There are areas like the Cape Flats that are gang-ridden and dangerous, but they're not tourist areas and are easy to avoid. It's safe to visit the townships, provided you go with a

registered tour guide. Women shouldn't walk alone at night (except by the waterfront). Don't walk around with loads of jewellery, and keep a watchful eye at cashpoints; don't withdraw money if there's anyone suspicious lurking. Oh, and don't leave anything valuable on show in a car – it will get broken into."

VISITING A TOWNSHIP

Apartheid ended in 1994, but communities are still segregated physically. Visiting a township is time well spent, and there are all sorts of twists on the theme, such as cycle tours (awoltours.co.za/bicycle tours) or the gospel tour of Langa township (gocamissa.co.za).



hungry traveller.

which offers a great sauvignon blanc and stunning views.

For a more expansive taste of the Winelands you need to head east of Cape Town towards charming Stellenbosch and Franschhoek, and spend a few days relaxing in their fabulous wineries and restaurants. Stellenbosch, the larger of the two, is improbably a university town (it doesn't seem big enough). As you drive round its shady, tree-lined streets, you might fantasise about living there. Pretty Franschhoek is even more villagey but more of a tourist hub. The other two wine centres are Wellington (where there's a great place to stay – see p122) and not-so-pretty Paarl.

When it comes to visiting wineries, you're spoilt for choice. For some of the best of the historic Cape Dutch architecture, with its easy symmetry and grand gables, visit **La Motte** (la-motte.com) and **Vergelegen** (vergelegen.co.za), with its vast, gnarled 300-year-old oak tree. For stunning contemporary architecture and fine dining, you can't beat **Tokara** (tokara.co.za) or



CLOCKWISE FROM ABOVE The pretty Babylonstoren farm-winery; chilling at Boschendal; Fairview, where they make goat's cheese as well as wine; Harbour House restaurant; Cape Town's waterfront; La Motte winery's Pierneef restaurant

Waterkloof Wine Estate (waterkloofwines.co.za), which has dazzling views over False Bay, the famous body of water that's a whale watcher's paradise. For a more quirky experience there's **Fairview**

(fairview.co.za), where a herd of goats provides the milk for the winery's cheeses. Next door there's the casual, colourful **Spice Route** complex (spiceroute.co.za), where the winery sits alongside a →

WHERE TO STAY IN CAPE TOWN

Hotels in Cape Town can be expensive, especially in the high season. It's definitely worth checking out Airbnb, which has more than 300 properties in the city.



● **Dutch Manor (dutchmanor.co.za)** This small central hotel dating from 1812 is full of charming old-fashioned furnishings but has all the mod cons you'll need, including

air con and flatscreen TVs. Rooms from £84 B&B.

● **Taj Hotel (tajcapetown.co.za)**

India's famous Taj chain has a luxe outpost in central Cape Town. While rooms aren't cheap, they're often heavily discounted on booking sites. Great spa, too – perfect before you jump on the plane home. Rooms from £219 (advance booking).

WHERE TO STAY IN THE WINELANDS



● **Jordan Luxury Suites, Stellenbosch (jordanwines.com)** Live like a local on the Jordan Wine Estate, just 10 minutes from Stellenbosch. Rates from

£118 per night B&B, including a wine tasting.

● **Grand Dédale, Wellington (granddedale.com)**

Set in a secluded valley, this converted Cape Dutch farmhouse (below) is just the ticket for a get-away-from-it-all break. Fingers crossed the weather is fine enough to breakfast on the verandah. The lofts are particularly lovely. From £91 per night B&B.

HOW TO GET AROUND

If you're going to spend several days touring the Winelands, it's best to hire a car. You'll find all the big name car hire companies at the airport, with prices from £92 for seven days to £230 for a large car (insurance is extra). If you just want to spend a day or two visiting wine country, it's easier to take a guided tour. Reliable names are Go Cape (gocape.co.za) and wineescapes.co.za. Tastetrip (tastetrip.co.za) can book tours and accommodation.



Picnics with a view at Cape winery Boschendal

brewery, distillery and chocolatier.

Picnics are a great feature of Cape summers. **Boschendal** (boschendal.com), another beautiful old winery, offers seasonal picnic menus and **Warwick Estate** (warwickwine.com) has cute picnic pods: the winery also lays on 'Big 5' wine safaris, where you tour the vineyards by Jeep, exploring the estate's five main grape varieties.

Garden lovers could spend an

afternoon wandering around the eight acres of flowers, fruit and veg at **Babylonstoren** (babylonstoren.com), which translates as 'tower of Babel'. You can eat the produce in the stylish restaurant or buy it, if you're self catering, from the farm shop.

There are many reasons to visit the Cape – the sunshine, the scenery, the hospitality of the people... but the wine and food will pull you back again and again.

MEET THE WINE PRODUCERS

● **Kanonkop (kanonkop.co.za)**

If there's one South African grape variety to look out for it's pinotage, a cross between pinot noir and cinsault. Full-bodied and gutsy, in the hands of winemakers such as Abrie Beeslaar of Kanonkop it can make serious age-worthy reds. At the winery, pick up a bottle of the marvellous Kanonkop Pinotage, which retails at £22-23 back home (at Majestic).



● **Graham Beck (grahambeckwines.co.za)**

If you have time to drive out to Robertson (it's worth the detour to witness the dramatic, semi-desert landscape of the Klein Karoo), visit Graham Beck, which makes some of the best, most competitively priced champagne-style fizz in South Africa (known locally as Cap Classique). Winemaker Pieter is even known as 'Bubbles' Ferreira. You can find the excellent rosé back home from £9.99 (at Majestic).

The Cape Winemakers Guild's ribeye steak with pinotage sauce

SERVES 2-3. HANDS-ON TIME 1 HOUR 10 MIN,
OVEN TIME 15 MIN, SIMMERING TIME 45 MIN



Fry individual rib-eye steaks (about 200g each) for 2-3 minutes on each side, without oven cooking, if you prefer. The lamb ribs add depth of flavour to the sauce, but you could use a beef bone, or leave them out and use 100ml good quality dark beef stock.

- 750g British grass-fed, dry-aged rib-eye steak, bone in (also known as *côte de boeuf*) – or see tips

FOR THE PINOTAGE SAUCE

- Rapeseed oil for frying
- 4 British lamb ribs, cut into 2cm pieces (ask your butcher – see tips)
- 2 celery sticks, chopped
- 4 spring onions, chopped
- 2 carrots, chopped
- 1 bay leaf
- 2 fresh thyme sprigs
- 2 garlic cloves, finely chopped
- 400ml pinotage wine
- 200ml tawny or ruby port
- 400ml beef stock

YOU'LL ALSO NEED...

- Digital probe thermometer (alternatively, see tips)

1 To make the sauce, heat a drizzle of oil in a large pan over a medium-high heat and fry the lamb ribs, vegetables, herbs and garlic for 5-10 minutes until well browned (see tips). Pour the wine and port into a jug and gradually add to the meat. Bubble over a high heat for 10-15 minutes, then add the stock, reduce the heat to low and bubble for 10-12 minutes until reduced to about 100ml. Strain through a fine sieve into a serving jug (discard the solids). **2** Season the steak well, then heat a glug of oil in a heavy-based pan over a high heat and cook for about 5 minutes, turning once. Put in a roasting tray and cook in the oven for 12-15 minutes until a digital

thermometer pushed into the centre reads 45-50°C. Remove and rest, loosely covered with foil, for 5-6 minutes. Serve with cornbread (see below), the pinotage sauce and steamed greens, if you like.

PER SERVING (FOR 3) 612kcal, 18.1g fat (5.1g saturated), 60.9g protein, 7.9g carbs (7.9g sugars), 0.7g salt, no fibre

WINE EDITOR'S CHOICE Pinotage, South Africa's very own red grape, is of course the best match for this. Choose a full bodied, premium example to do the rib-eye proud.

Mieliebrood (cornbread)

MAKES 1 LOAF (12 SLICES). HANDS-ON TIME 15 MIN, OVEN TIME 45 MIN



Make the bread up to 24 hours in advance and keep wrapped in cling film.

- 500g self-raising flour
- ½ tsp salt
- 415g tin creamed-style corn
- 2 medium free-range eggs
- 65ml whole milk
- 30ml rapeseed oil

YOU'LL ALSO NEED...

- 1kg loaf tin greased with unsalted butter

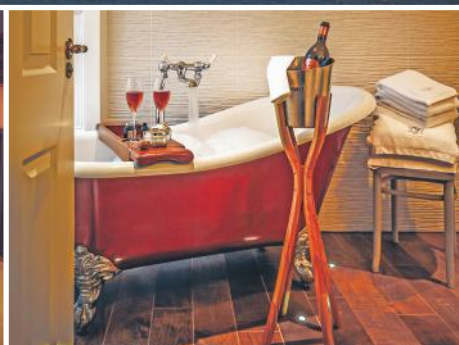
1 Heat the oven to 200°C/180°C fan/gas 6. Sift the flour and salt into a large mixing bowl. Stir in the creamed-style corn. In a separate bowl, beat together the eggs, milk and oil, then mix into the flour and corn mixture. Pour into the prepared tin and bake for 45 minutes. Leave to cool on a wire rack.

PER SLICE 207kcal, 3.9g fat (0.8g saturated), 5.9g protein, 35.7g carbs (0.7g sugars), 0.8g salt, 2.7g fibre **d**

NEXT MONTH
Jenny Linford searches out the real food of Singapore



TRY
THESE AT
HOME



GREAT ESCAPES

Comfort in a culinary paradise

PADSTOW TOWNHOUSE, CORNWALL (paul-ainsworth.co.uk/padstow-townhouse)

WHY IT'S GREAT On the north coast of Cornwall, Padstow is not only pretty, it's also a major dining destination. Rick Stein, of course, made the town famous but chef Paul Ainsworth is hot on the master's heels with his newly revamped Michelin-starred No 6 restaurant, the Italian Rojano's and now the Padstow Townhouse.

THE FOODIE BIT The Townhouse, an 18th-century home remodelled into six suites, doesn't have a restaurant, but Paul Ainsworth at No 6 is a two-minute stroll away (you'll need to book ahead or take a package). Paul's dishes are cheffy without being put-you-off clever. Highlights include warm bread with brown butter, cod's roe and pork scratching crumbs, the

freshest Porthilly oysters from across the estuary and exquisite roast duck with peking tea sauce. For dessert, the Fairground Tale, Ainsworth's *Great British Menu* dish, includes beignets, toffee apples and more served on an old-fashioned cart.

Breakfast is another short walk away at Rojano's, where you can feast on buttermilk waffles with chocolate sauce. Come the evening, the place bustles with families tucking into enticing grills, pastas and pizzas.

You do get to eat some food at the Townhouse. After dinner we found cookies and a nightcap of boozy hot chocolate by our bed. And there's a pantry on the ground floor filled with fresh cakes, snacks and booze –

perfect for a picnic or midnight feast.

THE ROOMS Suites, with food-inspired names such as Marshmallow or Toffee Apple, are large and lavish. Leather sofas, downy king-size beds and freestanding baths (complete with tray for your champagne glass) make it hard to leave the room.

WHAT'S NOT SO GREAT Not surprisingly, bearing in mind the quality, stays here are pricey, and not everyone will want to make the short walk to breakfast and dinner – though staff are perfectly happy to pick you up/drop you off in the electric buggy.

COST The All Wrapped Up package costs £295 per person for two nights B&B with 3-course meals at Paul Ainsworth at No 6 and Rojano's.* **a**

HARBOUR DELIGHTS
Pretty Padstow
and the elegant
Townhouse

WORDS: DAISY MEAGER. PHOTOGRAPHS: CHRIS HEWITT
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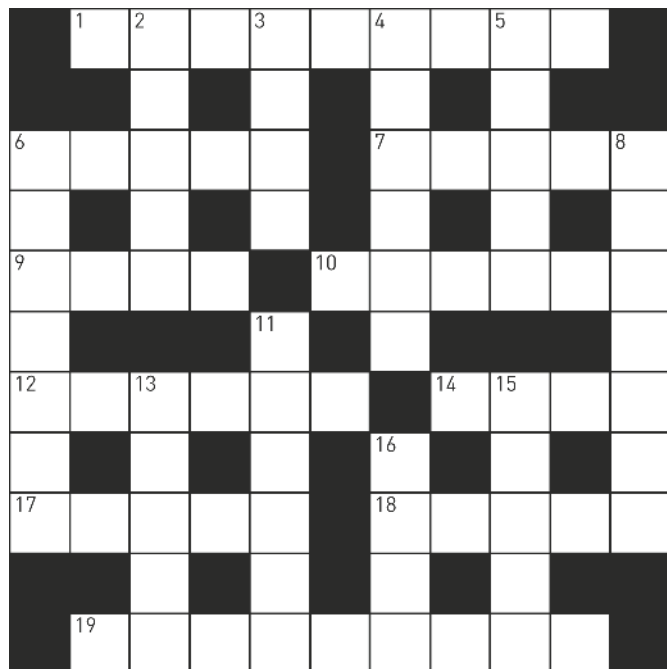
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Your Perfect Place

FOOD LOVER'S CROSSWORD

No. 38



See how much you really know about the world of food with Hugh Thompson's culinary conundrum. Answers next month

ACROSS

- 1 Weed rarely used in salads; diuretic, hence its name 'pissabed' (9)
- 6 Seeds of leguminous plants, a vital food source – great on toast (5)
- 7 Flatbreads from Central and South Asia baked in a tandoor (5)
- 9 Cut of meat, usually veal, traditionally used for osso buco (4)
- 10 Stinking ____: washed rind cheese from Gloucestershire (6)
- 12 The nut used to make frangipane and amaretto (6)
- 14 Japanese city famous for its rich, fatty, wagyu beef (4)
- 17 Scottish isle in the Hebrides known for its whisky distilleries (5)
- 18 French river connecting Muscadet and Sancerre wine regions (5)
- 19 Large or small, it's where your food is absorbed (9)

DOWN

- 2 Soft white curd cheese from Cyprus – it's a bit like ricotta (5)
- 3 Indian pancake made from fermented rice and urad dal batter (4)
- 4 Small leguminous seed, usually dehusked and split in two (6)
- 5 Colourful plant – can be used for salads or cooked like spinach (5)
- 6 Fine aromatic rice grown in the Himalayan foothills (7)
- 8 Poultry breast including the wing bone (7)
- 11 Biological catalyst: several play key roles in 19 across (6)
- 13 North Italian city known for a saffron-infused risotto (5)
- 15 Pungent bulb eaten all over the world; can be toxic for pets (5)
- 16 To soften fruit by decay; used for medlars and quince (4)

Solution to no. 37 ACROSS: 1. Coeliac 6. House 7. Alfredo 9. Pitta 10. Patron 13. Fennel 15. Tacos 17. Lobster 18. Genoa 19. Wontons DOWN: 1. Champ 2. Icebox 3. Chop 4. Butternut 5. Vegan 8. Fettucine 11. Reuben 12. Stage 14. Larks 16. Slaw

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THIS MONTH WE ASKED What would be your ideal Valentine's Day dish?

Editor **Karen Barnes** *Spaghetti vongole and a bottle of Italian red*

Deputy editor **Susan Low** *Smoked reindeer hearts*

Editorial and features assistant **Phoebe Stone** *Bottle of champagne*

Food editor **Rebecca Woollard** *Onglet and béarnaise sauce*

Acting food editor (maternity cover) **Jennifer Bedloe** *Champagne and moules frites*

Acting food lifestyle editor **Lottie Covell** *Spaghetti vongole*

Cookery assistant **Ella Tarn** *Cheeseboard, chutney and red wine*

Art director **Jocelyn Bowerman** *Surf 'n' turf (lobster and steak)*

Art editor **Martine Tinney** *A nice chateaubriand steak*

Managing editor **Les Dunn** *Melting middle chocolate puddings are always good*

Deputy chief sub editor **Hugh Thompson** *Something simple as I'll be cooking*

Senior sub editor **Rebecca Almond** *Sourdough with avo, smoked salmon & poached eggs*

Food consultant **Debbie Major**

Wine editor **Susy Atkins** *Gadget tester Aggie MacKenzie*

Contributors **James Ramsden**, **Lucas Hollweg**, **Xanthe Clay**

Marketing director **Julia Rich** 020 7803 4129 *Classic steak and chips*

Digital editor **Rebecca Brett** 020 7803 4130

Dinner at the *Drapers Arms* – all takings go to charity (last year £10,000)

Assistant web producer **Isabella Bradford** *40 garlic clove chicken – imagine the kiss*

Digital intern **Isabeau Brimeau** *Nothing too fancy – a pizza and a bottle of red*

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When food is labelled as ‘evil’, trouble lies ahead



Sugar is the new arch-villain in the world of food and health, but has the sweet stuff been framed for a crime of which it is innocent? Chef Anthony Warner strikes a blow for the forces of rationality

Watch superhero movies and the character with magical powers always needs an equally powerful arch-enemy. In the world of food and health, where arbitrary foodstuffs are frequently granted magical superfood status by self-appointed wellness gurus, it seems appropriate that there should be something for them to battle. The enemy used to be the combined forces of cholesterol and saturated fat, but these days that mantle has passed firmly to sugar.

Sugar, so the story goes, is a vile, toxic and addictive poison. A dangerous shapeshifting evil, it hides in our favourite foods making us fat and sick. It's a drug as pernicious and consuming as the purest crystal meth. Sugar is all that's wrong with the world, destroying our children, forcing them into vicious spirals of addiction, obesity, illness and early death. Only by following the new anti-sugar gurus will we ever be free. We must detox, go cold turkey, extract our pitiful selves from this candied hell. If we do, the promised land of perfect sugar-free wellness awaits, where we will all be happy, healthy and free.

This is, of course, over the top – and no one ever truly goes sugar-free. There is sugar in all the fruit, vegetables and dairy we eat, and the numerous ‘natural sugar replacers’ the health gurus recommend (maple syrup, coconut sugar, honey, date syrup and so on) work only because they contain lots of... yes, sugar.

What upsets me most about the debate on sugar is the language that surrounds it. Toxic, drug, poison, illness; these



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words are carefully chosen to spread fear, guilt and shame. To give your child a glass of orange juice and a bowl of cereal for breakfast has been made akin to rubbing poison in their eyes, yet it is something that many decent, loving parents do every day. One small glass of orange juice is not an evil. In applying the language of addiction and toxicity to a regularly consumed foodstuff we are in danger of sending people into a downward spiral of guilt and shame, damaging their relationship with food for good.

It's true that most of us eat a bit too much sugar and could do with cutting down, and it's also true that sweetness is a great facilitator of excess calorie consumption,

but that does not make it the only cause of obesity. In fact, despite what many claim, numerous reviews of the scientific evidence have found no unique link between sugar and weight gain.

In sensible quantities and as part of a healthy, balanced diet, sugar won't make you obese. Sweetness is a vital part of the flavour palette of every cook, and true sweetness comes only from sugar. You find it in the joy of strawberries warmed by the sun, and in the most indulgent, tempting desserts. Sweetness can bring pleasure, enhance our most precious memories and help us develop a lifetime of culinary passion.

True healthy eating is never about restriction, guilt and shame. It's about embracing the variety that the world of food has to offer and learning to respect and love what we eat.

Anthony Warner is a development chef by day and blogs as The Angry Chef by night (angry-chef.com). Find him on Twitter @One_Angry_Chef. 



Do you think Anthony has a valid stance on this controversial issue, or do you take a different view? Tell us at info@deliciousmagazine.co.uk and we'll print the best replies.



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