

EAT BETTER NOW! 17 PAGES OF MUST-TRY HEALTHY INGREDIENTS
PLUS 33 NUTRITIOUS RECIPES

olive
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Health special

SAY NO TO 'CLEAN EATING'
AND YES TO FOOD THAT
NOURISHES BODY AND SOUL
WITH OUR SCEPTIC'S GUIDE
TO MODERN HEALTHY EATING

SEASONAL
RECIPES

from Donna Hay

WHY WE HATE
'SKINNY WINE'

*Try lighter takes
on authentic
Indian classics*

5 QUICK CHEAT'S
TOPPINGS FOR
SHOP-BOUGHT SOUP

INSIDE YOUR HEALTHY EATING TRENDS GUIDE:

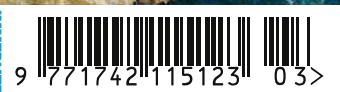
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PROTEIN-PACKED PASTA | DAIRY-FREE DESSERT
GLUTEN-FREE COCONUT FISHCAKES, AND MORE!

Let's taco 'bout grilled

Baja-style spicy fish tacos p10



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MEDIA



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Red cabbage kimchi • Haloumi-stuffed broccoli • California rolls • Sticky chinese ribs • Baked-not-fried chicken

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ADDED SALT

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



**NOT
IN
OUR
NATURE**

Shop for
 healthy
 ingredients with
 our hand-picked
olive Health
 Discovery
 BoroughBox
 on p55



Welcome to MARCH

The language we use to describe food can be tricky – and it's something we consider very carefully here at **olive**. Last year we banned words like 'skinny' or 'clean' and 'guilt-free' and it seems like the rest of the food world is now taking to a similarly balanced view of healthy eating. We want to celebrate food and drink in all its marvellous forms and not demonise any one food-group or cooking method. I've said it before and I'll say it again – we're all about the joy!

But that's not to say ruling out negative terminology makes it any easier to choose a wholesome, nutritious diet that satisfies both body and soul. There are so many new trends to try and ingredients to discover. This issue we've tried to make things that little bit easier for you, by demystifying some of the hottest new health buzzwords (shio koji, anyone?). We investigate everything from this Asian wonder-mould and ancient grains like amaranth to lacto-fermented vegetables, revealing what *real* health benefits they bring, if they actually taste any good (crucial) and give you (as ever) some banging recipes to use them in.

We've also looked to the queen of fresh and fast cooking, Australian food writer Donna Hay, for our seasonal recipes this issue – her skillet greens with eggs, and sage and halloumi-stuffed broccoli will change your life. We've got lighter takes on Indian classics from one of our favourite food writers, Maunika Gowardhan. And, some naturally energising smörgåsbord from new Nordic restaurant, Aquavit.

But of course – to be balanced – there are also recipes that aren't to be eaten every day in the issue, but when they are they should be savoured – from Marmite nuts and seeds that taste like Twiglets, and steak and buttered onion sarnies to a chocolate chip chilli cake that features two of my favourite breakfast ingredients (you'll never guess what; clue: I'm not talking about eggs...).

Here's to a happy, healthy, informed way of eating and drinking; and here's to travelling to wonderful places around the world and embracing their cuisines (be guided to San Sebastián, Belfast and more in this issue's Explore section). Food is to be enjoyed – so let's get cracking!

Laura

Laura Rowe, Editor [@olive_magazine](https://twitter.com/olive_magazine) [@lauraroweats](https://twitter.com/lauraroweats)

SO WHAT IS **olive**?

We've the industry's most passionate team of food and drink experts, gorgeous photography, and inspired tried-and-tested (three times!) recipes. Whether you're cooking at home, eating out, or travelling with mealtimes in mind, **olive** is the place to start.

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* FREEZABLE
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* LOW-CAL = UNDER 500 CALORIES, SUITABLE FOR THE 5:2 DIET. FOR MORE HEALTHY IDEAS HEAD TO P29. ** RECIPES ARE GLUTEN-FREE ACCORDING TO INDUSTRY STANDARDS



GREEK STYLE Somerset stile.

Our Greek Style yogurt is naturally thick & creamy. As we say in the West Country, it's 'gurt lush'.*

PHOTOGRAPHED BY LOUIS, JUST DOWN
THE ROAD FROM OUR SOMERSET FARM

*Frankly, delicious





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HERE & NOW

Why we all love tacos now, our new health-boosting smoothie recipe, and the very latest Danish designs for your home

Compiled by GREGOR SHEPHERD



Baja California-style fish tacos (two ways!)
p10

TRENDS TRANSLATOR

Every month, the **olive** team spots a hot new trend emerging in restaurants across the UK, and translates it for you to cook at home. This time we can't get enough tacos, so food director Janine Ratcliffe has made two versions of this classic Mexican peninsular snack. »

TREND SPOT

TACOS, TACOS, TACOS!

Food writers have been pushing Mexican as a hot new trend for years, but anything more than nachos in cheese and guac or Tex-Mex-style fajitas hasn't seemed to capture the imagination of the British public – until now. Mexican – specifically, tacos – has finally taken off and now's the time to explore the taquerias opening up across the country.

There are a few important markers of a great taco to look out for. Read 'nixtamalization' on a menu and you also read 'flavour'. This ancient process of steeping corn kernels in an alkaline solution dials up the taste, texture and even nutrition of your tortilla. (Tacos have a soft tortilla base, while tostadas are usually fried and crisp.) Traditionally, fillings tend to be meat-based – grilled, fried or slow braised – while our fish tacos (below) are unique to the Baja peninsula. A variety of extras – onions, fresh coriander and salsas – are then added.

If you're eating out, El Cartel in Edinburgh nails veggie tacos (hazelnut and apricot mole, sheep's milk cheese, peanuts and pickled carrots). While Newcastle's Barrio Comida uses British ingredients to great effect: try the braised and grilled ox tongue with salsa chipotle with radish, avo, onion and coriander. (See p89 for a review of El Pastor, another London taco restaurant.)

Baja-California style spicy fish tacos

30 MINUTES | SERVES 4 | EASY

In Baja California, Mexico, fish is served two ways in tacos – spice-coated and flame-grilled or fried in a crisp batter.

skinless, boneless cod loin 450g, cut into pieces

corn tortillas 8 small

coriander leaves to serve

hot sauce to serve

PURPLE SLAW

red cabbage 1 small, very finely shredded
sea salt

limes 2, juiced

AVOCADO CREMA

avocado 1, peeled, stoned and diced

half-fat crème fraîche 4 tbsp

coriander a handful

lime 1, juiced

QUICK PICKLED CHILLIES

white wine vinegar 100ml

caster sugar 50g

red chillies 4, sliced into rounds

AND EITHER...

SPICE COATING 

hot smoked paprika 2 tsp

cornflour 2 tsp

ground cumin 1 tsp

...OR

BATTER MIX

plain flour 100g

cornflour 30g, plus extra to dust

ground cumin 1 tsp

hot smoked paprika 1 tsp

ice-cold soda water

oil for deep frying

- To make the slaw, put the cabbage in a large bowl. Sprinkle over 1 tsp sea salt then add the lime juice and toss. Leave for 20 minutes, tossing now and then.
- To make the crema, put the avocado, crème fraîche, coriander and lime juice in a blender. Whizz, then add water to make a drizzlable sauce. Season with salt.
- To make the pickled chillies, heat the vinegar, sugar and 100ml water in a pan. Add the chillies and simmer for 2 minutes. Pour into a bowl or clean jar and cool.
- If you want to spice-coat the fish, heat the oven to 230C/fan 210C/gas 8. Mix the paprika, cornflour and cumin and season. Add the fish and toss to coat. Put the fish on a baking paper-lined tray and cook in the oven for 10 minutes until the fish is just charring at the edges.
- If you want to batter the fish, mix the dry ingredients with ice-cold soda water to make a thick batter and season. Fill a pan no more than 1/3 full of oil then heat to 180C (or until a cube of bread browns in 30 seconds). Dust the fish pieces lightly with cornflour then dip into the batter. Fry for 3-4 minutes until crisp.
- Griddle the tortillas and keep warm in foil.
- To assemble, add some slaw to each tortilla. Top with the fish, drizzle over the avocado crema and top with pickled chillies, coriander leaves and hot sauce, if you like.

SPICED PER SERVING 414 KCALS | FAT 15.9G

SATURATES 6G | CARBS 36.7G | SUGARS 15.6G

FIBRE 9.4G | PROTEIN 26.2G | SALT 1.6G

BATTERED PER SERVING 614 KCALS | FAT 26.2G

SATURATES 6.8G | CARBS 60.8G | SUGARS 15.7G

FIBRE 10.1G | PROTEIN 28.6G | SALT 1.6G

TRY THE TREND YOURSELF...



At UNI in West London, tacos are bite-sized – served in crisp little taco shells. Try the salmon tartare with a miso dressing and masago (salmon roe); raw tuna with kimchi and guacamole or crab with lime, coriander and a spicy miso dressing. restaurantuni.com



Wahaca is celebrating its 10th year with Taco Tuesdays – customers will receive their first plate of tacos for just £1. Try their signature pork pibil tacos, inspired by the Yucatán peninsula, with spicy achiote paste and habanero chillies. wahaca.co.uk



Breddos opened its first permanent site in Clerkenwell last year. It serves 12cm corn tortilla tacos, tostadas and tlayudas (think Mexican pizzas) – the Baja fish with lime mayo, pico de gallo and cabbage is a star of Instagram. breddostacos.com



Soho's Corazón offers a range of tacos – our faves, though, are tuna, chipotle mayo, leeks and avocado tostadas and the margarita and coconut flan. corazonlondon.co.uk

FOOD DIRECTOR'S SHOPPING BASKET



Janine Ratcliffe's favourite new products

Frozen smoothie mixes are a great freezer standby when you're trying to be more health-conscious but not ideal if you're avoiding sugary fruit. These packs from Morrisons re-address the balance by adding lots of veg to the mix. I love the green mix (banana, kale and mango), and the orange mix (pineapple, papaya and carrot) makes a great base for a breakfast smoothie bowl. 500g/£2, morrisons.com

Tropical smoothie bowl

10 MINUTES | SERVES 1 | EASY

orange smoothie mix 80g
coconut water 100ml
banana ½, sliced
kiwi fruit 1, peeled and sliced
coconut shavings 1 tbsp
lime ½
small mint leaves

- Put the smoothie mix and coconut water in a blender and blend until smooth.
- Pour into a bowl and arrange over the toppings. Squeeze over lime and add a few mint leaves to finish.

PER SERVING 230 KCALS | FAT 10G
 SATURATES 8.3G | CARBS 28.2G | SUGARS 26.8G
 FIBRE 6.6G | PROTEIN 3.5G | SALT 0.3G

JANINE LOVES
 MORRISONS
 ORANGE
 SMOOTHIE
 MIX





◀ Borough Olives

Fresh olives delivered through your letterbox – that's something we never thought we'd say! The team behind the Borough Market stall, Borough Olives, packs up three beautiful bags of fresh olives or antipasti per delivery. Select your favourites or leave it up to the experts. Delivered weekly, fortnightly or monthly. £9.90/450g, borougholives.co.uk



▲ Cure and simple

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◀ One Time Gin

One Time Gin collaborates with distilleries to create unique gins, delivered monthly with a newspaper infused with gin news, products to spruce up your gin and tonic and ingredients to create bespoke cocktails. £42/month, onetimegin.co.uk



QUICK BITES

The foodie letterbox revolution is well under way. Try artisan food and drink from the UK and beyond delivered straight to your door

▶ Beer52

Beer geeks will have a fit when they find out about this crafty club – eight exclusive freshly brewed craft beers are tailored to your individual taste and delivered with in-the-know Ferment magazine. £24/month, beer52.com



▼ The Cheese Shed

The folk at The Cheese Shed have launched a flexible cheese subscription service, Culture, with the mission to share rare artisan West Country cheeses – with everything from ewes' milk to blue and soft cheeses, there are plenty of surprises. From £17.99/400g, thecheeshed.com



▲ Cocoa Runners

This is the best way to discover the world's small batch, single estate artisan chocolate. Taste four bars each month and share you tasting notes with other chocolate enthusiasts online. The club for chocoholics! £18.95/month, cocoarunners.com

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FRIDGE RAIDER



Ever wondered what your favourite foodie has lurking in their storecupboard? We ask Alexandra Dudley, founder of Punch Foods, sustainable food blogger and soon-to-be-published cookbook author

BLANXART 82% single origin bean chocolate

I am, as they say, a chocoholic. For me it has to be dark and I tend not to go below 70% unless it's a praline or peanut M&M's! I prefer to use good quality dark chocolate when cooking. I think Valrhona is the best but this one is a bit different.

Fresh herbs

A dish can be transformed with the addition of fresh herbs. I don't think there's a herb I don't like. They can be enjoyed in less conventional ways too. I love basil on my fruit and yogurt in the morning and mint in stir-fries.

Preserves from Newton and Pott

The best on the market! My favourites are feijoa chutney and apricot and amaretto jam. Every jar is made in a small batch in London – it's good to support local, artisan producers.



Rose tea

I am a keen traveller and love to collect spices. The last time I visited Marrakech I nearly brought back the whole souk. This loose-leaf rose tea is the last left over from that trip and is exquisite. For a tea-drinking nation we don't drink nearly enough loose-leaf tea in my opinion.

Argan oil (from Arganic)

Commonly described as the gold that hangs on trees, this oil lives up to the hype. It's rich, nutty and incredibly good for you. Best eaten raw, it's great thrown over salads, steamed veg or even drizzled over porridge with a little honey and crushed nuts.

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HERE & NOW



BEARDY BLOKES

Beardy men egg cups

Make your kitchen feel like a hipster coffee shop – swap bearded baristas for Hubert and George, they'll keep your eggs extra safe. Designed by Phil Jones. £10, scp.co.uk

A DASH OF DANISH, IF YOU PLEASE

Geo milk jug Add a dash of Danish design to your kitchen with this stylish matte-finish milk jug. You will never need to leave your cosy space again for tea time. £7.90, normann-copenhagen.com



KITCHEN CRAVER

style up your kitchen with these goodies

BACK TO THE GRIND

Collar coffee grinder by

Stelton Take time out of your busy day like the caffeine-obsessed Scandinavians to prepare freshly ground coffee using this stylish grinder. £79.95, skandium.com



IT'S FIKA TIME!

Mango wood platters

Display your favourite cheeses or freshly baked cakes on these mango wood platters, skillfully crafted in India, to enjoy fika (Swedish tea time) in style. From £40, thewhitecompany.com



GET HYGGE WITH IT

Hygge scented candle Hygge is all about creating magic during the cold, dark winter months, so light these candles at dinner to fill your space with aromas of tea, baked strawberry cheesecake, rose petals and wild mint. £30, skandinavisk.com



UPSIDE DOWN, BOY YOU TURN ME

Boskke hanging planter

Danes love to bring nature indoors, so get on board, utilize your space and create a tranquil environment with these hanging planters (ideal for herbs wafting through the air). £39.95, boskke.com



DARKEN MIDORI

Reiko Kaneko midori gloss breakfast mug

Welcome people into your home for breakfast. Scandinavian and Japanese design go hand-in-hand, and we love the subtle green glaze (did you know 'midori' is Japanese for green) on these delicate bone china breakfast mugs. From £11, reikokaneko.co.uk

SEE YOU AT THE CROSSROADS

Forestry crossroad blanket Hygge is all about getting cosy and embracing the outdoors, so wrap yourself up in a hand-woven New Zealand wool blanket and enjoy a hot drink outside. £101, monoqi.com





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TIP OFF

Tony Naylor delves into the murky world of the service charge. Who gets what? Is it fair? And how do we make it better?

Restaurants spend a lot of time and money creating the illusion that their hospitality is freely given; that they're hosts and we're welcome guests. Within this cocoon of pleasure, this warm amber womb of alcohol and expert lighting, nothing is too much trouble. The real world – harsh, selfish, stressful – fades. We're at peace here. Until I ruin it at the end of the meal by asking: "If I leave a tip on my card, do you get it all? Or would you prefer cash?"

I do so because on an almost monthly basis another news story emerges of a famous restaurant withholding – where they have been paid by credit card rather than in cash – tips or service charges from their staff. Like many of the dining public, I find that highly unpalatable.

I always ask the cash question discreetly and, generally, waiters appreciate it. But it's an awkward end to the meal. The spell is broken, you're no longer a guest, this is now a financial transaction, and one with an ugly backstory. With one simple question I'm highlighting the poor pay in restaurants, how restaurants rip-off their staff, and that my tip is potentially crucial to that waiter's welfare. Which rather takes the shine off the experience, doesn't it?

It shouldn't be down to we diners (do you leave £10, 20% or loose change; did you remember to go to the cashpoint?), to ameliorate restaurants' low-wages. It's demeaning for staff that their income hinges on the whims of diners and therefore fluctuates constantly. Beyond that basic principle, moreover, the opaque tipping system is unfair in almost every detail.

Let's assume I leave a cash tip. Does the waiter pocket that? Or, as I would prefer, do they add it to the collective tip pool? If so, how are those pooled tips distributed? Front-of-house staff get the bulk (say, 70%), while everyone from the pot-washers to the cleaners (memo: clean plates and fragrant toilets are important, I find), might

divvy up 30%. Is that fair? Among front-of-house staff, the managers and long-serving employees often get a far larger slice of the tips than new floor staff on minimum wage. People who played no direct role in your evening may take home more of your tip than your charming waiter.

It's a minefield, a mess, and that's in the best case scenario where you do leave cash. When it comes to tips and discretionary service charges paid on credit cards, things get far murkier. Astonishingly, restaurants are under no obligation to hand that money over to staff, and many don't. From high-street chains to Michelin-star restaurants, the last few years have seen a stream of venues exposed (often by the Unite or GMB unions) for pocketing the service charge or, before they distribute it to staff, making endless deductions (for admin and bank charges, breakages etc.), in an attempt to claw it back. There are even systems where waiters effectively pay rent on the tables they serve.

You pay a service charge on the assumption it goes to the staff. Often the restaurant swipes it in ways that range from dubious to outrageous. Despite public anger, restaurateurs make endless excuses. They complain about the cost of processing credit card tips and distributing service charge through their payroll. Some claim they retain service charge receipts to reinvest in the business. Others insist transparency is the issue. Be open, they claim, and the public will accept deductions. Rubbish! This isn't about transparency. It's about basic (un)fairness.

In a series of consultation papers and non-binding recommendations the government has repeatedly ticked restaurants off. It expects all tips to go directly to staff. But it has done nothing to enforce that. Consequently, I'm left asking questions every time I pay a restaurant bill.

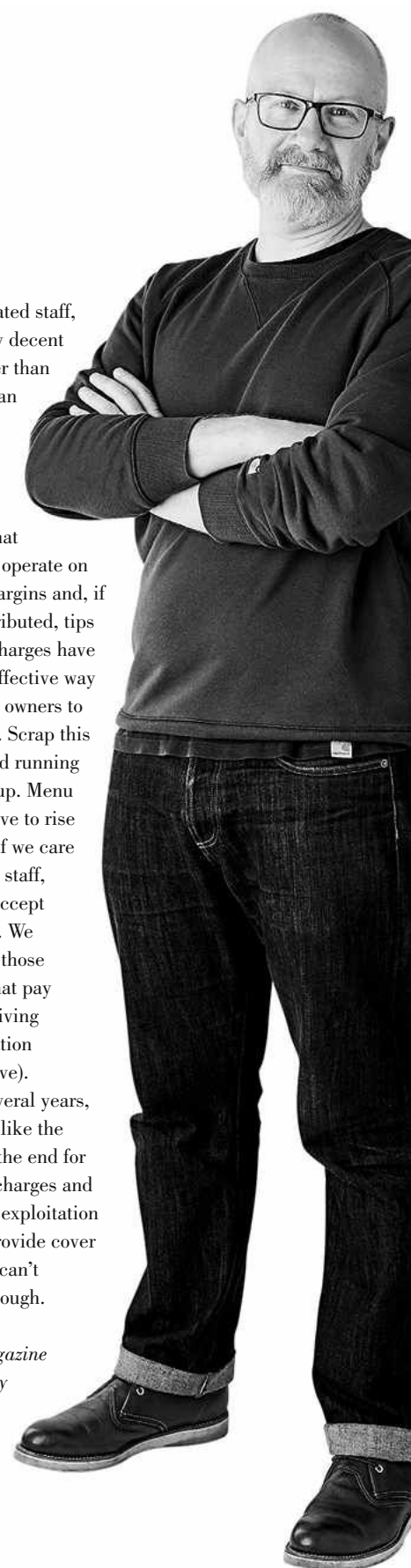
The solution? It's time to ban tips/service charges and, therefore, any chance of such underhand dealing. It's time to follow the example of enlightened venues, most notably the Gallivant in Sussex, who accept that, in order to

recruit dedicated staff, they must pay decent wages – rather than using tips as an incentive.

We diners are key in this. It's undeniable that restaurateurs operate on tight profit margins and, if honestly distributed, tips and service charges have been a cost-effective way for restaurant owners to top-up wages. Scrap this and wages and running costs will go up. Menu prices will have to rise accordingly. If we care about waiting staff, diners must accept higher prices. We must support those restaurants that pay real wages (Living Wage Foundation rates and above).

It'll take several years, but this feels like the beginning of the end for tips, service charges and the low-wage exploitation which they provide cover for. That end can't come soon enough.

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If you're making a giant fruitcake, try not to fall in.

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Friday 24 March



COOK *March*

All the recipes you'll need this month including California rolls, a healthy twist on fried chicken, and light but show-off Indian recipes. PLUS, loads of quick and easy midweek-friendly meals

Sage and halloumi roasted broccoli with caramelised leeks
Steak and buttered onion sandwich | Patchwork croissant chicken pie
Marmite carbonara | Thai prawn, sweet potato and coconut fritters
Dukkah-crusted salmon with cucumber and chilli salad | Red cabbage kimchi

Seasonal



Six exclusive new recipes from Donna Hay that make the most of March's star seasonal ingredients

Recipes DONNA HAY Photographs CHRIS COURT & WILLIAM MEPPEN



Dukkah-crusted salmon with cucumber and chilli salad *p22*



Cacao, banana, date
and cashew bars
p22



Dukkah-crusted salmon with cucumber and chilli salad

20 MINUTES | SERVES 4 | EASY

puffed amaranth 75g or use 35g raw (puff it yourself with our guide on page 40)
dukkah spice blend 2 tbsp
sea salt flakes 1 tsp
skinless salmon fillets 4 x 200g
eggs 2, lightly beaten
extra-virgin olive oil
green chilli 1 long, thinly sliced
lime juice 4 tbsp
garlic 1 clove, crushed
coriander chopped to make 2 tbsp
pea shoots 50g
Lebanese cucumbers 2, thinly sliced
chervil sprigs to serve (optional)

- Put the puffed amaranth, dukkah and salt on a small tray and toss to combine.
- Dip each salmon fillet in the egg and press into the dukkah mixture to coat.
- Heat 2 tbsp oil in a large non-stick frying pan over a medium heat. Cook the salmon, turning once or twice, for 10-12 minutes or until cooked and the crumb is golden.
- Put the chilli, another 4 tbsp oil, lime juice, garlic, coriander, salt and pepper in a medium bowl and whisk to combine. Add the pea shoots and cucumber and toss to coat. Divide the salmon and salad between serving plates and top with chervil, to serve.

PER SERVING 614 KCALS | FAT 41.3G | SATURATES 7.5G
 CARBS 8G | SUGARS 1.1G | FIBRE 3.3G
 PROTEIN 50.9G | SALT 1.6G



Cacao, banana, date and cashew bars

50 MINUTES | MAKES 12
 EASY |

raw cacao powder 35g
dates 180g (about 10 dates), chopped and pitted
vegetable, nut or coconut oil 60ml
cashews 240g
vanilla extract 1½ tsp
bananas 200g (about 3 bananas), mashed
coconut flakes for sprinkling

- Heat the oven to 160C/fan 140C/gas 3. Line a 20cm square tin with baking paper.
- Put the cacao, dates, oil, cashews, vanilla and banana in a food processor and blitz until smooth. Spoon the mixture into the prepared tin, spread evenly and sprinkle with coconut. Bake for 40 minutes or until firm to the touch. Allow to cool in the tin before slicing into bars. Store bars in an airtight container in the fridge for up to 1 week.

PER SERVING 234 KCALS | FAT 15G | SATURATES 6.4G
 CARBS 17.8G | SUGARS 13.6G | FIBRE 2G
 PROTEIN 5.7G | SALT 0.01G



Skillet greens with eggs

30 MINUTES | SERVES 4
 EASY |

extra-virgin olive oil
leek 1 (white part only), thinly sliced
spring onions 2, thinly sliced
swiss chard 1kg, trimmed and shredded
lemon juice 1 tbsp
eggs 4
greek yogurt 140ml
garlic 1 clove, crushed
dried chilli flakes ½ tsp
sumac ½ tsp
oregano leaves 2 tbsp
salad cress to serve

- Heat the oven to 160C/fan 140C/gas 3. Heat 1 tbsp of oil in a large ovenproof frying pan over medium heat. Add the leek and spring onion and cook, stirring, for 10 minutes or until soft and golden. Add the chard in batches and cook for 2-3 minutes or until just wilted. Alternatively, blanch the chard in boiling water in a large bowl then drain and add to the pan. Add the lemon juice and 1 tbsp of oil and mix. Make 4 spaces in the greens and carefully crack in the eggs. Sprinkle with salt and pepper, transfer to the oven and bake for 10-15 minutes or until the eggs are just set.
- Put the yogurt and garlic in a bowl, mix to combine and set aside. Heat 2 tbsp oil in a small non-stick frying pan over low heat. Add the chilli, sumac, oregano, salt and pepper and cook, stirring, for 3-4 minutes or until fragrant and the oregano is crisp. Sprinkle

the oregano mixture over the greens and eggs and top with the garlic yogurt and cress to serve.

PER SERVING 278 KCALS | FAT 19.6G | SATURATES 5.3G
 CARBS 10.7G | SUGARS 3.5G | FIBRE 1.6G
 PROTEIN 13.9G | SALT 1.42G



Sage and halloumi roasted broccoli with caramelised leeks

40 MINUTES | SERVES 4
 EASY |

chicken or vegetable stock 1 litre
broccoli 4 very small heads, bases trimmed
halloumi 300g, sliced
sage 12 sprigs
extra-virgin olive oil
CARAMELISED LEEKS
extra-virgin olive oil
unsalted butter 30g
leeks 3 (white part only), sliced
thyme leaves 1 tbsp
cider vinegar 4 tbsp
rice malt syrup 1 tbsp (or use a pinch of brown sugar)

- To make the caramelised leeks, heat 2 tbsp oil and the butter in a large, non-stick frying pan over medium heat. Add the leek and thyme and cook, stirring occasionally, for 10 minutes or until soft. Add the vinegar, rice malt syrup, season and cook for 5 minutes or until caramelised. Set aside.
- Heat the oven to 220C/fan 200C/gas 7. Put the stock and 1.5 litres water in a large saucepan over high heat. Bring to the boil, add the broccoli and cook for 4-5 minutes or until just tender. Drain and allow to cool. Put on a baking tray lined with non-stick baking paper. Make 3 incisions in each piece of broccoli at 3cm intervals. Fill each cavity with the caramelised leek, halloumi slices and sage. Drizzle with oil and sprinkle with salt and pepper. Roast for 10 minutes or until golden and the halloumi has melted.

PER SERVING 448 KCALS | FAT 31.6G | SATURATES 17.6G
 CARBS 12.3G | SUGARS 9.5G | FIBRE 7.4G
 PROTEIN 24.8G | SALT 2.3G



Skillet greens
with eggs



Sage and halloumi broccoli
with caramelised leeks *p22*

Kale and cashew dip

10 MINUTES + SOAKING | SERVES 4 AS A SNACK

EASY |  

cashews 160g

kale leaves 60g, shredded

extra-virgin olive oil 4 tbsp,
plus extra to serve

garlic ½ clove, chopped

lemon juice 2 tbsp

tahini 1 tbsp

baby parsley leaves to serve

seeded crackers to serve
vegetable crisps to serve

- Put the cashews in a large bowl, cover with 750ml warm water and allow to soak for 1 hour. Drain and set aside.
- Put the kale in a heatproof bowl, cover with boiling water and allow to stand for 1-2 minutes. Drain and pat dry with kitchen paper. Put the cashews and kale in a food processor and blend until finely chopped.

Add the oil, garlic, lemon juice, tahini, 80ml cold water, salt and pepper and process until smooth. Chill until ready to serve.

- Drizzle the dip with extra oil, top with baby parsley and serve with crackers or vegetable crisps.

PER SERVING 407 KCALS | FAT 36.6G | SATURATES 6.3G
CARBS 8.4G | SUGARS 1.9G | FIBRE 2.1G
PROTEIN 9.9G | SALT 0.03G





Toasted grain and cauliflower tabouli

1 HOUR 10 MINUTES SERVES 4

EASY | 

buckwheat 50g
bulgar wheat 80g
cauliflower florets 450g, finely chopped
extra-virgin olive oil 125ml
ras el hanout 2 tsp
flat-leaf parsley a large bunch, roughly chopped
dill a handful, roughly chopped
shelled pistachios 70g, chopped
currants 40g
lemon juice 2 tbsp
ricotta 250g, crumbled, to serve
lemon wedges to serve

- Rinse the buckwheat in cold water and add to a pan with 250ml of boiling water. Stir then cover and simmer gently for 20 minutes. Remove from the heat and leave to stand for 10 minutes.

- In a separate pan, cook the bulgar in boiling water for 8-10 minutes then drain.

- Heat the oven to 180C/fan 160C/gas 4. Put the cauliflower, buckwheat, bulgar, oil, ras el hanout, salt and pepper in a large bowl and toss to combine. Spread the mixture between 2 baking trays and roast for 25-30 minutes or until golden and puffed. Allow to cool. Put in a large bowl, add the

parsley, dill, pistachios, currants and lemon juice and toss to combine. Serve with the ricotta and lemon wedges.

PER SERVING 585 KCALS | FAT 42.9G | SATURATES 6.1G
 CARBS 34.4G | SUGARS 10.9G | FIBRE 10.3G
 PROTEIN 10G | SALT 0.1G



Recipes taken from *Life in Balance* by Donna Hay (£18.99, Fourth Estate)



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Something new?

A small change with Alpro can liven up your mornings in a big way

What breakfast habits have you fallen into? Do you like something protein-based after you've gone to the gym? Or perhaps you always have cereal at your office desk? Maybe you tend to skip food altogether? Whatever your style, if you're after a little breakfast inspiration, let Alpro help.

Alpro's tasty and healthy* plant-based range will open up a whole new world of possibilities. Try serving rice pops with cubed mango and pineapple, and

a splash of fibre-rich Alpro Oat Original drink. Team rich-in-plant-protein Alpro Plain with Coconut soya alternative to yogurt with slices of orange and grapefruit, and a little lime zest. Or add deliciously healthy** Alpro Almond Unsweetened drink to bran flakes and mixed berries. Get creative with Alpro – the possibilities are endless.

Start with this easy cereal bar recipe; perfect if you always hit the snooze button and need a quick bite to eat.

Crispy rice puff and nut cereal breakfast bars

15 MINUTES + CHILLING | MAKES 24 | EASY

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

- Heat the oven to 180C/fan 160C/ gas 4 and line a 23cm square cake tin with baking paper.
- Spread the oats, pecans 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.
- Remove the tray from the oven, mix in the puffed rice, cranberries and cinnamon.

- Heat the sugar and honey in a pan with 5 tbsp rapeseed oil until the sugar has dissolved, then pour in the cereal mix and stir well, ensuring everything is coated.
- Pour the mixture into the cake tin, press down firmly with the back of a spoon, then chill for 30 minutes.
- Lift 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.



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*Source of calcium, which, as part of a balanced diet and lifestyle, is needed for strong bones.

**Source of calcium and vitamin E. Vitamin E is an antioxidant that contributes to the protection of cells from oxidative stress.



HEALTHY eating trends guide 2017

New ingredients are popping up daily, promising healthy benefits, but what the heck do you do with them and more importantly do they taste any good? We asked food writer Genevieve Taylor to investigate

Recipes GENEVIEVE TAYLOR Photographs ANT DUNCAN



Healthy eating has been one of the most persistent food trends of the last couple of years. As a naturally greedy person I'm happy to admit that most of this has drifted way over my head and my kitchen remains firmly dedicated to the temple of taste rather than faddy diets. My food philosophy is pretty much 'eat what you like and compensate by moving about as much as you can when you're not eating'. For me, getting loads of variety into my diet is the healthiest way to live – so as many colours, flavours and textures as possible. It was with these principles in mind that I took on the challenge of finding out if a raft of new trendy healthy ingredients are worth eating – call it a sceptical guide to wellness, if you like.



TREND

Kefir

I heard that kefir, a symbiotic culture of wholesome yeast and good bacteria that ferments either milk or water, is the next big thing in probiotics. The very thought of drinking fermented milk sends me spinning (unfortunately not in a good way) so I chose to try out water kefir. It sounded simple – order the grains from the internet, mix with water and some sort of raw sugar (not honey, which is the enemy of bacteria) and ferment on the worktop for a couple of days. You can then strain the grains out (and re-use them again and again) and ferment a second time with different flavourings to result in a 'good for you' fizzy drink, or you can use the kefir in smoothies, or as a starter to other fermented foods (see the kimchi recipe on page 33). Kefir water looks a little dark and bubbly, and visually at least seems to hold little promise of deliciousness, but it does taste way better than it looks and I found myself really enjoying it. If you're braver than me, do give milk kefir a try. There's no getting away from it, it is better for you than water kefir, with twice the variety of probiotic strains.

Water kefir limeade

3-4 DAYS FERMENTING | MAKES 750ML | EASY | **GF**

soft brown sugar 4 tbsp

filtered or **bottled water** 750ml

water kefir grains 1 packet (see shopping box page 44)

lime 1, sliced to serve

SECOND FERMENT

soft brown sugar 2-3 tbsp

limes 5, juiced

Cook's note

If you fancy a change from limeade, swap the limes for lemons or oranges or try a really nourishing blend of root ginger and fresh turmeric – add the finely grated flesh of 25g each of ginger and turmeric root, along with the sugar for the second ferment.

- Give all of the utensils you plan to use a good wash in hot soapy water and leave to air dry. Add the water to a 1 litre clip-top jar, add the sugar and stir until it dissolves. Pour in the kefir grains, close the lid and leave to ferment for 48 hours at room temperature, out of direct sunlight.
- For the second ferment add the sugar and lime juice to a 1 litre clip-top glass bottle. Strain the kefir water through a nylon mesh sieve (a metal sieve will kill the grains) and then pour into the bottle. Close the lid and shake gently to dissolve the sugar. Leave at room temperature for another 24-48 hours, opening the lid to release the pressure every now and again.
- Serve poured over ice with a slice of lime. The reserved kefir grains can go into a clean jar again to re-ferment with fresh water and more sugar. You can store the grains in their sugar water for up to 3 weeks in the fridge.

PER SERVING 72 KCALS | FAT 0.1G | SATURATES 0G | CARBS 16.4G | SUGARS 16.3G
FIBRE 0G | PROTEIN 1.5G | SALT 0G



TREND

Lacto-fermented vegetables

Lacto-fermenting vegetables is bang-on-trend and an ancient way of preserving fresh food to last all year. The lacto bit refers to the lactic acid created during the ferment, rather than anything to do with milk, and the process of fermenting increases both nutrient and probiotic levels making these the healthiest pickles around. One of the best known ferments is the gloriously spicy kimchi from Korea and this is where I decided to begin my lacto-fermenting journey.



Red cabbage kimchi

2 HOURS 20 MINUTES + FERMENTING | MAKES 1KG | EASY | GF

You can ferment using just brine (salted water) – the salt discourages bad bacteria and allows the conveniently salt-tolerant good ones to grow, or you can use a starter to encourage things along. As I'd been brewing kefir water I decided to use a good slug of that in my kimchi recipe.

red cabbage 750g, finely sliced
(about 1 medium cabbage)

fine table salt 50g

ginger 50g, finely grated

garlic 4 cloves, crushed

filtered tap water, bottled spring water or kefir water 8 tbsp

gochugaru (Korean red pepper powder) 4 tbsp
(see shopping box on page 44)

fish sauce 2 tbsp (omit for veggie kimchi)

sesame seeds 4 tbsp, toasted

soft brown sugar 1 tbsp

sea salt 1 tsp

- Add the red cabbage to a large mixing bowl and scatter over the salt. Use your hands to massage the salt firmly into the cabbage, bruising the flesh and pressing it all together. Cover loosely with a clean tea towel and leave for 2 hours to allow the salt to draw out the moisture. After 2 hours, tip into a colander, rinse well under cold running water and drain well.
- Rinse out the mixing bowl, and add the ginger, garlic, water or kefir water, gochugaru, fish sauce, sesame seeds, sugar, sea salt and a grind of black pepper. Stir well until you have a pungent paste, add the rinsed cabbage back in and mix together thoroughly. Spoon into the jar, or jars, packing down well so it all fits snugly – the top should be submerged in liquid. Tear off a piece of clingfilm and press it tightly down onto the surface to keep out as much air as possible then cover tightly with the lid. Leave to ferment at room temperature for 3-7 days.
- Check the kimchi every day, pressing the cabbage back under the surface liquid and replacing the clingfilm layer with fresh. Start tasting after 3 days – it should be pleasantly sour – leave it for longer if necessary. Much depends on the temperature and your personal taste. Once you're happy, store it in the fridge, where it will keep maturing nicely for a few months.

PER SERVING 28 KCALS | FAT 1.1G | SATURATES 0.2G
CARBS 2.7G | SUGARS 2G | FIBRE 1.5G
PROTEIN 1.1G | SALT 0.6G

Fermenting for beginners

Many people are put off fermenting by the idea of leaving something out of the fridge for a week or more to let bacteria develop, so that it's sort of breaking it down by the time you consume it. What feels and tastes so right for wine and beer (especially when left in the hands of the pros) is a bit of a leap of faith for actual vegetables, right?

Fermenting is an immense subject, with dozens of books and websites dedicated to it and one I can only begin to scratch the surface of. The important thing to remember, as a novice, is that if it smells and tastes good, it will be good for you, while if it smells bad or offish it may not have fermented properly, so it's best to discard it and start again. The fermenting process takes as long as it takes – it depends on temperature, whether you use a starter or not, how 'sour' you like things. A longer, cooler ferment is generally thought to be better than a hotter, faster one.

The red cabbage kimchi I made has now had three weeks of maturing – one out the fridge, and two in it – and it's starting to taste great. I'm spooning it onto mac and cheese to zing it up, or adding a dollop to a ham sandwich. I reckon it'll be a winner on a juicy beef burger too.



TREND

Alternative flours and grains

While the trend for watching your gluten intake isn't one I subscribe to, I'm a bread aficionado and there's no getting away from the fact that there has been an explosion of new flours into the market. Whether or not you feel the need to reduce your intake of wheat or not, it has to be good to have as much variety as possible in your diet, so I've embraced the challenge of using new flours, in new ways.

Coconut flour

Reading the back of the packet – gluten-free, high-fibre and high-protein – suggests coconut flour has promise. But, as it's a by-product of the coconut milk industry, I was put off by the price – how can something that's essentially a waste product (dried and finely ground coconut flesh) cost a fiver a packet? And I have to be honest and say the first thing I made with it, American-style pancakes, were a disappointment in comparison to the ones I make with plain flour. The texture was more spongy than fluffy, it had a tendency to burn, and the coconut flavour was too pronounced for breakfast. But I persevered and found it worked brilliantly in Thai-style dishes where you want the coconut flavour to come out.

Khorasan flour

Khorasan flour is an ancient type of wheat said to have been eaten by the pharaohs, and while it's not gluten-free, it's higher in protein than regular wheat flour and has a similar fibre content to whole wheat/wholemeal flour. I love it for its lovely nutty colour and a soft buttery texture besides which it makes a really light, quite un-wholemealy loaf. You can substitute it weight-for-weight in whichever bread recipe you've been using, but bear in mind that it may absorb a touch more water. I also discovered that it makes fabulous pasta dough, smooth, soft and a joy to work with.

Teff flour

Teff is a kind of millet from Ethiopia that falls under the ancient-grain banner and is something I've been keen to try. It's gluten-free, really quite high in protein, and has a high vitamin C content. In the UK it's most often found – in a ground form – as flour for baking.

Coconut flour

Khorasan flour

Teff flour



Thai prawn, sweet potato
and coconut fritters p36



Thai prawn, sweet potato and coconut fritters

35 MINUTES | SERVES 4 | EASY | GF

This was by far the tastiest thing I made with coconut flour, crisp little prawn fritters flavoured punchily with all that I love most about Thai cooking – lime leaves, chilli, ginger, coriander and, of course, coconut. These are better cooked over a medium-low heat, if you fry too hot they tend to catch on the outside and because they're quite delicate, don't try to turn them over before they've crisped up perfectly on one side.

sweet potato 1 (about 275g), peeled and coarsely grated
raw king prawns 225g, finely chopped
coriander small bunch, chopped, plus more to serve
lime leaves 4, central rib removed and very finely chopped
ginger 25g, peeled and finely grated
bird's eye chilli 1, finely chopped
half-fat coconut milk 250ml
coconut flour 50g
eggs 2
fish sauce 1 tbsp
groundnut or vegetable oil
DIPPING SAUCE
caster sugar 1 tbsp
lime 1, juiced
fish sauce 1 tbsp
bird's eye chilli 1-2, finely chopped
garlic 1 clove, crushed

- Mix together the sweet potato, prawns, coriander, lime leaves, ginger and chilli. Add the coconut milk, coconut flour, eggs and fish sauce, along with a generous grind of salt and pepper and mix well to

combine. Leave to rest for 10 minutes while you make the dipping sauce.

- For the sauce, put the sugar in a small heatproof bowl and pour over 2 tbsp of boiling water, stirring until it's dissolved. Add the lime juice, fish sauce, chilli and garlic. Taste – it should have a pleasing balance of salty, sweet, and sour, so add a little more sugar or fish sauce to adjust, if you like.
- Heat 2 tbsp of oil in a large non-stick frying pan over a medium-low heat and once hot, add dessert spoonfuls of mixture, well spaced out, and allow to cook for about 3-4 minutes until crisp. Use a palette knife to carefully turn over to cook on the other side. Transfer to a plate and keep warm in a low oven while you cook the rest. Scatter over more coriander and serve with the dipping sauce.

PER SERVING 358 KCALS | FAT 15.2G | SATURATES 7G
 CARBS 32.9G | SUGARS 16.4G | FIBRE 8.2G
 PROTEIN 18.3G | SALT 2G

Left-over coconut flour? Try this:

Its high protein and fibre content means coconut flour can be a good addition to breakfasts to give yourself a nutrient-boost first thing in the morning. Try stirring a tablespoon through porridge or adding a sprinkle into the blender when you whizz a smoothie.

Teff, banana & apricot tea loaf with hazelnut streusel topping

1 HOUR 15 MINUTES + SOAKING TIME | SERVES 10
 EASY | GF

Over-ripe bananas are something that seem to be in regular supply in our house and I'm always baking various incarnations of banana bread so it seemed natural to try one with teff flour. It worked an absolute treat, although it's best eaten within a day or so of making.

earl grey tea bag 1
dried apricots 125g, chopped
bananas 200g (about 2 smallish ripe ones), mashed
butter 100g, melted
eggs 2
vanilla extract 1 tsp
teff flour 200g
soft brown sugar 70g
gluten-free baking powder 1 tsp
bicarbonate of soda 1 tsp
STREUSEL
hazelnuts 50g, chopped
teff flour 50g
soft brown sugar 50g
butter 50g, cut into small pieces


- In a measuring jug, add the tea bag and pour over 150ml of boiling water and leave to infuse for 5 minutes. Remove the tea bag, add the dried apricots and leave to soak for 30 minutes.
- Butter and line the bottom and ends of a 2lb loaf tin leaving 'tails' of baking paper at each end to help you lift the cooked cake from the tin. Heat the oven to 180C/fan 160/gas 4.
- For the streusel topping, add all the ingredients to a small mixing bowl and rub together between your finger and thumb.
- In a bowl, mix together the mashed banana, melted butter, eggs and vanilla. Add the soaked apricots and any remaining tea. In another bowl, mix together the teff flour, sugar, baking powder and bicarbonate of soda. Pour the wet mixture over the dry mixture and mix briefly to combine. Pour into the prepared loaf tin, levelling with a knife. Sprinkle over the streusel topping and bake for 35 minutes or until a skewer inserted into the centre comes out clean. Check after 25 minutes to see if the top is getting too dark, if it is, cover loosely with foil.
- Lift out of the tin and allow to cool on a wire rack. Best served while still a little warm.

PER SERVING 335 KCALS | FAT 17G | SATURATES 8.5G
 CARBS 35G | SUGARS 20.5G | FIBRE 8.5G
 PROTEIN 6G | SALT 0.7G

COOK'S NOTES


If you have any leftovers, this cake freezes really well.





Khorasan beetroot tagliatelle with flower sprouts, garlic and cream

50 MINUTES + CHILLING TIME | SERVES 6

A LITTLE EFFORT | 

*Beetroot purée turns the pasta dough a glorious dusky pink, as well as adding valuable extra vitamins and fibre. As khorasan is a wholemeal flour, even though it doesn't really taste it, it is rather more filling than regular, dried pasta. It's easy to make this vegetarian by swapping the anchovies for two tbsp of chopped capers. Listen to ep.37 of the **olive** magazine podcast to hear us discuss flower sprouts, aka kalettes.*

cooked beetroot 160g (buy vac-packed, not in vinegar, or cook your own)

khorasan flour 400g, plus extra for dusting and rolling

eggs 2
SAUCE

flower sprouts (Kalettes) 400g, ends trimmed and halved through the root

walnuts 35g, toasted and chopped

olive oil

garlic 3 cloves, thinly sliced

anchovy fillets 8, finely chopped

double cream 150ml

lemon ½ juiced, to taste

parmesan 25g, grated, plus extra shavings to garnish

- Blitz the beetroot to a smooth purée in a food processor. Tip in the flour, add the eggs and a big pinch of salt and pepper and process until the dough comes together in a smooth, fairly stiff ball of dough, adding

a little more flour if the dough seems sticky. Wrap in clingfilm and chill in the fridge for 30 minutes.

- The easiest way to roll pasta, by far, is with a pasta machine but you can also shape your dough with a rolling pin and plenty of elbow grease.
- Cut the dough into quarters and feed a quarter through the rollers of the machine on its widest setting. Repeat this 5 or 6 times, until the dough feels flexible and is staying together as a smooth sheet.
- Start to reduce the roller width each time you pass the pasta through the machine, again adding more flour if you think it needs it. I tend to stop rolling thinner on the second to last setting so it's not too thin and unworkable. Once you have the large sheet, give it a thorough dusting with more flour before sending it through the ribbon cutter on the machine, to stop them sticking together.
- Take the pasta ribbons and lay them in a pile on a baking sheet. Repeat the rolling and cutting process with the rest of the dough until you have 4 well-dusted piles of tagliatelle. At this point you can chill the pasta for a few hours until you are ready to eat.
- Bring a pan of salted water to the boil over a medium heat and blanch the flower sprouts for 3 minutes. Drain and rinse really well under cold running water to stop them cooking any further.

- Add 2 tsp of olive oil to a large frying pan, put over a really low heat and add the garlic and anchovies. Stir fry gently for a couple of minutes until the garlic is soft and the anchovies are melting. Turn up the heat a little, pour in the cream and add the lemon juice, parmesan, basil and a good seasoning of salt and pepper and bring up to a simmer. Toss through the flower sprouts and allow to heat through. Keep warm while you cook the pasta.

- Bring another large pan of salted water to the boil and add the pasta, teasing the tagliatelle apart with a couple of forks to separate the strands as it cooks. Cook for 3 minutes until al dente, then drain, reserving some of the cooking water and return to the pan. Pour over the sauce, add 2-3 tbsp of the pasta cooking water and toss gently to mix.

- Sprinkle over the chopped walnuts and the extra parmesan shavings to serve.

PER SERVING 496 KCALS | FAT 24G | SATURATES 10.7G
CARBS 46.2G | SUGARS 6.8G | FIBRE 10.3G
PROTEIN 18.7G | SALT 0.8G



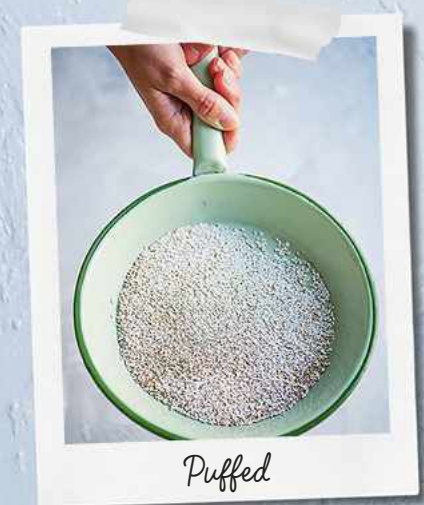
TREND

Amaranth

Amaranth, another ancient grain I'd never heard of, turns out to be an incredible little seed that's gluten-free and high in protein, calcium and vitamin C. The Aztecs were eating it centuries ago and it's really popular in central and South America today. You can pop it in a dry pan like miniature popcorn, so the fun begins even before you get it in your mouth.



Raw



Puffed



Left-over amaranth? Make this:

Puffed amaranth tabbouleh

15 MINUTES | SERVES 2 | EASY |

Dice 2 **plum tomatoes** and put in a bowl with 4 chopped **spring onions**, a small bunch of chopped **flat-leaf parsley**, a small bunch of chopped **mint**, the juice of 1 **lemon** and 2 tbsp **olive oil**. Add 2 tbsp **puffed amaranth**, season really well and toss. Leave for 10 minutes then toss again and serve with warm pittas and hummus.



Cheddar, leek and amaranth flapjack

45 MINUTES | MAKES 16 | EASY |

I had great success using puffed amaranth in this cheesy, herby flapjack, which makes a filling and wholesome snack that would go well with a bowl of soup or as a post-workout energy bar.

amaranth 75g

butter 75g

leek 1, washed, cut in half and finely sliced

rosemary 2 sprigs, leaves picked and finely chopped

chilli powder a pinch (optional, to taste)

jumbo oats 175g

mature cheddar 200g, grated

eggs 2

- Heat the oven to 180C/fan 160C/gas 4 and line a shallow 22 x 30cm baking tin with baking paper.
- Take a large deep frying pan with a lid, put over a high heat and leave for a few minutes to get really hot to puff the amaranth quickly. Sprinkle just a few seeds into the pan and cover with the lid – they should pop in just 2-3 seconds. If it takes any longer they will burn before they burst, so leave the pan to heat a little longer. Once the pan is hot enough, add a heaped tablespoon of the amaranth and cover. Shake the pan back and forth to swirl the seeds about as they pop and after a few seconds tip them into a bowl. Repeat until you have puffed all the amaranth.
- Wipe out the pan then add the butter, leek and rosemary, seasoning with a little salt and pepper, and chilli powder, if using. Put back over a low heat and let the leek soften for 5 minutes. Turn off the heat and stir through the popped amaranth, oats, cheese and eggs and mix together thoroughly. Tip the mixture into the prepared tin and press firmly down with the back of a spoon.
- Bake in the oven for 25 minutes until deep golden brown. Carefully lift the flapjack out of the tin – holding onto the baking paper – onto a chopping board. Cut into 16 pieces and allow to cool.

PER SERVING 159 KCALS | FAT 10G | SATURATES 5.5G | CARBS 10.4G
SUGARS 0.4G | FIBRE 1.5G | PROTEIN 6G | SALT 0.3G



TREND

Turmeric

Turmeric is said to have anti-inflammatory and anti-oxidant properties and has been used as a culinary medicine in India for centuries. Getting more turmeric into my diet is a no-brainer for me – it's one of my very favourite spices, especially fresh, which is zingy and almost citrusy. Think of the difference between ground dried ginger and fresh root ginger, they could almost be different spices; it's the same with turmeric – so do try to find fresh root if you can.

Left-over turmeric? Try this:

Turmeric chai

15 MINUTES + INFUSING | SERVES 2 | EASY
Put 500ml **water** in a pan. Add 3 slices of **ginger**, 3 slices of **turmeric**, 2 squashed **cardamom pods**, 3 **cloves** and a pinch of **fennel seeds**. Simmer for 5 minutes then strain into mugs and drink as it is or add **almond milk** and **honey**, if you like.



Dairy-free coconut, mango and turmeric fool

30 MINUTES + CHILLING TIME | SERVES 4 | EASY | **V** **GF**

Turmeric is most familiar in savoury curry recipes, but it's really fab in sweet things too. Here it's combined with mango and coconut to make a tropical, dairy-free fool. If you've never tried whipping coconut cream you're in for an absolute treat – it makes for the lightest, most delicate and lovely little puddings!

mangoes 2 large, ripe, peeled and roughly chopped

fresh turmeric a chunk (about 10g), peeled

orange 1, juiced

caster sugar 1-2 tbsp

arrowroot 1 tsp

coconut cream 250ml

icing sugar 1 tbsp

coconut flakes 2 tbsp, toasted

- Add the mango, turmeric, orange juice, caster sugar and arrowroot to a blender and blitz until completely smooth. Scrape into a small saucepan and set over a medium heat. Bring to the boil, stirring continuously and allow to thicken for 1-2 minutes. Pour into a bowl and press a layer of clingfilm to the surface to stop a skin forming. Allow to cool completely and chill in the fridge for a few hours, or overnight. At the same time, put the carton of coconut cream in the fridge – it whips better if it's cold.
- Empty the coconut cream into a mixing bowl and add the icing sugar. Whisk with an electric whisk for 3-4 minutes until the coconut holds soft peaks. You can also do this in a food mixer with the whisk attachment.
- Take 4 small glasses (small tumblers or generous sherry glasses are ideal) and spoon a little mango sauce in the bases, top with little coconut cream, then continue layering up until you've used both mixtures. Scatter over a few coconut flakes and chill for another hour before serving.

PER SERVING 271 KCALS | FAT 18.1G | SATURATES 16.2G | CARBS 23.7G
SUGARS 22G | FIBRE 2.6G | PROTEIN 2G | SALT 0.1G





TREND

Shio koji – an Asian wonder mould!

You probably won't have heard of it, but if you like soy sauce, miso or sake, you will have already eaten koji, a natural umami-packed seasoning made of rice fermented with special mould spores, it's a key component in Japanese cooking, and it's claimed that it can help strengthen the immune system. You can buy pouches of shio koji – now something of a trend – easily online and in Asian and Japanese grocers.

Left-over Koji? Make this:

Koji-glazed salmon with sesame greens

30 MINUTES | SERVES 2 | EASY

Put 2 **salmon fillets** in a shallow baking dish. Spoon over 2 tbsp of **shio koji** and leave for 15 minutes. Meanwhile, stir-fry a pack of **bok choy** until tender and heat the grill to high. Grill the **salmon** for 5 minutes then rest for 3 minutes. Dress the **bok choy** with **sesame oil** and sit on warm plates. Top with the salmon and a sprinkling of **sesame seeds**.



One-pot koji roast chicken with garlic and ginger rice

2 HOURS | SERVES 6 | EASY

As well as offering bags of glorious umami flavours, another reason to reach for the koji is for its potential tenderising properties, so it makes a fantastic rub to marinate meat. Here it does a great job of making one of the most succulent roast chickens I have tasted. The flavours of this one-pot dish are based on the gloriously simple Hainanese chicken, one of my favourite street foods.

chicken 1.5-2kg
shio koji 3 tbsp
jasmine rice 400g
sesame oil 1 tbsp
root ginger 100g, 50g sliced, 50g grated
spring onions ½ bunch, roughly chopped
banana shallots 5, sliced
garlic 4 cloves, crushed
hot chicken stock 600ml
TO SERVE
spring onions ½ bunch, finely sliced
red chillies 3, finely sliced
watercress a few handfuls
cucumber ½, julienned
soy sauce

- Put the chicken on a large plate or ceramic dish and rub the koji all over, both inside and out. Leave on the bottom shelf of the fridge, uncovered, ideally for 24 hours, or a minimum of 8. This marinates and tenderises the meat, and leaving it uncovered dries the skin to make it crisper on roasting.
- When you are ready to cook, heat the oven to 200C/fan 180C/gas 6 and soak the rice in a large bowl of cold water.
- Rub the sesame oil all over the chicken, sprinkle with salt and pepper and stuff the ginger slices and spring onions into the cavity. Place in a deep cast-iron casserole and roast in the oven, lid-off, for 15 minutes per 500g of chicken weight – so a 2kg chicken needs 1 hour, a 1.5kg chicken needs 45 minutes. After 40 minutes, check to see if the chicken is getting too dark on top. If it is, cover with the lid or a piece of foil and continue to roast.
- Remove the chicken from the casserole and rest temporarily on a plate. Add the shallots to the casserole, along with the grated ginger and crushed garlic and fry on the hob over a medium heat for 5 minutes. Drain the rice from its soaking water and stir through the shallot and garlic mixture. Pour over the hot chicken stock and stir to mix. Place the chicken back on top of the rice and cover with a tight-fitting lid and pop back in the oven for 30 minutes more. Take out of the oven, remove the lid and rest, covered with a clean tea towel, for another 10 minutes, to allow any excess moisture in the rice to be soaked up.
- Transfer the chicken to a serving platter and fork the rice through lightly to separate the grains before serving the chicken. Sprinkle over the rest of the spring onion and the chillies, if using, and serve with a big bowl of watercress and julienned cucumber and a bottle of soy sauce to drizzle.

PER SERVING 558 KCALS | FAT 17.5G | SATURATES 4.7G | CARBS 59.6G
SUGARS 3.3G | FIBRE 2.2G | PROTEIN 39.5G | SALT 1.2G

Shopping

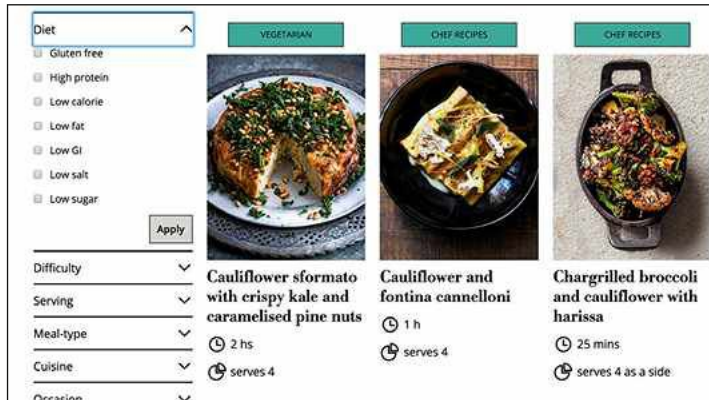
Some of the ingredients I've been experimenting with are surprisingly easy to find in supermarkets and health food shops – the flours and grains, for example – while others are a little trickier to track down. Buy water kefir online at happykombucha.co.uk and find shio koji and gochugaru at souschef.co.uk.



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Spice lite



Want food that's a bit lighter but still got tons of flavour? Try one of these updated Indian classics from Maunika Gorwardhan

Recipes MAUNIKA GOWARDHAN Photographs KRIS KIRKHAM



Spiced sweet
potato cakes p50





Fish tikka with
garlic, turmeric
& lime p50



Spiced sweet potato cakes

1 HOUR 15 MINUTES + CHILLING | MAKES 20

EASY |  

Traditionally cooked in Indian households as a snack, these potato cakes are packed with warming spice and served with a fresh, crunchy kachumber salad. Using sweet potato keeps them lighter.

sweet potatoes 800g

ginger 4cm piece, coarsely grated

coriander a handful, finely chopped

coarsely ground black pepper ½ tsp

dried chilli flakes ¼ tsp (add a bit more if you prefer it spicy)

cumin seeds 1½ tsp, coarsely ground

cornflour 2 tbsp

breadcrumbs 100g

vegetable oil for frying

KACHUMBER

plum tomato 1 medium, diced

cucumber ½, diced

green pepper 1 small, diced

red onion 1 small, diced

lime ½, juiced



sea salt

coriander a handful, chopped

- To make the kachumber, put the veg in a bowl and mix with the lime juice, a good pinch of salt and the coriander.
- Heat the oven to 190C/fan 170C/gas 5. Prick the sweet potatoes all over then bake for 40-45 minutes until tender. Cool slightly then halve and scoop the flesh out into a large mixing bowl. Add the ginger, coriander, pepper, chilli, cumin and cornflour and mash everything together. Season with a little salt then divide into 20 cakes. Dip each cake in breadcrumbs and pat to stick. Chill for 20 minutes.
- Heat 1 tbsp of oil in a non-stick frying pan over a medium heat. Add the potato cakes in batches and fry for 3-4 minutes on each side until light brown and crisp. Serve with the kachumber.

PER POTATO CAKE 84 KCALS | FAT 1G | SATURATES 0.1G
CARBS 16.4G | SUGARS 6.4G | FIBRE 2.2G
PROTEIN 1.5G | SALT 0.1G

Fish tikka with garlic, turmeric and lime

40 MINUTES + MARINATING | SERVES 4 | EASY |  

My go-to midweek meal always includes seafood. Grilling or baking fish is healthier as it doesn't need much oil. It's also super-quick so retains all the flavour and goodness of the spices.

firm white fish (such as cod, haddock or hake) 500g, cut into 5cm chunks

garlic 3 cloves, crushed

ginger 2cm, finely grated

ground turmeric ½ tsp

lime ½, juiced, plus wedges to serve

salad leaves to serve

MARINADE

vegetable oil

cumin seeds ½ tsp

garlic 3 cloves, crushed

gram flour 2 tsp

mild chilli powder ½ tsp

greek yogurt 2 tbsp

- If using wooden skewers, put in water to soak before you start.
- Put the fish chunks on a plate and toss with the garlic and ginger. Sprinkle over the turmeric and lime juice then leave while you make the yogurt marinade.
- Heat 2 tbsp oil in a small saucepan over a low heat. Add the cumin seeds and fry for a minute, then add the garlic and fry for 10-15 seconds before adding the gram flour. Continue to cook on a low heat for 1 minute, stirring continuously. The mix will begin to foam. Add the chilli powder and stir for a few seconds. Turn the heat off and cool.
- Put the yogurt, a pinch of salt and the cooled gram flour mixture in a large mixing bowl and stir until combined. Add the fish pieces, mix and leave somewhere cool for 30 minutes.
- Heat the grill to high. Line a baking tray with foil and put a wire rack over it. Thread the fish pieces onto the skewers and put on the wire rack. Grill over a high heat for 4 minutes.
- Turn the fish over and cook for a further 3 minutes, or until cooked through and lightly charred. Serve with lime wedges and salad.

PER SERVING 191 KCALS | FAT 8.9G | SATURATES 2.1G
CARBS 3.2G | SUGARS 1.2G | FIBRE 0.7G
PROTEIN 24.2G | SALT 0.36G

Creamy chicken curry

1 HOUR 10 MINUTES + MARINATING | SERVES 4

EASY |  

A creamy but light chicken curry from the east of India. The yogurt gives richness without much fat.

chicken breasts on the bone 4, skin removed and halved

vegetable oil

green cardamom pods 5, bruised

cinnamon stick 3cm piece

onion 1 medium, finely chopped

garlic paste 1 tsp (see cook's notes)

ginger paste 1 tsp (see cook's notes)

ground coriander 1 tbsp

ground cumin 1 tsp

greek yogurt 100g

bird's-eye chillies 4, slit lengthwise

garam masala ½ tsp

coriander a handful of leaves, finely chopped

MARINADE

garlic paste ½ tsp (see cook's notes)

ginger paste ½ tsp (see cook's notes)

thick greek yogurt 1 tbsp

ground turmeric ½ tsp

- Put the chicken in a large bowl with the marinade ingredients. Mix well and leave for at least an hour, but preferably overnight.
- Heat 3 tbsp oil in a large, non-stick frying pan. Add the cardamom and cinnamon stick and fry for a few seconds, then add the onion and fry for 15 minutes, stirring well to make sure they brown evenly.
- Add the garlic and ginger pastes and stir well for 1 minute, then lower the heat and stir in the coriander, cumin and yogurt. Heat for 1 minute then turn the heat back to medium and add the chicken in a single layer. Keep cooking and turning the chicken pieces in the pan for about 8 minutes. Add the chillies then cover and simmer over a low heat for 25-30 minutes, giving it a stir now and again. Add a little splash of water if it gets too dry.
- Stir in the garam masala and chopped coriander. Serve with chapattis or rice.

PER SERVING 355 KCALS | FAT 18.5G | SATURATES 3G
CARBS 5.7G | SUGARS 3.9G | FIBRE 1.9G
PROTEIN 40.5G | SALT 0.3G

COOK'S NOTES

To make garlic and ginger paste chop roughly then put in a small blender with a little water and whizz to a paste.



Creamy
chicken curry



Indian sweetcorn
and spinach
shorba p54

Stir-fried spicy
prawns with
garlic, chilli
and lemon p54



Indian sweetcorn and spinach shorba

40 MINUTES | SERVES 4-6 | EASY |  

A Mughlai addition to Indian cuisine, this healthy but hearty soup is a classic in most homes and restaurants across the country.

yellow moong dal (split yellow mung beans) 100g
ground turmeric a good pinch
vegetable oil
green cardamom pods 4, bruised
asafoetida a pinch
cumin seeds 1 tsp
dried bay leaf 1
garlic 4 cloves, thinly sliced
tinned sweetcorn 280g, drained and blitzed with a hand blender to a rough mix
vegetable stock 500ml, hot
spinach 75g, chopped
coarsely ground black pepper ¼ tsp

• Put the moong dal in a pan with 500ml water and the turmeric. Bring to a simmer

then cook with the lid half on for 25-30 minutes until the dal is tender. Mash with a potato masher to thicken.

• In a separate, large pan, heat 3 tbsp oil over a medium heat. Add the cardamom, asafoetida, cumin seeds, bay leaf and fry for 5 seconds, then add the garlic and fry for a further 5 seconds.
 • Add the mashed sweetcorn, stir well and fry for a minute, then add the dal. Season, then add the hot stock or 500ml water. Bring up to a simmer then cook gently with the lid on for 5 minutes. Add the spinach and black pepper, stir well for a minute and serve hot in bowls.

PER SERVING 146 KCALS | FAT 6.7G | SATURATES 0.6G
 CARBS 13.6G | SUGARS 3.6G | FIBRE 3.9G
 PROTEIN 5.7G | SALT 0.2G

COOK'S NOTES

itadka.com is a good source of harder-to-find Indian ingredients.

Stir-fried spicy prawns with garlic, chilli and lemon

20 MINUTES | SERVES 2 | EASY |  

The key to this dish is not using any water. The tomatoes will provide the moisture and make a spiced tomato gravy to coat the prawns.

vegetable oil
ajwain (carom) seeds 1 tsp
coriander seeds 1 heaped tsp, crushed to a coarse powder
dried kashmiri chillies 3 (any mild dried chilli would be good)
onion 1 medium, finely chopped
garlic 5 cloves, chopped
tomatoes 2 large and very ripe, chopped
king prawns 150g, shelled and deveined
ginger 2cm piece, finely sliced
coriander a handful, finely chopped
green chillies 2, slit lengthwise (optional)
lemon juice 1 tsp
naan bread to serve

• Heat 2 tbsp oil over a medium heat in a small wok or frying pan. Add the ajwain, coriander and dried chillies and fry for a few seconds. Add the onion and fry for 8-10 minutes, stirring until it begins to soften and change colour. Add the garlic and fry for a minute.
 • Add the tomatoes and continue to cook for 4 minutes until they soften. Add the prawns and fry for 3 minutes. Add the ginger slivers, coriander, green chillies and lemon juice and season. Cook for a minute with the lid on then serve warm with naan.

PER SERVING 252 KCALS | FAT 14G | SATURATES 1.2G
 CARBS 10G | SUGARS 8G | FIBRE 7.9G
 PROTEIN 17.6G | SALT 1.6G



olive
OFFERS

olive magazine

Health Discovery Box

Treat yourself or buy the ideal gift for a foodie friend

Famed for food discovery and gifting, BoroughBox Marketplace's goal is to create a destination synonymous with outstanding food and drink. It connects foodies with the best producers from around the country. Its sellers are a talented bunch, with great-tasting, delicious, artisanal products. And it has its own range of stunning products: BoroughBox branded gifts and the Discovery Club.

For **olive**'s health issue, the contents of the **olive** magazine Health Discovery Box have been hand-selected by BoroughBox and **olive** editor Laura Rowe. Many of the specialist ingredients can be used in recipes throughout the issue, or to complement them. The box will include:

- Organic Coconut Vinegar with Mother-of-Vinegar – The Coconut Company
- Orange and Cashew Granola – Primrose's Kitchen
- Sesame Fusilli – Nomad Health
- Raw Criollo Cacao – Ibiza Superfoods
- Coconut Jerky – Mighty Bee
- Moroccan Almond Butter – Yumello
- Smoked Beetroot Ketchup – Foraging Fox
- Amaranth Grain – Spice Root
- Raw Chocolate Bar – RAWR Chocolate
- Instantly Golden Chai blend – Wunder Workshop
- Spicy Tomato Relish – Rubies in the Rubble

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SOUPED-UP!

Five ways to give shop-bought soup a gourmet makeover

Recipes JANINE RATCLIFFE Photograph ANT DUNCAN

GRILLED CHEESE AND TOMATO SOUP

Make a sandwich of thick **white bread** filled with grated **gruyère** and chopped **spring onion**. **Butter** the outsides of the sandwich then fry in a non-stick pan until crisp and golden and the cheese is melty. Cut off the crusts then cut into little squares and serve on top of hot **tomato soup**.

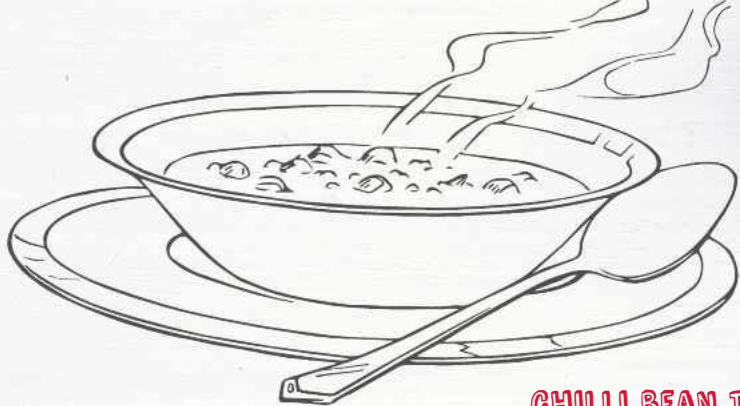


***EACH TOPPING IS ENOUGH FOR 2 SERVINGS**

PEA SOUP WITH POACHED EGG AND CHIVE OIL

Heat a small pan of water until just simmering. Drop in two small **eggs** and poach until softly set. Meanwhile, pour boiling water over a small bunch of **chives**. Leave for 3 minutes, then drain and whizz in a small blender with 100ml of **oil**. Strain through a fine sieve and keep in the fridge. Drop an egg into a bowl of hot **pea soup**, drizzle over some **chive oil** and finish with a few more chopped **chives**.





CHILLI BEAN TORTILLA SOUP

Cut one **corn tortilla** into strips and shallow fry in **olive oil** until crisp and golden. Toss $\frac{1}{2}$ a diced **avocado** with a handful of chopped **coriander**, 1 chopped **red chilli**, 2 chopped **spring onions**, 2 chopped **radishes** and a little **olive oil**. Sprinkle over hot **bean soup** with the crisp tortilla strips.



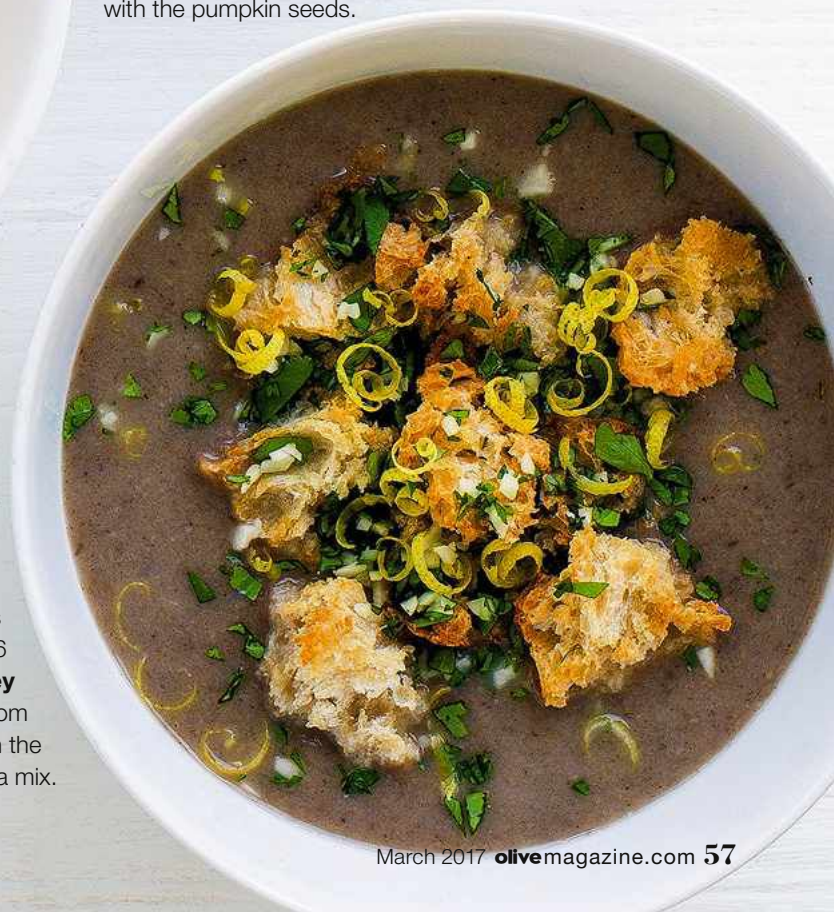
BUTTERNUT WITH SPICY SEEDS AND FETA

Toss 2 tbsp **pumpkin seeds** with a drizzle of **oil**, $\frac{1}{2}$ tsp **ground cumin** and a pinch each of **dried chilli flakes** and **garlic salt**. Spread on a small baking sheet then toast at 200C/fan 180C/gas 6 for 10 minutes. Crumble 50g of **feta** and serve on hot **butternut squash soup** with the pumpkin seeds.



MUSHROOM SOUP WITH SOURDOUGH CROUTONS AND GREMOLATA

Tear a large piece of **sourdough** into chunks. Toss with **olive oil** then bake in a 200C/fan 180C/gas 6 oven until golden and crisp. Chop a handful of **parsley** and $\frac{1}{2}$ clove of **garlic** then toss with the zest from 1 **lemon** and season. Top hot **mushroom soup** with the croutons then sprinkle over the gremolata mix.



MAKE YOUR OWN

California rolls

Make a healthy sushi snack with our easy step-by-step guide

Recipe JANINE RATCLIFFE Photographs ANT DUNCAN

California rolls

45 MINUTES + COOLING | MAKES 36 ROLLS
A LITTLE EFFORT

nori 6 sheets

avocado 1 ripe but firm, peeled, stoned and cut into strips

crab sticks 6

cucumber ¼, halved lengthways cut into strips

black sesame seeds to finish

pickled ginger to serve

wasabi to serve

soy sauce to serve

SUSHI RICE

sushi rice 250g

Japanese rice vinegar 2 tbsp

golden caster sugar 2 tbsp

1. To make the rice, rinse it in several changes of water until the water becomes clear, then drain really well. Put the rice in a pan, add 250ml cold water and bring to the boil on a high heat. Cover tightly, then simmer on a low heat for 30 minutes. Remove from the heat and leave covered for 15 minutes to allow it to steam. Meanwhile, put the rice vinegar, sugar and 1 tsp salt in a saucepan. Heat until the sugar dissolves, then take off the heat and cool to room temperature. Put the still-hot rice in a very large shallow bowl and add ¼ of the rice seasoning. Fold in then repeat 3 times until all the seasoning is used up. You can help cool the rice down by fanning it for 5 minutes.

2. To assemble, spread approximately ⅙ of the rice over ⅔ of a sheet of nori.

3. Sit a sheet of clingfilm over a sushi rolling mat and sprinkle with sesame seeds.

4. Flip the nori and rice onto the sesame seeds, rice-side down.

5. Line up the avocado, crabstick and cucumber along the centre of the nori sheet.

6 & 7. Use the mat to roll everything into a log – rolling towards the nori without any rice on it.

8. Take off the clingfilm and trim the nori.

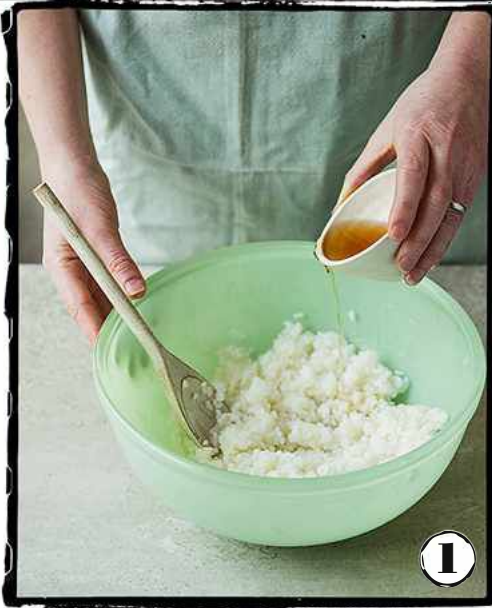
9. Repeat with the remaining ingredients to make 6 logs. Cut each log into 6.

PER ROLL 40 KCALS | FAT 0.9G

SATURATES 0.2G | CARBS 6.8G | SUGARS 1.3G

FIBRE 0.4G | PROTEIN 0.9G | SALT 0.2G

STYLING: TONY HUTCHINSON. FOOD STYLING: SARAH COOK



1



2



3



4



5



6

Use the mat to help roll the sushi up tightly

Psst...
Share your photo on Twitter, our Facebook page or Instagram #olivemagrecipes - we'd love to see your results



7



8



9

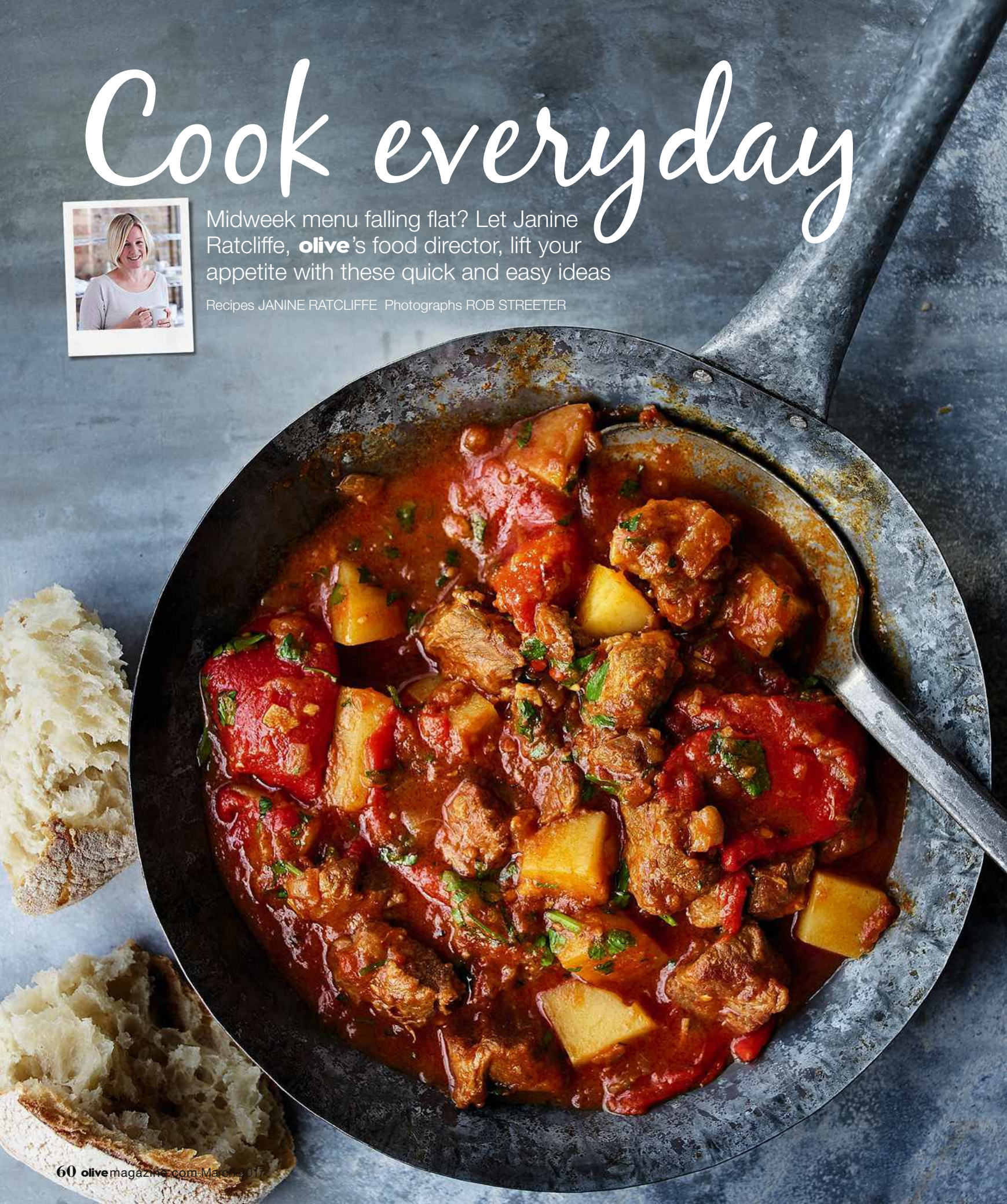
Cut the log into six equal rolls

Cook everyday



Midweek menu falling flat? Let Janine Ratcliffe, **olive**'s food director, lift your appetite with these quick and easy ideas

Recipes JANINE RATCLIFFE Photographs ROB STREETER



Spanish smoky lamb and pepper stew

1½ HOURS | SERVES 4 | EASY | 🌱

lamb neck fillet 600g, cut into chunks and seasoned

olive oil

onion 1 large, chopped

garlic 2 cloves, sliced

hot smoked paprika 1 tsp

chicken stock 500ml

cherry tomatoes 400g tin

piquillo peppers 230g jar, drained

potatoes 350g, peeled and cut into small chunks

flat-leaf parsley a handful, chopped

crusty bread to serve

- Heat a non-stick frying pan to hot and cook the lamb, turning until browned on all sides. There should be enough fat on the meat to not have to add extra oil.
- Once browned, scoop out the lamb and add 1 tbsp olive oil. Add the onion and garlic and cook until softened. Stir in the paprika, then add the lamb back with the stock and tomatoes. Bring to a simmer then cook for 1-1½ hours until the lamb is tender. Add the peppers and potatoes and give it another 20 minutes until the potatoes are tender. Stir in the parsley and serve with crusty bread.

PER SERVING 513 KCALS | FAT 24.9G | SATURATES 9.4G
CARBS 35.2G | SUGARS 20G | FIBRE 6.1G
PROTEIN 34.1G | SALT 0.8G



Sticky chinese ribs

1 HOUR 30 MINUTES | SERVES 4 | EASY

pork ribs 2 small racks, about 900g in total

chicken stock 700ml

star anise 3

soy sauce 2 tbsp

rice vinegar 2 tbsp

steamed basmati rice 250g pouch

spring onions 4, shredded

cucumber ¼, shredded

sesame seeds 1 tsp

GLAZE

soy sauce 2 tbsp

shaoxing rice wine 3 tbsp

brown sugar 2 tbsp

hoisin sauce 4 tbsp

szechuan peppercorns ¼ tsp, crushed

chinese five-spice ½ tsp

- Heat the oven to 180C/fan 160C/gas 4. Put the ribs fleshy-side down in a roasting tin, then pour over chicken stock. Add the star anise, soy sauce and rice vinegar. Cover tightly with foil and cook for an hour.
- Meanwhile, put all the glaze ingredients in a pan with a splash of water and simmer gently until the sugar has melted.

- Take out the ribs and pour away the poaching liquid. Turn up the oven to 190C/fan 170C/gas 5.
- Turn the ribs over and brush all over with the glaze. Cook for another 30 minutes, brushing with more glaze regularly. Cut into sections and serve with rice, spring onion, cucumber and a sprinkle of sesame seeds.

PER SERVING 667 KCALS | FAT 33.2G | SATURATES 12.6G
CARBS 39G | SUGARS 17.7G | FIBRE 2.5G
PROTEIN 51.7G | SALT 4G

Tortellini in a leek and herb broth

20 MINUTES | SERVES 2 | EASY

To make this vegetarian just swap the chicken stock for veg stock and the parmesan for a veggie alternative.

olive oil

leeks 2, halved lengthways, washed and chopped

chicken stock 1.2 litres

spinach and ricotta tortellini 1 pack

parsley a handful, chopped

dill a handful, chopped

parmesan to serve (optional)

• Heat 2 tbsp olive oil in a pan and cook the leeks until softened. Add the stock and simmer for 10 minutes, then add the tortellini and simmer until cooked. Stir in the herbs and serve with parmesan, if you like.

PER SERVING 685 KCALS

FAT 23.3G

SATURATES 7.7G

CARBS 72.7G | SUGARS

5.4G FIBRE 10.7G | PROTEIN

40.9G

SALT 3G



Steak and buttered onion sandwich

40 MINUTES | SERVES 2 | EASY

butter 25g

onion 1 large, halved and sliced

Worcestershire sauce a good dash

thyme 1 tsp of leaves

sirloin steaks 2, fat trimmed

mayonnaise 1 tbsp

dijon mustard 1 tbsp

small ciabattas 2, halved and toasted

rocket 2 handfuls

chips to serve

• Melt the butter in a pan, then add the onions with a good pinch of salt. Cook for about 20-25 minutes until they're completely soft and golden, and they fall apart when you squeeze them between your fingers. Add the Worcestershire sauce and

thyme and cook for another 5 minutes.

• Heat a frying pan until smoking hot. Oil the steaks, then season with sea salt and lots of black pepper. Sear for 2 minutes on each side, then rest under foil.

• Mix the mayo and mustard and spread on the bottom half of the ciabatta. Top with the

rocket, then slice the steak and add that. Spoon over the onions and add the other half of the ciabatta.

PER SERVING 734 KCALS | FAT 36G | SATURATES 11.6G

CARBS 55.6G | SUGARS 11.2G | FIBRE 6.3G

PROTEIN 43.8G | SALT 2.2G





Gammon with egg and pineapple chilli salsa

15 MINUTES | SERVES 2 | EASY | GF

oil for frying

gammon steaks 2

eggs 2

watercress 2 handfuls to serve

SALSA

pineapple 150g, diced

red chilli 1, finely chopped

red onion ½ small, finely diced

parsley a handful, chopped

lime 1, juiced

- Mix the salsa ingredients and season. Heat a griddle to high. Oil the gammon then season with pepper and grill for a few minutes on each side until cooked through. Fry the eggs in a small frying pan.

- Serve the gammon with the eggs, pineapple salsa and some watercress.

PER SERVING 518 KCALS | FAT 28G | SATURATES 7.9G

CARBS 9.1G | SUGARS 8.8G | FIBRE 2.1G

PROTEIN 56.5G | SALT 6G

Patchwork croissant chicken pie

35 MINUTES | SERVES 4 | EASY | *

leeks 2, washed and finely chopped

butter

skinless chicken thighs 500g cut into large pieces

plain flour 1½ tbsp

chicken stock 300ml

double cream 100ml

parsley a handful, chopped

croissant dough 1 pack, approx 240g (we used Jus-Rol)

- Cook the leeks with a knob of butter until softened. Add the chicken and cook for 10 minutes, then sprinkle over the flour and cook for a couple of minutes more, stirring. Stir in the stock gradually and simmer for 2 minutes, then stir in the cream and parsley. Season, tip into a pie dish and leave to cool.
- Heat the oven to 200C/fan 180C/gas 6. Unroll the croissant dough and cut into squares. Cover the surface of the pie with the dough, patchworking so there are no gaps. Bake for 20-25 minutes until the dough is puffed and golden.

PER SERVING 548 KCALS | FAT 31.6G | SATURATES 17.1G

CARBS 28.7G | SUGARS 6.5G | FIBRE 3.9G

PROTEIN 35.3G | SALT 1.4G



Cajun-blackened salmon with crunchy green slaw

25 MINUTES | SERVES 2 | EASY | **Lc**

salmon 2 skinless fillets

cajun spice mix 3-4 tsp (or mix equal quantities **smoked paprika**, **garlic salt**, **dried thyme** and **black pepper**)

butter

GREEN SLAW

white cabbage ¼ small, shredded

green pepper ½, thinly sliced

red onion ½ small, sliced

celery 2 sticks, finely sliced

cider vinegar or **white wine vinegar** 2 tsp

mayonnaise 1 tbsp

- Toss all the slaw ingredients together with a really good pinch of salt and leave for 10 minutes.

- Dust the fish on both sides with the spice mix, season with salt, then heat some butter in a non-stick pan and fry the fish on both sides for several minutes until cooked and dark golden.

- Pile some slaw on a plate and sit the fish on top to serve.

PER SERVING 497 KCALS | FAT 33.7G | SATURATES 7.1G
CARBS 7.2G | SUGARS 6.8G | FIBRE 4.5G
PROTEIN 39.1G | SALT 1G



FREEZER

pleasers

Want a ready stash of crisp, juicy chicken on hand? Make and freeze a batch of our ingenious baked-not-fried chicken

Recipe JANINE RATCLIFFE Photograph SEAN CALITZ

Baked-not-fried chicken

1 HOUR 15 MINUTES + FREEZING | MAKES 8 PIECES

EASY |  

Leaving the bone in stops the meat from drying out. This is a brilliant lower calorie alternative to traditional fried chicken.

panko breadcrumbs 100g

hot smoked paprika 2 tsp

garlic salt 1 tsp

dried oregano 1 tsp

plain flour 2 tbsp, seasoned well

eggs 2, beaten

bone-in chicken thighs 8, skin and excess fat removed

spray oil

- Toss the breadcrumbs with the paprika, garlic salt and oregano and put in a shallow bowl. Put the flour and eggs in 2 more separate bowls.
- Dust the thighs in the flour, then egg, then spiced breadcrumbs. Repeat with the rest.
- Transfer the chicken to a small tray lined with baking paper. Freeze uncovered, then cover with clingfilm and freeze until needed.
- To defrost, unwrap the chicken, sit on a rack over a roasting tin and leave overnight in the fridge to defrost.
- To cook, heat the oven to 200C/fan 180C/gas 6. Leave the chicken on the rack so heat can travel underneath. Give each thigh a spray of oil then bake for 45-50 minutes until crisp, golden and cooked through.

PER SERVING 172 KCALS | FAT 6.7G

SATURATES 1.7G | CARBS 12.8G

SUGARS 0.3G | FIBRE 0.9G

PROTEIN 14.8G | SALT 0.6G



3 WAYS WITH MARMITE

Turn everyday ingredients into something special with these clever recipes

Recipes SARAH COOK Photographs SEAN CALITZ



1 Marmite carbonara

20 MINUTES | SERVES 2 | EASY

egg yolks 2

Marmite 2 tsp

parmesan (or vegetarian alternative) 30g, finely grated, plus extra to serve

spaghetti or **linguine** 175g

garlic 1 fat clove, squashed a bit with the side of a knife

extra virgin olive oil

curly pasley a small handful, finely chopped to serve

- Bring a large pan of salted water to the boil while you mash together the egg yolks, Marmite and grated parmesan with some freshly ground pepper. Once the water is boiling, add the pasta and cook until just tender.
- Put the garlic and 2 tbsp olive oil in a cold frying pan, then bring to a medium heat and fry until the garlic is golden and crispy, then fish it out and discard.
- Reserve a small cup of the pasta water then drain. Take the frying pan off the heat and tip in the pasta, followed by the Marmite mixture and a good splash of cooking water. Toss together until the pasta is glossy and evenly coated. Serve with plenty more grated parmesan and a sprinkling of parsley.

PER SERVING 518 KCALS | FAT 22.2G

SATURATES 6.2G | CARBS 56.5G

SUGARS 2.1G | FIBRE 3.3G

PROTEIN 21.3G | SALT 1.3G

COOK'S NOTES

For carbonara with extra umami, fry 125g of diced pancetta with the garlic clove.

2 Gruyère, spring onion & Marmite muffins

30 MINUTES | MAKES 10 | EASY

butter for the tin

Marmite 2 tbsp

milk 250ml

gruyère 200g, grated, plus extra

spring onions 6, thinly sliced

self-raising flour 140g

wholemeal flour 70g

bicarbonate of soda 1 tsp

egg 1

- Heat the oven to 200C/fan 180C/gas 6 and butter 10 holes of 1 large or 2 smaller muffin tins. Warm the Marmite and milk in a saucepan, whisking until the Marmite has totally melted. Take off the heat and leave to cool for a couple of minutes.
- Mix the cheese, spring onions, flours and bicarb in a big bowl.
- Whisk the egg into the Marmite-milk mixture, then pour over the dry ingredients and fold together briefly, being careful not to over-mix. Divide between the muffin holes so all are $\frac{3}{4}$ full, sprinkle with more cheese then bake for 12-15 minutes. These are great eaten warm, or split and toast day-old ones under a hot grill and eat with more butter and Marmite.


PER SERVING 185 KCALS | FAT 8.2G

SATURATES 4.8G | CARBS 16.7G | SUGARS 1.5G

FIBRE 1.4G | PROTEIN 10.4G | SALT 1.1G



3 Marmite glazed nuts & seeds

30 MINUTES + COOLING | SERVES 8 | EASY | 

Seriously addictive – if you like Twiglets you'll love this salty savoury mix.

egg white 1

Marmite 2 tbsp

light brown sugar 2 tbsp

whole almonds 75g

cashew nuts 75g

pecan nuts 50g

pumpkin seeds 75g

sunflower seeds 25g

sesame seeds 2 tbsp

ground coriander 1 tsp

ground cayenne ½ tsp

chilli flakes ¼ tsp

- Heat the oven to 180C/fan 160C /gas 3. Mix the egg white into the Marmite to loosen, followed by the sugar.
- Tip all the nuts and seeds into a big mixing bowl, add the Marmite mixture and toss together so that everything is coated evenly.
- Spread the nuts and seeds between 1-2 baking trays and roast in the oven for 10 minutes.
- Sprinkle over the coriander, cayenne and chilli, then give the nuts a good mix and put back into the oven for another 5 minutes. Give the nuts a second stir and, if they're golden brown, sticky and toasted, remove from the oven. If not, pop them back in for another 5 minutes. Leave the nuts and seeds to cool on the trays, stirring every now and then so they crisp evenly. They'll keep for a couple of weeks in an airtight container.

PER SERVING 281 KCALS | FAT 21.1G | SATURATES 2.7G
CARBS 9.7G | SUGARS 6.1G | FIBRE 1.9G
PROTEIN 12G | SALT 0.7G

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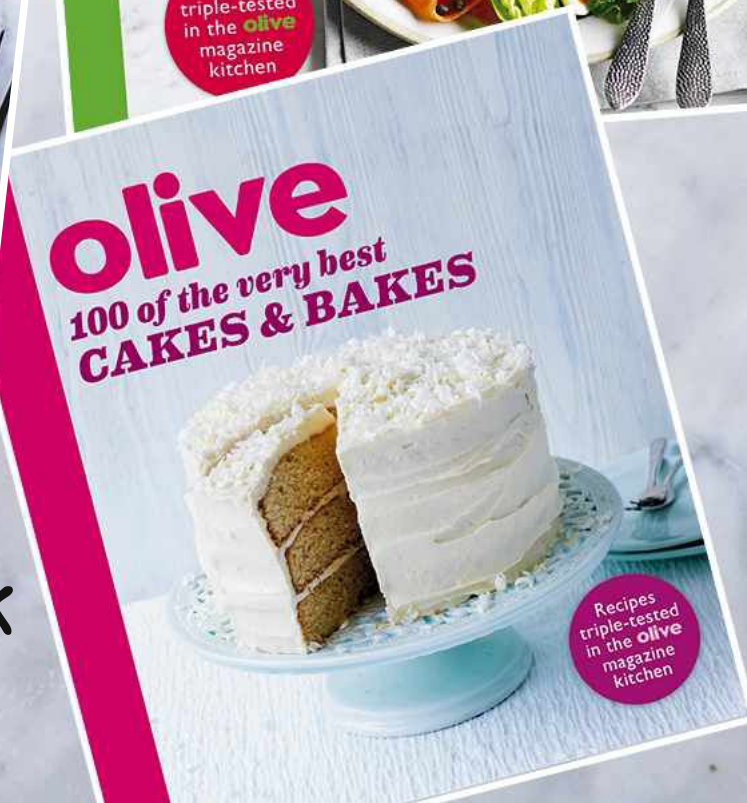
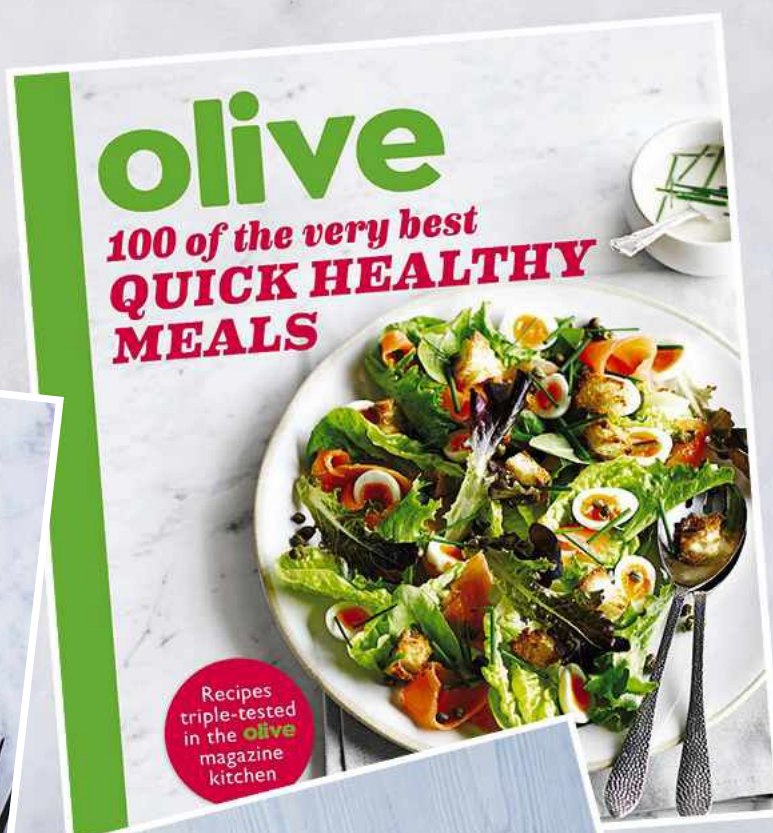
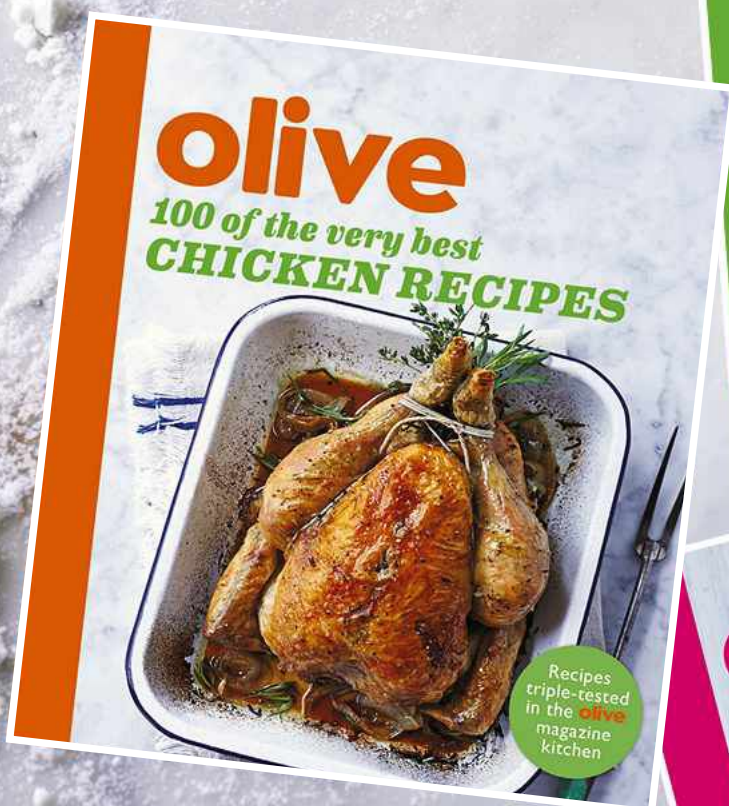
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EAT *March*

Criollo corn tortillas topped with fall-apart pork short rib in one of London's exciting new taquerias, fine dining from three-Michelin-starred French chef Anne-Sophie Pic, and baked potato and celeriac risotto at Bristol's latest modern British bistro

The best veggie restaurants in the UK | Nordic smörgåsbord at London's Aquavit | Yorkshire pudding burritos (yes, really) Tom Kerridge's new, exclusive, Bucks dining space

VEG FUND

Meat-free cooking has never been more vibrant. Here's **olive**'s pick of the UK's plant perfectionists

Words TONY NAYLOR



STREET SMARTS

**Gud, Altrincham,
Greater Manchester**

In order to cook flavourful vegan food you have to think in a way that's alien to most chefs. That's why, says John Waddington, owner of street food stall gud, so few restaurants serve quality vegan food: "You need to pack in flavour because you don't have all the fats and sugars present in meat and dairy – you have to be creative in achieving a depth of

flavour." Now a fixture at Altrincham Market, John's dishes – spiced chickpea and root vegetable stews, Mexican black bean burger – are thrilling local vegans and surprising meat-eaters, too. Not that everyone gets it: "People say 'this looks nice', then 'oh sorry, I'm not vegan' and walk away. I'm perplexed by that". Dishes £4 - £7; gudvegan.co.uk



VEGGIE PIONEERS

The Gate, London

From miso-glazed aubergines with toasted cashews to stuffed plantains, the menu at London's Gate restaurants (pictured left) – in Hammersmith, Islington and Marylebone – could not, in its fusion of global flavours, be any more on-trend. However, its owners, Adrian and Michael Daniel, have been cooking this way since 1989. For the London-born sons of Indian parents of Iraqi descent, as Michael puts it, "Using chilli and spices is in our DNA. We grew up on a fusion of Arabic and Indian with local influences, so it was easy to mix cuisines". The Daniels are pioneers in other ways, too: the Gate Islington was the UK's first accredited, autism-friendly restaurant. 28 years in, they're as focussed as ever. "If food doesn't pass my test, it's not served. If the passion goes, we're gone," says Michael. Starters from £6, mains from £13; thegaterestaurants.com »



FABULOUS FALAFEL

Mr Falafel, London

This simple takeaway-café on Shepherd's Bush Market dispenses crisp, herb-laden falafel of staggering lightness. Packed into wraps with his zippy pickled veg, delicious additions such as fried cauliflower and dressed with various tahini, garlic and pomegranate syrup sauces, they abound in flavour. Wraps £4.50 - £6.80; mrfalafel.co.uk

FREE-FORM FREE-FROM

Paradise Palms, Edinburgh

A live music and leftfield cabaret lounge, a cocktail dive and record shop, this neon-lit space ploughs its own furrow. In food, too. As lifelong vegetarians, Paradise Palms' owners, half-brothers Trystan O'Brien and Andrew Rennie, were determined to create a meat-free menu as indulgent as the filthiest 'dude food'. "It's close to our hearts, environmentally right, and we very much wanted to show that vegan and vegetarian food can be as naughty as anything," says Trystan. Hence their soul-food-inspired menu of

BBQ pulled jackfruit subs, chipotle mac 'n' cheese and southern fried halloumi. "Soul food has its roots in a plant-based diet," says Trystan. The drinks list is almost entirely vegan or vegetarian, too. Paradise only stocks two products that use isinglass, the fish product used to clear beers and wines: "We do an almond milk White Russian and no animals are harmed in the making of our Buckfast daiquiris." Large dishes from £5.50; theparadisepalms.com



POLISHED PERFORMER

1847, Birmingham

There are four 1847 restaurants and all offer modish dishes in chic, Scandi-style settings. "We're not trying to improvise meat or use substitutes. It's all about the vegetables," says chef Matty Bowling of dishes that include socca flatbread with mushrooms, chilli yogurt and quinoa, or a potato terrine with charred broccoli, potato dashi, salsa verde and quince. 1847 is big on natural, organic wines, too. Matty loves Soellner's Wogenrian Grüner Veltliner (glass, £5). Small plates from £8, large plates from £12.50; by1847.com





GUJARATI GREATS

Bundobust, Manchester

It has the same communal benches, bar-ordering and top craft beers, but Bundobust's second site – a large basement with gritty atrium views of the surrounding city centre – differs from the Leeds original in more than just location. “We started as a bar that does food but, in Manchester, we’re definitely a restaurant,” says co-founder Mark Husak. This emphasis on food is testament to the skill of head chef, Mayur Patel. His menu of Gujarati snacks and dishes is at another level. The chaat (samosa, chickpeas, potato and more, bound in a sweet ‘n’ sour tamarind chutney) or the Bundobust tarka daal, have such depth of flavour that Mark says, “Some meat-eaters don’t realise there’s no meat until they finish their meal.” Small plates, £3.50 - £6; bundobust.com

HIP HANG-OUT

Alley Café, Nottingham

This loft café is intent on stepping lightly on the planet, but it’s far from monastic. By day it serves interesting vegetarian sandwiches (eg. smoked tofu, pesto and artichoke hearts), as well as burritos, burgers and vegan chocolate torte. By night the Alley’s organic wines and beers flow freely as it goes late with comedy, live music and dub sound system specials. Mains £6.25 - £8.25; alleycafe.co.uk



FLEXITARIAN FUTURISTS

Home, Belfast

Andy Rea is the culinary brains behind the Mourne Seafood Bar restaurants, but while Home, which he owns with Steve Haller, uses some meat, its vegetarian and vegan menus make it a flexitarian’s dream. “We wanted veggie dishes to be the star,” says Steve. The kitchen’s mantra is: “Source local and use global influences.” Cheeses from County Tyrone’s Five Mile Town or Abernethy butter feed into dishes such as salt and chilli tofu with miso slaw or kale and quinoa tabbouleh with aubergine and mint yogurt. “Home embraces cultures where veggie food is the staple diet,” says Steve. Starters from £5.50, mains from £8.50; homebelfast.co.uk »



MEAT-FREE CLASSIC

Quince & Medlar, Cockermouth

When Colin and Louisa Le Voi bought Quince & Medlar in 1989 it created a stir. "Everyone thought we were nuts to buy a vegetarian restaurant," recalls Colin. But 28 years later, the restaurant is still here. The Le Vois trained at legendary Lake District hotel Sharrow Bay, but were relative novices in vegetarian cooking when they took charge. "It's been a wonderful meat-free adventure," says Colin. Try his cheese and mushroom pâté soufflé or baked beets, borlotti and horseradish under a herby suet top with wasabi mooli halloumi. Starters from £4.70, mains £15.50; quinceandmedlar.co.uk



FOOD FOR THOUGHT

Saramago, Glasgow

The first time **olive** ate at Saramago – an airy, fetching atrium café in Glasgow's Centre for Contemporary Arts – it took several minutes of reading the menu to realise it is actually vegetarian. "We feel that good food is good food regardless of whether it's animal-free or not," says general manager Lisa Bolland. Consequently, Saramago (named after the Portuguese communist writer José Saramago), doesn't

feel obliged to shout about its meat-free menu. It asks diners to judge it on the quality of its excellent, globally-inspired small plates such as roasted cauliflower with salsa verde or griddled leeks with romesco sauce. "Lots of vegetables are under-celebrated and classed as sides. Small plates allow us to showcase them in inventive ways," says Lisa. Small plates £3.25 - £4.50; larger dishes up to £11; cca-glasgow.com



VEGGIE VANGUARD

Milgi, Cardiff

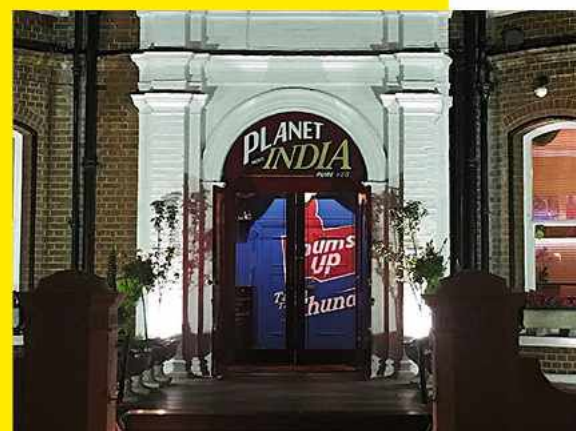
When it first opened in 2006, Milgi's owners, sisters Gabrielle and Rebecca Kelly, were fresh out of art school and their bar and restaurant retains a bohemian atmosphere. Milgi went meat-free in 2010 in order to avoid loaded terms such as vegetarian. "We want to change the perception of what plant-based food can be," says Gabrielle. Try the seasonal curry, laverbread potato cakes with eggs and steamed greens or the Mexican stack. "We're as inspired by local Middle Eastern or Indian delis as local ingredients," says Gabrielle. Starters £7.25, mains £11.25; milgicardiff.com



VIBRANT VEGAN

Ital Fresh, Liverpool

The Rastafarian tradition of ital, whose vegan adherents eat only natural foods, is a holistic belief system that promotes protection of Mother Earth and all her creatures. Not that Poppy and Daniel Thompson, owners of Ital Fresh, give anyone the hard sell. "We're not preachy, we live by the 'one love' philosophy. All are welcome at Ital Fresh. We let the food sing," says Poppy. The Thompsons' use ital principles to rework classic Caribbean dishes. For instance, their 'cauli wings' are a ginger beer-battered, jerk-spiced take on fried chicken and rather than rice 'n' peas, they serve coconut-simmered quinoa with mango and lentils. Small plates £3 - £5; italfreshhq.com



AWESOME INDIAN

Planet India, Brighton & Hove

The Rupani family's sensational vegetarian food is available at its original Brighton café – a comfortable, colourful bolthole full of trinkets and holiday snaps – and its grander, still quirky Hove restaurant. Go for the pea and paneer curry or the legendary dhai bhel puri. Hove starters from £3.77, mains from £10.87; planetindia.co.uk



BOHO CHARMER

Maitreya Social, Bristol

From diverting weekend brunch dishes (spiced hash browns, spinach, poached eggs, dukkah, chilli sauce), to on-trend Middle Eastern inspired mains (freekeh arrancini with salt-baked beetroot, jerusalem artichoke, labneh, caraway dressing), this arty bar and restaurant is full of pleasant surprises.

Starters £5.95, mains £10.95; cafemaitreya.co.uk



AMBITIOUSLY FOODIE

Acorn Vegetarian Kitchen, Bath

Acorn's chef-owner Richard Buckley wants to transform how we think about meat-free cooking. Worthy self-denial and boring, stodgy veggie dishes just aren't his thing. Instead, plant-based food is, very much, a celebration here: "I was raised vegetarian and always wanted a place that treated this food as a serious cuisine rather than a quirky alternative. It doesn't have to be all hair shirts and sandals. We take plants and create

beautiful food from them. Some of the world's finest things are plant-based: truffles, coffee, chocolate, gin. Nobody thinks of these as vegetarian." Paired with small producer wines, Richard serves dishes such as seared broccoli with grated winter truffle and cauliflower panna cotta or shaved, herb-steamed Chioggia beetroots with aged cashew purée. Dinner from £26.95; acornvegetariankitchen.co.uk

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Offer 3: Strawberry 'Just Add Cream'

Strawberry 'Just Add Cream' is a compact plant producing mid-pink flowers and up to 1kg of

fruit per plant. Fruiting early, it will keep cropping until the first hard frosts of autumn. Supplied as jumbo plug plants.

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Offer 4: Cherry 'Sunburst'

This variety will produce high-quality sweet fruit that will store well for a short time after picking.

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Phone: For orders over £10, call the credit card hotline on 0844 573 1686** quoting OLV21Z.

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CHEF'S TABLE

Recipes HENRIK RITZÉN Photographs DHIREN SHINGADIA

Try these unmissable smörgåsbord dishes courtesy of executive chef Henrik Ritzén at Aquavit, the Nordic restaurant recently arrived in London



Star dishes

 SHRIMP SKAGEN
(SKAGENRÖRA)

Celeriac,
mustard &
LOVAGE

VENISON
TARTARE

WITH BLUEBERRIES
AND JUNIPER

GRAVADLAX

WITH MUSTARD &
DILL SAUCE

Where to find us

AQUAVIT
ST JAMES'S MARKET
1 CARLTON STREET
LONDON SW1

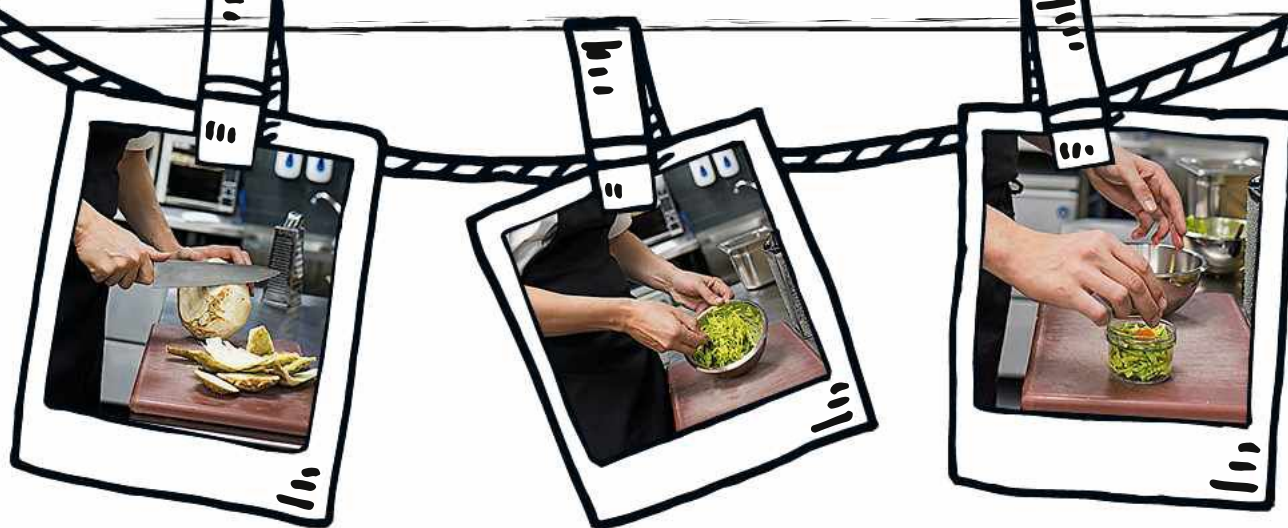
If anyone thought London's passion for all things Scandi was a passing phase then the city centre's newest Nordic restaurant suggests it is in for the long haul. Inspired by the two-Michelin starred restaurant of the same name in New York, Aquavit London opened its doors in the redeveloped St James's Market in late November last year.

More relaxed than its American sister, this sleek restaurant (designed with Gothenburg city hall in mind) is about morning-to-midnight dining with fresh, seasonal ingredients cooked and presented in that uniquely contemporary Nordic way. The menus have been developed by Henrik Ritzén, executive chef of Aquavit London and Emma Bengtsson, executive chef of Aquavit New York: look to the smörgåsbord and starter plates for the real winners.

Showing off Nordic flavours at their simplest and best, try blood pudding (ugly, unapologetically robust) paired with sharply bursting lingonberries and bacon crumbs, and draped with a layer of melting lardo. Soft and beguiling venison tartare is joined by spicy blueberries, yet more lingonberries and juniper. A classic gravadlax is a perfect example of its kind – firm but yielding, clean but picked up with a pokey mustard and dill sauce.

Order from the extensive list of aquavits at the marble-topped bar or one of the fragrant cocktails on offer; think an old fashioned heady with pumpkin, birch and gingerbread spices, and a bramble made with cloudberry and pomegranate. aquavitrestaurants.com





Celeriac, mustard and lovage

45 MINUTES + CHILLING | SERVES 6 | EASY |

If you can't find lovage use parsley instead.

clarified butter 3 tbsp

sourdough 2 slices, crusts removed and cubed

celeriac 400g, peeled

salad cress ½ a punnet

chives 20g, thinly sliced

quail's egg yolks 6

LOVAGE OIL

lovage or **parsley** 250g

rapeseed oil 375g

PICKLED APPLE

white wine vinegar 50g

caster sugar 100g

Granny Smith apples 2, peeled and diced

LOVAGE MAYO

egg yolk 1

dijon mustard 40g

white wine vinegar 1 tbsp

lovage oil 140ml

- To make the lovage oil, blanch the lovage in boiling water for 30 seconds or until tender, put into iced water immediately and squeeze out as much water as possible. Put in a food processor with the oil and a pinch of salt and blitz for 4 minutes on full power, then strain through a double layer of muslin.
- For the pickled apple, put the vinegar, sugar and 150ml water in a pan, bring to the boil, then chill. Once cold add the apple for 10 minutes before draining.
- For the mayo whizz the egg yolk, mustard, some salt and vinegar in a food processor, then gradually add the lovage oil to make a mayonnaise. Cover and put in the fridge.
- To assemble, heat the clarified butter and fry the bread in it until golden. Drain on kitchen paper. Grate the celeriac and

squeeze any excess liquid from it, then mix with 100g of the mayo and the apple. Divide between 6 bowls, garnish with a quail's egg yolk and croutons, cress and chives.

PER SERVING 262 KCALS | FAT 16.1G | SATURATES 5.8G

CARBS 25.2G | SUGARS 17G | FIBRE 2.1G

PROTEIN 3.3G | SALT 0.5G

COOK'S NOTES

To make clarified butter, gently melt butter in a small pan. Leave to sit for 3-4 minutes, then carefully pour off the clear yellow clarified butter, leaving the milk solids behind.

Shrimp Skagen (Skagenröra)

10 MINUTES | SERVES 4-6 AS A STARTER | EASY |

If you can't get fresh horseradish, use 1 tbsp of horseradish sauce instead.

prawns 400g, cooked and peeled

mayonnaise 150g

dill 1 bunch, finely chopped, a few sprigs reserved, to serve

horseradish 1 tsp, grated

sourdough 4 slices, toasted

salmon roe to serve (optional)

lemon 1, wedged

- Chop half the prawns and put in a bowl with the remaining whole prawns. Add the mayo with the dill, horseradish and season. Put in the fridge for 10-20 minutes before serving piled on toast with a few dollops of salmon roe, if you like, a couple of sprigs of dill, and a lemon wedge for squeezing.

PER SERVING 276 KCALS | FAT 19.4G | SATURATES 1.6G

CARBS 11.2G | SUGARS 1.5G | FIBRE 1.1G

PROTEIN 13.6G | SALT 1.4G

Venison tartare with blueberries and juniper

30 MINUTES + 1 HOUR INFUSING | SERVES 4

AS A STARTER | EASY |

Acquavit uses scraps of batter for crunch, but you can serve with croutons or toast.

venison loin 240g, chilled

shallot ¼ finely diced

chives 2cm of a bunch, finely sliced

capers 1 tsp, finely diced if large

smoked olive or **rapeseed oil** 1 tsp

blueberries 50g

sourdough 2 slices, cubed and toasted

MAYO

juniper berries 1½ tbsp

extra-virgin rapeseed oil 100ml

egg yolk 1

dijon mustard 1 tsp

white wine vinegar 1 tsp

- Crush the juniper berries and add to a pan with the rapeseed oil. Heat gently until 70C and keep at that temperature for 10 minutes, allow to cool and infuse for 1 hour, then strain.
- Put the egg yolk in a bowl with the dijon, vinegar and a pinch of salt and whisk well until smooth. Gradually add the juniper-infused oil, drop by drop at first, then more quickly, whisking all the time.
- Finely dice the venison, then stir with the shallot, chives, capers and oil and divide between 4 plates. Dot some of the mayo on top and sprinkle each with some blueberries.

PER SERVING 360 KCALS | FAT 28.7G | SATURATES 2.7G

CARBS 9G | SUGARS 1.9G | FIBRE 0.7G

PROTEIN 16.1G | SALT 0.6G



Gravadlax with mustard and dill sauce

10 MINUTES + 2 DAYS CURING | SERVES 10

EASY | **GF** **LC**

Traditionally-cured salmon is a classic smörgåsbord dish all over the Nordic region.

salmon 1 side, scaled and pin-boned
sea salt 500g
golden caster sugar 1kg
white peppercorns 1 tbsp, crushed
dill 2 bunches, 1 finely chopped for the cure, 1 finely chopped for the garnish

MUSTARD SAUCE

sweet american mustard 50g
caster sugar 50g
white wine vinegar 35ml
rapeseed or vegetable oil 150ml
dill 30g, chopped

• Put a large sheet of foil in a tray big enough to lay the salmon out flat. Mix together the salt, sugar, peppercorns and dill and spread half of the cure on the foil, lay the salmon side, skin side down, on top and cover with the rest of the salt-sugar mix. Wrap well and refrigerate for 48-72 hours.

- When the salmon feels firm at the thickest part, scrape off the excess cure, give the fillet a wash in cold water and pat dry.
- To make the sauce, whizz the mustard, sugar and vinegar in a small blender and slowly add the oil, drop by drop to begin with and then faster as the emulsion thickens. Finish with the chopped dill.
- Slice the salmon thinly and serve with the mustard sauce and garnish with dill.

PER SERVING 362 KCALS | **FAT** 25.5G | **SATURATES** 3.1G
CARBS 10.5G | **SUGARS** 10.4G | **FIBRE** 0.2G
PROTEIN 22.6G | **SALT** 2.9G

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pro vs punter

Luca, London

Does an average diner reach the same conclusions about restaurants as a food pro, who may get special treatment if recognised?* Adam Coghlan and **olive** reader Sarah Atkinson compare notes on Luca, London EC1



The pro

Adam Coghlan is a food and restaurant writer and is also head of content for the London Restaurant Festival. He has a weakness for Worcestershire sauce crisps.



The punter

Sarah Atkinson lives in South East London and works in Westminster. Her favourite cuisine is Indian and she has fond memories of dinner at Belmond Le Manoir aux Quat'Saisons.



Luca

Luca is the latest project from those behind The Clove Club – Isaac McHale, head chef, and front-of-house duo Dan Willis and Johnny Smith. It presents Clerkenwell diners with modern Italian food, cooked using British ingredients and served by waiters who know the food inside out. Referred to by chef Isaac as 'Britalian', the menu includes spaghetti with Morecambe Bay shrimps, rump of Angus beef stuffed with pancetta, and ravioli of grouse with potato and whisky sauce.

The restaurant's design has been inspired by 1950s Italy, with a blue and sage colour scheme and an impressive semi-open kitchen flanked by floor-to-ceiling glass walls – while they eat diners can watch the chefs at work in the pasta-making room. There's also a bar, open all day, serving espresso and pastries in the morning, salads and cured meats at lunchtime, and cocktails (making the most of homemade limoncello) alongside shared plates in the evening. *luca.restaurant*



For Luca's sustainability score,
visit olivemagazine.com

Our pro says...

The Clove Club team is lauded for modern European millennial fine dining and a pin-sharp, northern-accented brand of hospitality. And so, maybe not surprisingly, they have followed-up what is currently the world's 26th best restaurant with a 'Britalian' concept in Clerkenwell.

The service at Luca takes cues from Clove – at once warm, affable, attentive without being invasive. The staff have perfected that art of staying at the table for just the right amount of time and meeting one's interest with a generosity of knowledge. This is particularly true of the sommeliers, whose wine list includes a stunning chardonnay from Friuli and a deep, earthy barolo – by the glass. *I wasn't recognised.

The menu is divided in the traditional Italian way: snacks, antipasti, pasta, main courses and desserts. To start, parmesan fritters dusted in a piquant seasoning – cheesy churros – are perfect with an aromatic americano cocktail. Emulsified salted pollock, lighter and more subtle than salt cod, with peppers, olives and croutons is a comforting assembly of classic Mediterranean flavours; a salad of castelfranco, pear, shaved fennel and toasted hazelnut shows the kitchen's light touch. Texturally, too, both are flawless.

Pasta is all made on-site. Marginal innovations on classics serve to improve the finished dishes. Angel hair vongole entangles clams, chilli, white wine and garlic much more gently than spaghetti would. And a Modenese tortellini in brodo (often beef) is refashioned as pheasant and mushroom agnolotti in the game bird's broth – Italian food (with a British bent) at its fortifying best.

A little less pleasure – for more money – is found in a tranche of Cornish sea bass with artichokes and bagna cauda; a dish loaded with umami but which felt incomplete with no component of acidity. But to finish, a cinnamon-spiced strudel-like apple crostata with vanilla custard, if not remarkable, was a gratifying nod to the Christmas just passed.

THE BOTTOM LINE

For everything Luca might lack in customary Italian generosity on the plate, it makes up for with its sourcing, application and refinement. It's a serious and grown-up restaurant, with a band of energetic young staff, that shows being authentic is moot and fusion needn't mean naff.

Total for two, excluding service: £153

FOOD: 7.5/10
SERVICE: 10/10
VIBE: 8/10

TOTAL
25.5/30

Our punter says...

We were welcomed warmly by Luca's handsome staff, casually dressed and informal in their manner. They were serious and passionate about their produce, which is mostly British, and the Italian dishes they make from it. We were encouraged to try their homemade pasta, and the sommelier guided us through the short, all-Italian wine list and tactfully made suggestions across a range of prices.

The prices at Luca are steep, and as such the waiting staff's suggestion of three antipasti, three pastas and two mains between two would only have made this worse. We shared three antipasti and had a main each, which was enough. The emphasis on fresh seasonal produce means vegetarians are well catered for with several choices across the menu.

Our favourite antipasto was the Orkney scallops with Jerusalem artichoke purée and 'nduja. The caramelisation on the scallops and the artichoke purée combined to give a sweet, almost toffee-ish flavour that the hot scarlet flecks of sausage cut through beautifully. Fennel, pear and toasted hazelnut salad was a generous portion, light, fresh and crunchy.

I was disappointed with the salted pollock with peppers and olives – the accompaniments were zingy enough, but unfortunately the pillow of whipped salted pollock was bland, resembling cotton wool in both look and taste.

My angel hair pasta with clams was fragrant, a tasty tangle of al dente pasta with herbs and shellfish. My husband's lamb chops with rosemary crumb and crushed vegetables were somewhat overcooked, the breadcrumbs soft rather than crunchy – overall more like a homemade Sunday dinner than what you would expect for £24. We loved the bread, which had a dark crust studded with poppy seeds and came with olive oil so green and peppery fresh that it stung.

THE BOTTOM LINE

Luca is friendly, relaxed and modern, and makes the most of fresh British produce with some outstanding dishes, particularly the seafood and the pasta. But the prices are high, even for fashionable Clerkenwell, and some of the food simply doesn't deliver good value.

Total for two, excluding service: £130

FOOD: 7/10
SERVICE: 8/10
VIBE: 8/10

TOTAL
23/30



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Table-hopping

Our latest restaurant recommendations – longer versions and more at **olive**magazine.com – plus news from across the UK



PLOT, LONDON SW17

Smaller and rougher around the edges (read *not yet gentrified*) than bigger markets in London, Tooting's Broadway Market is the home of new British small plates restaurant, Plot. Yes, another small plates restaurant, we hear you groan, but this one pulls its weight. Seating is round the open-kitchen bar and a bench in the main market thoroughfare. This isn't comfortable dining – but it's quick and delicious.

A seasonal menu of eight dishes (including puds) makes for easy decision-making – order everything (just the right amount for two). Smoked haddock croquettes with buttered leeks was pleasant; roasted, buttery Hispi cabbage with hazelnuts was comforting. Charred cauliflower was (if a little too al dente) well paired with its thick and punchy cheese sauce, sherry-pickled onions and toasted pine nuts. But, it was the roast cod – crisp, blistered skin protecting pearly white, meaty flakes of fish – with a seriously moreish curried tartare sauce and samphire that won. Burnt cream, too, with poached rhubarb was light, smooth and speckled with just the right amount of ambrosial vanilla beneath its crisp sugar shell.

Splash out on a bottle of Nyetimber's brilliant Sussex sparkling wine or, better yet, explore that great British tradition – beer. There's a great selection of ales, lagers, IPAs and porters to choose from and the Balham Black Lager is a revelation (great with the cauli). plotkitchen.com (Words by Laura Rowe)

STEAK & HONOUR, CAMBRIDGE

New burger joint Steak & Honour's short menu was designed by chef-owners Leo Riethoff and David Underwood, who met at Michelin-starred Alimementum before starting Steak & Honour mark-I, a vintage Citroën van.

The 'classic' shows a well-made burger is hard to beat. A soft and not-too-sweet brioche bun hugs a simple (pink) patty of ground Cambridgeshire beef, with crisp iceberg lettuce, red onion, gherkins, French's mustard and ketchup. The 'check the pulse' bean burger has great texture and deliciously punchy spice, and even 'bled' thanks to a layer of beetroot pickle. Onion, American cheese and an umami seaweed mayo give the classic a run for its money.

Don't skip sides – a spicy three-cheese mac & cheese is sliced and grilled and served with yet more sauce and sour cream – travel here just for this. steakandhonour.co.uk (Words by Laura Rowe)



THE OXFORD BLUE, OLD WINDSOR

It's been two years in the making but finally The Oxford Blue is open. The first solo venture from Steven Ellis, former sous chef of Restaurant Gordon Ramsay, it's little wonder that the menu here is elegant. There are familiar pub favourites – ploughman's, soup and bread, liver and onions – but nothing is quite as it seems. (It's better.)

Josh, our waiter, is 13, but advises us on any dish and recommends wine and cheese with authority and charm. One starter was wafer-thin apples plated like fish scales, topped with a sticky roll of stuffed suckling pig's trotter – tender, salty, immeasurably flavoursome. A specials menu is inspired by the pick of nearby Crown Estate, which is hung in the pub's game shed. Delicate butchery and an even lighter hand made for some of the most tender game we've ever tried in a main of woodcock. Pie and mash caused gasps, with Josh feeding rich gravy into its chimney-hole atop shredded confit chicken, while shards of crispy skin had been studded into the smoothest pomme purée.

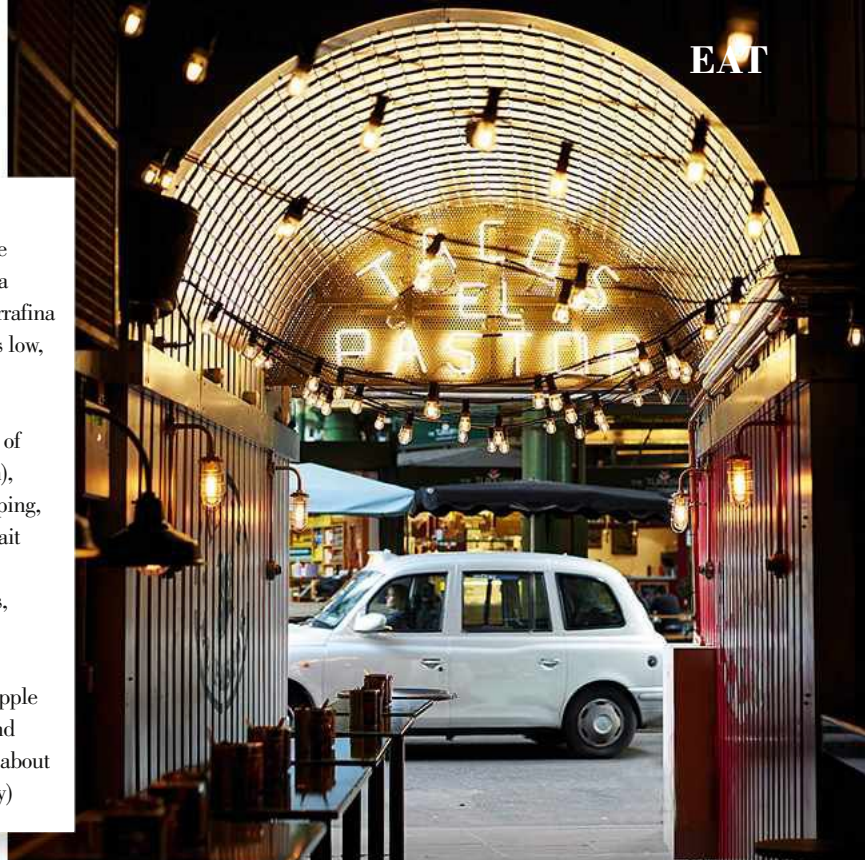
The Oxford Blue is presented as a pub but it's really a restaurant; a very sophisticated one. oxfordbluepub.co.uk (Words by Laura Rowe)

EL PASTOR, LONDON SE1

We've been waiting for new-wave Mexican to take off for a while but it looks like 2017 will be the year. Leading the way in the capital is El Pastor, a new taqueria hidden away under a railway arch in Borough Market. The Hart brothers (of Barrafinna fame) and Crispin Somerville are behind this new opening, where the lighting is low, the music loud and the rustic, industrial-chic décor with smatterings of bight, sunshine colours transport you to Mexico City.

You'll have to queue, but if you can, pull up a stool at the bar or slide into one of the standing tables and grab a michelada (beer over ice with lime and a salt rim), margarita or carafe of mezcal (yes, really), guac served with chicharron for scooping, and light, fresh sesame tuna tartare tostada with avocado and chilli while you wait for your table.

There's a short list of just nine tacos to choose from, all on criollo corn tortillas, made on-site daily. Everything from slightly smoky chargrilled stonebass to the signature al pastor – tender, 24-hour marinated pork shoulder with caramelised pineapple – is delicious, but fall-apart short rib with guajillo rub, punchy pineapple habanero salsa and roasted bone marrow and confit pork, cuerito, chicharron and salsa steal the show. Tacos start from just £2.50, so you don't have to feel guilty about ordering everything on the menu. tacoselpastor.co.uk (Words by Sarah Kingsbury)



LAO CAFÉ, LONDON WC2

'Authentic' is overused on London's restaurant scene but Saiphin Moore (of Rosa's Thai) does the word justice with her Laotian cooking in newly opened Covent Garden restaurant Lao Café. Fiery fresh salads, spicy hot pots, and skewers of grilled marinated meats are very hot by default – give the waiter a heads-up if you want to tone it down.

Saiphin's uncle's duck laab had a sensational balance of textures, while fine matchsticks of papaya, green mango and cucumber were shaken up with herbs, tiny crisp-dried shrimp and peanuts to add extra crunch in the Thai-style tum salad.

Whole fish is a must-order, fragrant with lemongrass, extra soft from a salt crust. We wrapped fish in salad leaves with rice noodles, Thai basil and zingy herb dip, and scraped sticky brown rice from a banana leaf to add to tom zap gadook moo, a sour galangal and lemongrass soup in a terracotta pot with tender pork ribs. An unusually pink tea ice cream had a faint taste of matcha and was drizzled with evaporated milk and peanuts, served street food-style on a bread roll. laocafe.co.uk (Words by Alex Crossley)

SHOP 3 BISTRO, BRISTOL

The new Shop 3 Bistro in the posh suburb of Clifton is impressively ambitious – housed in a former, very colourful, Indian restaurant, Shop 3's been stripped back to a whitewashed-walls, wooden-table type affair across three cosy floors. A plate of four native rock oysters, served on sea lettuce and beach herbs, are hard to resist and nod to the bistro's strapline 'local, rustic, foraged' – one fried, another in bubbly melted cheese, another with zingy shallots.

The chef here's Kiwi but, along with his Devonian front-of-house partner, they celebrate British ingredients creatively. On our wintry visit, Dartmoor venison – furiously blushing – was plated with chicken oysters lightly breadcrumbed, buttery, trendy Hispi cabbage, mulled beetroot, hedgerow jus and a cauliflower flat white (literally, a love/hate coffee-infused cauli foam). Those shunning meat are just as well catered-for – a celeriac risotto with English pecorino, surrounded by a nutty, complex baked potato purée was a thing of dreams, especially thanks to the generous pile of sticky, roasted fennel, and salsify batons and crisps on top.

The wine list is strong, but Bristol's known for its craft beer scene, so let the supremely friendly Kathryn guide you through the local brews in this laid-back Bristol beaut.

facebook.com/Shop3Bistro (Words by Laura Rowe)





TAKE AFTERNOON TEA AT...

The Zetter Townhouse, Marylebone, London W1

In a Georgian townhouse behind Oxford Street is a secret drinking den that exuberates the eccentric charm of the Zetter Townhouse's fictitious owner, wicked Uncle Seymour.

Dapper Italian waiters shake Tony Conigliaro's tea-infused cocktails at a little bar tucked into one corner – try the silk road gimlet, a smooth mix of Beefeater gin and delicate keemun Chinese black tea cordial. After cocktails, a series of tea stands and plates – Aunt Wilhelmina and Uncle Seymour's afternoon teas – arrived. Highlights were a goat's cheese toastie with a sweet, tangy red onion marmalade, and puff pastry haggis rolls with homemade brown sauce.

Next came plain and raisin scones with thick, rich Cornish clotted cream, and plastic cocktail glasses of kir royale jelly. £28pp including tea, add a cocktail for £9.50. thezettertownhouse.com



STREET FOOD SPOT

Yorkshire man Henry Preen is bringing the Great British roast to the streets of London with his stall, Yorkshire Burrito. Choose between roast chicken with lemon and black pepper in white wine gravy, rare breed beef brisket in red wine gravy, or slices of roasted pork belly with crackling and apple sauce, before its wrapped into a giant Yorkshire pudding with rosemary-roasted potatoes, greens, sage and onion stuffing and plenty of gravy. There's also an indulgent veggie option of roasted cauliflower cheese served with all the trimmings. Look out for Yorkshire Burrito popping up in pubs across London, or catch Henry at Street Food Union Market in Soho. yorkshireburrito.com

SHACK UP IN EXETER

Pickle Shack has been popping-up in intimate and unusual venues across the Southwest since July 2014, paying homage to the region's produce. Michelin-starred-restaurant-trained chef Josh McDonald-Johnson and front of house expert Jodie Sawatzki have gained a loyal following among foodies in the area (including our editor, Laura), and are returning to Exeter Brewery in March. Teamed with Filippo Berio, Pickle Shack will put on a Tuscan feast inspired by Josh's recent trip to Italy – expect long feasting tables, an olive oil tasting and Exeter Brewery's award-winning ales. 3 March, Exeter Brewery, pickleshack.co.uk



"This is one of the hottest culinary tickets of the year"

SHED A LIGHT

Tom Kerridge (set on making Marlow his culinary homeland) has launched another dining space in the Buckinghamshire village where you'll find his two-Michelin-starred pub The Hand & Flowers, and second gastropub, The Coach. The Shed will play host to one-off culinary events with guest chefs. This month will see West Country Week (27-31 March) with Peter Sanchez, Michael Wignall, Nathan Outlaw, Simon Hulstone and Paul Ainsworth. The boys will be joining Tom to create bespoke menus and will be around to chat to guests on each night. Tickets cost a whopping £350 each but with only eight spaces in the private dining room (and don't worry, wine is included, too) this is one of the hottest culinary tickets of the year.

thehandandflowers.co.uk/theshed

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HOT OFF THE PASS

This issue we look a little closer to home for one of the world's most exciting young chefs, **Ben Chapman**, owner of Kiln and Smoking Goat in central London

Words ADAM COGHLAN Photographs JORDAN LEE

Ben Chapman's career trajectory is of the kind not normally associated with a chef who opens a restaurant that has a fair claim to being the best of the year – but it's 2017, and things don't tend to happen like they used to. For more than 40 years, a good barometer of restaurant class has been the number of stars issued by *London Evening Standard* restaurant critic Fay Maschler, who famously reserves the maximum score only for something truly special. She gave Kiln – a Thai restaurant in Soho that uses only charcoal as a means of cooking – full marks. Ben, previously an art gallerist, DJ and designer, only started cooking three years ago.

With its unusual and brilliant iteration of highly specific rural northern Thai cooking, Kiln is hardly the kind of restaurant we'd imagine would secure such universal approval from industry commentators, nor draw the kind of queues normally seen outside



BEN CHAPMAN'S UNFILTERED GUIDE TO THAILAND

- **Jay Fai** a street food restaurant serving high quality Thai/Chinese combinations, – 327 Maha Chai Road, Bangkok
- **Jeh O Chula** late-night drinking food – Banthat Thong Road, Bangkok
- **Khanom Jeen Nam Yong** rice noodle and curry restaurant which serves northern Thai nam yaa and Shan-influenced nam ngiaw – Chaisongkhram Road, Pai
- **Bangkok Bold** cool cooking studio. The chef explains ingredients she uses with you – 503 Phra Sumen Road, Bangkok
- **A friend's house** The best food I've had is in people's homes in the countryside



the city's best, if populist, burger, steak and gourmet fast food restaurants.

Kiln is different and reflects the learning that Ben has dedicated himself to since entering the restaurant game. His obsessive and daring quest to cook food "more pungent, sour, spicy and bitter" is in line with his self-declared attraction to "unfiltered things". A sort of 'why compromise when you don't have to?' It's a question more chefs have the confidence to ask now, and a feature of the modern restaurant industry that's unleashed specialised personal passion projects like Ben's.

When Ben moved to London from Birmingham 12 years ago it was to study art history. Though he didn't finish the degree, he wound-up opening an art gallery as well as doing casual bar work. The gallery aimed to promote upcoming – but comparatively unknown – artists. Indicating his acute eye for talent, Ben recalls the last show he put on with Eddie Peake: "The next show he went on to do was at The White Cube, the biggest commercial art gallery in Europe."

He "never made any money" and subsequently moved into the music industry, hosting obscure club nights – "weird Turkish psych called Leather Boy" was one – before moving into graphic design for venues and festivals. Through this he met Charlie Carroll who would go on to open Flat Iron. Ben designed their first restaurant (his Dad and brother are architects and he gives the impression that he'd occasionally flirted with the discipline). Through his own company, King Mob, he realised his aim of doing "something with more creative control". Alongside design commissions, he was beginning to learn more about the food he liked and – after having met Som Saa's Andy Oliver – began cooking Thai recipes at home.

Ben describes eating at Dave Pynt's Burnt Enz in London Fields and at Pok Pok in New York as "formative". On seeing Dave's cooking over fire,

"that was the first time I thought, I want to do that – I want to be a chef". Pok Pok, he says, "blew me away". The difference he could taste in the jamboree of unfamiliar ingredients it used stimulated a creative streak.

His inexperience has presented some challenges in the short time he's been cooking. His pursuit of the recondite overcomes any scepticism from those he employs (who might be, in theory, more 'qualified'). He sees his progress in the kitchen as connected to two main factors. He is able to articulate a clear vision to his chefs: "the food is extremely specific; the recipes are taken from rural Thailand". Candidly, he also says that he's found "no one task in the kitchen that is insurmountably difficult". Spending time with Ben, you quickly learn that if there's something he wants to know, he's going to find out how to do it.

People say that Kiln is an authentic northern Thai restaurant. In some respects it is, but authenticity can be a troublesome concept, not least when you consider the real differences of a farmhouse in Isaan to a restaurant site in central London. Ben outlines his own definition of authentic in this context, saying that he wants to adhere to the key principles of Thai cooking. In the Thai countryside, he explains, "dishes are led by ingredients" relevant to their own specific time and place. One experience remains seminal: a trip to a humble country home in Isaan where he ate beef larb. Very few ingredients, flash-cooked or pulled from a plant, were casually assembled with minimal seasoning and Ben wasn't looking forward to it, but his memory of it was that it was "amazing".

Ingredients, to Ben are key, and chillies, herbs and vegetables for the restaurant are grown domestically in Cornwall, through his close working relationship with The Modern Salad Grower, Sean O'Neill. The two invested in a growing tunnel with Kiln in mind. "Herbs-wise,

at the moment we're getting 30%; when we come into the warmer months it will be back up to 70%," he says. The hope is to get it to 100%. Elsewhere there is meticulous sourcing via specialist Thai importers – new-season brown rice, fish sauce, fermented shrimp paste – or from Luke Farrell who cultivates cuttings he picked on his travels in south-east Asia at Ryewater Nursery in Dorset. "When I ask him for some Vietnamese mint," explains Ben, "he'll say 'Which genus?'".

Restaurant industry buzz phrases like locally-sourced, authentic, ingredient-led and charcoal-grilled are often either overstated or plainly inaccurate. To Ben, as honest and understated as chefs come, these phrases have to mean something. And his food has to look good and taste good, too. That's the kind of multi-disciplinary artist and great chef he's become.

kilnsoho.com

IN SHORT

Favourite dish: Cornish crab Ion at Som Saa, London E1.

Favourite drink: Spanish natural wine producer called Mendall makes quite concentrated whites, which age well. Also Tuscan producer Macea who makes earthy reds that taste like the ground, the vine and the grape all squeezed together

Most memorable meal: Undoubtedly getting schooled on laaps by Uncle Pwan outside Ubon in Thailand

Chef or food person you most admire: Tom Adams at Coombeshead Farm. Getting good produce is one thing; working with the farmer to make it better is another

Guilty pleasure: Dubiously cheap roti parathas on Whitechapel High Street



GINSPIRATION

It's a big month for gin as the now nationwide Gin Festival pops up in York (24-25 February), Glasgow (3-5 March), Blackpool (10-11 March) and Manchester (24 March-2 April). As you've probably guessed from the name, this is a celebration of all things gin-related, with more than 100 craft gins for you to try along with cocktails and masterclasses from industry experts. ginfestival.com

TALKING TRASH

One person's trash is another person's, well, cocktail ingredient. Nose-to-tail, root-to-fruit, keeping waste to a minimum has been prevalent within restaurants for some time but bars are catching up – using tomato vines, coffee grounds and avocado stones that would otherwise be thrown away.

We're loving the efforts of Trash Tiki, a global pop-up from Kelsey Ramage and Iain Griffiths, that takes off-cuts, unsold products, and anything else headed for the bin, and uses it in their pop-up tiki bar. There are also lots of useful recipes on their website. trashtikisucks.com



THE measure

olive booze pro Sarah Kingsbury and wine expert Kate Hawkings track down what to drink and where to drink it

WEAR IT PROUD



We LOVE these cocktail necklaces from independent crafter Gastronomista. Available in martini, daiquiri, gin and tonic, mint julep, piña colada, french 75 and negroni (our personal favourite), they're the perfect accessories for happy hour. \$75, gastronomista.bigcartel.com



GET THE BEERS IN

London Beer Week is returning to the Capital from 13-19 March bringing with it the very best ales, lagers, stouts, meads, hoptails and boilermakers the UK has to offer, along with some fantastic street food and music. This year, the beer tours will be focussed on London's best craft breweries, with rickshaws to take you from pint-to-pint. Wristbands £10, drinkup.london/beerweek

COCKTAIL OF THE MONTH

The smoky notes of the mezcal work wonderfully with the grilled pineapple and gentle heat from the chilli in this spicy drink. It's simple to make and can easily be made into a jug cocktail for a crowd – it's the perfect thing to sip alongside the Bajan tacos on this month's cover.

Mezcal, pineapple and jalapeño smash

10 MINUTES | SERVES 1 | EASY

jalapeño a few slices of fresh
pineapple 1 fresh ring, grilled
mezcal 50ml
pineapple juice 75ml
lime 1 wedge

- Put the jalapeño slices into a rocks glass. Cut a small wedge from the pineapple and set aside, then add the rest of the pineapple to the glass and muddle with the chilli.
- Add the mezcal and pineapple juice and squeeze in the juice from the lime wedge. Fill with ice, churn to mix, and serve with the reserved wedge of pineapple on the side of the glass.

3 OF THE BEST NEW GINS



1

Porters – Made in Aberdeen, this is a classic gin with bold juniper and bright citrus notes. Created using a combination of old and new techniques, light flavours are extracted from delicate botanicals through cold distillation so as not to damage them with heat, while other more robust ingredients are distilled at one of the UK's oldest gin distilleries, allowing

the unique characteristics of each to shine through. £42.50/70cl, harveynichols.com



2

Victory – A peppery gin made with 10 botanicals, this cold-distilled gin is tight and fresh with bright notes of orange and anise, warmth from cardamom and black pepper plus a subtle sweetness from liquorice and chestnut. £34.50/70cl, victorylondon.co.uk



3

Willem Barentsz – Named after a 16th-century Dutch explorer, this light gin features classic botanicals like juniper, orris root, cassia bark and angelica, but also uses jasmine, giving it a beautifully floral nose that's perfect for this time of year. £33.45/70cl, thewhiskyexchange.com

Kate Hawkings on...

'HEALTHY' DRINKING

Kate Hawkings is a food and drink writer and consultant with a special interest in sniffing out wines from lesser-known regions and grapes. Kate is also a restaurateur; she co-owns Bellita in Bristol.



My hackles rise when I see certain drinks being peddled as healthy options – alcohol is alcohol, no matter how it's packaged. Skinny brands of prosecco and champagne hit the shelves last year and seem to have been a marketing triumph. Much is made of their low sugar content but in fact it equates to a paltry five calories or so fewer per glass than other proseccos and dry champagnes, and contain hardly any less alcohol.

If you're looking to pull back on the booze, better to look for wines that are naturally low in alcohol. Moscato-based wines from Italy hover at around 5.5% abv but they tend to be quite sweet – good to match with light, fruit-based puddings, or as aperitifs. Fresh whites such as the lightly sparkling txacoli from northern Spain, or vinho verde from Portugal weigh-in at around 11% abv or less and are pleasingly dry. For reds, reach for pinot noir or gamay, or go leftfield and open a bottle of good lambrusco.

For an easy way to cut both calories and alcohol content, let's hear it for the spritzer. It seems to have rather fallen out of fashion, but mixing wine – red or white – with fizzy water ticks the boxes for healthier drinking. The simplest way, of course, is just to drink less. [@KateHawkings](#)

Conegliano Prosecco Superiore DCG Brut, 10.5%

(£10, [sainsburys.co.uk](#)) This is one of the best supermarket proseccos around, at a great price for the quality. Bags of apple and pear fruit and lovely soft bubbles, it's less sweet than many proseccos and comes in at just 75 calories a glass.



Dr Wagner Riesling 2015, 7.5% (£8.99, [waitrose.com](#))

This very pretty wine has a certain underlying sweetness that's kept in check with a clean and refreshing finish. Serve it very cold as a light aperitif or alongside a summery pud such as the coconut, mango and turmeric fool on p42. It would also suit the fish tikka skewers on p50.



Tapada de Villar Vinho Verde 2015, 10.5% (£9, [marksandspencer.com](#))

Vinho verde can be pretty bland and horrid but the quality has improved hugely over recent years. This is a real gem, with lovely crisp acidity and freshness that would go well with the shrimp skagen on p83.

Le Petit Froglet Shiraz 2015, 9.5% (£7.50, [marksandspencer.com](#))

It's rare to find a red wine under 12% abv, so this is a real find. Soft and light with bright red berry flavours and a touch of vanilla, it makes for very easy springtime quaffing, and is best served slightly chilled. Try it with the venison tartare with blueberries and juniper on p83.



DROP wine app



Launched by the team at the acclaimed 10 Cases wine bar in Covent Garden, Drop offers 150 really good wines at very reasonable prices, with no minimum order and free delivery within a three-hour window. Although it's only available in central London, there are bound to be other companies popping up around the country soon. [dropwine.co.uk](#)



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A photograph of a person's arm with a tattoo, holding a purple eggplant over a large wicker basket filled with various vegetables, including more eggplants, green cucumbers, and orange tomatoes. The background is a blurred outdoor scene.

EXPLORE *March*

Sort your torrija from your txipirón in San Sebastián or kick back with deep-fried and marinated eels, walnut honey pastries and seafood stew on Tuscany's coastline. Plus the UK's best holiday cottages for foodies

**Open fires and local mussels in Belfast
Legendary cakes in the Cairngorms | Fig chocolate in Pembrokeshire
Chic eats in Paris | World pasty championships in Cornwall**

On the road: **SAN SEBASTIÁN**



Sparkling white wine poured from a height, mounds of gooseneck barnacles and melt-in-the-mouth suckling pig with quince sauce – Spain’s coastal corner surely wins the prize for the world’s best bar crawl...

Words LUCY GILLMORE

My guide Lourdes Erquicia laughed out loud at my horrified response when she told me to chuck my napkin on the floor. “It’s not easy persuading tourists to throw their dirty napkins on the ground – but it’s how we judge a bar. A bar full of napkins is a good bar.”

I’m in northern Spain on a pintxos – also called txikiteo in Basque country – crawl with **Mimo San Sebastián** (sansebastianfood.com). We’re weaving through the crowded warren of alleyways in the Parte Vieja or Old Town. I’ve realised there’s no delicate way to eat pintxos, traditionally a slice of baguette teetering with food and speared with a wooden toothpick or pintxo – hence the name. The juices soak into the bread, run down your chin, coat your fingers and are smeared onto paper napkins, which are tossed on the floor.

Pintxos were born, Lourdes tells me, because “it’s not our custom to entertain at home. We meet friends for a drink and snack before dinner”. It’s one of the reasons that, originally, there were no sweet pintxos – these were pre-dinner snacks, not the main meal. You also went to one or two places not the string of bars we were working our way through.

There are over 100 to choose from, mainly in the Old Town, and so a tailored tour is a good way to narrow it down. Lourdes’ top tip: ignore the piles of pretty pintxos on each bar’s counter and order dishes chalked on the blackboard. These are cooked fresh to order and each bar has its own specialities. At Goiz Argi that means the brocheta de gambas, a juicy prawn served on a skewer, soaked in a sweet and sour garlic, pepper and onion marinade. The mari Juli baguette with salty slivers of smoked salmon, sardine and oily green pepper is equally moreish, with a glass of txakoli, the local sparkling white wine.

Poured from great height to aerate it, the feisty, fruity white splashes into a tall tumbler. It conjures up vibrant green apples and has a slightly salty aftertaste. The grapes are grown on the coast near the towns of Getaria and it has denomination of origin status – as has the local idiazabal sheep’s milk cheese. The smoked version is more traditional as it was originally made in windowless shepherds’ huts and smoked naturally rather than by design. (Head to Borda Berri for the legendary risotto pintxo made with idiazabal.)

At **Casa Urola** (casaurolajartetxea.es) I tuck into an Instagram-perfect plate of alcachofa con praliné (artichoke with cardoon, mojo sauce and almonds) and txipirón, a mound of squid with creamy white bean sauce and the original pintxo, the Gilda; think a cocktail stick crammed with salty anchovies, fat juicy olives and local guindilla pickled peppers.

“You have to eat it in one go so that the flavours mix in your mouth.” The explosion of pungent salty pickle is eye-wateringly good and strangely addictive. The name comes from an old Rita Hayworth movie, Lourdes tells me. General Franco had a habit of censoring films, so everyone would hot-foot-it across the border to watch them in France. The Gilda is “hot, spicy and long – like the film”, she laughs. They’re everywhere, but the best, according to Lourdes, are at Casa Urola.

At **A Fuego Negro** (afuegonegro.com) she introduces me to pajarito, fried quail with onions and carrots, crispy on the outside, succulent and pink in the middle while at La Cuchara de San Telmo, a long, thin rustic wooden bar with a tiny open kitchen at one end »



and no pintxos on the counter, she orders cochinitillo, melt-in-the-mouth suckling pig with quince sauce and mollejas – veal sweetbreads and apple – majestically matched with a full-bodied Navajas Crianza from Rioja.

It's hard to stick to the brief of ignoring the counter-spread at **Zeruko** (barzeruko.com) – one of the new-wave, experimental (swap bells and whistles for smoke and foam) pintxo bars. This is food-porn nirvana. The intricate pintxos look more like modern artworks than snacks. And that's part of the beauty of pintxos. You can graze on mini-molecular Michelin-style dishes for a fraction of the price. Most cost no more than three or four euros. The signature dish, however, is la hoguera, a sliver of salt cod served on a tiny smoking grill then folded onto a piece of toast with caramelised onions, carrot cream and parsley pearls, a test tube shot of parsley as a chaser – pure theatre.

Our final stop, by the overblown baroque basilica of Santa Maria, is Atari Gastroteka. Lourdes orders me dessert. The torrija is a cross

between bread and butter pudding and French toast, made with brioche soaked in custard and then caramelised. I take a tentative taste and end up scraping the plate clean.

Luckily, my hotel is within staggering distance and a fitting base for the gourmet capital of Spain. The glamorous belle époque **Hotel Maria Cristina** (hotel-mariacristina.com) recently turned its spa into a cookery school. You might think that a hotel which hosts Hollywood royalty during San Sebastián's film festival each September, would need a spa, somewhere to soothe highly strung nerves. But it's food that's the star.

A picturesque port and resort on the Bay of Biscay, San Sebastián has notched up 16 Michelin stars. There are seven three-star restaurants across Spain and three of them are here: **Akelarre** (akelarre.net), **Martin Berasategui** (martinberasategui.com) and **Arzak** (arzak.es), the bastion of chef Juan Mari Arzak. It has the second highest number of Michelin stars per square metre after Kyoto in Japan, and more than Paris.

It also has a culture of gastronomic societies,

traditionally private men's clubs, the first founded here in 1870, where men come together to cook and eat. Lourdes points out their flagpoles on buildings we pass. Add in a liberal peppering of gourmet food stores such as the artisan deli **Aitor Lasa** (aitorlasa.com) crammed with oils and preserves, local charcuterie and cheeses and baskets brimming with mushrooms and pintxo bars and you have all the ingredients for a belt-busting few days of gastronomic grazing.

The hotel, which nudges up to the Parte Vieja and overlooks the River Urumea, was exquisitely revamped in 2012, the year that marked its centenary. Renowned filmmaker Pedro Almodóvar has stayed here, along with a string of Hollywood luminaries from Bette Davis to Woody Allen. Its food credentials include its own concierge-designed DIY pintxos trail, a gourmet shop where you can stock up on gastronomic souvenirs from local wines to smoked olive oil and Basque cookbooks, while in the basement there's the sleek, state-of-the-art cookery school.

Like my tour, it's run by Mimo San Sebastián,

PHOTOGRAPHS: ALAMY, GETTY, JIM BIELSA, SAN SEBASTIAN FOOD AND MARKET REDONDO





set up in 2009 by British expat Jon Warren, whose passion for the region's gastronomy led him to leave his lucrative job in the city in London. They offer pintxos tours, cookery classes, wine and sherry tastings, vineyard tours and trips to sagardotegiak (aka cider houses).

These pepper the surrounding region especially near the town of Astigarraga. The houses dish up set menus featuring salt cod omelette, chorizo cooked in cider, and idiazabal with quince and walnuts along with as much cider – lightly sparkling, cloudy and refreshingly sour – as you can drink from the huge barrels.

I'm taking a cookery class the next morning, which starts with a trip to the 19th-century **La Bretxa** market (cclabretxa.com) to buy the ingredients. San Sebastián is bordered by the sea, mountains and fertile Ebro valley and Basque cuisine reflects this bountiful natural larder. Local farmers sell their produce outside every day except Sundays, the stalls are piled high with the area's famous artichokes and asparagus, beans in every hue (red, white, green, and black beans from

Tolosa), petit pois so sweet they're known as green caviar, and guindilla peppers.

The fish and meat markets are inside, underground. Here you can find local specialties such as chistorra, a cross between chorizo and sausage, and salt cod (bacalao). At the fish counters there are mounds of percebes (gooseneck barnacles), a typical delicacy. Hake is popular as is turbot cooked over a grill with olive oil and garlic. On the stalls the gills are exposed, a vivid red to show that the fish is fresh. We buy squid for the class and head back to the kitchen.

The chef, Mateus Mendes, begins by teaching us how to clean it and carefully remove the ink sac. During the morning we soak and sear, beat, blend and blanch, and get to handle a blowtorch. Then we sit down to eat the lunch we've cooked: a delicate dish of squid with sweetcorn and tart green apple and, for dessert, creamy sweet torrijas.

To try to work up an appetite for dinner I walk around the headland and along the glorious La Concha beach before heading back to Casa Urola. This time I'm upstairs, in the restaurant, rather

than perching at the bar for pintxos. Chef Pablo Rodil comes from a family of chefs, his menus a contemporary take on rustic Basque cuisine.

My starter of charcoal-grilled artichoke hearts and cardoons with almond cream, salty praline and crisp Iberian ham is delicious, as are the sautéed baby broad beans with borage, artichoke and egg on potato cream. Another Basque delicacy: charcoal-grilled hake cheeks are soft, salty and delicate. I decline dessert – I can't eat another thing. I place my napkin on the table, folded neatly; but, believe me, that's no reflection on the food.

HOW TO DO IT

Cox & Kings offers three-night breaks to the Hotel Maria Cristina from £825 per person, including flights from the UK to Bilbao, car hire and breakfast (coxandkings.co.uk). They can also arrange food tours with Mimo San Sebastián. More info: sansebastianturismo.com





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Weekender BELFAST

Head to Northern Ireland's foodie capital for gingerbread waffles, sharp cocktails and local venison with salt-baked beets and bitter cherry

Words CAROLINE WILSON

1 Caffeine hit The coffee at industrial-chic **Established** is reliably well made but so, too, are the brunches. Try a gingerbread waffle with candied lime cream, bourbon-poached nectarine and pistachio crumb. established.coffee

2 To market Saturday is the day to visit **St George's Market** if you're in search of the best food stalls. Pick up some Belfast Brew (Irish breakfast tea) from Suki Tea, Barnhill apple juice from Armagh and Young Buck cheese from Tom & Ollie's. [facebook.com/StGeorgesMarketBelfast](https://www.facebook.com/StGeorgesMarketBelfast)

3 Rustic Italian A neighbourhood Italian restaurant that uses stand-out local produce, **Il Pirata** gets it right whether you're after lunch or a romantic dinner. Order a few dishes to share and get stuck in. ilpiratabelfast.com

4 Chocolate fix The first branded version of milk chocolate is said to take its name from a Northern Irishman, Hans Sloane. There's no better place to continue his tradition today than tasting some of the creations produced by local chocolatiers **Co Couture**. Try the Irish truffles, made using Bushmills' Black Bush whiskey. cocouture.co.uk

5 Stock up A local institution, **Arcadia** deli first opened in 1933 and has been going strong ever since. It's supportive of local producers so new produce hits its shelves first. Look out for Brighter Gold rapeseed oils, Abernethy butter (try the dulce and sea salt), Passion Preserved pickles (including spiced apple jelly and kasundi chutney), Corndale chorizo and Ispini charcuterie. arcadiadeli.co.uk

6 Skill share Set above a seafood restaurant and shop (they're connected) **Belfast Cookery School** is an unsurprisingly good spot to sharpen up your seafood cooking skills. Sign up for its fish masterclass and learn how to prepare Strangford mussels in a light fennel cream. belfastcookeryschool.com

7 Ale & hearty A traditional Victorian boozer with wood-panelled walls and open fires, **The Garrick** has been one of Belfast's best bars since 1870. You'll find great session music, and the city's best champ, plus a range of local ales (try a Hilden's Belfast Blonde or a MacIvors cider). thegarrickbar.com

8 Muddling through Deep within the Cathedral Quarter **The Muddlers Club** bar and restaurant takes its name from a secret society that used to meet on the site 200 years ago. There's nothing hush-hush about its operation now, though; sharp, modern food (think venison with parsley root, salt-baked beets and bitter cherry) served from an open kitchen. themuddlersclubbelfast.com

9 Sip and savour The luxurious **Merchant Hotel**, in the vibrant Cathedral Quarter, makes a glamorous, Grade A-listed backdrop for a cocktail or two. Try a Finn McCool, made with Finlandia vodka, Amer Picon, house-made passion fruit cordial and lemon juice. themerchanthotel.com

10 Decadent dining It may have a Michelin star, but dining at **Ox** is a relaxed experience overlooking the River Lagan. Classic dishes include hay-baked celeriac with black garlic, chanterelles, lardo and truffle. Or head straight to Ox Cave, next door, for excellent wines and Irish gins with plates of meat and cheese. oxbelfast.com

HOW TO DO IT

Return flights from a range of UK airports to Belfast cost from around £50 return (flybe.com). Double rooms at the Bullitt Hotel cost from £100, b&b (bullithotel.com). **More info:** visitbelfast.com.

TRUST olive

Caroline Wilson is founder of the Belfast Food Tour and Director of Taste and Tour NI (tasteandtour.co.uk).





COOK LIKE A LOCAL

MAREMMA

In the sunny southern reaches of Tuscany's coastline, the wheat fields, wild forests and rocky shores of the Maremma provide the essential components for belly-filling lamb stews, marinated eels and sticky walnut pastries

Words and recipe EMIKO DAVIES Photographs EMIKO DAVIES & LAUREN BAMFORD



The Maremman landscape immediately tells you of its cuisine. It has a long, idyllic coastline of rocky islands and turquoise waters, wide areas of immense natural beauty filled with wild forests, swaying wheat fields, hills polka-dotted with olive trees, rambling vineyards, rampant prickly pears, wild animals (boars and deer are frequent visitors to backyards and even the beach) and ancient villages on hilltops with views of the sea.

The Maremma is large, almost a region within a region that runs the length of the Tuscan coast from the southern part of the province of Livorno to Lazian province of Viterbo, with the town of Grosseto at its heart. It's closer to Rome than Florence, and the cuisine is influenced by its history of fishermen, hunters, farmers and butterfi (cowboys), which means that the food – simple, straightforward, seasonal, thrifty – speaks clearly of its surrounding landscape of sea, forest and hills.

One-pot dishes are a favoured way of cooking in the area, whether it's caldaro (a seafood stew traditional to the fishermen of Argentario), scottiglia, a braise of mixed poultry, or a soup of vegetables and a poached egg (known as acquacotta), there's a prevalence of comforting, low-maintenance, easy-to-prepare dishes.

Foraged, fished and hunted foods take a leading role – wild boar, mushrooms, chestnuts, shellfish, eels and wild herbs make up some of the most local dishes. With many dishes born of poverty, there is a surprising selection of vegan or gluten-free options – legumes have long been a staple protein in the area, while polenta and chestnuts make alternative starchy bases for recipes from gnocchi to sweet treats. Like most peasant cuisine, it's food that makes the most of a few fresh ingredients and provides a belly-filling and nutritious meal that's simply delicious. »

5 of the best things to eat & drink...



ACQUACOTTA

Originally a dish created as a way of using up stale bread, acquacotta is a vegetable soup that changes recipe from town to town within the Maremma. It is usually topped with an egg that has been poached directly in the soup.



SCAVECCIO

A centuries-old recipe found in Orbetello (inspired by Spanish escabeche) of eels caught in the town's lagoon, which are then floured and deep fried, before being marinated in vinegar, herbs and chilli.



BUGLIONE

A rich, hearty lamb and tomato stew that has its roots in the Maremma's sheep country. In Capalbino they run a sagra (an outdoor food festival) in September dedicated to the dish. It's well worth a trip for the chance to try the buglione and other local dishes.



SFRATTI

These stick-shaped pastries from the ancient Jewish town of Pitigliano (also known as the little Jerusalem) have a spiced honey and walnut filling – delicious with a glass of vin santo.



ANSONICA

Sometimes called ansonaca, this white grape variety is made into one of the most important wines (a dry, slightly aromatic, golden-hued white wine) in the far south of Maremma and Giglio Island. Perfect with simple seafood and pasta dishes of the area.

Vinegar chicken (Pollo all'aceto)

1 HOUR + 20 MINUTES | SERVES 4 | EASY | *

I came across this dish while reading Aldo Santini's La Cucina Maremmana. He says it's derived from a way of cooking game (the vinegar was not only for flavour, but also to preserve the meat). The vinegar, juniper, bay leaves and the other herbs all help to make this sauce special.

extra-virgin olive oil

chicken 1 (about 1-1.2 kg), jointed into 8

carrot 1, finely chopped

onion 1, finely chopped

celery 1 stalk, finely chopped

fresh herbs a handful (such as basil, sage, parsley, oregano) left whole

juniper berries 3-4

bay leaves 2

white wine vinegar 80ml

lemon 1, juiced

dry white wine 125ml

- Heat 3 tbsp olive oil in a large casserole over a medium-high heat and brown the chicken pieces (in batches if necessary) until golden all over. Remove the chicken from the dish and set aside.
- Add the carrot, onion and celery with a pinch of salt and turn the heat to low, stirring occasionally, for 10 minutes or until the vegetables have softened. Add the herbs, juniper and bay leaves, then pour over the vinegar, lemon juice and wine, scraping up any bits from the bottom of the pan.
- Return the chicken to the pan along with 500ml of water and season with salt and black pepper to taste. Bring to a simmer and cook, covered, for 1 hour.
- Serve the chicken with its lovely sauce and any form of bread, potatoes or polenta to soak it up.



Australian author Emiko Davies has lived in Italy for almost 10 years. Her new

book *Acquacotta: Recipes and Stories from Tuscany's Secret Silver Coast* is published in March (£25, Hardie Grant).

TRUST olive



Cool cottages for foodies

Take a break from your kitchen and cook up a feast at one of these gourmet-friendly cottages



Cornwall

By the harbour at the tiny Cornish fishing village of Mousehole, **The Fish Store** was once a pilchard-packing factory. For the last century it's been the holiday home of the same family – one of whom is award-winning food writer Lindsey Bareham.

Unsurprisingly, this coastal retreat with its seaside-chic vibe has shelves crammed with cookery books, a sprawling open-plan kitchen and a barbecue that's perfect for a seafood grill; for the ultimate holiday menu, turn to Bareham's book, also called *The Fish Store*, for recipes relating to the area.

Down at the harbour you can get crab fresh off the boats. Guests also receive a welcome hamper, and there's no shortage of places to eat out in this corner of west Cornwall. In Mousehole there's The Old Coastguard Hotel, while in nearby Newlyn you've got Ben Tunncliffe's gastropub, the Tolcarne Inn. Sleeps 10, from £1,550 per week; thefishstore.uniquehomestays.com

The Cairngorms

A Pinterest-pretty, one-bedroom cottage in the **Cairngorms National Park Loch**, Eilein Cottage was built 200 years ago but is now light and contemporary inside, with a double-fronted wood-burning stove, white tongue-and-groove walls and a charming window-seat looking out onto the neighbouring loch.

The open-plan kitchen is well kitted-out for cooks (a private chef can also be spirited in) but if you want to eat out, the cottage's website includes a long list of local culinary hot spots. Right on your doorstep there's The Druie in Rothiemurchus, a café serving delicious homemade soups and selling produce from the Rothiemurchus Estate. Legendary cake stop The Potting Shed is just 10 minutes away in Inshriach, while you can tuck into tartiflette at the Mountain Café in Aviemore – or beetroot and dill-cured salmon at the nearby Old Bridge Inn.

Sleeps two, from £1,050 per week; lochaneileincottage.com



Pembrokeshire

If the idea of an eco cottage conjures images of composting toilets and windows slung with dreamcatchers, **Nantwen** will challenge those preconceptions. This one-bedroom converted cowshed surrounded by wildflower meadows outside the seaside village of Newport may have solar panels and a biomass boiler but it's also smart and stylish, with a slate-tiled wetroom, restful white walls, goose-down duvets and heated wooden floors.

Owned by a jeweller and a cellist, there's a creativity about Nantwen that extends to the food. The couple have won awards for their handmade chocolate (their raw cacao-based bars come in five different flavours, including peanut butter, fig and raspberry) and, while a hand-picked welcome pack is still provided, guests also now have the chance to pre-order homemade cakes and breads, artisan hot chocolate, local apple juice, granola, eggs, bacon, cheese, milk and more. Sleeps two, from £495 per week; nantwen.co.uk





FOOD MILEAGE

Catch up on the latest openings, eats and reads around the world with travel editor Rhiannon Batten

THREE GREAT MARCH FOOD HAPPENINGS



Reckon you're a dab hand at making Cornwall's favourite baked snack? Pit your skills against some stiff, crinkle-edged competition at the Eden Project's **World Pasty Championships** (4 March). edenproject.com

The **Legenderry Food Festival** (15-17 March) brings the best produce from around Ireland to Derry. A highlight of last year's market was Cork-based O'Conaill's artisan chocolate stall. derrystrabane.com

Restaurants come and go quickly in Marylebone, not least at Carousel, where US-based chef **Alex McCoy** slides into the hotseat for a short residency (7-18 March) focussing on South east Asian food. carousel-london.com

TOUR

With Instagram a swipe away there are few ways to truly impress your friends when it comes to sharing holiday stories, but you'll certainly be in with a chance if you sign up for tour operator Pettitts' new **Unforgettable Journey into the World of South Indian Cuisine**.

The 12-day trip kicks off this month and takes in local markets and restaurants, home cooks and even a South Indian wedding feast. Led by an expert chef, it starts in Chennai before travelling south through Tamil Nadu, through the spice and coffee plantations of the Western Ghats, to Fort Kochi exploring the region's fresh, vibrant and colourful food culture along the way. pettitts.co.uk



COOK

Hampshire's **Chewton Glen** has, quietly, had an overhaul. Once a glamorous but stuffy hotel, it has reinvented itself as a luxurious, eco-minded retreat for couples and families (the opening of its tree-house suites five years ago boosted that last demographic).

Food has always been a priority, with a fine-dining restaurant and a serious kitchen garden. Now it's opened a cookery school and a more casual restaurant, The Kitchen. Courses will be overseen by Rob Cottam with input from James Martin, himself a former Chewton Glen pastry chef. chewtonglen.com



SLEEP

You'll want a good head for heights to check into **The Silo**, which opens in Cape Town this month. This Thomas Heatherwick-designed property occupies six floors above what will, in the autumn, become the Zeitz Museum of Contemporary Art Africa but was originally built in the 1920s as a grain store. At the time it was the tallest building in sub-Saharan Africa and it's an iconic spike in the city's skyline; expect show-stopping views of the waterfront and beyond from its dramatic windows. The hotel is a reimagining of the former grain elevator, with 28 bedrooms, a spa, a range of cafés and bars and – the main event – a rooftop restaurant. theroyalportfolio.com/the-silo



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INSTATRAVEL

The world's larger through a lens

Paris

by LAURA ROWE

EXPLORE



Skipping selfies and munching on chestnuts (roasted over a bin, in a shopping trolley) outside the Arc De Triomphe



Check out those buttery layers!



Lunchin' on steak tartare at **@restaurantlesenfantsperdus** no biggy



Starting with champers on **@eurostar**



Petit Paris Brest from **@gateauxthoumieux**
Tres bien!



Bonsoir Paris
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Jasmine sake cocktails and fuzzy heads at **@misskorestaurant**



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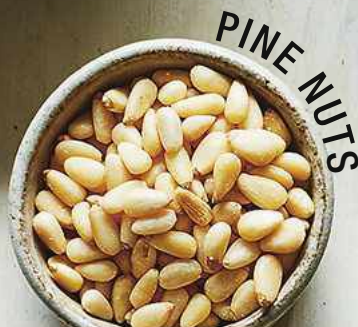
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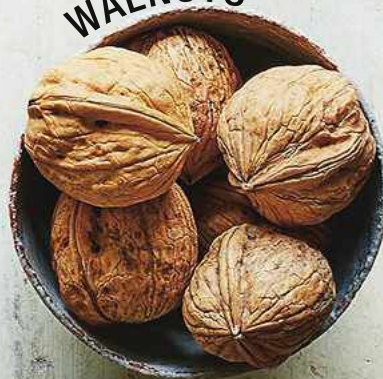
NUTS!



Pip & Nut founder Pippa Murray sings the praises of nuts and nut butter

Words PIPPA MURRAY
Photographs ADRIAN LAWRENCE

WALNUTS



PECANS



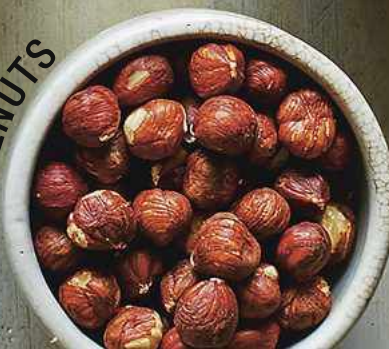
MACADAMIA NUTS



ALMONDS



HAZELNUTS



THERE ARE A LOT OF DIFFERENT TYPES OF NUTS OUT THERE

BELOW YOU'LL FIND A RUN-THROUGH OF THE KEY NUTS THAT ARE USEFUL IN BUTTERS AND A BIT OF INFORMATION ABOUT THEIR NUTRITIONAL BENEFITS. TURN OVER TO FIND OUT HOW TO TRANSFORM ANY OF THESE INTO NUT BUTTER

ALMONDS

Almonds are harvested once a year in California, and if you ever want to go and see something really beautiful, then head to Cali in February to March, when you'll see Sacramento covered in light pink and white blossoms, the first stage of the cycle of almond crops. Almonds are packed with magnesium, and vitamins, like vitamin B2, which make hair shiny and nails strong. They also contain naturally high levels of protein.

BRAZIL NUTS

They grow near the tops of 150-foot trees in hard casings similar to coconuts. Each case has 20 to 30 nuts snuggled inside, arranged like the segments of an orange. The cases fall off the trees when ripe, and are easily heavy enough to kill a person.

CASHEW NUTS

The cashew tree is native to the Brazilian Amazonian rainforest. A cashew tree bears numerous, edible, pear-shaped false fruits, called cashew apples, and on the bottom you'll see the cashew nut. Nutritionally, cashews have a lower fat content than most other nuts.

COBNUTS & HAZELNUTS

Hazelnuts and cobnuts are the same thing. While hazelnuts are dried, cobnuts are sold fresh, which gives the nuts a seasonal market. With the exception of almonds, this is the nut with the highest content of vitamin E.

MACADAMIA

Macadamia contain high amounts of vitamin B1 and magnesium. Besides having a great omega-3 to omega-6 ratio – which helps in fighting inflammation – macadamia nuts contain the largest amount of mono-unsaturated fatty acids of any nut.

PEANUTS

The beneficial plant fat in peanuts, which is about 80% unsaturated (considered good fat) can help lower cholesterol levels when it replaces saturated animal fat in the diet. Peanuts and peanut butter are also naturally cholesterol free.

PISTACHIOS

If you happen to be feeling stressed, eat a handful of pistachios. They have a significant amount of potassium that helps in lowering the stress hormone cortisol. Pistachios are also called skinny nuts – one pistachio nut has just three calories! The country that consumes the most pistachios is China, totalling an impressive 80,000 tons a year – that's the equivalent in weight of 28,000 elephants or eight Eiffel Towers!

WALNUTS

Due to their appearance, with the shell shaped like a human skull and the kernel resembling a brain, walnuts have always been regarded as brain food. Recent studies have shown that they do indeed promote brain function because of their omega-3 fatty acid content.

A QUICK WORD ON PALM OIL

Palm oil is taken from the fruit of the oil palm tree and originates in western Africa, but flourishes wherever heat and rainfall are abundant. It can be used in everything and anything. In the case of peanut butter, palm oil is often used as an emulsifier. The problem with palm oil is that the industry is linked to major issues such as deforestation, habitat degradation, climate change, animal cruelty and indigenous rights abuses in the countries where it is produced, as the land and forests are cleared for the development of oil palm plantations. Work is being done by organizations like the Roundtable on Sustainable Palm Oil (rspo.org), who work with plantations to ensure palm oil is sustainable and complies with various globally set standards. So, when buying, it's best to look for 'sustainable' on the label. »



Espresso almond chocolate tart

1 HOUR + SETTING | SERVES 10 | EASY

shortcrust pastry 375g

double cream 300ml, plus more to serve

caster sugar 75g

sea salt 1 tsp

unsalted butter 50g

dark chocolate 200g, broken into chunks

instant espresso powder 2 tsp

milk 50ml

almond butter 6 tsp

- Heat the oven to 180C/fan 160C/gas 4.

Roll out the pastry to 5mm thick and line a 25cm tart tin. Line with baking paper, fill with baking beans and bake for 10-15 minutes.

- Remove the beans and paper and bake for a further 15 minutes, until lightly golden brown. Set aside to cool.

- Bring the cream, sugar and salt to the boil in a heavy-based pan. As soon as the cream comes to the boil, remove from the heat and whisk in the butter, chocolate and espresso powder.

- When the chocolate and butter have melted, stir in the milk, transfer the mixture to a jug and pour into the cooled pastry case, filling it right up to the rim but being careful not to let it overflow.

- Using a teaspoon, place small blobs of almond butter in rows running from one side of the pastry to the other. Using a wooden skewer, run through each blob to make a marbled effect. Leave to set for a few hours before serving with double cream.

HOW TO MAKE ANY NUT BUTTER

Heat the oven to 150C/fan 130C/gas 2. Spread 300g of your chosen **nuts** out in a single layer on a large baking tray. Roast for 10-15 minutes, until golden brown.

Tip the nuts into a food processor with a pinch of **sea salt** and blitz for 10 minutes until smooth and glossy, stopping and scraping down the sides every so often. It will look crumbly, and then form a ball, but keep blending until it becomes runny. It will keep in an airtight container or jam jar for three months.



Pip & Nut: The Nut Butter Cookbook by Pippa Murray (£15, Quadrille)

Choc chip chilli cake

1 HOUR + COOLING | SERVES 8
EASY

The addition of dark chocolate in chilli con carne is the inspiration for the unusual combos in this cake. And what's a chilli without some guacamole?

Last bite recipe



smoked back bacon

2 rashers

cocoa powder 80g

milk 250ml

soft butter 100g

caster sugar 300g

self-raising flour 150g

baking powder 1 tsp

hot chilli powder ½ tsp

large eggs 3

chilli chocolate 50g, cut into small chunks (optional)

FROSTING

large ripe avocado 1, peeled and stoned

icing sugar 200g

lime 1, juice and zest

- Chop the bacon into small pieces, removing the fat, and fry in a non-stick pan until golden and starting to go crispy. Set aside to cool.
- Butter and line 2 x 18cm sandwich tins with baking paper and heat the oven to 180C/fan 160C/gas 4.
- In a large mixing bowl, stir the cocoa powder and milk or gently whisk until well combined and there are no lumps of powder left. Add in all of the other cake ingredients, except the cooked bacon and chilli chocolate chunks, if using, and mix with an electric whisk until thoroughly, but just, combined. Stir in the bacon and chocolate. Divide the mixture evenly between the tins and bake for 30-35 minutes. They should have risen and be just firm to the touch. It is better with chocolate cakes to take them out a little early rather than overcook. They may have cracked a little but turning them out should help level them off. Leave the cakes in the tins for a minute or so then run a knife around the edges and turn onto a cooling rack. Peel off the baking paper and leave to cool completely.
- To make the frosting, put the flesh of the avocado, icing sugar and lime juice into a food processor. Blitz until well combined and smooth. When the cakes are cool, sandwich and top them with the frosting. Top with some lime zest or chilli powder and/or grated chocolate, if you like.

COOK'S NOTES

This cake is best eaten the day you make it. It will be fine for another day or two but the icing will be a less vibrant green as the avocado oxidises and the flavour of avocado will be more pronounced while the heat from the chilli may have diminished a little. You could swap the back bacon for prosciutto to get finer, crispier pieces or leave out for a vegetarian cake.

Recipe from Cakeography by Lucy Charles, photograph by David Griffen (£20, cakeography.net or amazon.co.uk)

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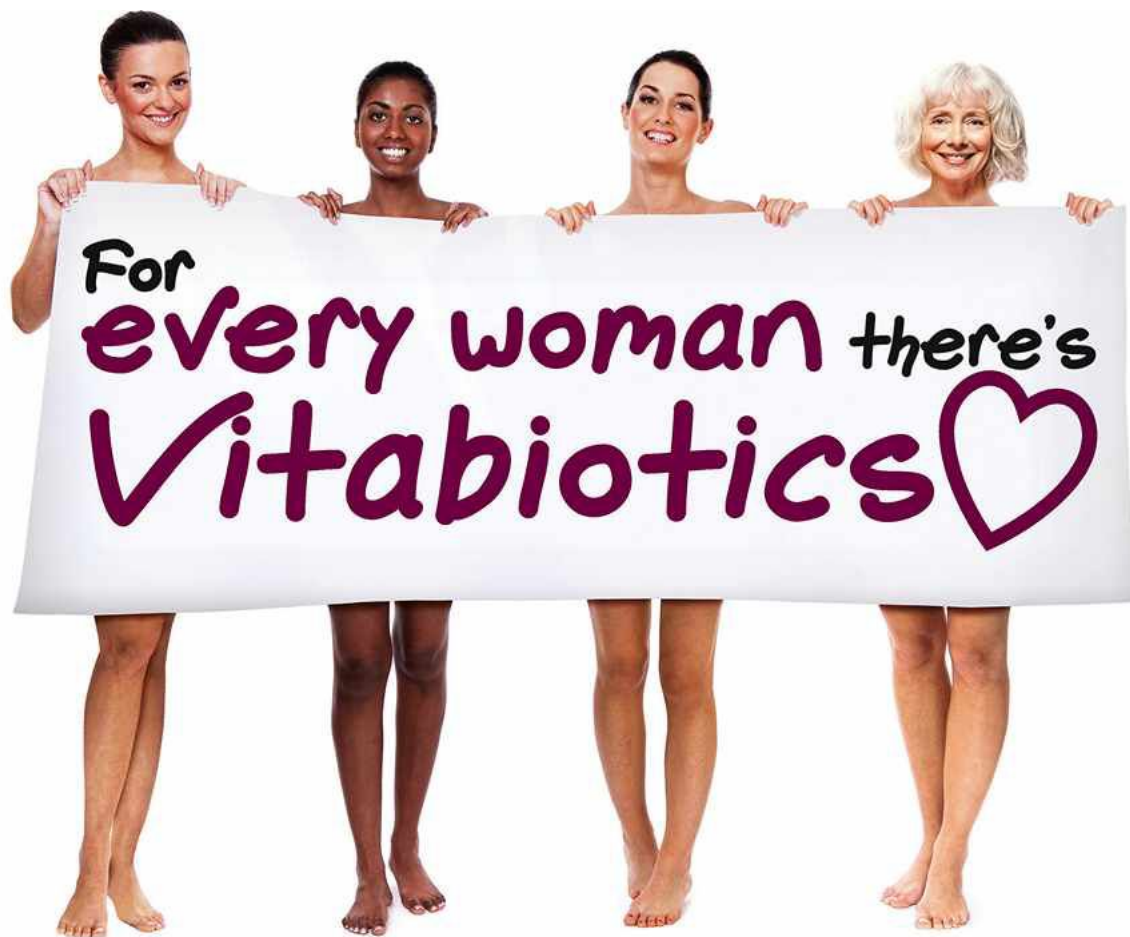
Sweet & savoury

Recipe LUCY CHARLES Photograph DAVID GRIFFEN

"Can you guess the secret ingredient?"

Choc chip
chilli cake
p117

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