

PLUS: Easter gifts | Brilliant beans | Green beauty | Organic gardening



Free Winter Wellbeing Recipe Book



"Manuka Health honey is my ultimate winter wellness solution as it is tested and certified to contain a minimum level of methylglyoxal (MGOTM). Knowing I am nourishing my body with Manuka while getting my sweet fix is such a bonus as feeling run down is not an option for me."

Natasha Corrett

Vegetarian Chef , Honestly Healthy UK

*MGO™ Manuka Honeys 30+ to 550+ only. While stocks last.











Winter Wellness



Welcome

Yellow is the colour of April. From Easter chicks to pale primroses, everything seems to take on a sunnier shade as spring emerges. This issue is no exception, from Rachel Demuth's golden turmeric recipes, celebrating this magical spice in recipes from Iran, India and Jamaica (page 22), to beautiful bakes that are perfect for serving up at family gatherings (page 30).

Although many of us will be celebrating Easter in some way – if only by having a break over the bank holiday – it's also a reminder that many of us choose not to include eggs or dairy in our diet. In this issue we meet vegan blogger Katy Beskow, aka Little Miss Meat Free, and discover her simple, ethical and thrifty approach to cooking (page 54), while Angela Liddon, creator of the hugely popular Oh She Glows blog, shares her latest batch of plant-based recipes (page 84). I'm also delighted to reveal that our regular food writer Chava Eichner is launching her new vegan kitchen column from this issue, kicking off with ideas for adding a rich, smoky flavour to your cooking.

If you're inviting a crowd over for Sunday lunch, we've put together some wow-factor recipes that are perfect for that centrepiece dish – just add your favourite trimmings (page 68). And for a sweet treat, Sarah Beattie's light and fruity fools are just the thing to round off your family feast (page 72).

For everyday cooking, you can't beat Claire Thomson's wonderful family-friendly dishes (page 76), designed to inspire children to love good food, which I'm sure you'll agree is one of life's greatest pleasures.

Lindsey Harrad, Editor

Subscribe today... And receive a

FREE copy of Deliciously Ella with Friends. See page 60 for full details.



EDITOR'S PICK



Take five

Kathryn Bruton prepares super suppers with just five key ingredients.

PAGE 38



Books for cooks

Celebrities and bloggers take a nostalgic look at their most influential veggie cookbooks.

PAGE 62



Eat well

Swiss blogger Nadia Damaso whips up vibrant, healthy and satisfying dishes.

PAGE 88

APPEARING THIS ISSUE...



VALENTINA HARRIS

'Risotto was the very first thing I ever learned to cook and it's my earliest childhood memory... I can still remember the intense perfume of the rice as it rippled and bubbled in the huge pot'



KATY BESKOW

'For me, any health benefit is a happy side effect of a vegan diet. I'm not a vegan for health reasons, but to enjoy sustainable, ethical food'



CLAIRE THOMSON

'I am determined that when my children leave home, we will have spent more hours together eating, talking and laughing around the kitchen table than on my sofa'



In this issue...

















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Claire Thomson prepares tasty suppers that will win over every member of your household

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When you have a great cookbook, it can really encourage you to try new things

LUCY WATSON, MADE IN CHELSEA MY FAVOURITE COOKBOOK PAGE 62



Shoppinglist



Recipe for success

Organise all those recipes you've scribbled down on scraps or torn from magazines in this charming citrus floral recipe tin from Rifle Paper Co, which includes 12 letterpress dividers and recipe cards. £30 from www.papermash.co.uk



Set menu

Never waste food again – use this pretty Cath Kidston meal planner to get your menus sorted for the week ahead.

£12 from Cath Kidston



Cactus cool

Keep your desk space looking sharp (pun intended) with an on-trend cactus desktop organiser, perfect for pens and paperclips.

£12 from www.redcandy.co.uk

Love your laundry If anything can encourage your

If anything can encourage your kids to stop leaving their dirty washing on the floor this basket is it! Hand-woven from wicker and recycled plastic, it is as characterful as it is sturdy.

£85 from www.loaf.com



Paper trail

It's not easy to go paperless – if you're behind on your paperwork, a smart new box file will cut the clutter.

£7.50 from Paperchase



Down to the wire

This large wire storage basket is perfect for stashing all those odds and ends that end up all over your kitchen table.

£42 from Laura Ashley



It's time for an annual spring clean around the home, but it's also an excuse to indulge in some brilliant new tidy-up accessories.



Super storage

This set of two stylish oval rope baskets from Rice DK is fantastic for all kinds of storage around the home, from toys to shoes.

£75 from www.berryred.co.uk



Mellow yellow

Tools may be practical but their storage doesn't have to be ugly. This bright yellow toolbox will add a touch of sunshine to your next DIY project.
£24.99 from TK Maxx

Tinned goods

Featuring woodland animals in stylish cream, stone and copper colours, this set of storage tins is handy for bringing order to your food cupboards.

£3 from Wilkinson



Cossi Salanda Salanda

Seriously. A crème fraiche without the crème, which means that for the first time ever, everyone can enjoy it.

You might be thinking: "No crème? How can
it be a crème fraiche?"
Which is exactly why you
should consider putting
this ad down and picking
up a carton to try yourself. In Sweden, where
we make this amazing

product,
it has done
nothing less
than revolutionise the lives
of our veggie,
vegan and
lactose-

averse friends
because not only is it
completely dairy-free, it
performs just like fraiche,
which is pretty fraiche if
you think about it. Oh, one
more thing. You'll find it
in the chilled section at
Tesco. Enjoy.

newshoots

ALL THE LATEST VEGETARIAN AND VEGAN LIFESTYLE NEWS AND PRODUCTS, PLUS REVIEWS, EVENTS AND MUCH MORE...



THE SOW & GROW CAMPAIGN INSPIRES CHILDREN TO GROW THEIR OWN

A study of 1,500 parents with young children has revealed that 55 per cent feel the best way to learn about healthy eating is to grow their own fruit and vegetables in the classroom and at home. However, with 1 in 5 parents saying they have never attempted to produce homegrown food themselves, and an honest 14 per cent admitting they do not have the time or energy to encourage a diet of fruit and vegetables all of the time, the tradition of learning how to grow your own is under threat.

Innocent drinks, who carried out the survey, has partnered with not-for-profit organisation Grow-It-Yourself (GIY) to launch this year's Sow & Grow campaign, which will reach a quarter of UK primary schools, and get children engaged in healthy eating.

Michael Kelly, founder of social enterprise GIY, said: 'Our Sow & Grow campaign is all about helping children to really re-connect with their food in a meaningful way by growing some of it themselves. We call this "food empathy" and there's lots of evidence to show that children that grow their own food have better diets, eat more fruit and vegetables and have a better understanding of nutrition. By growing food we also get them thinking about where their food comes from, the effort required to produce it and seasonality. By taking them through their first food-growing experience we also hope to encourage a life-long love of fruit and veg.'

Hannah Wright, teacher at Horsenden Primary in Greenford, says: 'Prior to the Sow & Grow competition, we regularly found that children were unable to tell us where their food had come from. It was not unusual for children to tell us that fruit and vegetables come from "the supermarket" or "factories". There are no resources or funding

available to most state-maintained schools for projects like this, plus we have no time in the school day as growing is not required under the National Curriculum. Sow & Grow was the perfect way to have a little growing project in the classroom that cost us nothing and did not take time away from the statutory subjects, plus it ignited the children's interest in all things growing. Once the children showed an interest, many families were quick to pick this up and begin growing at home. It was clear that by seeing the growing process happen for themselves - albeit on a tiny scale - the children were much less wary of fruit and vegetables and open to trying new things.'

Sim Viney, brand manager at Innocent, says: 'We know that children who grow their own food are more likely to eat fruit and veg, and that kids who develop healthy habits at a young age are more likely to become healthy adults. At the moment 9 out of 10 young people are not getting their five-a-day, so our Sow & Grow campaign will get a quarter of all primary school kids growing veg in their classrooms, and learning where their food comes from. We're hoping the campaign itself will grow in future years our ultimate goal is to get every primary school child in the country to experience growing their own veg.'

• Schools can sign up to get a free growing kit full of seeds at www.innocentsowandgrow.com, plus info packs and plans to help teachers incorporate healthy eating into their lessons. Throughout the campaign, teachers and students are being encouraged to upload their photos to the website for the chance to win monthly prizes from Innocent and see their class crowned as Sow & Grow champions.

GROWING OPINIONS

of parents believe children would be more open to eating fruit and veg if they knew where their food came from.

would like to see 'lessons on the garden' introduced to the national curriculum.

of parents aged over 50 remember previous generations growing vegetables at home.



THANKS FOR YOUR PATIENCE.

We've been trying to bring this amazino product to you since we introduced it in Sweden and saw how it changed people's lives. What's so amazing about it? It's a single cream that performs exactly like regular cream but is completely free from dairy making it perfect for our veggie. vegan and lactose-averse friends. What about the taste? Perhaps you should answer that yourself by picking up a carton and trying it out rather than relying on the writer of this ad. You know writers of ads. they always try to make things so positive. Oh yeah, for your convenience, you will find it in the chilled section at your favourite Tesco from now on.



newshoots

SWEET SUCCESS

Best known as the chef on ITV's *This Morning* and married to fellow TV presenter Fern Britton, Phil Vickery has earned something of a reputation as a free-from chef, spending the best part of 20 years developing glutenfree recipes. He's published several gluten-free cookbooks and in August this year will be publishing his new book on healthy eating for people with diabetes.

'It's very exciting; we're just doing the photography for that one at the moment. It's taken two years to write this book but it's been well worth it,' he says. 'The free-from label is something other people bestow on me though. I really am no expert, I just have a deep interest in why certain things work in recipes and some don't. Both gluten-free and diabetic cooking are very different and can be quite challenging.'

Phil's own healthy-eating philosophy is an 'everything in moderation' approach, and he says he's always been influenced by his brother's advice when it comes to living well. 'For many years my brother, who is a doctor, always used to beat me up about how rich my dishes were when I was cooking in my restaurant. However, he has always stuck to a few basic principles and that is to have a balanced diet, take moderate exercise, drink in moderation and certainly don't smoke. I agree with him totally on that one.'

He admits he craves sweet things 'on a pretty regular basis' and tries to avoid overindulging, but says we shouldn't make sugar the enemy either. 'I think you have to tread very carefully when you demonise certain foods or ingredients. It's very easy to blame and point the finger; I think you also need to be especially cautious about doing this when you're a "celebrity".

'There's such a huge debate about sugar at the moment. I don't have a problem with sugar itself. However, I do question certain areas where it is used unnecessarily and if we can use safe alternatives then so much the better. Take for instance xylitol – it's safe and has been around for 150 years, and kids don't get dental cavities – this has to be a good thing, surely?'

If you're concerned that your family is eating too much of the sweet stuff,









Phil suggests cutting back rather than eliminating sugar completely, and finding alternatives where you can. 'I reckon that most people could cut their sugar intake by half and not know the difference, and it's the same for salt,' he says. 'After that you need to take a look at alternatives and in some instances cut it out altogether – such as added sugar in breakfast cereals and in hot drinks like coffee and tea.'

Lately, Phil's been working with Total Sweet Xylitol – a sugar alternative made from sustainable European birch and beech wood, which has 40 per cent less calories and a lower GI than sugar – to develop delicious lower sugar recipes, from lime drizzle cake to chocolate orange tart. 'I've had some very good results with Total Sweet Xylitol, in everything from chocolate tarts

to sweet sauces. Xylitol has the benefit of tasting just like granulated sugar and, with the odd exception, you usually don't have to adjust general recipes to include it in your cooking and create lower-sugar desserts.'

With everyone making healthier choices and eating more vegetables these days, Phil says his family is no exception and says he often craves vegetables if he hasn't eaten many for a few days. 'I love roasted veg of any sort, or confit root vegetables gently sautéed with olive oil and smoked garlic. I think if we'd been fed this type of tasty veg as kids, we would all love veg now!'

• Find Phil Vickery's xylitol recipes at www.totalsweet.co.uk or keep up to date with his activities plus more recipes at www.vickery.tv.

In our trolley

THE VEG LIVING TEAM'S **FAVOURITE PRODUCTS...**

ADD A KICK TO YOUR COOKING

Belazu's Zhoug is the new spice paste in town, bringing the flavours of the Middle East



to your kitchen. This popular spicy Yemeni condiment is fiery and fragrant, made with coriander, cloves and a chilli kick, and can be used to enhance everything from grilled vegetables to dips, dressings and sauces.

• £3.99 from Waitrose and Ocado.

DRINK PINK

Rehydrate with Rebel Kitchen's refreshing new Raw Organic Coconut Water. With a crisp, clean taste, it's the closest there is to drinking straight from a freshly picked coconut! Made with organic young green coconuts which contain high levels of antioxidants, they turn pink when oxidised giving the drink a rosy hue - perfect for adding to smoothies and even cocktails. Rebel Kitchen's commitment to sustainability and reducing waste means its coconuts are sourced from Philippine farmers, and the same coconut is used to put coconut water into its bottles, coconut flesh into its yogurts, and the remaining husks are used to fuel the plant in the Philippines.



• £1.99 for 250ml from Waitrose and Ocado.

SPREAD THE WORD

With fans of nut butter going beyond toast toppings and discovering endless uses for this versatile ingredient from smoothies to salad dressings, MaraNatha has launched its new Divine Crunch and Velvet Smooth almond butters.



This premium quality vegan nut butter doesn't separate on opening so there's no need to stir the oil back in, and it's made with sustainably sourced palm oil too.

• £3.99 from Tesco and Ocado.



OAT CUISINE

Honeybuns, the dedicated glutenfree bakery, has added two new moist, slow-baked flapjacks to the New Generation cake range - the Oatv Coconut Bar and Oatv Apricot Bar. The Oaty Coconut Bar is made with virgin coconut oil, while the Oaty Apricot Bar contains fresh apricot purée and is topped with toasted pumpkin seeds. Both are sweetened with date syrup and light muscovado sugar, which gives them a delicious caramel flavour. The flapjacks are dairy-free too and registered with the Vegan Society.

> • £1.40 per bar from www.honeybuns.co.uk.



TASTY BITES

The popular Linda McCartney range of vegetarian foods has launched two exciting new vegan-friendly products. Covered in a crispy breadcrumb coating with a hint of lemon, the Vegetarian Scampi Bites are ideal for teatime meals with chips. The Vegetarian Mini Pork & Apple Sausage Rolls combine the already popular Linda McCartney pastry and rich sausage-flavour filling with the sweetness of apple perfect for a party or snacking.

Vegetarian Scampi Bites, £2, are available from Tesco from 13 March; Vegetarian Mini Pork and Apple Sausage Rolls, £2, are available from Asda from 1 April.



BIRDS OF PARADISE

We're all aflutter for these exotic birds – we're sure you'll find a perch for them in your kitchen.



These Matthew Williamson parrot measuring spoons may not be the most practical kitchen accessory, but they're certainly pretty!

• £12 from Debenhams.



a touch of the tropics to your kitchen for a bargain price. • £5 from

A vibrant bird-

print soap

dispenser adds

George Home at Asda.





Featuring iconic 19th-century watercolours from John James Audubon's Birds of America, Magpie's new home accessory collection is so striking.

• Spoonbill oval platter, £30 from www.magpieline.com.

newshoots

THE FAKER'S DOZEN

New to Holland & Barrett high-street stores this month. Vegan Egg is a 100 per cent plant-based egg replacer made from algal, an ingredient derived from algae. Just one 114g box makes the equivalent of a dozen eggs, making it a tasty alternative for cakes. scrambled eggs and omelettes.

Proving you can have all your egg benefits in one basket, the egg substitute contains 4.4 grams of fibre per serving and is suitable for those following vegan, dairy-free and gluten-free diets. As algal flour contains

naturally high lipids and micronutrients, the egg replacer is also nutrient-dense and contains all essential amino acids.

VEGANEGG

Holland & Barrett's Carl Copson says: 'Vegan Egg has been specially developed to ensure that vegans can enjoy the versatility that eggs can add to meal planning and, because they contain algae, they can help to ensure you meet your fibre and essential amino acid needs without compromising a vegan diet.'

• £7.99 for 114g at Holland & Barrett.

Tea par

It's the ultimate British celebration -21 April is both British National Tea Day and the Queen's birthday, and tea houses across the country are running special offers on everything from cheap and cheerful tea and scones to special afternoon teas. Check out www.nationalteaday.co.uk for ideas.

We love the new tea-making accessories from Charles Viancin, including the silicone Camellia Tea Saucers (£3), perfect for those used bags, and the innovative Camellia Tea Magnet and Infuser Set (£10), which can be used with teabags or loose tea. Find stockists at www.charlesviancin.com/en.





Waitrose Apple, carrot, beetroot & ginger yogurt

Waitrose Kiwi. avocado & matcha tea yogurt

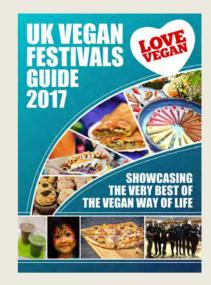
Waitrose Carrot, mango & guarana yogurt

Vegetables for dessert?

The versatility of vegetables is continuing to be a hot topic as products including juices and even desserts have undergone a veggie makeover. Waitrose announced the trend for vegetable yogurts in their annual Food & Drink Report last year, predicting that the growing US trend for veggie yogurts would hit this side of the Atlantic in 2017. Now the retailer has introduced four new innovative yogurt flavours, which include butternut squash, avocado, carrot and beetroot.

Waitrose yogurt buyer Melissa Spiro says: 'Ingredients such as butternut squash and beetroot are not normally found in the yogurt aisle. Our aim when developing these desserts was to use popular vegetables that are naturally beneficial to everyday health and wellbeing. Vegetable-based smoothies are now mainstream and we anticipate the trend for this type of yogurt to follow suit'.

 Vegetable yogurts are 69p per 125g pot from Waitrose.

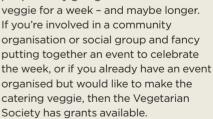


FREE FESTIVAL GUIDE

Thanks to a growing interest in veganism, the number of UK vegan festivals has doubled for 2017. If you're looking for an event near you, leading vegan festival organisers VegfestUK have created a free online guide to vegan festivals throughout the UK at www.vegfest.co.uk/veganfestivals-guide-2017.

GET READY FOR VEG

National Vegetarian Week is 15-21 May this year with lots of events and activities aimed at encouraging people to try going



Lynne Elliot, chief executive of the Vegetarian Society, says: 'National Vegetarian Week 2016 saw events happening across the country and we awarded 77 grants to support groups and individuals. This year we really want to build on this and make it even easier for community groups to get stuck in, so if you have an idea for a great veggie event for 2017 do visit the website and apply for a grant!'

 Find out more about how to get involved at www.nationalvegetarianweek.org.





GO RAW

With Easter being the season of high chocolate consumption, now's the time to discover the benefits of raw chocolate, which is made from unroasted cacao beans. Packed with antioxidants, healthy fats, protein and fibre, fans say chocoholics can now have their (raw) cake and eat it too. The Goodness of Raw Chocolate by Kathy Kordalis (Kyle Books, £9.99) offers 40 sweet and savoury recipes using raw cacao nibs, powder and butter, including peanut butter truffles and a raw chocolate and berry smoothie.



TASTE OF LANCASTER

There's a tempting line-up at this year's Lancaster Food and Drink Festival (30 April and 1 May). The Brewery Garden at Lancaster Leisure Park will be transformed into a foodie haven with over 40 local growers, producers and retailers. plus hot street food, live music and children's activities. Now in its sixth year, the event showcases the very best produce from the area, with everything from chillies to oils, bakery products, cheeses, coffee and beer on offer. There's free parking and free admission too

 More information can be found at www.lfdf.co.uk.

AprilFive ways to get inspired...



YOUR FINEST HOUR

On Sunday 2 April 2017, the Royal Air Force Benevolent Fund will again be calling on people to gather together over Sunday lunch to raise funds for the charity. Supported by top chefs including the Hairy Bikers, Michel Roux Jnr, Tom Kitchin and Ken Hom, the Great British Sunday Lunch 2017 invites people to raise money by cooking up a feast and hosting friends and family. The money raised will go towards supporting the vital work the RAF Benevolent Fund does to support the whole RAF family, from the youngest child on an RAF station to veterans living in retirement.

• For event information and recipe ideas. including a veggie Wellington with herby mash, go to www.rafbf.org/great-britishsunday-lunch.



GARDEN STYLE

Spring is here and it's time to get back in the garden. If you need an incentive to tackle the tangle on your plot, a pair of stylish Orla Kiely print gardening gloves and coordinating secateurs are just the kit you need to start pruning, potting up and digging ready for this year's blooms and edible bounty.

 Multi Flower Oval Print potting gloves (£20) and secateurs (£28), both from www.amara.com.







IF YOU GO DOWN TO THE WOODS TODAY...

A walk in the woods is never more rewarding than in April and May, when the woodland is carpeted with bluebells. If you don't already have a favourite bluebell walk, the Wildlife Trusts offer a great guide to some of their finest sites, including Bunny Wood in Nottinghamshire. A couple of National Trust properties are even holding festivals in honour of these woodland wonders - Godolphin in Cornwall is hosting a Bluebell Festival (18 April-21 May) with a range of events, talks and guided walks, while Norfolk's Blickling Estate has a Festival of the Blues, during which the whole house will be lit in blue (1-31 May).

For details, go to www.wildlifetrusts.org/bluebells and www.nationaltrust.org.uk/lists/ bluebell-woods-near-you.



Season's eating Delicious in April TURN TO PAGE 17 TO Crisp young salad leaves; the MAKE RICOTTA AND ROCKET peppery flavours of watercress, **GNOCCHI** rocket and radishes; the sweetness of spring onions and delicate, aromatic basil all come back into season in April. After months of soups and stews, the salad days are here again, ready to awaken your taste buds to the fresh flavours of spring. le 💙 ... rocket Rocket's robust flavour pairs perfectly with sweeter ingredients. Make a dressing with a small finely chopped red onion, 2 tablespoons of olive or rapeseed oil, 2 teaspoons of soft brown sugar and a tablespoon of good quality balsamic vinegar. Season to taste with sea salt and black pepper, then leave to rest for an hour or so. Drizzle onto rocket leaves and top with roasted beetroot wedges and cubes of goat's cheese or feta. www.vegetarianliving.co.uk | 15 SHUTTERSTOCK.COM



Balsamic, pomegranate and rocket jar salad \square

This has all the elements a salad should: acidity, crunch, freshness, bite and sustaining power so it can stand alone as a meal. It can also last up to three days in the fridge as an added bonus.

Serves 1 | Prep/cook 15 mins

1 tbsp balsamic vinegar
3 tbsp olive oil
50g green beans
¼ small red onion, sliced
½ avocado, peeled, stoned and cubed
½ pear, finely sliced
1 tsp lemon juice
3 tsp pomegranate seeds
70g cooked freekeh
small handful of vegetarian Parmesanstyle cheese shavings
4 tbsp walnuts, halved
small handful of watercress
small handful of rocket
sea salt and freshly ground black pepper

1 Pour the balsamic and olive oil into the bottom of a 1-litre jar and swirl to combine, then sprinkle in the seasoning. 2 Cook the beans for 2 minutes or until bright green, then immediately remove and shock in ice-cold water. Add the green beans and onion to the jar.

3 Add the avocado and pear, with lemon juice on top to prevent both going brown. Then add the pomegranate seeds. Spoon in the freekeh and sprinkle over the Parmesan-style cheese. Add the walnuts and pack in the watercress and rocket.

- **4** Tighten the lid, and store in the fridge. Tip into a bowl to serve.
- PER SERVING 1,132 cals, fat 94.6g, sat fat 15.4g, carbs 47.1g, sugars 20.2g, protein 23.8g, salt 2.3g, fibre 14.5g



Recipe adapted from Love Your Lunches by Bec Dickinson (Hardie Grant, £12.99). Photography by Bec Dickinson.



BASIL

Abundant in Mediterranean cooking and in many parts of Asia too, basil appears in everything from to classic pesto to Thai green curry. The sweet, powerful aroma works wonderfully with tomato-based dishes and no pasta sauce would be the same without a generous handful. But basil's aromatic qualities also work well with fresh fruity flavours – try it with lime sorbet or fresh watermelon.

Always add basil just before serving to retain flavour and freshness as the leaves are very tender. If you don't want to add them whole, tear the leaves gently rather than chopping or they will go black. Basil stems can be chopped and added to dishes a little earlier.

Store like cut flowers – place the stems in a container of water and keep them on the windowsill for up to a week. The water should be changed every other day. You can also store basil wrapped in damp kitchen towel in the fridge drawer for up to four days. If you have a glut of basil, either make pesto or simply mix with olive oil and freeze in ice-cube trays – the cubes of oil or pesto can be dropped straight into sauces and soups to add punch all year round.

Also look out for holy basil - used in Thai cooking - as well as purple basil and basil varieties with the aroma of pineapple, lemon, cinnamon or cloves.

Your April larder

FRUIT Bananas, kiwi fruit, rhubarb

VEGETABLES Asparagus, broccoli, Jersey Royal new potatoes, purple sprouting broccoli, samphire, spinach, wild nettles

SALAD AND HERBS Basil, chives, dill, lettuce and salad leaves, radishes, rocket, sorrel, spring onions, watercresses

Season's eatings

Speedy ricotta and rocket gnocchi with herb pesto 🖸

This is a simple mix and fry method of making gnocchi that welcomes the rustic cook in all of us.

Serves 4 | Prep/cook 30 mins

For the pesto:

1 bunch of fresh basil

1 bunch of fresh mint

2 tbsp whole almonds, plus extra to garnish

4 tbsp grated vegetarian Parmesan-style

2 small cloves garlic

juice of 1 lemon

210ml olive oil

sea salt and freshly ground black pepper

For the gnocchi:

70g rocket, roughly chopped 250g ricotta

5 tbsp grated vegetarian Parmesan-style

cheese, plus extra to garnish 1 large free-range egg yolk

zest of 1 lemon

100g plain flour

80ml olive oil, plus extra for frying sea salt and freshly ground black pepper

- 1 Make the pesto by blitzing all the ingredients in a food processor until everything is thoroughly combined. Season to taste. Pour into a small bowl and set aside.
- 2 To make the gnocchi, mix together the rocket, ricotta, Parmesan-style cheese, egg yolk, lemon zest, flour and 2 tablespoons of the olive oil. Stir to form a thick dough and season to taste.
- 3 Heat a large frying pan over a high heat with the remaining oil, and drop a large tablespoon of the gnocchi mixture into the pan. Cook for 2 minutes either side or until golden, crispy and firm to touch. Continue this process in batches until all the gnocchi is cooked, adding more oil to the pan if necessary, and draining the cooked gnocchi on kitchen towel.
- 4 Toss the gnocchi in the pesto and serve with almonds and an extra sprinkling of Parmesan-style cheese.
- PER SERVING 1,043 cals, fat 93.9g, sat fat 22.1g, carbs 23.8g, sugars 3.4g, protein 26g, salt 2g, fibre 1.8g





This version of the classic Italian soup uses the fresh, green produce of spring, and is topped off with a dollop of vibrant homemade pesto.

Serves 6 | Prep 30 mins | Cook 40 mins

135ml olive oil
1 large trimmed leek, sliced
1 large celery stick, diced
1 clove garlic, finely chopped
1.25 litres vegetable stock
1 bay leaf
1 sprig of thyme
pinch of crushed dried chillies
450g cooked haricot beans
1 small courgette, diced
125g trimmed green beans, cut into 3cm
pieces

1 tbsp chopped basil leaves 115g frozen peas, thawed 85g shredded savoy cabbage ½ tsp chopped oregano

For the pesto:
20g baby rocket
60g pine nuts, toasted
125g grated vegetarian Parmesan-style
cheese
1 tsp grated lemon zest

1 In a medium pan, heat 1 tablespoon of the oil over a medium-low heat. Add the leek and cook for 2–3 minutes, until it begins to soften. Add the celery and garlic and cook for an additional 2–3 minutes.

2 Add the stock, bay leaf, thyme, crushed dried chillies and haricot beans. Bring to

the boil then reduce the heat and simmer, covered, for 15 minutes, or until the haricot beans are warmed through.

3 Add the courgette, green beans, basil, peas, cabbage and oregano. Simmer for 15 minutes, or until the vegetables are tender and cooked through. Season to taste.

4 Meanwhile, to make the pesto, in a food processor combine the rocket, pine nuts, Parmesan-style cheese and lemon zest. With the processor running, slowly drizzle in the remaining 120ml oil until fully combined.

5 Remove the bay leaf. Divide the soup among six bowls and top each with a spoonful of pesto. Serve immediately.

■ PER SERVING 390 cals, fat 20g, sat fat 5g, carbs 30g, sugars 5g, protein 15g, salt 1g, fibre 11g

Season'seatings



GROWING TALES

Charlie Beldam, Cotswold Gold

INTERVIEW: LINDSEY HARRAD

While he was studying at the Royal Agricultural College in Cirencester, Charlie Beldam was tasked with coming up with a plan to diversify his family farm near Broadway in Worcestershire for a course assignment. The challenge was to add value to a crop already produced by the farm, and his plan to produce cold-pressed extravirgin rapeseed oil seemed like such a good idea that soon after graduating he set about turning the business plan into reality with Cotswold Gold.

'When rapeseed was first grown in the UK around 30 years ago, its primary use was to feed cattle and also to create a low-end oil. The oil was either used for high-temperature lubrication or cheap vegetable oil, and was extracted using heat and chemicals,' explains Charlie. 'This is a very different product to what we make here today! The cold-pressing method was introduced to the UK in 2005 and it produces a much healthier, versatile oil that is also 100 per cent British.'

Charlie started by producing his original Cotswold Gold extra-virgin cold-pressed rapeseed oil, which is the base of all subsequent products in a range that now includes dressings, mayonnaise and infused oils. With all his products travelling under one mile from farm to bottle, every stage from pressing to filtering, bottling and labelling is still handled on the family farm.

Thanks to the success of the original oil. Charlie soon added seven natural infusions to the range, including flavours such as garlic, chilli, rosemary and lemon, as well as a distinctive smoked oil. 'Our Cotswold Gold smoke-infused oil is produced by Upton Smokery, just outside Burford,' he says. 'We smoke the oil for 18 hours over beech chippings. Smoked oil is often made using liquid smoke and is not smoked traditionally. Customers tell us they can taste a big difference in the flavour. It's delicious for frying onions, or to add to mashed potatoes or mayonnaise. It's also great drizzled onto grilled aubergine, soups and pasta.'

The company has won numerous local and national awards over the last seven years, and Charlie is particularly proud of the Cotswold Life Food Hero award he won in 2013 - especially as previous winners include two top chefs, Tom Kerridge and Emily Watkins. The accolades have also helped this young entrepreneur to attract the attention of high-profile customers. 'We've worked



closely with Raymond Blanc and James Martin for the past five years and both have been to visit the factory and the farm,' he says. 'We also work with chefs Simon Rogan and Tom Sellers, and supply Claridges.'

Although olive oil has been dominant in the oil market for nearly 50 years, Charlie believes that a combination of price increases because of the poor olive harvest in Europe, combined with endorsements from celebrity chefs, will see more people switching to rapeseed oil. 'Olive oil is fantastic but it's not a good all-round cooking oil; it's best used for dressings or drizzling but not to heat. Chefs such as Jamie Oliver have always been big promoters of olive oil, but last year Jamie started to use and promote rapeseed oil for cooking and olive oil for flavour - this was a big change. Rapeseed oil is incredibly versatile and importantly it's also a Britishgrown product.'

• You can order products from the Cotswold Gold range, as well as finding stockist details, at www.cotswoldgold.co.uk.

Season's eatings

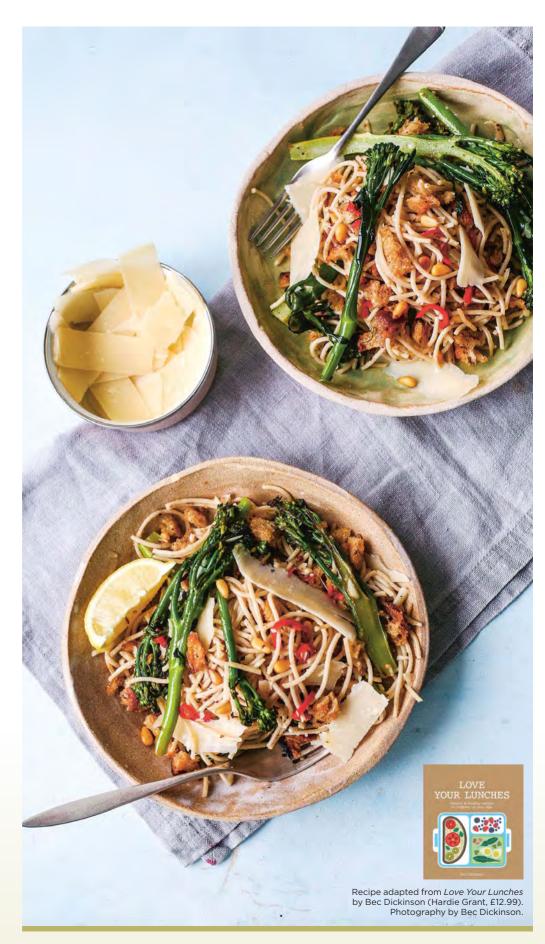
Tenderstem broccoli and chilli spaghetti

This recipe celebrates the beauty of a simple pasta dish. No need to drown it in sauce, just let the flavours speak for themselves.

Serves 2 | Prep/cook 25 mins

200g brown rice spaghetti (or any spaghetti you have in your cupboard) 3 tbsp olive oil, plus extra for drizzling 3 slices of day-old sourdough bread, blitzed into breadcrumbs 1 tsp chilli flakes 30g pine nuts 85g Parmesan-style cheese, grated, plus extra to serve 200g tenderstem broccoli, trimmed and halved lengthways 1 clove garlic, minced 1 long red chilli, deseeded and finely sliced juice of 1 lemon sea salt and freshly ground black lemon wedges, to serve

- 1 Bring a medium saucepan of salted water to the boil. Cook the spaghetti according to the packet instructions until *al dente*. Drain and toss in a drizzle of olive oil to stop the spaghetti from sticking.
- 2 Heat 1 tablespoon of the oil in a medium frying pan, add the breadcrumbs, chilli, pine nuts and a pinch of salt to the pan. Cook until the breadcrumbs are golden and crispy. Stir in the Parmesan-style cheese, then tip the mixture into a small bowl and set aside.
- 3 Return the pan to the heat and heat the remaining oil in the pan. Add the broccoli, garlic and chilli, and cook for 5 minutes, or until the broccoli is tender. Add the cooked spaghetti to the pan, along with the breadcrumb mixture and lemon juice, and toss to combine.
- **4** Serve with an extra wedge of lemon, an additional drizzle of olive oil and grated Parmesan-style cheese.
- PER SERVING 965 cals, fat 49g, sat fat 13.9g, carbs 96.7g, sugars 5.1g, protein 36.9g, salt 2.3g, fibre 9.3g



Season'seatings

Taste not waste

Windowsill gardener Kate Hackworthy creates a cut-andcome-again Caesar salad perfect for spring lunches.

Try as I might, I'm not a gardener, I have visions of myself wafting about the garden. pruning with wild abandon, having some sort of idea what needs to be done. But truth be told. I am a serial plant killer. I don't completely blame myself, though. It's the little beasties that nibble everything that I plant that leads to much discouragement. I can't seem to grow food for my table instead I grow buffets for slugs and snails. I'm nice to them like that. I don't have the stomach to pick them off and move them to another part of the garden, and I certainly wouldn't want to hurt them, so I've resorted to asking them nicely to leave my kale alone.

There's one place, however, where I can garden with a little more confidence (and a lot less talking to slugs) - my kitchen windowsill. Herbs are very easy to take care of, so I always have a few varieties waiting to pep up meals - and it's easy to remember to water them when I'm so often at the sink anyway.

I also like to grow lettuce. It's fast-growing and you can cut it and it will quickly grow back. It's easy gardening on a level that I can definitely handle. Plus, the slugs and snails can't get to it. Lettuce is one of those windowsill crops that is both simple and rewarding. It's lovely to have a steady supply of salad leaves that couldn't be any fresher, and it also cuts down on wasteful packaging and saves a trip to the shops. There's no long wait for harvest and not a lot of effort involved. It's lazy gardening, and that's just my sort.

Caesar salad with grilled lettuce and herby croutons **☑ ②**

It's easy to whizz up this creamy vegan Caesar salad dressing in a blender. With just a handful of ingredients and a decadent base of soaked cashews, it becomes whirled into a dreamy, intense dressing that goes well over the smoky grilled lettuces. You could do this on a barbecue, a griddle pan on the hob or skip the step altogether. Though I'd definitely recommend you try it! Herby croutons are a great way to use up slightly stale bread. You could cut the pieces of bread, but I like to tear it so the uneven surfaces char in the frying pan, adding more smoky flavours to the dish.

Serves 2 as a main meal (or 4 as a side) Prep/cook 20 mins + soaking

For the Caesar dressing: 50g raw unsalted cashew nuts, soaked overnight 5 tbsp water 2 tbsp olive oil 3 tsp lemon juice 2 tsp capers 1 tsp wholegrain mustard 1 tsp garlic, crushed sea salt and black pepper

For the herby croutons: 2 large slices of bread 1 tbsp olive oil 2 tsp mixed herbs

To serve:

2 little gem lettuces, sliced into quarters lengthways

1 tbsp olive oil

- 4 tsp nutritional yeast (optional)
- 2 tsp lemon juice
- 1 Soak the cashews in a bowl of water overnight (or for at least 4 hours). Drain and
- 2 In a high speed blender, blitz the drained cashews together with the water, oil, lemon juice, capers, mustard and garlic until smooth and creamy. If necessary, add a little more water, sparingly, to make it a thick drizzling consistency. Season with salt and pepper. Taste and adjust the flavours to your liking.
- 3 For the herby croutons, tear the bread into bite-sized pieces, then toss in a bowl with the olive oil and herbs to coat. Heat a frying pan over a medium heat and pan-fry the bread pieces until crispy.
- 4 Heat a grill pan until hot. Drizzle the lettuce with the tablespoon of oil and use your hands to coat the leaves. Place the lettuce guarters cut-side down onto the hot grill pan and sear briefly to create char lines. Don't cook for too long or the lettuce will wilt.
- 5 Divide the lettuce onto plates, drizzle with the dressing and top with the croutons. Sprinkle with the nutritional yeast, if using, and the lemon juice and enjoy immediately. COOK'S TIP You will have lots of leftover
- dressing, so store it in the fridge. It's also nice as a dip for raw vegetables.
- PER SERVING 472 cals, fat 36.2g, sat fat 5.9g, carbs 25.9g, sugars 5.2g, protein 11g, salt 2.4g, fibre 4.8g

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- Keep the root end of little gem and romaine lettuce in a dish with a little water and they will regrow.
- If your herbs are growing too big, chop some up and freeze in ice-cube trays with a little water or olive oil perfect for soups and other meals.
- Large lettuce leaves are a great substitute for rolls and wraps for burgers or falafels, if you're trying to cut carbs.
- Add lettuce to soups; it will wilt and add extra flavour and goodness.



ABOUT KATE

Kate Hackworthy is a food writer and recipe developer who blogs at www.veggiedesserts. co.uk. Her creative vegetable desserts have frequently

appeared in The Guardian and she was Jamie Oliver's Food Blog of the Month. Follow Kate on Twitter @veggie_desserts, Facebook at VeggieDessertsBlog and Instagram @kateveggiedesserts.





Spice root

Chef Rachel Demuth explores the versatility of fresh and dried turmeric and takes inspiration from India, Iran and Jamaica to create golden recipes perfect for spring.

Prized for its exotic flavour, combining an aromatic earthy taste with a vibrant orange colour, turmeric is a wonderful spice and has surpassed ginger as one of my favourite ingredients. It is often thought of as the poor relative to expensive saffron, but other than colour, there is no comparison - I find the taste of turmeric richer and more complex than the verging-on-medicinal flavour of saffron. At the cookery school we were recently given a large bag of fresh turmeric still with the roots on that had been grown in India - it is the freshest turmeric that I've ever used and has been the incentive to get creative with new recipes!

Originating from India and Southeast Asia, turmeric was first traded as a dye and known as 'golden saffron' because of its rhizome colour and the association with saffron, which was also used as a dve. It has been a recognised herbal medicine for more than 6,000 years and there is a

long record of herbal use in Indian, Thai and Chinese medicine. In both traditional and Avurvedic medicine, turmeric is valued for its anti-inflammatory properties, as an antioxidant, a liver tonic and for stimulating bile production. It also aids digestion, reduces wind and bloating - so no wonder it is an important spice in curry powders! Applied topically, turmeric can help heal wounds and grazes, as well as soothe eczema.

A relative of ginger, turmeric is most commonly dried and ground, but it is now becoming easier to buy fresh - as a knobbly rhizome - in some supermarkets, as well as Indian and Thai stores. I keep dried turmeric in the storecupboard and use it to mix curry powders and whenever I want to brighten up a dish; with fresh turmeric I often treat it as a vegetable and slice it thinly to add to vegetable curries. The fresh form is not as intense in flavour as the dried, so you need about 20g fresh to a teaspoon of dried.

ABOUT RACHEL

Chef-proprietor of the awardwinning Demuths restaurant in Bath for 25 years, Rachel is now dedicated the Demuths



Vegetarian Cookery School, which offers a range of themed workshops, guest chef events, cookery holidays in France and Vegan Diplomas for professional chefs and keen cooks. As a well-travelled foodie. Rachel loves to combine her passion for global cuisine with the best of locally grown produce.

www.demuths.co.uk

Fresh turmeric must be kept in the fridge. It does freeze well, although I find it best to prepare it first, so that it can go straight from the freezer into the dish you are cooking freeze in recipe quantities to make it more convenient. To prepare, peel the skin with a teaspoon - similar to ginger - then grate or pound in a pestle and mortar. Just remember it will turn everything it touches golden, so use gloves to protect your hands. It will wash off your hands, but it does dye chopping boards.





LIOUID GOLD

Turmeric is gaining popularity as a drink and you can find golden tea or latte flavoured with turmeric, ginger, black pepper and milk on café menus. Golden tea or latte is easy to make at home for a nourishing pick-me-up. All you need is a thumb-sized piece of turmeric and ginger, peeled and sliced with a few black peppercorns. Add water or a nut milk, cover and gently simmer for an hour for the spices to infuse. Strain and either drink warm or chilled, and sweeten to taste.

Vedgeree V

Kedgeree is a colonial adaptation of the Indian dish khichhari. Traditionally made with rice and lentils and served with khuri, a sour milk sauce, poppadoms and chutney. This is our scrumptious vegetarian version!

Serves 4 | Prep 20 mins | Cook 30 mins

250g brown basmati 150g yellow split peas or chana dhal 30g fresh turmeric root, peeled and finely minced or grated, or 11/2 tsp ground turmeric 3 tbsp sunflower oil, ghee or coconut oil 1 medium onion, finely chopped 1 clove garlic, finely chopped 4 cardamom pods 4 cloves 1 stick cinnamon 600ml vegetable stock or water 250g fresh baby spinach 150g peas, fresh or defrosted frozen 30g flaked almonds, toasted fresh coriander, to garnish sea salt and black pepper mango chutney, to serve (see recipe, page 24)

- 1 Rinse the rice well in a sieve and set aside to drain.
- 2 Place the split peas and 10g of the fresh turmeric or 1/2 teaspoon of ground turmeric

in a small saucepan half-filled with cold water and bring to the boil. Remove any frothy scum that rises to the surface with a slotted spoon, reduce the heat to a simmer and cook for about 25-30 minutes, until only just tender but not mushy. Drain and set aside. 3 While the split peas are cooking, heat 2 tablespoons of the oil or ghee in a pan and fry the onion until soft and translucent. Add the garlic and cook for 1 minute. Gently crush open the cardamom pods with the

then add to the onions with the cloves and cinnamon. Stir for a few seconds to release their aromas. 4 Add in the remaining turmeric and the rice, and stir to ensure all the grains are

back of a knife or in a pestle and mortar,

- coated in the oil, taking care not to let it catch and burn. You may need a little more oil at this stage. **5** Pour in the stock or water and increase the
- heat until the rice comes to the boil. Reduce the heat to medium-low and allow the rice to simmer with a lid partially covering, until the liquid has reduced and is just covering the rice. At this point, fully cover the pan and turn the heat to its lowest. Cook for a further 10 minutes, then switch off the heat and leave the rice to continue steaming with the lid on for 10 minutes.

Chef'slarder



6 In a large frying pan, heat the remaining tablespoon of oil or ghee and add the spinach. When it is half wilted, add the rice, split peas and green peas and fold together, then season with salt and pepper to taste. Garnish with the toasted almonds and coriander leaves, and serve with fresh mango chutney.

COOK'S TIP Vegetarians could also top the finished dish with quartered boiled eggs. Mushrooms, cauliflower, green beans, diced aubergines, courgettes or peppers would all work well in this recipe. Soaking the yellow peas or chana dhal overnight will reduce the cooking time. Try substituting the yellow peas for chickpeas or any whole lentils (but not red lentils, as they would turn mushy).

■ PER SERVING 541 cals, fat 15.8g, sat fat 1.7g, carbs 81.9g, sugars 13.5g, protein 21.2g, salt 3.3g, fibre 10.8g

govegan

V

Avoid the ghee for frying, opting for the sunflower or coconut oil instead.



MANGO CHUTNEY VO

1 mango, peeled and cubed 1 red chilli, sliced 1 tbsp lime juice 1 tsp kalonji seeds (nigella)

Mix the mango with the chilli and lime juice to taste and sprinkle on the kalonji seeds.



Golden vegetable pasties **V**

Perfect for picnics and packed lunches, these golden pastries are our take on a Jamaican patty, made with a light turmeric-coloured flaky pastry and filled with a spicy mix of lentils, peppers and potato.

Makes 6 pasties Prep 30 mins + chilling Cook 30 mins

For the flaky pastry:

250g plain flour
1 tsp ground turmeric
1 tsp mild curry powder
½ tsp salt
200g very cold unsalted butter or hard vegan margarine, such as Tomor
2 tsp white wine vinegar
125ml ice-cold water



For the filling:

75g red lentils

1 tsp ground turmeric or 20g fresh turmeric, peeled and grated

1 large potato, peeled and cut into 1cm cubes 2 tbsp sunflower oil

1 onion, chopped

2 cloves garlic, minced

1 red chilli, finely chopped or a pinch of dried chilli flakes

2 tsp curry powder

1/2 tsp ground allspice

1/4 tsp ground nutmeg

2 yellow peppers, deseeded and cut into into 1cm chunks

juice of 1/2 lemon

sea salt and black pepper

avocado salsa, to serve (see recipe, opposite)

1 First make the flaky pastry. Measure the flour, spices and salt into a mixing bowl. Grate the butter or vegan margarine into the flour using the larger holes on the grater, and distribute it through the flour with a knife. 2 Mix the vinegar with the cold water and, working quickly, pour into the flour, using the knife to stir through and bring the mixture together into a ball. Add a tablespoon or two more water if the dough is not coming together easily. It is very important to work for as short a time as possible so that the butter or margarine stays as separate flakes through the dough. Shape into a flat disc, wrap in cling film and place in the fridge to rest for 30 minutes.

3 Meanwhile, make the filling. Cook the lentils with half the turmeric until tender, then drain and set aside. Boil the potato for 10 minutes



until tender but not mushy, then drain and set aside.

4 Heat the oil in a large frying pan and gently fry the onion until soft but not brown. Add the garlic and chilli and cook for 1 minute. Add the remaining turmeric and spices and cook for a minute more before stirring in the yellow pepper, continuing to cook until just soft. 5 Add the lentils and potato to the onion, plus 50ml water. Simmer over a low heat for 5 minutes until the sauce is thick. Add 1 tablespoon of the lemon juice and season with salt and pepper. Taste and adjust the lemon juice, if necessary. Remove from the heat and, using a potato masher, lightly crush about half of the mix. Stir well, taste again to check the seasoning and allow to cool. 6 Lightly flour the worktop and roll the pastry in one direction to a rough rectangle

about 1cm thick. Fold into thirds, letter-style,

so there are three layers, then wrap and chill

in the fridge once more for 15 minutes. Take

out the pastry and roll out as before, then

fold, wrap and chill for a further 15 minutes.

7 Preheat the oven to 200C/fan 180C/gas 6. Roll out the pastry to about 0.5cm thick and use an upturned bowl or plate to cut out six circles 15cm in diameter. Place a large spoonful of filling on one half of each pastry circle. Brush the edges with a little water and fold the pastry over the filling to make a halfmoon crescent shape. Press the edges to seal, using a fork to also create a pattern, and pierce the tops a few times to allow steam to escape during baking.

8 Place the patties onto a parchment-lined baking tray and brush each one with a little oil to glaze. Bake for 25-30 minutes until golden and crisp, checking the bases to ensure they are baked thoroughly. Best eaten warm with avocado salsa or a spicy relish.

COOK'S TIP For a speedy shortcut, use a 500g pack of ready-made puff or shortcrust pastry. Vary the vegetable filling by using any cooked seasonal vegetables, such as sweet potatoes, squash, courgettes, peas, spinach or kale. Instead of the red lentils, you could use a tin of any other pulses.

■ PER PASTY 590 cals, fat 37.9g, sat fat 19.2g, carbs 53.2g, sugars 5.6g, protein 9.8g, salt 1.3g, fibre 7g

govegan

For a delicious vegan pastry, try Rachel's recommended Tomor margarine.

AVOCADO SALSA VO

1 avocado 1 spring onion, finely sliced 8 cherry tomatoes, halved 1 tbsp freshly chopped coriander leaf 1 tbsp lime juice sea salt and black pepper

The salsa needs to be put together just before serving. Peel and de-stone the avocado, cut into bite-sized chunks and place in a serving dish. Mix in the spring onion, cherry tomatoes and coriander leaf. Squeeze over the lime juice and season to taste.

Chef'slarder



Broad bean and dill kookoo

An Iranian *kookoo* is made with an egg base and you can then add what you like - it's similar to a frittata but always with lots of fresh green herbs. In Iran, *kookoo* is served with yogurt and pickles.

Serves 6 | Prep 30 mins | Cook 30 mins

20g dried barberries
400g broad beans (podded weight)
40g fresh turmeric or 2 tsp ground turmeric
2 tbsp olive oil
1 large onion, sliced
2 cloves garlic, finely chopped
6 free-range eggs
150ml double cream
1 tbsp plain flour
½ tsp baking powder
50g fresh dill, chopped
1 tsp Aleppo pepper
100g vegetarian feta, cubed
25g pecans, broken
sea salt and black pepper

- 1 Soak the barberries in boiling water. After 30 minutes, strain and rinse well.
- 2 Next double pod the broad beans. Bring a saucepan of water to the boil, add the beans then simmer for 5 minutes. Drain and refresh under cold running water, then pop the beans out of their skins. You will end up with about 250g double-podded beans.
- **3** If using fresh turmeric, peel with a teaspoon, then crush in a pestle and mortar or in a mini food processor.
- **4** In a large non-stick frying pan, heat the oil and fry the onion until translucent. Add the garlic and fresh or ground turmeric, and cook for a few minutes. Mix in the broad beans and set aside.



5 In a large bowl, whisk the eggs and add the double cream, flour, baking powder, dill, Aleppo pepper and a good pinch of salt and black pepper. Pour into the frying pan with the onion and broad bean mix, mixing together with a spatula. Top with the feta, pecans and barberries.

6 Cover the frying pan with a lid and cook the *kookoo* on a low heat, so you don't burn the bottom. Cook until just set with a wobble, which will take about 20 minutes. Remove from the heat and allow to stand for 5 minutes. Serve hot, warm or cold with vogurt and pickles.

COOK'S TIP Fresh baby broad beans are so sweet and vibrantly green, but the season is very short, so it's not long before they

become tough and starchy and then it's best to double pod them.

■ PER SERVING 373 cals, fat 29.6g, sat fat 13g, carbs 12.3g, sugars 5.2g, protein 14.8g, salt 1.8g, fibre 5.4g

BARBERRIES

These sweet-and-sour berries are known as zereshk in Persian and Iranian cooking and are added to rice dishes. They have a lovely sour bite, a beautiful red colour and are full of vitamin C. Barberries are available dried from Middle Eastern stores or online. Rinse them well after rehydrating as they are often gritty.

















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BUG-PROOF YOUR GARDEN NATURALLY

Love your garden, but also love the wildlife? Gardening editor Alice Whitehead looks at chemical-free ways to deal with kitchen garden pests, so you can reap your harvest without a grim reaping.

Taking tea at Attingham Park in Shropshire is a tradition that stretches back to the 1920s. The former Lady Berwick would serve up a brew to quests using a silver tea set in the Sultana Room at the 18th-century mansion and today visitors still tuck into the National Trust property's dainty club sandwiches layered with fresh salad leaves from the walled garden. And it's not just the kitchen staff that contribute to Attingham's famous afternoon tea, senior gardener Katherine Dowd plays an important part too - in her role as chief slug sleuth.

Battle of the bugs

During spring and summer, Katherine conducts daily inspections of the lettuce patch for those telltale trails, but heading up Attingham's certified organic garden means chemical sprays and blue pellets are not part of her arsenal. Instead, she runs rings around them. 'With 15,000 lettuces supplied to the tearoom each year, we have to make sure we win the battle of the bugs!' says Katherine. 'Last year was a perfect storm of conditions for slugs - a warm winter and wet spring and this led to huge numbers of them, so we

started putting rings of wool pellets around vulnerable plants to keep the slugs away and they have worked really well.'

But it's not just the slugs that are dealt with naturally at Attingham, weevils and beetles, mites and moths are all given a reprieve from toxic chemicals and lethal remedies too. And, with so many garden pesticides being withdrawn from garden centres these days due to their damaging effects on the ecosystem and soil, isn't about time we all began gardening more in harmony with nature? 'Many of us enjoy growing and eating our own veg, but sometimes we forget that other creatures find them tasty too! Why should we should dictate where they can and can't live?' says Katherine. 'In the Victorian era they would have accepted holes in carrots and potatoes, but today we expect things to be pristine.'

Finding out more about our garden foes is crucial in understanding them better, and learning how to live with them. Gastropods, such as slugs, are often regarded as the scourge of the seedbed, but in fact they do some valuable jobs: breaking down plant matter, dispersing seeds and mulching with





their slug poop. Much maligned insects such as beetles and wasps are actually 'winged pesticides' that keep the real pests, such as aphids, under control, Encourage and attract these natural predators by providing shelter and habitats for them. For instance, by providing lacewing chambers, butterfly feeders, ladybird houses, or simply just a stack of tree prunings, and you'll see a dramatic change in the number of green, white and black fly you see.

Natural arsenal

Of course, it's easy for this finely tuned ecosystem to get out of balance - especially if climatic conditions conspire against you and if a bug infestation occurs there are still many things you can do, without reaching for the toxic sprays. Try confusing the critters with companion planting. This means placing strong-smelling plants next to plants that don't, in order to confuse the pest's smellbased navigation system, such as marigolds next to tomatoes or onions and leeks near carrots. Or plant a row of more attractive 'sacrificial' plants next to the ones you want to keep, like nasturtiums next to cabbages (very attractive to butterflies looking to lay eggs). Crush garlic into water and spray onto your cabbages and flea beetles will bolt; while slugs will be less likely to munch on young leaves that have been sprayed with water laced with coffee granules.

Creating a barrier between the bug and your beloved crops can also be a good deterrent. For slugs, a ring of sharp-edged eggshells works well or copper tape, which is thought to give the slug an unpleasant tingling sensation when they cross it. For flying insects, such as cabbage white butterflies, you can't beat netting - and this can discourage the bigger creatures too. 'Squirrels seem to instinctively know exactly when our cherries and apricots are ripe,' says Katherine. 'One morning, the fruit will be

Alice Whitehead is a writer who loves to grow, eat and get muddy. For

16 years she has written garden and food features



and newspapers, and more recently split her time between tending two large. city allotment plots and a school garden club. She still hasn't decided whether she prefers the pen or the spade. Follow Alice on Twitter @allotmentalice

ABOUT ALICE







ready to pick; by the afternoon the squirrels have stripped the tree bare! Now, we've learnt to net the entire tree canopy with fine mesh just before the fruits ripen.'

Ultimately any protection has to start with prevention. Growing crops in different locations each year and good housekeeping can help reduce a build-up of pests and diseases. And just as the root of all good cream teas starts with the quality of tea leaves - a productive garden stems from the soil. 'The very best way to tackle pests is to make the plant as healthy as possible at the beginning. Improving and enriching the soil will give plants the best possible start and help them withstand any poor weather or pests that come along,' says Katherine. 'Once the foundations are set, nature will do the rest for you.



1 Slugs

WHAT: Wool pellets, copper, seaweed, eggshells. **HOW TO:** All of these materials act as a deterrent and in the case of seaweed or seaweed extract (sold in liquid or dried forms) slugs dislike the saltiness. Add rings around your prized plants or stick copper tape around the rims of containers. ADDED BONUS: Wool and seaweed also add nutritious minerals to the soil as they rot down. BEST BUY: Hammered copper plant pots (£26) at www.notonthehighstreet.com, or slug-repelling wool pellets (£3.99) at www.sarahraven.com.

FIVE FRIENDLY WAYS TO PROTECT YOUR VEG

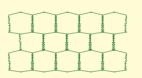
2 Aphids

WHAT: Homemade bug sprays.

HOW TO: Keep whitefly and greenfly off your greenhouse plants by mixing a drop of Tabasco sauce or crushed garlic with a drop of washing-up liquid and 500ml water. Spray onto leaves and the slippery, smelly solution should deter them.

ADDED BONUS:

Soap sprays can also reduce fungal diseases.



3 Caterpillars

WHAT: Netting. **HOW TO:** Prevent caterpillars making Swiss cheese of your cabbages by draping fine mesh over the top, and ensuring all holes are plugged.

ADDED BONUS: Net frames and tunnels also protect from wind, rain and low temperatures. **BEST BUY: Slot and lock** walk-in fruit cage (£104) at

www.harrodhorticultural. com



Garden Gear

Companion Plants

WHAT: Companion planting. **HOW TO:** Strong-smelling plants positioned near vulnerable crops will make some bugs buzz off. Classic combinations include mint near cabbages to ward off flea beetles and French marigolds near tomatoes to put off whitefly and attract hoverflies (which eat the aphids).

ADDED BONUS: You can harvest from the companion plants too!

BEST BUY: Companion plants seed collection (£10) at www.garden-gear.co.uk.

5 Birds

WHAT: Scarers.

HOW TO: Bright colours, mirrored surfaces and noisy textures, especially those that move in the breeze (think old CDs attached to string, videotape and plastic bags tied to canes), will deter birds from investigating your crops.

ADDED BONUS: Harmless and easy to make yourself.

BEST BUY: Eyeball Bird Scarer (£6.49) at www.primrose.co.uk



BUG BUSTERS!

Harrod Horticultural are offering readers 10% off any walk-in cage with the code CG10, until 30 April 2017. We also have 10 companion plants seed collections from Garden Gear to give away. To enter, go to www.vegetarianliving.co.uk. Competition closes 6 April 2017.





Spring baking

From traditional simnel cake to iced cupcakes you can dress up vintage-style and a tasty vegan marble cake, these gorgeous celebratory bakes are perfect for friends and family this Easter.

Garden teacup cakes with edible spring flowers

Welcome spring with these pretty and dainty cakes - perfect for a special teatime treat. Mix up the flowers so no two cupcakes are the same, and use mismatched teacups and saucers for a true vintage high-tea effect.

Makes 24 cupcakes | Prep 25 mins | Cook 18 mins

250g salted butter, at room temperature 225g caster sugar

3 extra-large free-range eggs, at room temperature 1/2 vanilla bean (halved crosswise), split lengthwise,

or 1 tsp vanilla extract

2 tbsp vegetable oil

260g plain flour, sifted

3 tsp baking powder

110ml whole milk

125g white chocolate chips

350g frozen unsweetened raspberries white chocolate ganache (see recipe, right) edible flowers, such as pansies, nasturtiums and

1 Preheat the oven to 180C/fan 160C/gas 4. Line 24 holes of two cupcake tins with paper liners.

- 2 In a stand mixer with the whisk or paddle attachment, beat the butter, sugar and eggs on high speed until light and fluffy, about 2 minutes.
- 3 Using the tip of a sharp knife, scrape the seeds from the vanilla bean into the mixer bowl. (Or add the vanilla extract, if using.) Add the oil to the creamed mixture and combine.
- 4 In a small bowl, whisk together the flour and baking powder. Add the flour mixture and milk to the creamed mixture and beat on high speed until the flour is completely mixed, 30 seconds to 1 minute.

Gently fold in the chocolate chips. Spoon the batter into the cupcake liners, filling them two-thirds full. Add four raspberries to the top of each cupcake.

- 5 Bake until the centres spring back when touched, 15-18 minutes. Check first at 13 minutes, then each minute thereafter. Cool the cupcakes in the tin for 5 minutes, then remove to a wire rack to cool completely. Place the cooled cupcakes into teacups.
- 6 Make the ganache to whipped consistency. Place it in a piping bag fitted with a plain piping tip. Pipe a medium swirl onto the cupcakes and top with assorted blooms. Serve on saucers.

COOK'S TIP 1 heaped tablespoon of room temperature ganache folded into 250ml of whipped cream makes an amazing chocolate mousse!

■ PER CUPCAKE 380 cals, fat 23.1g, sat fat 13.4g, carbs 38.1g, sugars 29.6g, protein 5.5g, salt 0.5g, fibre 0.9g

WHITE CHOCOLATE GANACHE

250ml thin cream (35% fat) 700g white chocolate

MICROWAVE METHOD: In a microwave-safe bowl, combine the cream and chocolate and microwave on high in 1-minute intervals, stirring for 2 minutes in between, until there are no lumps. This should take 2-3 minutes maximum.

STOVETOP METHOD: In a small saucepan, bring the cream to a rolling boil (this just means a boil with bubbles all over the surface, not just around the outside edges). Remove from the heat and add the chocolate, stirring until there are no lumps.

Seasonaltreats



Simnel cake

This rich fruit cake, with its hidden layer of marzipan in the centre, is traditionally made at Easter. The 11 balls of marzipan on the top of the cake symbolise the 11 faithful apostles, omitting Judas. The golden effect on the marzipan is created by flashing the cake under a hot grill.

Serves 10 | Prep 40 mins | Cook 1 hr 55 mins

550g marzipan icing sugar, sifted, for dusting 175g butter, softened 150g light soft brown sugar 3 large free-range eggs, beaten 15g glycerine 15g liquid glucose 100g strong plain flour 50g white plain flour 25g ground almonds 1 tsp mixed spice 1/2 tsp freshly grated nutmeg 350g sultanas 250g currants 100g chopped mixed peel a little sieved apricot jam, for fixing the marzipan topping in place

- 1 Preheat the oven to 180C/fan 160C/gas 4. Grease and double line a 20cm round cake tin with baking parchment.
- 2 Divide the marzipan into three portions, one slightly smaller than the other two. Set

the smallest portion aside. Dust the surface with icing sugar and roll out one of the two equal portions to a circle just smaller than the diameter of the tin.

- 3 Beat together the butter and sugar in a large bowl until light and fluffy. Add the beaten eggs, glycerine and glucose, and beat again. Mix together the flours, almonds and spices, and gradually add to the mixture, stirring gently to blend. Do not beat. Gently fold in the dried fruit.
- 4 Turn half the batter into the prepared cake tin and smooth the top. Put the marzipan circle on top, cover with the remaining batter and smooth the top. Bake for 1 hour (if the top starts to become too brown, cover with a double layer of baking paper), then reduce the oven temperature to 160C/fan 140C/gas 3 and bake for another 45-55 minutes, until a skewer inserted into the centre comes out clean.
- **5** Remove from the oven and leave to cool in the tin for about 15 minutes, before turning out onto a wire rack to cool completely.
- 6 When the cake is completely cold, brush the top with apricot jam. Roll out the second portion of marzipan into a circle to fit the top of the cake. Press gently into place. Form the remaining marzipan into 11 small balls and arrange them around the rim of the cake, sticking them on with a little apricot jam. Turn the grill to a moderate heat and place

the cake underneath for a few minutes until the marzipan just begins to turn a golden brown.

- **7** To serve, wrap a wide satin ribbon around the cake and fix with a pin. Arrange a small posy of fresh spring flowers on the top.
- PER SERVING 639 cals, fat 24.8g, sat fat 10.3g, carbs 97.1g, sugars 83.4g, protein 8.2g, salt 0.5g, fibre 3.6g

Chocolate orange marble cake V

A classic flavour combination, this easy-toprepare zesty iced cake will be popular with children and adults alike! Sprinkle the top with decorative stars for a bit of extra fun.

Serves 10 | Prep 30 mins | Cook 1 hr 5 mins

1-2 large, untreated orange(s), for grated zest and juice
250g soft dairy-free margarine
125g sugar
large pinch of salt
290g light wheat or spelt flour
1 tbsp baking powder
25g lightly defatted cocoa powder
(see cook's tip, opposite)
50g dark chocolate (45-55 % cocoa solids), finely grated (optional)
100g icing sugar

- 1 Preheat the oven to 180C/fan 160C/gas 4 and line a 900g loaf tin with baking parchment.
- 2 Rinse 1 orange under hot water and dry. Completely grate the zest and set aside. Squeeze the juice and set aside. The second orange will be used only if more juice is needed.
- **3** Beat the margarine with the sugar and salt in a bowl until fluffy. Mix the flour and baking powder, then add with the orange juice to the sugar and margarine mixture. Mix well to obtain a smooth batter.
- 4 Halve the batter. Stir the grated orange zest into one half of the batter. Add the cocoa powder, 4–5 tablespoons of water and the grated chocolate, if desired, to the other half and mix until smooth.
- 5 Pour the light batter into the bottom of the loaf tin and smooth the surface. Spread the dark batter evenly over the top. Drag a fork through both batters to create the typical marble patterns.
- **6** Bake for 55–65 minutes. Check that the cake is cooked through by pricking with a wooden or metal skewer. It should come out clean when you pull it out.
- **7** For the icing, mix the icing sugar with 2 tablespoons of orange juice. The icing should be quite thick and definitely not too thin, so be careful when adding the orange juice. Spread the icing over the still-warm cake, then leave to cool completely.
- **COOK'S TIP** Defatted cocoa powder contains no less than 20g fat per 100g.

 PER SERVING 383 cals, fat 19.5g, sat fat 5g, carbs 49.3g, sugars 26.4g, protein 3.5g, salt 0.9g, fibre 1.7g

govegan

Always check that your dark chocolate is 100% vegan – some may contain extra dairy ingredients.







Garden teacup cakes with edible spring flowers adapted from Sweet! Celebrations by Elise Strachan (Murdoch Books, £20), photography by Lauren Bamford. Simnel cake adapted from Cakes, Bakes and Biscuits (National Trust Books, £9.99), photography © Pavilion Books. Chocolate orange marble cake adapted from Vegan Chocoholic by Philip Hochuli (Grub Street, £15.99), photography by Alexandra Schubert.



Foodguide



With all the deliciousness of milk chocolate without the dairy, this hollow Fairtrade organic Easter egg is suitable for vegans and is produced in a factory that never uses gluten, dairy or nuts. It even comes with no plastic packaging, so it's eco-friendly too!

 Plamil Organic & Fairtrade Milk
 Chocolate Alternative Egg, £3.99 from www.ethicalsuperstore.com.



Choc Chick

Instead of just giving chocolate, why not get kids involved in making their own and learning about the origins of cocoa. Choc Chicos is a fun dairy-free chocolatemaking kit for kids, which includes organic cacao ingredients, a low-GI sweetener, cocoa beans, mini baking cases and a simple recipe book to make chocolates that are free from dairy, gluten, processed sugar, artificial flavours and additives.

 Choc Chicos kit £9.99 from www.chocchick.com.

Easter egg hunt

Looking for goodies for the Easter Bunny to deliver? We've got a shopping list of our favourite veggie, vegan and free-from chocolate treats, with something for all the family.

Hotel Chocolat

An impressive array of vegan and gluten-free options are on offer at Hotel Chocolat, alongside plenty of vegetarian products too. We love the Rabbert drops, perfect for nibbling or popping into fillable eggs for vegan-friendly hunts. If you want cute characters, look no further than the dark chocolate Chirp chicks (£2.50), or for something more luxurious try the gianduja Egglets (£8.50) filled with smooth hazelnut praline and finished with a dusting of cocoa powder. All vegan.

• See the full range at www.hotelchocolat.com.



Raw Chocolate Pie

Perfect for the health-conscious or those with intolerances, the Raw Chocolate Pie Company Classic Raw Easter Egg (£9.95) is handmade in Cornwall. It's free from dairy, gluten and soya with no added sugar, but the soft, fudgy chocolate has a melt-in-the-mouth quality thanks to the use of raw organic coconut oil. The surprise inside is unsweetened goji berries and cranberries. Also available as a

The surprise inside is unsweetened goji berries and cranberries. Also available as a Combo Egg (£9.95), which is one half raw chocolate the other half raw vanilla fudge, packed with figs and mixed nuts. Children may prefer the mini egg (£3.50), a shell of raw chocolate filled with creamy-tasting raw vanilla fudge.

 All are vegan, available from www.rawchocpie.co.uk.





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Waitrose Chococo

If you're looking for something a bit different for vounger children, the vegetarianfriendly Woodland Friends White Chocolate Izzy the Owl or Woodland Friends Milk Chocolate Ollie the Owl (both £5) will put a smile on their faces.

Dorset-based artisan chocolate maker Chococo combines decadent chocolate with ingenious surprises in its eggs. New for this year is the popular Chococo robot hiding inside the milk chocolate Robot Studded Egg (£10.95), which is suitable for vegetarians, while vegans can enjoy secret seahorses, sea shells and starfish inside a 67% Madagascan origin dark chocolate egg (£10.95).

• See the full range at www.chococo.co.uk.



Marks & Spencer

These fun Made Without Dairy dark chocolate eggs from M&S (£6 each) include a stash of chocolate buttons inside and cute bunny ears on top. Available in pink or blue packaging.



Divine

Divine's Fairtrade goodies are always delicious, and this Raspberry 70% Dark Chocolate Egg (£4.95) made with thick Ghanaian cocoa makes a nice change from the usual plain vegan options. For Easter egg hunts, try the Dark Chocolate Mini Eggs (£4.25), or for a really grown-up treat, the vegetarian-friendly and gluten-free Divine Luxury Dark Chocolate Easter Egg with Tasting Set (£13.95) is a super-special treat for a chocolate aficionado.

All available from www.divinechocolate.com.



Moo Free







The Moo Free range of chocolate products are all organic, vegan and gluten-free. The Easter eggs come in 'bunnycomb', orange and plain varieties and include the all-important chocolate buttons inside.

• £4 each from Morrisons.

Sainsbury's

For yegans who miss white chocolate. Sainsbury's Deliciously Free From White Choc Egg & Buttons (£2.50) is just the job. It doesn't contain wheat, gluten and dairy, making it suitable for vegans and coeliacs. There's a freefrom milk chocolate Choc Egg & Discs too (£3.50). These colourful fillable eggs (£1.50 for eight) are perfect for packing with your own vegan or free-from treats, or try non-chocolate surprises such as extra pocket money, stickers or little messages from the Easter Bunny!



eggs return for Easter! Hand-painted in Kashmir, these beautiful keepsake hollow eggs are packed with devilishly good dairy-free, organic and gluten-free truffles. New for this year is a large egg containing 12 almond and sea salt caramel truffles, while other large eggs contain hazelnut or Champagne truffles.

 Large eggs £24.99, small £9.99. A selection of the range is available at Holland & Barrett. Ocado and Abel & Cole or find stockists at www.boojabooja.com.





NEW FROM THE FRY FAMILY FOOD CO.

Treat Yourself! With an indulgent selection of 100% vegan, dairy free ice creams, new from The Fry Family Food Co. Made with coconut milk, for a smooth and creamy taste, and only flavoured with natural ingredients. Oh, did we mention that they are sweetened with agave and gluten free*? The only problem you'll have is deciding which flavour to try first!

WWW.FRYFAMILYFOOD.COM

Available at Ocado.com

*except tons of cookies



EVERYDAY EATS

Add smoky flavours to your cooking, enjoy delicious pulse dishes from your storecupboard, and learn how to stir up a perfect risotto.

Simple cooking

Take five

Kathryn Bruton reveals it is possible to pare back your prep time and make six simple suppers that still pack a flavour punch with just five key ingredients, plus a few storecupboard basics.

Italian baked aubergine in tomato sauce

Frying off the aubergines can feel a little laborious, but stick with it. To make the process quicker get two frying pans on the go. This is my kind of family cooking - I will often make one on a Sunday, to have for lunch and supper the following days. I have also found it to be a real hit with kids.

Serves 4 | Prep 20 mins | Cook 30 mins

Main ingredients:

2 x 400g cans good quality chopped tomatoes

1½ tsp caster sugar

50g bunch of basil, leaves picked and stems reserved and chopped

5 large aubergines

150g vegetarian Gruyère or firm mozzarella cheese, thinly sliced

From the storecupboard: 2 cloves garlic, peeled olive oil

sea salt and freshly ground black pepper

- 1 Begin by making the tomato sauce. Place the tomatoes, caster sugar, the reserved basil stems, garlic cloves, salt and pepper into a medium saucepan. Bring to the boil and simmer for 15 minutes. When ready, blitz until smooth and season to taste.
- 2 Meanwhile, prepare the aubergines. Place your largest frying pan on a high heat and thinly coat with olive oil. Slice each aubergine lengthways about 1cm thick. Fry until golden on each side, setting aside on some kitchen towel when ready. With each batch you will need a little more oil. Continue until all the aubergines are cooked.
- 3 Preheat the oven to 200C/fan 180C/ gas 6. In a medium-sized ovenproof dish, neatly arrange a single layer of aubergine slices. Pour over some of the tomato sauce, followed by a small handful of

basil leaves and a few slices of cheese. Season generously with salt and pepper and continue with the layers until all of the ingredients are used up, making sure you finish with a layer of tomato sauce.

4 Bake for 20-30 minutes and serve with some lightly dressed salad.

COOK'S TIP Always check Gruyère labels as not all varieties are suitable for vegetarians.

■ PER SERVING 302 cals, fat 20.5g, sat fat 7.1g, carbs 17.2g, sugars 16.2g, protein 13.1g, salt 1.4g, fibre 12.5g

Blackened cauliflower. pickled red cabbage and giant couscous with tarragon dressing V

This dish is a feast for the eyes as well as the palate. The sweet and sour red cabbage is a triumph paired with blackened cauliflower, and tarragon oil packs the most delicious punch. This is one of those dishes you won't want to share!

Serves 4 | Prep 10 mins | Cook 25 mins

Main ingredients:

1/4 red cabbage, very finely shredded 2 cauliflower, quartered and cut into wedges 120g giant wholewheat couscous 80g flaked almonds

15g tarragon

From the storecupboard: 150ml red wine vinegar, plus 1 tbsp 2 tbsp caster sugar 1 tbsp sea salt, plus extra to season olive oil

freshly ground black pepper

1 Place the red cabbage in a heatproof bowl. Add the 150ml vinegar, sugar and salt to a saucepan and bring to the boil, stirring to dissolve the sugar. When simmering, remove

from the heat and pour over the cabbage,



pressing it down so it is mostly submerged. Set aside.

- 2 Preheat the oven to 240C/fan 220C/gas 8. Place the cauliflower on two baking trays, generously drizzle with olive oil, salt and pepper and roast for 15 minutes, or until the cauliflower is nicely blackened.
- 3 Meanwhile, cover the couscous with water, add a generous pinch of salt (or a stock cube for added flavour), bring to the boil and cook for 8-10 minutes. Drain and keep warm.
- 4 Place the almonds in a dry frying pan and toast until golden brown.
- 5 To make the tarragon dressing, blitz all but two sprigs of the tarragon (leaves picked, stems discarded) with 3 tablespoons of olive oil and the 1 tablespoon of red wine vinegar using a handheld blender. Season
- 6 Chop the remaining tarragon and stir through the cooked couscous. Taste for seasoning and add a pinch of salt and pepper, if necessary.
- **7** To serve, plate up some couscous, topped with a little cabbage, a few wedges of cauliflower, toasted almonds and finished with a generous drizzle of the tarragon oil, as well as a teaspoonful of the pickling liquor from the cabbage.
- PER SERVING 437 cals, fat 23.7g, sat fat 2.7g, carbs 43.1g, sugars 17.7g, protein 13.2g, salt 2.5q, fibre 5.7q





Simplecooking

Linguine with roasted cherry tomatoes and pistachio and basil pesto 🖸

The trick when using few ingredients to create big flavour is to use them liberally and to treat them in a way that brings out the best of their flavour. I adore the simplicity of this recipe - the final flavours in your dish are to die for. Make extra, as in my experience, this is the one that everyone goes back for more of! For added flavour, add the juice of half a lemon to the pesto, and garnish the pasta with a little chilli oil.

Serves 4 | Prep 10 mins | Cook 20 mins

Main ingredients: 500g cherry tomatoes 500g dried linguine 80g shelled pistachio nuts 50g basil, leaves picked 100g vegetarian Parmesan-style cheese, finely grated

From the storecupboard: 4 tbsp olive oil, plus extra for roasting sea salt and freshly ground black pepper

- 1 Preheat the oven to 160C/fan 140C/gas 2½. Slice the tomatoes in half and lay on a baking tray. Drizzle with a little olive oil, salt and pepper and roast for 20 minutes.
- 2 Cook the linguine according to packet instructions. When ready, drain, reserving some of the cooking water, and keep warm.
- 3 Meanwhile, blitz the pistachios, half of the basil leaves, and 2 tablespoons of olive oil using a small handheld blender, until you have a rough paste. Transfer to a large bowl, along with the remaining basil leaves, grated cheese and tomatoes when they are ready.
- 4 Tip the pasta into the bowl along with the remaining 2 tablespoons of olive oil and toss. The heat of the pasta will melt the cheese. If it is looking a little dry add a splash of the pasta cooking water to loosen the sauce. Taste for seasoning and serve immediately.
- PER SERVING 823 cals, fat 37.3g, sat fat 9g, carbs 95.7g, sugars 7.6g, protein 27.8g, salt 1.7g, fibre 9.7g

Piquillo pepper and paprika tortilla

Piquillo peppers can be bought in jars in many larger supermarkets, Spanish delis or online, and are sweet and smoky in flavour. If you struggle to find them, use plain, roasted peppers from a jar instead. This method of cooking a tortilla is inspired by one of my favourite London restaurants - Barafina. Don't be alarmed by the amount of oil used



here - most of it gets left behind. This is a tortilla quite unlike any other.

Serves 4 | Prep 10 mins | Cook 30 mins

Main ingredients:

1 large onion, peeled and quartered 700g baby potatoes, washed (no need to peel)

250g jar piquillo peppers, drained and finely chopped

1½ tsp hot smoked paprika 5 free-range eggs, whisked

From the storecupboard: 300ml sunflower oil butter, for frying sea salt and freshly ground black pepper

- 1 Place the thinnest slice attachment onto a food processor and finely slice the onion and potatoes. If you don't have a food processor, do this step by hand, but try to slice the potatoes as thinly as possible. In this case it will be easier to use bigger potatoes - go for a waxy variety such as Charlotte.
- 2 Place the oil in a medium deep-rimmed frying pan. The heat of the oil is important - you want it to be hot enough to fry the potatoes, but not so hot that it burns them. After 4-5 minutes on a medium heat, test the oil by dropping in a slice of potato - if it sizzles then it is ready. Using metal tongs, carefully add the potatoes and onions to the oil. The mixture will start to fry gently.

Stir every now and again, gently turning the mixture with the tongs.

- 3 After 15 minutes, turn off the heat and allow the oil to cool a little before you drain the potatoes and onions. Place a large sieve over a metal bowl and carefully pour the potatoes into it. leaving it to stand for at least 5 minutes to allow all of the oil to drain away.
- 4 Transfer to another bowl and allow to cool a little (if it is too hot when you add the eggs they will cook and scramble). Add the peppers, paprika, whisked eggs, 2-3 generous pinches of salt and the same of pepper. Mix everything together.
- 5 When ready to cook, place a medium non-stick frying pan on a medium-high heat. Add a little butter and swirl it around as it melts. Tip the mixture into the frying pan and flatten out the surface. Cook for 5-6 minutes.
- 6 Place a large plate over the frying pan and carefully tip both plate and frying pan upside-down, so that the tortilla is on the plate. Slide the tortilla back into the frying pan, so that the uncooked side is on the bottom. Fry for a further 5 minutes, and you are ready to go. This is delicious served with a simple green salad and a spoonful of aioli.

COOK'S TIP You can cook this tortilla in a couple of smaller frying pans if you find it easier - simply reduce the cooking time by a couple of minutes.

■ PER SERVING 402 cals, fat 25.1g, sat fat 6.6g, carbs 29.8g, sugars 6.2g, protein 13.6g, salt 1.4g, fibre 5.5g

Simplecooking

Roasted red pepper and fennel with Puy lentils, parsley and caper berries ♥

Romano peppers are long and thin, and deliciously sweet. If you can't find them, everyday peppers will be fine – simply quarter them instead of halving. This is a perfect supper all on its own, but is also delicious served up alongside the tortilla, on page 41.

Serves 4 | Prep 10 mins | Cook 30 mins

Main ingredients:

5 Romano peppers, halved and seeds removed

3 large bulbs fennel, cut into wedges 200g Puy lentils

25 caper berries, stems removed (roughly 50g)

40g parsley

From the storecupboard:

2 tbsp olive oil, plus extra for roasting sea salt and freshly ground black pepper

- 1 Preheat the oven to 200C/fan 180C/gas 6. Place the peppers on one tray and the fennel wedges on another you may need more than one tray for the fennel. Drizzle with olive oil and a generous pinch of salt and pepper. Roast for 25–30 minutes, turning the fennel halfway through cooking so that it browns nicely on each side.
- 2 Meanwhile, place the Puy lentils in a medium saucepan, cover with water, season with a very generous pinch of salt (or add a stock cube instead for added flavour) and cook for about 20 minutes, until tender but still retaining a little bite. When ready, drain and keep warm.
- **3** Blitz 10 caper berries, 30g of the parsley, the 2 tablespoons of olive oil, and a pinch of pinch of salt and pepper using a small handheld blender, until smooth.
- 4 To serve, place a generous spoonful of Puy lentils onto a plate and add some of the roasted peppers and fennel, with the remaining caper berries. Chop the remaining parsley, sprinkle on top to garnish, and

drizzle with the parsley dressing to finish. Alternatively, serve it on one big platter for people to help themselves.

■ PER SERVING 289 cals, fat 9.6g, sat fat 1.4g, carbs 36.9g, sugars 10.9g, protein 14.6g, salt 1.3g, fibre 10.9g

Steamed silken tofu with chilli oil, ginger, garlic and lime VO

Warm steamed tofu adorned with this fiery vibrant dressing is my favourite way to enjoy this ingredient. The dressing packs a punch, which is perfectly counterbalanced by the creamy tofu. Serve with steamed pak choi and rice.

Serves 4 | Prep 10 mins | Cook 15 mins

Main ingredients:

2 tbsp chilli oil

5 tbsp soy sauce

30g fresh root ginger, peeled and finely chopped

juice of 1 lime

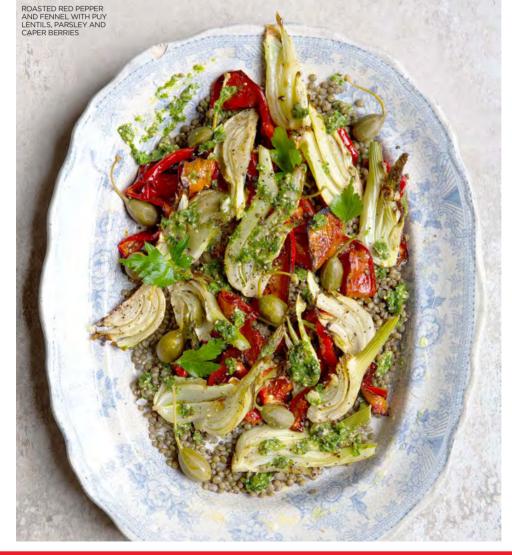
2 x 300g blocks of silken tofu

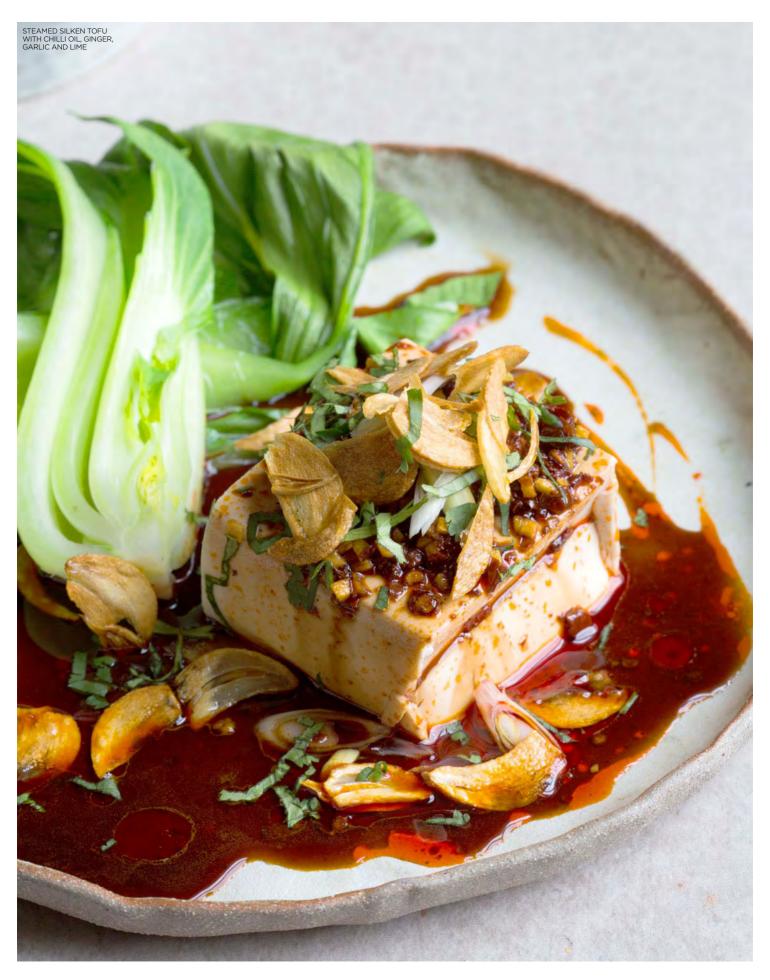
From the storecupboard: sunflower oil, for frying 2 cloves garlic, peeled and finely sliced

- **1** Combine the chilli oil, soy sauce, chopped ginger and lime juice. Set aside.
- 2 Heat a little sunflower oil in a frying pan and fry the sliced garlic until golden brown. Remove with a slotted spoon onto some kitchen towel to absorb any excess oil and set aside
- 3 Use a bamboo steamer to cook the tofu. If you don't have one, you can steam the tofu using a colander and a small plate. If both blocks of tofu don't fit into the colander, steam one at a time. Find a saucepan that you can suspend the colander over. Pour in about a cup of water and bring to the boil. Place the tofu on a small plate (small enough to fit inside your colander) and then place it into the colander. Cover with a saucepan lid or large plate, making sure the steam is trapped in. Steam for 10 minutes.
- **4** Carefully transfer the tofu to a shallow bowl (serving half a block per person) and pour the dressing over the top. Garnish with the fried garlic. Serve with lightly steamed pak choi and basmati rice.

COOK'S TIP You could always add some chopped coriander and spring onion if you'd like some additional flavour and texture in this dish.

■ PER SERVING 278 cals, fat 22.9g, sat fat 3.1g, carbs 5.2g, sugars 3.6g, protein 13g, salt 2.6g, fibre 0.3g











MASTERCLASS WITH VALENTINA HARRIS

How to... Make the perfect risotto

Risotto was the very first thing I ever learned to cook and it's my earliest childhood memory. It was when I was about four years old and I can remember exactly the chair I stood upon, the feel of the gas ring near my legs, the way the wooden spoon felt in my hand and the intense perfume of the rice as it rippled and bubbled in the huge pot. Perhaps that was the moment I became hooked on cooking, and on risotto in particular, although maybe it is something to do with my family history – my ancestors, the Dukes of Milan, were very involved in the development of rice cultivation in northern Italy.

Risotto is such a marvellous multipurpose dish. It makes fantastic party food as it can easily be eaten with a fork while standing up; it is popular with children; it can be as expensive and extravagant or as cheap and cheerful as you like; and it is endlessly adaptable. Once you've mastered the basic technique, you can try any recipe you like.

Classic risotto

IL SOFFRITTO (the base) Fry the onion, plus garlic or other vegetables you are using, over a low heat until soft and translucent without allowing them to brown or colour at all. Move the pan on and off the heat when things look like they might be getting too hot and give everything time to cool down a bit before

resuming the cooking. Stir frequently to keep the ingredients moving. You could also add a tiny drop of stock to moisten them and prevent them browning.

LA TENTAZIONE (the temptation) Add the rice only when the onion is completely softened. 'Toast' the rice carefully over a low to moderate heat, moving the pan on and off the heat if things look to be in danger of browning, until the grains are shiny, opaque and very hot – but not browned at all. Stir constantly and be patient. The toasting process can take up to 8 minutes, never less than 5.

IL SOSPIRO (the sigh) When the rice grains are changed in appearance and are making a tiny popping sound, raise the heat and pour in the wine or the first addition of hot stock. As the liquid hits the hot rice it should make everything hiss audibly and a column of steam should rise up as the rice grains bubble, dance and jump around in the liquid. This is the rice sighing in relief! Lower the heat again, then stir the stock (or wine) into the rice. Keep stirring until all the liquid has been absorbed.

LA COTTURA (the cooking) Continue to add the hot stock two ladlefuls at a time. Always wait for each batch of liquid to be absorbed before adding more. Don't hurry this





process: let the rice soak up the liquid and the corresponding flavour at its own pace. Regulate the heat under the pan so the rice is kept bubbling very gently. Move the pan on and off the heat if necessary. Stir constantly, but gently, otherwise you risk breaking up the rice grains. Keep pushing the tip of your wooden spoon right around the edges of the pan, and turn the pan so you can see the sides and push any stray grains back down to join the mass.

LA DIVISIONE (the parting) As you continue to cook and stir, you will eventually see that the spoon leaves a clear wake behind it as it is drawn through the risotto. This is a



Kitchentutorial

VALENTINA'S TOP TIPS

- Choose the correct shape of pan risotto needs to be cooked in a deep. heavy-bottomed pan so that the rice absorbs the flavours and the stock rather than this being evaporated away, as would happen in a frying pan or wok-shaped pan.
- Make sure the pan is large enough for all the rice once it is cooked, plus the other ingredients that are included in the recipe. Also make sure the pan's lid fits nice and snug to ensure a proper mantecatura (see below).
- Be sure you have the correct rice for the recipe. Never mix up different varieties.
- Prepare all your ingredients. Chop the onion (or whichever member of the allium family you are using) to the size of a raw rice grain or smaller. Don't grate the onion (even though this will make it much smaller) because it will become too watery.
- Check your stock for flavour, colour, intensity and so on to ensure it is the right kind of stock for the risotto you plan to make
- Heat the stock to simmering point and keep it at a low simmer throughout.

sign that the rice needs more liquid. It will probably be slightly sticking to the bottom in the centre of the pan, which is to be expected. This offers a little extra protection in preventing the rice from overcooking, but too much rice stuck to the bottom will prevent it from cooking evenly, so it is important to keep the rice moving around.

LA MANTECATURA (buttering up or making the rice creamier) The risotto is cooked when the rice is tender - but with each grain still firm to the bite in the centre with no trace of chalky, gritty or crunchy texture - and surrounded by plenty of velluto (the velvet) that has come from the rice starch blending with the stock and not from added butter, cream or anything else. For most risotti, you now take the pan off the heat, stir in extra butter and/or cheese, cover the pan and leave for 4 minutes. This resting before serving is called *mantecare* and it makes the texture of the risotto even more creamy and smooth.

IL SERVIRE E IL MANGIARE (the serving up and eating) After resting, always stir the risotto one more time to bring a little air into it, then turn out onto a warmed platter or warmed individual dishes and serve at once. Risotto should traditionally be eaten in a specific way, with a fork, and working clockwise around the edges.



Risotto con pomodori e basilico

TOMATO AND BASIL RISOTTO

This simple, classic combination of tomato and basil is from Liguria and works beautifully, resulting in a wonderfully vibrant red risotto. If the tomato skins are very tough, it would be a good idea to remove them. To do this with ease, nick the skins carefully with the tip of a knife (you only need a very small nick), then plunge the tomatoes into boiling water for 1 minute. Drain, dry and slip the skins off with a sharp knife.

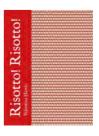
Serves 6 | Prep 10 mins | Cook 40 mins

handful of basil leaves 2 cloves garlic, finely chopped 6 ripe, squashy tomatoes, coarsely chopped 120ml extra-virgin olive oil 150g pine nuts 500g risotto rice, preferably Arborio 1 large wine glass dry white wine about 1.5 litres vegetable stock, kept at a low simmer throughout

75g vegetarian pecorino or vegetarian-style Parmesan cheese, freshly grated sea salt and freshly ground black pepper

1 Put the basil, garlic and tomatoes in a pan with half the olive oil and cook gently together for about 10 minutes to form a thick chunky sauce. Season with salt and pepper. When the sauce is glossy, remove from the heat and leave to one side until required.

- 2 Meanwhile, pour the rest of the oil into a deep, heavy-bottomed pan, add the pine nuts and toast until golden but not dark brown. Add the rice and toast it, stirring, until the grains are opaque, crackling hot and shiny. Add the wine and stir until it has been absorbed.
- 3 Now gradually add the hot stock, about two ladlefuls at a time, stirring the rice as it absorbs the liquid. Remember to do this at the pace of the rice - in other words, keep stirring gently and never add more stock than the rice can take at one time. After about 10 minutes, add the tomato, basil and garlic sauce. Stir and resume the cooking process, adding the hot stock as before.
- 4 When the risotto is creamy and the rice is tender but still firm in the middle of the grain, remove from the heat and stir in the pecorino or Parmesan. Cover the pan and leave the risotto to rest for 4 minutes. Stir once more. then transfer to a warmed platter and serve
- PER SERVING 714 cals, fat 39.2g, sat fat 6.2g, carbs 71.4g, sugars 3.8g, protein 14.8g, salt 2.6g, fibre 2.7g



Recipe adapted from Risotto! Risotto! by Valentina Harris (Absolute Press, £20). Photography by Ian Garlick.

Pulsepoint

Bean feast

Beans and lentils are a veggie cook's secret weapon, says Georgina Fuggle. Packed with nutrients, cheap and filling, these storecupboard standbys are incredibly versatile too.



Cheese and cannellini bean pie with fennel seed pastry

Perhaps it is because my brother makes pies for a living that I have developed quite a cook's snobbishness towards them! The pastry must be a trusted, faithful recipe that can cope with, neigh support, the filling. Use a strong Cheddar as the beans work well with punchy flavours.

Serves 6 | Prep 40 mins + chilling Cook 1 hr

For the pastry:

150g unsalted butter, chilled, plus extra for greasing

400g plain flour, sifted, plus extra

for dusting

1/2 tsp salt

1/4 tsp mustard powder

11/2 tsp fennel seeds

1 free-range egg, beaten with a little milk, for glazing

For the filling:

1 medium (250g) King Edward potato, peeled and cut into small cubes

30g unsalted butter

4 large (200g) banana shallots, sliced small bunch of spring onions, sliced

2 medium free-range eggs

130ml double cream

2 tbsp roughly chopped flat-leaf parsley 200g vegetarian mature Cheddar, grated 400g can cannellini beans, drained

and rinsed sea salt and freshly ground black pepper

1 First make the pie filling. Boil the potato in a large saucepan of salted water for 10-15 minutes, until a knife is easily



inserted but the cubes are still holding their shape. Drain and set aside.

- 2 Meanwhile, gently melt the butter in a small saucepan over a low heat and gently sweat the shallots and spring onions until softened but not coloured, stirring occasionally for about 10 minutes. Remove from the heat and set aside. Lightly whisk together the eggs, cream, parsley and cheese. Add a healthy pinch of salt and a grinding of black pepper. Set aside.
- 3 For the pastry, put the butter and 110ml cold water in a small saucepan and heat until melted, then bring to a simmer. Tip the flour, salt, mustard powder and fennel seeds into the molten mixture. Working quickly, stir until the mixture comes together and a soft dough is formed. Gather the warm dough together and form into a disc. Wrap in cling film and chill for 30 minutes.
- 4 Preheat the oven to 180C/fan 160C/ gas 4 and grease a large pie dish (about 26cm in diameter).
- 5 On a lightly floured work surface, roll out two-thirds of the pastry big enough to line the base and sides of your pie dish. Roll out the remaining pastry to create a lid. Carefully lower the rolled pastry into the dish to form the base.
- 6 Mix together the cannellini beans, potatoes, shallot mixture and beaten egg mixture. Spoon into the pastrylined dish. Cover the pie with the pastry lid and seal by crimping the edges decoratively. Glaze the top of the pie with the egg and milk mixture. Poke a couple of small steam holes in the top, then chill the pie for 10 minutes.
- 7 Cook for 40-45 minutes until golden brown, then serve.
- PER SERVING 844 cals, fat 53.5g, sat fat 31.9g, carbs 68.6g, sugars 4.2g, protein 23.1g, salt 2.2g, fibre 7.4g

Baked squash with coconut, coriander and lentils V

This recipe was developed as all recipes should be, with friends in the kitchen and a pile of ingredients that needed shaping. The lentils are rich, thick with coconut milk and gently spiced - a suitable base for sweet roasted squash. Serve, as I did, warm from the oven with a side dish of dressed, seasonal leaves.



Serves 4 | Prep 20 mins | Cook 1 hr 300g butternut squash, ideally the

base end that holds the seeds

2 tbsp olive oil, plus a little extra for brushing and drizzling 2 onions, finely sliced 3 large cloves garlic, sliced 1 large green chilli, sliced into rounds 1 tsp ground coriander 400g can green lentils, drained and rinsed 160ml coconut cream freshly chopped coriander, to garnish sea salt and freshly ground black pepper

1 Preheat the oven to 200C/fan 180C/ gas 6. Line a baking sheet with greaseproof paper. Prepare the squash by peeling the skin using a vegetable peeler and slicing into 2cm rounds, removing any seeds - aim for five. Brush each round with oil and lay on the prepared baking sheet. Roast for 25 minutes, turning halfway through, until soft.

2 Meanwhile, heat the oil in a large, heavy-based frying pan. Add the

onions and gently fry over a medium heat for 4-5 minutes, until soft and golden. Add the garlic, chilli and ground coriander and fry for a further 3-4 minutes. Add the lentils and combine. Stir through the coconut cream with 3 tablespoons of cold water and season generously. 3 Transfer the mixture to a 2-litre ovenproof dish. Remove the squash from the oven and nestle the rounds into the lentil mixture. Return to the oven and bake for a further 25 minutes. 4 Remove from the oven and scatter over a little fresh coriander. Serve with a little extra drizzle of oil, if liked. ■ PER SERVING 468 cals, fat 35.4q, sat fat 35.4g, carbs 26.6g, sugars 10.3g, protein 11.1g, salt 1g, fibre 7.2g

Coriander and cashew green falafel with harissa yogurt

Dried beans provide the right combo of starch and water for the mix to hold together, so do take the time to

Pulsepoint

use these. You can't get fresh chickpeas and using tinned beans will make the mixture mushy, unless you add heaps of flour, so that's that settled!

Makes 12 falafel
Prep 15 mins + soaking and chilling
Cook 10 mins

120g dried chickpeas, soaked overnight in plenty of water 120g dried fava beans, soaked overnight in plenty of water

2 tbsp tahini

1 large clove garlic, crushed

1 tsp ground cumin

2 tbsp chopped fresh coriander 3 tsp coriander seeds, lightly bashed

50g cashew nuts (or macadamia nuts),

toasted and chopped

½ small green chilli, finely chopped

2-3 tbsp sesame seeds

120ml sunflower oil, for frying sea salt and freshly ground black pepper

For the harissa yogurt: 100g thick natural yogurt 1 shallot, very finely chopped ½ tbsp harissa paste

1 Drain the chickpeas and fava beans, then rinse well under cold running water and leave to drip dry in a colander or sieve.

2 Put the drained pulses into a food processor and whizz until smooth. Add the tahini, garlic and cumin and pulse again, until well combined but still with some texture. Scoop the mixture into a bowl and stir through the fresh coriander, coriander seeds, cashew nuts and green chilli. Season with salt and pepper. Chill the mixture for at least 30 minutes, but leave for an hour, or two, if you have the time.

3 Get ahead by making the harissa yogurt. Mix the yogurt with the finely diced shallot and harissa paste. Season well.

4 Next, divide the falafel mixture into 16 smallish patties, flattening gently on either side using your palms. Roll lightly in the sesame seeds and set aside on a baking tray lined with baking paper.

5 Heat the sunflower oil in a heavy-based frying pan. Working in batches, fry the falafel for 3–4 minutes on either side, until brown and crispy. Drain on kitchen towel to remove any excess oil and serve hot, alongside a bowlful of the harissa yogurt.

■ PER FALAFEL 219 cals, fat 16.2g, sat fat 2.3g, carbs 11.4g, sugars 1.7g, protein 7.5g, salt 1g, fibre 1.4g

govegan

These tasty falafel are vegan, just make sure you replace the dairy yogurt with a soya variety when making the harissa dip.



Lemon, blueberry and butter bean cake

A citrusy, filling loaf with a wonderfully thick texture that should be brought to the table in slabs. I'm sure it will be wolfed down in one tea sitting, warm from the oven, with a blob of yogurt or indeed nothing at all. What's more, it's gluten- and dairy-free.

Serves 10 | Prep 20 mins | Cook 45 mins

400g can butter beans, drained and rinsed 50ml olive oil, plus extra for greasing 3 medium free-range eggs zest and juice of 2 unwaxed lemons 100g caster sugar 150g ground almonds 90g fine polenta 1 tsp baking powder 200g blueberries

For the syrup: juice of 1 large lemon 50g caster sugar

1 Preheat the oven to 180C/fan 160C/gas 4. Grease a 900g loaf tin with oil and line it with baking parchment.

2 Put the beans and oil in the bowl of a food processor and blitz to a thick paste. Scrape

this into a mixing bowl and stir through the eggs, one at a time, and mix well before adding the lemon zest and juice, sugar, almonds, polenta and baking powder.

3 Pour half the batter into the tin, scatter with half the blueberries before topping with the remaining batter. Sprinkle the remaining blueberries over the top, lightly pressing them into the batter. Bake for 45 minutes.

4 Meanwhile, make a syrup by warming the lemon juice and sugar with 1 tablespoon of water in a small saucepan. As soon as the cake is cooked, remove it from the oven and immediately pour the syrup over it while still in the tin. Don't worry if it collects in the corners slightly; it will soak into the sponge. Allow to cool a little before removing from the tin. Serve in slices.

■ PER SERVING 275 cals, fat 14.7g, sat fat 1.8g, carbs 29g, sugars 17.7g, protein 7.2g, salt 0.2g, fibre 1.9g



Recipes adapted from *On the Pulse* by Georgina Fuggle (Kyle Books, £16.99). Photography by Ali Allen.



ABOUT CHAVA

Chava Eichner is a freelance food writer and photographer who passionately creates for many meat-free companies and organisations like Viva! and the



Vegetarian Society, among others. She lives in the Cotswolds with her partner David and two young boys, Sam (9) and Alex (7). Visit her website and blog at **www.flavourphotos.com**, where you can find more mouthwatering food inspiration, and follow Chava on Twitter @flavourphotos.



Smokin!

Our regular vegan food writer Chava Eichner plays with a variety of smoked ingredients to add a rich new flavour to her cooking.

I'm so excited to introduce my brand-new column where I'll be featuring all my latest discoveries in vegan cooking! There will be plenty of fun and unusual ingredients, a new technique or two, and lots of delicious animal-free ideas. My aim is to create the tastiest recipes, whether you're looking for something different for a midweek meal or a creative Sunday lunch with friends. They will always be easy and achievable, suitable for seasoned pros and kitchen novices alike.

In my quest for new inspiration I ventured out to the BBC Good Food Show in Birmingham last November. To my surprise, I was sorely disappointed by the lack of vegan innovations and on-site catering options (although that's a story for another day). However, what I did discover was a new product that really blew me away – smoked rapeseed oil. This kind of rich smokiness is a taste sensation that you rarely find in vegan recipes. I arrived home with my newfound treasure and I still love it, and enjoy finding new ways to incorporate the oil into my recipes.

The discovery of this taste sensation has encouraged me to start exploring how to incorporate smoke – in all its forms – into my cooking. I've tried liquid smoke, oven smoking bags, smoked spices and smoked tea. I can't wait to share this month's new recipes that all share a wonderful depth of smoky flavour.

Most of all, I'm look forward to keeping in touch with you. Let me know how you get on with all the new dishes, tell me about your own clever additions or share a photo of your successes. Just drop me a line on Twitter (@ flavourphotos). Let's make delicious vegan meals together!



Spanish butter bean tapas ♥◎

Smoked paprika adds a deep richness to a whole range of meals. It gives a wonderful depth of flavour that can truly transform a dish. Try it sprinkled over hummus dips, add it to guacamole or stir it into a marinade for tofu. Once you've bought a box there really will be plenty of ways to use it.

Serves 4 | Prep 5 mins | Cook 10 mins

2 tbsp olive or rapeseed oil 2 spring onions, finely sliced 100g button mushrooms, halved ½ tsp dried rosemary 1 level tsp smoked paprika zest of ½ lemon 1-2 tbsp lemon juice 2 heaped tsp sundried tomato paste 400g can butter beans 2 tbsp chopped chives sea salt and freshly ground black pepper

- 1 Heat the oil and sauté the spring onions for a minute. Add the mushrooms and rosemary and cook for a further 4-5 minutes.
- 2 Stir in the smoked paprika, lemon zest, lemon juice, sundried tomato paste and beans. Reduce the heat and add the chopped chives and a little splash of water, if necessary. Simmer gently until all the ingredients are well combined and heated through.
- 3 Remove from the heat and leave to sit for an hour or two to let all the flavours blend together. The beans will become so much tastier! Season to taste with salt and pepper. COOK'S TIP Serve as part of a tapas platter. as a starter with crusty bread or as mini canapés on crackers.
- PER SERVING 107 cals, fat 6.1g, sat fat 0.9g, carbs 8.9g, sugars 1.7g, protein 4.6g, salt 1g, fibre 4.7g

Smoky lentil and walnut pies **□**

The smoked rapeseed oil I'm using in this recipe comes from a company local to my home - Cotswold Gold, Small batches of oil are smoked for 18 hours over beech wood and this creates a truly unique flavour. I could quite happily have a lunch of nothing else but fresh bread and a little dish of the oil to dip! With this recipe you can either make six individual pies or make one large pastryencased roast that you can serve in slices.

Makes 6 | Prep 20 mins | Cook 35 mins

45g breadcrumbs 75g walnuts 400g can brown lentils, drained and rinsed 1 tbsp soy sauce 1/2 tsp vegan bouillon powder 2 heaped tbsp sundried tomato paste 1-2 tbsp smoked oil sea salt and freshly ground black pepper 1 sheet ready-rolled shortcrust pastry

For the glaze: 3-4 tbsp soya milk 1 tsp maple syrup

- 1 Preheat the oven to 180C/fan 160C/gas 4 and line a baking tray with baking parchment.
- 2 Whizz the breadcrumbs and nuts in a food processor or blender until you have fine crumbs. Add the lentils, soy sauce, bouillon powder, tomato paste, smoked oil and seasoning to taste. Blend until you have the desired consistency - either completely



smooth or, if you prefer, use the pulse function of your blender to retain some bite.

- **3** Unroll the pastry and cut it into six pieces with a sharp knife. Divide the filling into six parts and spoon one portion onto the first pastry piece. Fold up the four corners, making sure that the pastry overlaps and encloses the filling. Turn the finished pie over and place seam-side down on the baking tray. Continue with the remaining filling and pastry.
- 4 Mix the soya milk and maple syrup

together and brush it evenly over the pies. Bake for 35 minutes or until golden brown.

- 5 Serve with roast potatoes, veggies, gravy and cranberry sauce for a Sunday lunch. Alternatively, serve on a bed of colourful stirfry or pretty mixed salad for a lighter meal. COOK'S TIP For vegan pastry, look for fresh or frozen Jus-Rol non-butter varieties, or check supermarket own-brands.
- PER PIE 352 cals, fat 23g, sat fat 5.5g, carbs 27.3g, sugars 2.9g, protein 9.6g, salt 1.8g, fibre 4.9g

Lapsang souchong-infused crème caramel V

Lapsang souchong is a very unusual tea. Different from all other black tea varieties. the leaves are traditionally dried over a pinewood fire. As they dry they take on the distinctive flavour that's reminiscent of sitting by a roaring campfire on a starlit night.

Makes 6 crème caramels Prep 10 mins + chilling | Cook 15 mins

40ml boiling water 1 teabag lapsang souchong tea 160g sugar 300ml dairy-free milk 1 sachet Dr Oetker Vege-Gel 250ml dairy-free cream 50g sugar 1 tsp vanilla bean paste (or essence)

- 1 Pour the boiling water over the lapsang souchong teabag and let it steep for 5 minutes.
- 2 Squeeze all extra water out of the bag and pour the tea into a saucepan with the 160g sugar. Heat gently and stir until the sugar has completely dissolved. Turn up the heat and let the syrup bubble (not too furiously) for about 5 minutes until the sugar turns a coppery-brown colour. Don't stir at all during this time as you may end up with a lump of crystallised sugar otherwise! Quickly divide the caramel between six heatproof ramekins and set aside.
- 3 To make the crème caramel, pour the dairyfree milk into a saucepan. Sprinkle the Vege-Gel over the cold liquid and stir thoroughly until every last bit of the powder has been blended completely into the liquid. This is the most important job to avoid a lumpy dessert. Add the dairy-free cream, 50g sugar and vanilla paste (or essence) and stir until the mixture almost reaches boiling point.
- 4 Take off the heat and quickly divide between the six ramekins. Allow them to cool down completely, then chill in the fridge overnight to let the caramel blend with the cream mixture
- 5 To serve, carefully run a knife around the edge of each ramekin and turn the desserts out onto plates.

COOK'S TIP You will probably be left with some of the hardened caramel stuck to the bottom of your ramekins. Just soak them in warm water until the sugar dissolves.

■ PER PUDDING 222 cals, fat 6.8g, sat fat 3.9g, carbs 36.8g, sugars 36.7g, protein 3.9g, salt 0.1g, fibre 0.2g





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Keep to simple



When the clock is ticking and you need to serve something fast and delicious, Katy Beskow's quick, cost-conscious and ethical food will be your new go-to recipes.

If you like fuss-free cooking using everyday ingredients, then Katy Beskow is the blogger to follow. Known online as Little Miss Meat Free, her recipes are quick and delicious, and she says she originally adopted a vegan diet because of a need to be budget-conscious. 'I became vegan back in 2006, after moving to London and stumbling across a fruit and vegetable market which inspired me to try new ingredients and cook from scratch,' she says. 'As a life-long vegetarian, I simply no longer had the money to buy cheese, eggs and milk and opted for vegan alternatives that I found at the market. I loved experimenting with new ingredients, using plenty of fresh vegetables, fruits and sacks of lentils. I would cook up feasts of sweet potato Caribbean curry and chilli that would last for days! I've never looked back and now enjoy a full vegan lifestyle.'

Although she previously had a career as a qualified physiotherapist, Katy admits her true passion was always for food, and she was happiest when cooking, eating and feeding others. She started out by blogging and this led to an exciting new career as a food writer and cookery teacher. She now develops recipes, teaches classes, appears at food festivals and works on creative projects with commercial brands. 'I'd often be asked by friends and family for a recipe, so I decided to post them online on a blog. which really took off. I then started getting

'There's so much more to food than health -memories, soul. happiness and comfort' regular magazine commissions, catering private events and teaching classes at cookery schools.

Less cooking, more eating

Her first cookbook, 15 Minute Vegan, has been inspired by her food philosophy that cooking should be effortless and fun - and by her own need for quick recipes that fit around her busy new career. 'In between writing, catering and teaching I find that I have very little time to prepare and eat a meal for myself, so I've built up a repertoire of recipes that I can cook and have time to enjoy. I posted a few online and had such a fantastic response - it seems like we all want to spend less time cooking and more time eating!'

Katy recommends keeping a good supply of dried pasta, soft noodles and canned beans and pulses in your storecupboard, as these can easily form the basis of a speedy meal, and says a well-stocked spice rack can transform a simple dish into something much more satisfying. Her favourite standby is pad Thai Jay with lime and sesame. 'I love this dish as I can throw in storecupboard ingredients along with any veg I've got in the fridge,' she says. 'I recommend beginners to vegan cooking try my mushroom and ale stroganoff followed by raspberry, rose and pistachio crumble - both are simple to make and ready in 15 minutes!'

Humble roots

Refreshingly, you won't find any chia seeds in the book as, unlike many vegan and healthy-eating bloggers, Katy's cooking has stayed true to her roots in using everyday foods such as fresh vegetables. pulses and herbs and spices rather than expensive specialist ingredients. 'Just like everyone else, I want to be able to pop into a supermarket after work and pick up the

simple ingredients I need for dinner,' she says. 'All of the ingredients used in the book can be found in a supermarket. Also, my background in food comes from humble roots - I want it to be accessible to all.'

Through her sensible, straightforward approach to recipe writing, Katy believes she makes vegan food more appealing to everyone, from busy mums to first-time cooks. 'People often think that veganism isn't for them because it may be time-consuming, expensive and lots of effort. 15 Minute Vegan breaks down these barriers by showcasing fast, effortless meals, from breakfast through to dinner, with a focus on simple, delicious dishes. I always recommend people buy seasonal produce for the best value fruit and veg, and to cook with whatever looks most vibrant and inviting!'

In the aftermath of the clean-eating backlash, Katy believes we should be more focused on delicious but also ethically produced food. 'For me, any health benefit is a happy side effect of a vegan diet. I'm not a vegan for health reasons, but to enjoy sustainable, ethical food. I detest the phrase "clean-eating" as no food is "clean" or "dirty", it's all about balance and choice. There's so much more to food than health - memories. soul, happiness and comfort.'

FIND OUT MORE

Katy's classes at Yorkshire Wolds Cookery School this year include An Introduction to Vegan Cooking and A Vegetarian Feast. Book early for her very popular class, A Vegetarian Christmas. She's already working on her second book, which will have a 15-minute vegan theme - with a twist. Find out more at www.littlemissmeatfree.com.





KATY'S FAST AND EASY RECIPES

Harissa aubergine kebabs with cucumber, red onion and mint relish **VO**

These spicy, sweet and satisfyingly sticky kebabs are perfect on the grill or even the barbecue come summer. Serve in soft flatbreads with the tangy relish and jewel-like pomegranate seeds and a generous drizzle of tahini. Once exclusive to Middle-Eastern grocery shops, harissa is now available in most large supermarkets - simply check out the world-food aisle.

Serves 2 | Prep/cook 20 mins

1 large aubergine, cut into 3cm chunks 6 whole cherry tomatoes

2 tbsp harissa paste

1 tbsp maple syrup

2 large flatbreads

1 small pomegranate, seeds only generous drizzle of tahini paste

For the relish:

1/4 small cucumber, finely chopped 1 small red onion, finely chopped handful of fresh mint leaves, roughly chopped

1 tbsp cider vinegar

1 Heat a griddle pan over a mediumhigh heat. Thread the aubergine chunks and cherry tomatoes onto two metal or pre-soaked wooden skewers. 2 Whisk the harissa paste and maple syrup into a large bowl, then dip the skewers into the mixture, generously coating the aubergine and tomatoes. 3 Place the skewers onto the griddle pan for 5-6 minutes, then turn on the other side and cook for a further 5 minutes.

4 In the meantime, prepare the relish. Put the cucumber and red onion in a small bowl and stir through the mint. Sprinkle over the vinegar and allow to infuse while the kebabs are cooking. 5 Arrange the grilled flatbreads on a platter and liberally sprinkle over the pomegranate seeds. Carefully remove the kebabs from the griddle pan and slide off the vegetables onto the flatbreads. Spoon over the relish and tahini and serve immediately. ■ PER SERVING 489 cals, fat 14.1g, sat fat 2.1g, carbs 79.5g, sugars 29g, protein 18.9g, salt 2.6g, fibre 20.2g



Yasai miso ramen Vo

This is the ultimate meal in bowl. *Yasai* is the Japanese word for vegetable. In this dish, vegetables are simmered with ramen noodles in a fragrant stock, seasoned with white miso. You can find miso in many supermarkets and health-food shops – I find that white miso has a milder flavour than red or mixed pastes. Pile your bowl up high!

Serves 2 | Prep/cook 20 mins

1 tbsp sunflower oil
2 cloves garlic, grated
2cm piece of ginger, peeled and grated
1 red chilli, finely chopped
600ml hot water
1 rounded tsp white miso paste

½ tsp Chinese five spice

2 whole star anise

1 carrot, finely sliced

1 red pepper, finely sliced

6 leaves pak choi, finely sliced

6 florets tenderstem broccoli

150g dried egg-free ramen noodles

2 spring onions, finely chopped
handful of fresh coriander, finely chopped
juice of 1 unwaxed lime

1 tbsp white sesame seeds

1 red chilli, deseeded and finely sliced

1 Heat the oil in a large pan over a mediumhigh heat. Add the garlic and ginger to the pan, along with the chopped chilli.2 Pour in the hot water and stir through the

white miso paste. Sprinkle in the Chinese five spice and star anise and bring to the boil for 5 minutes.

- **3** While the stock is cooking, remove the star anise. Add the carrot, red pepper, pak choi and broccoli to the pan. Add the dried ramen noodles and cook for 5-6 minutes, until the vegetables are bright and the noodles have softened.
- 4 Remove the pan from the heat and ladle into bowls. Scatter with the spring onions and coriander, and squeeze over the lime juice. Sprinkle with the sesame seeds and sliced red chilli, then serve.
- PER SERVING 452 cals, fat 12.5g, sat fat 1.8g, carbs 66.7g, sugars 1.4g, protein 19.5g, salt 1.4g, fibre 14.7g





Sweet-stuffed Ramiro peppers with salted lemon yogurt **VO**

Try to source Ramiro peppers as they have a thinner skin than regular peppers, so they roast faster with a sweet, smoky taste.

Serves 2 | Prep/cook 20 mins

1 tbsp olive oil 1 onion, finely sliced 6 Ramiro peppers 200g couscous 200ml hot vegetable stock small handful of fresh flat-leaf parsley, finely chopped small handful of fresh coriander, finely chopped

1/4 tsp ground cinnamon 1/4 tsp ground mixed spice 1 tbsp plump sultanas 1 tbsp flaked almonds

For the yogurt dressing: 4 tbsp unsweetened soya yogurt pinch of sea salt juice of 1/2 unwaxed lemon

- 1 Preheat the oven to 200C/fan 180C/gas 6. Heat the oil in a pan over a low heat. Add the onion and fry for 10 minutes until browned. 2 Chop the top off the peppers and slice in half lengthways, removing the seeds and inner stem. Place on a baking tray and roast for 10 minutes until the edges have darkened. 3 In the meantime, tip the couscous into a
- small bowl with the hot vegetable stock. Cover with a lid and allow the stock to absorb over 5 minutes.
- 4 When the couscous is light and fluffy, fork through and stir in the parsley and coriander. Remove the onion from the heat and spoon in the couscous. Sprinkle in the cinnamon and mixed spice and stir through the sultanas and flaked almonds. Spoon the onion and couscous filling into the peppers and keep warm.
- 5 To make the dressing, whisk the yogurt and salt in a bowl with the lemon juice. Spoon over the stuffed peppers just before serving. ■ PER SERVING 656 cals, fat 15.4g, sat fat 2.2g, carbs 110.4g, sugars 35g, protein 22.6g, salt

2.6g, fibre 13.8g



The lazy millionaire's shortbread pudding **☑ ☑**

Millionaire's shortbread is a baked classic. This quick recipe was created when I planned to bake a batch for guests, but ran out of time. So I pressed the shortbread base into individual ramekins and served it at the table with hot caramel sauce and melted chocolate, for my guests to create themselves. It was a huge success! I know you are going to love it too.

Serves 6 | Prep/cook 20 mins

For the shortbread biscuit base: 50g plain flour 1 tbsp caster sugar pinch of fine sea salt 30g dairy-free butter

For the caramel sauce: 3 tbsp soft brown sugar 2 tbsp golden syrup 1 rounded tbsp dairy-free butter 1 tsp vanilla extract 150ml soya cream

For the chocolate sauce: 200g good-quality very dark chocolate 100ml soya cream

- 1 Preheat the oven to 190C/fan 170C/gas 5. Start by making the biscuit base. Combine the flour, sugar and sea salt in a food processor, then add the dairy-free butter and mix until a dough is formed. Press the dough into six ramekins, in a 2cm layer. Bake for 9-10 minutes until pale golden.
- 2 While the bases are cooking, make the caramel sauce. Put the sugar, golden syrup, dairy-free butter and vanilla extract in a pan. Simmer over a medium heat for 4–5 minutes without stirring. Remove from the heat and allow to cool for 1 minute, then whisk in the soya cream. Pour into a jug and keep warm.

 3 For the chocolate sauce, break up the chocolate
- into a heatproof bowl and blast in the microwave for 20 seconds, stir, then blast for 20 seconds more, or until fully melted. Whisk in the soya cream, then transfer into another jug and keep warm.
- 4 Remove the ramekins from the oven and serve immediately for a softer, cakier base, or allow to cool for a few minutes for a firmer base. Serve with the caramel and chocolate sauces, and pour both into the ramekins just before enjoying while hot.
- PER SERVING 403 cals, fat 22.3g, sat fat 13.8g, carbs 47.5g, sugars 40.8g, protein 3.8g, salt 0.6g, fibre 1.4g



Recipes adapted from 15 Minute Vegan by Katy Beskow (Quadrille, £15). Photography by Dan Jones.

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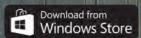
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MY FAVOURITE COOKBOOK

Having a kitchen clear out this spring? Need to lose a few old cookbooks? Alice Whitehead talks to famous veggies and vegans about the books they couldn't live without...

It doesn't really matter if you're a weekend baker or a cookery queen – almost everyone has at least one cookbook lurking in the kitchen. And for those of us who have an entire bookshelf, spring is a great time to digest and declutter and find homes for those we never use. But what about those sticky and splattered Penguin classics, complete with notes in the margin? Or the Sarah Browns and Rose Elliots passed down from our mums? These aren't just printed paper and binding glue, these are memories of meals enjoyed, unforgettable feasts and noteworthy family dinners.

Blogger Sharon Collins, author of *Bit of the Good Stuff*, will always have a soft spot for her very first cookbook. 'When I was 12 my family and I went to stay at a vegetarian farm, where everyone – including the dogs – were vegetarian. It was owned by Veronica Vezza, author of *Vegetarian Cooking Made Easy and Delectable*, and my mum bought me a copy,' recalls Sharon, who blogs at Bit of the Good Stuff. 'Back home we tried out her recipes and really loved them, and the book played a big part in my mum's

agreement for me to go veggie because she realised she could cook tasty meals for me and my meat-eating family.'

Mum and daughter marathon runners
Janey and Bibi Rodgers, bloggers at Veggie
Runners, also bonded over an old family
cookbook. 'I unearthed a copy of Sarah
Brown's *The Complete Vegetarian* at my
aunt's house, and my mum and I worked our
way through it,' says Bibi. 'While teenagers
don't always relish the idea of spending time
with their parents, discovering new things
together brought us closer and I found
myself looking forward to the nights we'd
cook together.'

Indeed, TV presenter Wendy Turner-Webster's first veggie cookbook managed to persuade the whole family to go meat-free. 'When I became vegetarian at 12, my mum bought a second-hand copy of Rose Elliot's *Simply Delicious* and soon realised you don't need meat to make food taste good, and it inspired her to become veggie too,' she says. 'When Mum decided not to have meat in the house anymore, Dad became veggie too – and the power of the book spread!'

Growing up

Your first basic cookbook can be as important as your first bank account when you leave home – and hails a whole new era of cooking for yourself, with all the burnt pans and lumpy sauces that go with it! 'Cooking was a compulsory subject at my school so I learnt most things from there, but Easy Vegetarian (a compilation or recipes) made me more adventurous,' says Made in Chelsea star and model Lucy Watson. 'When you have a great cookbook, it can really encourage you to try new things.'

When world savate champion James Southwood, founder of the London Savate Club, began his first year at Cambridge University it was Leah Leneman's *The Single Vegan* that encouraged him. 'While the book title looks more like a dating profile header, it taught me to cook intuitively,' says James. 'The Mediterranean bean stew, with its deft use of bay leaf and well chosen herbs is one I have memorised exactly as it is written.'

And for *A Place in the Sun* presenter Jasmine Harman it took a trip to Portugal to find her favourite. 'I happened upon







Upfront



an English bookshop and was thrilled to find Rose Elliot's Vegetarian Kitchen,' she says. 'As I'd only recently moved out, it was instrumental in shaping my love of cooking. Instead of just eating pasta with pesto out of a jar, I began experimenting with ingredients. I remember trying dill for the first time and being blown away by how delicious it was!'

The gift

For many food lovers, a well-chosen birthday or Christmas present spurs them into culinary action. Eddie Shepherd's parents bought him Rose Elliot's Vegetarian Express as he left for university, and it changed the way he ate. 'I think they were concerned I would try to exist solely on a diet of cheese on toast!' says the award-winning veggie chef. 'The book looks extremely simple to me now but, at the time, having just gone vegetarian, it helped me to get a handle on how to cook balanced, vegetarian meals on a budget that weren't just all based on cheese.'

Vegan blogger Luci Moss, at Made by Luci, was given her favourite book by her husband before they were married. 'He bought me Honestly Healthy by Natasha Corrett and Vicki Edgson, and was a bit horrified when he realised there was no meat in it!' laughs Luci. 'A few years later, of course, he'd be horrified if I did cook something with meat in it - but the book opened our eyes to the idea of meatless meals being normal.'

Something a little different

With vegan and vegetarian recipes more widely available now - and at the touch of a button - there is of course much more choice about how you cook and what you cook. Sweet-toothed fitness blogger Stefanie Moir of Naturally Stefanie, who was crowned 'Hottest Vegan' in 2016, can't get



enough of Chloe's Vegan Desserts -'it has the best vegan brownie recipe I have ever tried' - while British freerunner Tim Shieff loves the vegan recipes in alternative cookbook Thug Kitchen. 'It's a hilarious satirical spin on the general perspective of a vegan,' says Tim. 'The mac 'n' cheese is my favourite recipe: I loved it before I was vegan, and love it as a vegan!'

And other vegetarian home cooks insist they don't get their inspiration from books at all. While natural history presenter, conservationist and filmmaker Anneka Svenska types ingredients into Google to find her five-star recipes, radical barrister and patron of Viva! Michael Mansfield QC says all his favourite recipes are stored in his head. 'I'm forever throwing random ingredients and ideas together,' says Michael, whose friends affectionately call him 'Beryl' when he's cooking! 'Baked fennel in an onion,





garlic and tomato sauce is probably my favourite. I think that came from Nigel Slater, but I can't recall exactly.'

The lifesaver

For others, a cookbook can be a life changer. 'I first adopted a plant-based diet in 1993 after losing my leg in a motorbike accident... and I was given The Hippocrates Diet and Health Program by Ann Wigmore at the health centre where I had gone to heal my leg infection,' says VBites foods and vegan restaurant owner Heather Mills. 'It was more than just a cookbook: it was also about how being vegan heals you. Now I couldn't live without the Viva! Cookbook, especially its pad Thai with tofu triangles. It reminds me of the pad Thai I tried in Bangkok while en route to Cambodia in 1996, to work towards setting up an amputee clinic.'

Triple Guinness World Record-holding





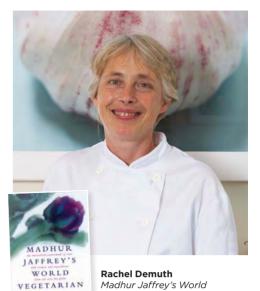
marathon runner Fiona Oakes says it was Sharon's *Bit of the Good Stuff* that changed her life. 'I don't get much time to spend in the kitchen, so this book came as something of a revelation,' says Fiona, who is also a fire fighter and animal sanctuary owner. 'It's a real winner with all the family – there are adventurous dishes for my mum, an experienced cook; quick and nutritious dishes for me when I'm juggling; and fun recipes which I can prepare with my young niece. What's most heartening and inspiring is that the recipes actually turn out like the illustrations!'

by Sharon Collins

Indeed, some of the very best cookbooks are the 'all-rounders', the ones you can dip into and find a recipe to suit, whatever the occasion and whatever you have in the fridge. 'A Modern Way to Eat by Anna Jones has recipes that I turn to again and again,' says blogger Kate Ford at The Veg Space, and author of Vegan in 15. 'Whatever you're in the mood for, there are great ideas for making them extra-special – it's like having Anna standing beside you as you raid the fridge!'

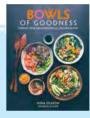
Vegetarian cookery school doven Rachel Demuth says her go-to cookbook is Madhur Jaffrey's World Vegetarian. 'It's my most trusted oldie and encyclopaedic in its scope,' savs Rachel, who runs Demuths Cookerv School in Bath. 'It's easy to use, organised by ingredient and her many dhal recipes are excellent, all with distinctive flavours, textures and regional variations.' Like many of us, however, Rachel still struggles to part with her other cookbooks. 'I'm still a sucker for buying cookbooks and my shelves are now overflowing,' she says. 'I try to discard the old ones, and then I'll re-read them and realise why I bought them in the first place, so they go right back on the shelves!'













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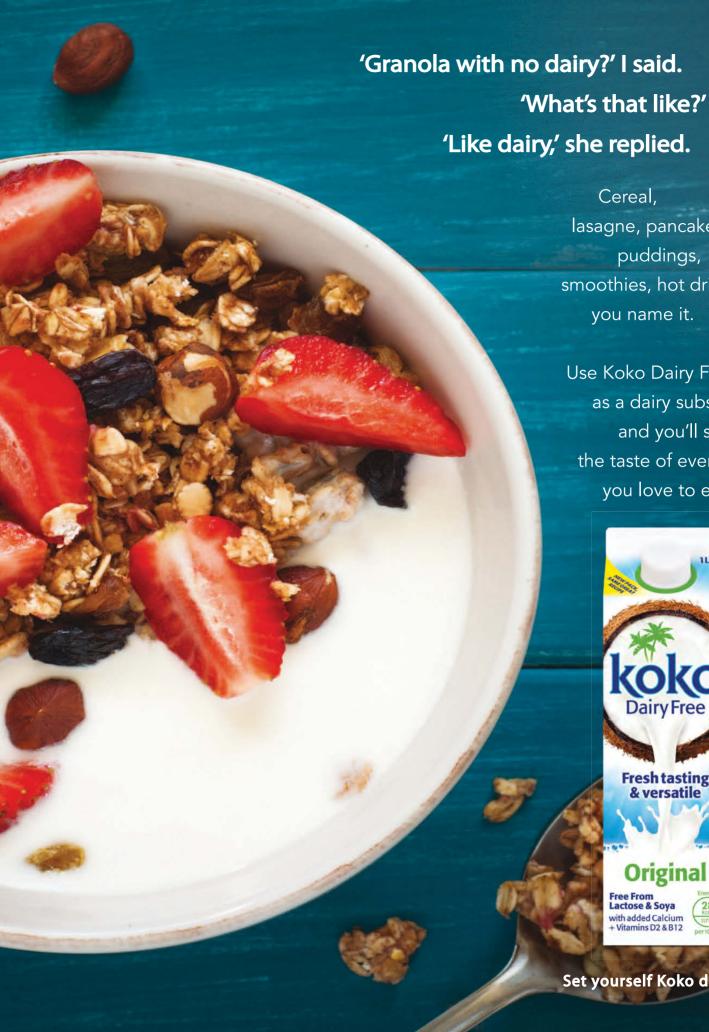
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COOKING FOR A CROWD

Join our Sunday lunch revival with delicious pies, bakes and tarts, plus Sarah Beattie's light and creamy desserts.



Whether a proper sit-down Sunday lunch with all the trimmings is a regular event in your household, or reserved for high days and holidays, we've got some alternative centrepiece dishes to suit all tastes at your next family feast. Roast potatoes optional!

Chestnut and chard en croûte

Even though it feels like a real treat and looks extra special, this is surprisingly easy to make, particularly if you use ready-made pastry and vacuum-packed chestnuts, as suggested here. You can substitute other cheeses for the Roquefort, if you prefer. The filling mixture can be made a day in advance and stored, covered, in the fridge.

Serves 6
Prep 35 mins + chilling
Cook 55 mins

50g butter
2 leeks, finely sliced
225g Swiss chard or rainbow chard, stems
pulled off and stems and leaves chopped
separately
400g can chestnut purée
3 free-range eggs, beaten
225g vacuum-packed chestnuts, roughly
chopped

50g oat flakes

225g vegetarian Roquefort cheese, diced ½ tsp freshly grated nutmeg 500g pack all-butter puff pastry handful of flour, for dusting melted butter or a beaten egg, for glazing sea salt and freshly ground black pepper

1 Heat the butter in a heavy-based pan and stir in the leeks. Add the chard stems and cook for a few minutes until soft, stirring occasionally to prevent them from sticking or burning. Add the chopped chard leaves and cook briefly until the leaves have just wilted.
2 Transfer the leek and chard mixture to a bowl and stir in the chestnut purée. Add the beaten eggs, chopped chestnuts, oat flakes and cheese. Grate on the nutmeg and season with plenty of salt and pepper. Stir well to combine all the ingredients. Cover the bowl and refrigerate for an hour or more to allow the mixture to firm up.

- **3** Preheat the oven to 220C/fan 200C/gas 7 and line a baking tray with baking parchment.
- 4 Lightly flour a work surface and roll out the pastry into a large rectangle about 30cm x 38cm. Brush round the edge of the pastry with melted butter or a beaten egg. Spoon the chestnut mixture down the length of the pastry, leaving 3-4cm clear at each end. Tuck up the ends of the pastry, then lift up the sides and wrap them round the filling. Pinch the sides together to form a seal, trimming off any excess pastry from the ends
- 5 Decorate with the trimmings, cut into shapes or leaves and arranged over the join. Brush the pastry with the rest of the butter or egg. Make a few holes in the pastry to allow steam to escape as it cooks, and sprinkle with a little salt and pepper.
- **6** Place on the prepared baking tray and bake in the oven for about 40–50 minutes, until the pastry is golden and crisp. Cover the

Sundaylunch

top loosely with foil after 30 minutes if the pastry is browning too quickly.

- **7** Serve in slices with roasted vegetables and Hollandaise sauce, or for a more traditional Sunday lunch go for veggie gravy, roasties and steamed vegetables.
- PER SERVING 815 cals, fat 49g, sat fat 25.2g, carbs 73.3g, sugars 9.8g, protein 21.1g, salt 3.3g, fibre 11.5g

Kale and leek bake V

The cream sauce, the kale, the garlic breadcrumbs on top ... this is the most perfect creamy casserole-style dish that will inspire second and third helpings.

Serves 6 | Prep 20 mins + infusing Cook 45 mins

500ml soya milk 250ml vegetable stock ½ onion, peeled and halved 3 cloves garlic, 1 smashed, 2 crushed pinch of fennel seeds 2 fresh bay leaves pinch of whole black peppercorns handful of chopped flat-leaf parsley, reserving the stalks for the stock 4 large leeks, cut in half lengthways and sliced into 1cm pieces, reserving the dark green ends for the stock 80g dairy-free margarine, plus extra for greasing olive oil, for frying 1 large bunch of kale, leaves stripped and roughly torn 1 tsp finely chopped thyme 35g plain flour 120g grated vegan cheese 1 tbsp Dijon mustard stale bread

- 1 Pour the soya milk and stock into a medium-sized saucepan and add the onion, smashed garlic, fennel seeds, bay leaves, peppercorns, parsley stalks and green leek ends. Bring to the boil, then remove from the heat and allow to infuse for 15 minutes. Strain the liquid into a bowl and discard the leftover ingredients.
- 2 Heat 1 tablespoon of the butter and a glug of olive oil in a saucepan over medium heat. Add the chopped leek with a pinch of salt and cook until soft but not coloured. Remove from the pan and set aside in a small bowl.
- 3 Bring a large saucepan of water to the boil and throw in a large pinch of salt. Drop in the kale leaves and boil for 3-4 minutes or until the leaves have begun to soften but still have their bright green colour. Drain and refresh under cold running water until the leaves are cool. This will stop the cooking process.



4 Preheat the oven to 180C/fan 160C/gas 4. Grease four individual or one large ovenproof dish with a little butter.

- 5 Heat the remaining butter in a mediumsized saucepan over low heat until melted. Add half of the crushed garlic and the thyme and cook for about 30 seconds before adding the flour. Stir well to combine and cook until it becomes a thick paste. Cook over low heat for about 1 minute to cook out the raw flour, then slowly add the strained infused soya milk, stirring constantly to keep the sauce smooth. Add the cheese and mustard and continue to stir over a low heat until the cheese has melted. Season with salt and pepper.
- **6** Either tear the bread into small pieces or pulse in a food processor until you have

chunky breadcrumbs. Heat a frying pan over medium heat and add a big glug of olive oil. Add the remaining crushed garlic, the chopped parsley and the breadcrumbs along with a pinch of salt and toss well to coat in the oil. Cook over medium heat, tossing often until the breadcrumbs are just beginning to turn a light golden brown. Remove from the heat and set aside.

- **7** Add the kale and leeks to the sauce and stir until evenly combined. Pour into the prepared ovenproof dish or dishes and top with the garlicky breadcrumbs. Bake in the oven for about 20 minutes, until golden brown and bubbling.
- PER SERVING 352 cals, fat 24g, sat fat 7.5g, carbs 21.2g, sugars 4.8g, protein 13.7g, salt 1.7g, fibre 7.3g

Sundaylunch



Vegetable lasagne V

The key ingredients substituted in this dairy- and wheat-free lasagne do the dish complete justice. The creamed butter beans really do give the same effect as the white sauce in a traditional lasagne, bringing the dish together and adding creaminess. Courgette acts as the pasta with a very similar texture. And the chunky vegetables inside taste and look suitably filling.

Serves 4 | Prep 30 mins Cook 1 hr 10 mins

8 courgettes
2 tbsp olive oil
1 red onion, finely diced
2 cloves garlic, finely chopped
6 large vine tomatoes, diced

4 sundried tomatoes, roughly chopped

1 corn on the cob, or about 150g thawed frozen sweetcorn kernels 1 red pepper, deseeded and finely sliced

1 aubergine, cut into 1cm-thick rounds 1 tbsp dried thyme

2 x 400g tins butter beans, drained and rinsed

250ml rice milk

handful of fresh flat-leaf parsley, finely chopped

pinch of crushed dried chilli sea salt and freshly ground black pepper

1 Preheat the oven to 200C/fan 180C/gas 6. To make the courgette 'pasta', use a vegetable peeler to shave the

courgettes into thin ribbons. Rub 2 teaspoons of the oil and some salt and pepper over the ribbons. You can set them aside now, or griddle them to create charred lines. To do this, heat a ridged griddle pan and griddle the courgette ribbons for 1 minute on each side (you'll probably have to do this in four or five batches, depending on the size of your griddle). Set the ribbons aside.

- 2 Heat 1 teaspoon of the olive oil in a medium frying pan, add the onion and garlic, and cook for 5 minutes until softened. Remove half of the onion mixture and place in a blender or food processor (this is for the butter bean sauce). Add the diced fresh tomatoes, sundried tomatoes and 100ml water to the frying pan and leave to cook gently on a low heat for 30 minutes, stirring occasionally.
- 3 Meanwhile, if using fresh sweetcorn, remove the husks and silk. if necessary, then cut the kernels from the cob. To do this, hold the cob at one end, upright at an angle, with the other end in the centre of a kitchen towel on your work surface, and run a knife down the cob to remove the kernels. Do this all the way round. Discard the cob. Spread the sweetcorn kernels on a baking tray with the red pepper and aubergine. Drizzle the remaining tablespoon of olive oil over them and sprinkle with the dried thyme. Roast in the heated oven for 20 minutes.
- 4 While the vegetables are roasting, make the butter bean sauce. Add the butter beans, rice milk and parsley to the onions and garlic in the blender or food processor and blitz for 5 minutes until very smooth. Transfer to a bowl.
- 5 Season the tomato sauce with salt, pepper and chilli. Transfer to the blender or food processor and blitz to make a coarse-textured sauce. Pour into a large mixing bowl and add the roasted vegetables.
- 6 Now you can layer everything up. First, lay a row of courgette ribbons (about a third of them) to cover the bottom of a baking dish. Add a layer of tomato sauce (half of it) followed by a layer of butter bean sauce (half of it). Repeat the layers and finish with a layer of courgette ribbons. Bake for 25 minutes. Serve hot.
- PER SERVING 357 cals, fat 17g, sat fat 2.5g, carbs 35.1g, sugars 16.6g, protein 16.4g, salt 1.4g, fibre 17.1g

Goat's cheese and beetroot tart

This beautiful tart combines the perfect marriage of goat's cheese, beetroot, fresh thyme and toasted pine nuts and is perfect for occasions when you want to serve something more spring-like. As a bonus, the irresistible pine-nut crust is a simple way to add extra nutty crunch - and requires no kneading.

Serves 8 | Prep 20 mins + chilling Cook 45 mins

For the base: 175g pine nuts, finely ground 100g buckwheat flour 50g rolled oats ½ tsp sea salt 1 free-range egg yolk 50g butter, melted 1 tbsp runny honey

For the filling: 1 tbsp hemp seed oil 1 clove garlic, finely chopped ½ red onion, sliced handful of young spinach leaves 75g peas 1 small raw or cooked beetroot, thinly sliced 2 tbsp toasted pine nuts 2 large free-range eggs, plus 2 large yolks 150ml double cream (or single) 75ml crème fraîche 50g soft vegetarian goat's cheese handful of fresh thyme leaves, plus extra to serve 1 tsp runny honey sea salt and freshly ground black pepper

- 1 Mix together all the ingredients for the base in a bowl. Line a 23cmdiameter, 3cm-deep loose-bottomed tart tin. Starting from the centre, press the mixture evenly into the base and sides of the tin. Use a fork to prick the base to allow steam to escape, then chill for 30 minutes. Meanwhile. preheat the oven to 180C/fan 160C/ gas 4 and place a metal baking sheet inside the oven to heat up.
- 2 Place the tart base on top of the baking sheet and bake for 10 minutes, or until lightly golden and firm to the touch. Set aside to cool.
- 3 For the filling, heat the oil in a large pan and gently cook the garlic with the onion until soft but not coloured. Spoon into the tart case, then add



the spinach leaves, peas, beetroot and 1 tablespoon of the pine nuts. Mix the eggs, cream and crème fraîche together in a jug. Slowly pour the mixture on top of the vegetables, then evenly divide the goat's cheese on top and scatter over the thyme. Season with salt and pepper.

- 4 Return the tart to the baking sheet and cook for 35 minutes, or until the filling is just set in the middle.
- 5 Leave to cool for 15 minutes, then remove the sides of the tin. Before serving, top the tart with the extra thyme leaves and pine nuts, and drizzle over the honey. Serve with steamed

new potatoes and roasted vegetables. ■ PER SERVING 514 cals, fat 43.7g, sat fat 15.4g, carbs 19.1g, sugars 5.9g, protein 11.5g, salt 1.4g, fibre 3.4g









Chestnut and chard en croute adapted from Veggie Comfort Food by Josephine Ashby (National Trust Books, £15), photography by William Shaw. Kale and leek bake adapted from Smith & Daughters by Shannon Martinez and Mo Wyse (Hardie Grant, £20), photography by Bonnie Savage. Vegetable lasagne adapted from The Detox Kitchen Bible by Lily Simpson and Rob Hobson (Bloomsbury, £14.99), photography by Keiko Oikawa. Goat's cheese and beetroot tart adapted from Natalie Seldon's *The* Goodness of Nuts & Seeds (Kyle Books, £9.99), photography by Faith Mason

April fools

As winter turns to spring, Sarah Beattie discovers that fools, flummeries and syllabubs are the perfect choice for lighter, fresher desserts.

Spring is in the air and our tastes are changing. Rich winter comfort foods give way to lighter fresher dishes. Hearty soups and stews step aside for clear broths and salads and, for dessert, forget sponge puddings and baked crumbles but consider April fools, flummeries and syllabubs.

British puddings have a long history; they were renowned even when other aspects of our cuisine were less well appreciated.

Creamy, frothy puddings were made by all classes, from simple ingredients. New spring milk was mixed directly from the udder into cider or wine to make possets, creams and syllabubs. Sometimes – as in atholl brose – it wasn't milk but a liquid obtained from soaking oats in water that was used.

The first fools were made with stewed fruits - particularly gooseberry or apple and blackberry - then puréeing them and mixing the sweetened, sieved fruit into an equal amount of egg custard. These days many fools are made with whipped cream in place of custard, but you can use Greek yogurt or mascarpone too. Vegans should try using a commercial soya vanilla pudding, but ensure that the fruit purée is not too liquid or too sweet.

Almost forgotten now, flummery is even lighter than a fool and contains no cream. It's delicate and delicious and costs just pennies to make, so it must be due a revival. However, as it does contain barely cooked egg it is unsuitable for anyone with a compromised immune system, the very young, the very old or pregnant women.

As spring moves into summer, try chopped ripe peaches and apricots as well as the tried and tested strawberries in Eton mess (whipped cream and crushed meringues) or raspberries in Scottish crowdie or whim wham (whipped cream and toasted oatmeal). Damson fool is one of the best. Its colour is deep and rich and so intense; try layering it in sundae glasses with cream or custard to give colour contrast.

For textural contrast, add a scattering of chopped toasted hazelnuts or flaked almonds. Or mix wholemeal breadcrumbs and demerara sugar together and put under the grill, shake from time to time and watch carefully so it doesn't burn. The sugar will melt and the crumbs will crisp. Add some cinnamon or ginger, if liked. Cool and sprinkle on the top of your pudding.



Rhubarb fool pudding

Serves 4 | Prep 5 mins + chilling

200ml cold custard 200ml cold rhubarb compôte 200g mascarpone (optional) a few slices of stale sponge cake

Beat the custard, compote and mascarpone (if using) together. Put a layer of cake in the bottom of a dish or an individual serving mould. Top with the rhubarb mixture, then

Gettogether



cover with more cake. Lightly weight it down and chill until ready to serve.

COOK'S TIP If you are using your own custard, make it quite thick, using fullcream milk. Mascarpone gives a stiffer consistency, which is essential if you want to turn the pudding out.

■ PER SERVING 400 cals, fat 25.9g, sat fat 16.3g, carbs 34.5g, sugars 24.5g, protein 7.8g, salt 0.2g, fibre 1.2g

govegan

This recipe can be adapted by using a vanilla soya pudding, like Alpro, and leaving out the optional mascarpone. Ensure your sponge is yegan too.

St Clement's flummery

Serves 6 | Prep 10 mins + chilling Cook 10 mins

125g caster sugar 25g plain flour 300ml water 25g butter zest and juice of 1 lemon zest and juice of 1 orange 2 free-range eggs, separated

- 1 Sift the sugar and flour together into a heatproof bowl.
- 2 Heat the water and butter in a small pan, until the butter melts and it is just below boiling. Pour onto the flour and sugar while mixing well. Pour back into the pan and cook, stirring frequently, for 3 minutes.

- 3 Beat the zest and juice of the lemon and orange in a bowl together with the egg yolks. Beating well, pour onto the flour mixture in the pan. Cook over a low heat, stirring constantly as it thickens. Take off the heat and allow to cool slightly
- 4 Whisk the egg whites until softly peaking. Fold half into the cooled mixture. Add the remaining egg whites and fold in carefully, to avoid knocking out the fluffiness but to ensure that there are no big clouds of egg white to be seen. Spoon into a serving dish and chill until required.
- PER SERVING 157 cals, fat 5.3g, sat fat 2.7g, carbs 24.9g, sugars 21.7g, protein 3g, salt 0.2g, fibre 0.2g

Lime syllabub ■

Serves 4 | Prep 10 mins + cooling Cook 5 mins

150ml chickpea liquid (drained from a 400g can chickpeas) 125a sugar

finely grated zest and juice of 2 limes 125g soya yogurt

- 1 Boil the chickpea liquid in a saucepan to reduce the amount to 50-60ml. Allow to cool.
- 2 Put the sugar in a small heavy-based saucepan with the zest and juice of the limes. Stir to dissolve the sugar, then bring to the boil, simmering until it reaches 118C - this is soft ball stage. If you don't have a sugar thermometer, watch the bubbles. They'll start off small but then they'll get bigger. The syrup will now be at the correct temperature. Take off the heat but it keep warm.
- 3 Whisk the reduced chickpea liquid until it becomes an opaque pale mousse. Gradually whisk in the hot lime syrup, reserving a tablespoon. An electric mixer makes this easy: whisk on high speed, pouring the syrup in a thin, steady stream. Whisk in the soya yogurt.
- 4 Divide the syllabub between serving glasses and chill until required. Just before serving, drizzle over a little of the extra syrup.
- PER SERVING 149 cals, fat 0.5g, sat fat 0.2g, carbs 34.7g, sugars 33.7g, protein 2g, salt 0.3g, fibre 0.4g







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SOMETHING FOR EVERYONE

Make family cooking child's play with great-tasting stress-free ideas from chef and mum Claire Thomson.



III HOVOUNTOIN





Time for tea

A professional chef and mother of three, Claire Thomson knows how to rustle up tasty recipes that will win over every member of your hungry household.



Broccoli, feta and filo pie

This Greek filo pasty dish is traditionally stuffed with feta and spinach but I've used broccoli here. I've made this as a circular pie with the centre left uncovered, but you can make it rectangular and completely covered if you prefer. Just be sure to slash the top with a few slits to release any steam as it cooks. Work quickly when using the filo and keep the unused sheets under a clean damp tea towel as you work, to prevent the pastry from drying out and becoming brittle.

Serves 4 | Prep 25 mins + cooling Cook 40 mins

1 tbsp olive oil 1 onion, finely diced 350g broccoli, cut into florets 200g vegetarian feta cheese, crumbled 100g cottage cheese, ricotta or quark 4 free-range eggs, beaten small bunch of fresh herbs such as dill, mint or parsley, finely chopped, or 1 tbsp dried oregano or mint, or a combination of fresh and dried herbs

1/4 tsp freshly grated nutmeg sea salt and freshly ground black pepper 300g filo pastry sheets 150g butter, melted

1 Preheat the oven to 190C/fan 180C/gas 5. Line a baking sheet with greaseproof paper.

- 2 Heat the olive oil in a small pan and fry the onion until soft and translucent, about 8-10 minutes.
- 3 Meanwhile, cook the broccoli in plenty of salted boiling water until tender, then drain well. In a mixing bowl, combine the broccoli, onion, feta, cottage cheese or ricotta, beaten eggs, herbs and nutmeg, then season with salt and pepper.
- 4 Lay two filo sheets vertically on the prepared baking sheet. Brush each sheet with melted butter. Take two more filo

sheets and place them so that they are at the 11 o'clock and 5 o'clock positions, brushing each sheet with melted butter. Continue to arrange filo sheets as if around a clock face, until you have an overlapping circle shape. Be sure to butter each filo sheet liberally.

- 5 When all the filo sheets have been used. place the broccoli mixture in the centre and spread out into a circle, leaving a good 5cm border. Carefully fold the filo over the edge of the broccoli mixture, leaving a majority of the mixture in the centre uncovered. Generously brush the edges of the pie with the remaining butter.
- 6 Bake for 25-30 minutes, until the pastry is golden and the centre is just set. Remove from the oven and leave to cool for 5-10 minutes, before slicing and serving.
- PER SERVING 801 cals, fat 54.8g, sat fat 30.5g, carbs 49.7g, sugars 7.6g, protein 28.3g, salt 4g, fibre 7.8g







Three-bean and cheese quesadillas

Tinned beans are the stealth ingredient to boost protein, fibre and nutrients in many dishes. They are a thrifty and reliable storecupboard ingredient: supermarket own-brand beans (cannellini, borlotti, kidney, butter, black-eyed, haricot) are extremely cheap and easy to come by. This is a meal that everyone enjoys, young and old, give or take additional chilli sauce.

Serves 4 | Prep 20 mins | Cook 25 mins

2 tbsp olive oil 1 large onion, finely diced 2-3 cloves garlic, finely sliced 1 tsp sweet smoked paprika 1 tsp ground cumin 3 x 400g cans assorted beans, drained and rinsed chipotle chilli paste or dried chilli flakes, to taste (optional) sea salt small bunch of coriander, roughly chopped

For the avocado and tomato salad: 1 ripe avocado, diced 2 ripe tomatoes, diced 1 red onion, finely sliced or diced juice of 1 lime

To serve: 4 large tortilla wraps grated vegetarian cheese, such as Cheddar chilli sauce sour cream

- 1 Heat the oil in a heavy-bottomed frying pan over a moderate heat and fry the onion until soft and golden, about 8-10 minutes. Add the garlic and spices and fry for another couple of minutes.
- 2 Add the beans to the pan and mix thoroughly with the onions. Give the beans a good mash with a potato masher or the back of a wooden spoon. Add the chilli if using and season with salt to taste. Cook over a moderate heat for about 5 minutes so the beans heat through. Take the pan off the heat and add the coriander.
- **3** To make the salad, combine the avocado, tomatoes and onion with the lime juice and a good pinch of salt.
- 4 To assemble the quesadillas, lay the wraps on a work surface and smother one half of each wrap with the mashed bean mix. Cover the bean mix with about a tablespoon of grated cheese and fold the wrap over. 5 In a dry frying pan over a moderate heat,
- cook the half-moon-shaped wraps until the surface is crisp and golden in patches and the cheese within has melted, about 2-3 minutes on each side.



- 6 Chop the guesadilla into two or three triangles and serve with chilli sauce, sour cream and salad.
- PER SERVING 542 cals, fat 24.9g, sat fat 8.2g, carbs 58g, sugars 8.8g, protein 22.9g, salt 2.3g, fibre 22.1g

Pea and halloumi fritters 🖸

Bright green, these are great little fritters. You can fry them off and keep them wrapped and warm in the oven to serve all at once. Or, if your family is anything like mine, you can fry as many fritters as will fit in the pan at a time, immediately hurling them onto the gobbled-and-wanting-more plates. Fry, eat, repeat. Especially nice served with the avocado and tomato salad (see recipe, above).

Serves 4 | Prep 15 mins | Cook 15 mins

350g frozen peas, defrosted 150g self-raising flour 3 free-range eggs 80ml milk 100g vegetarian halloumi cheese, coarsely grated 4-5 spring onions, thinly sliced

1/2-1 small bunch of dill or mint, finely chopped small bunch of parsley, finely chopped freshly ground black pepper vegetable or sunflower oil, for frying

lemon or lime wedges, to serve

plain yogurt or sour cream seasoned with a little salt or chilli flakes, to serve

- 1 Pulse the peas in a food processor until coarsely puréed.
- 2 Put the flour in a mixing bowl. Whisk in the eggs, milk, halloumi, spring onions, herbs and pea purée. Season with pepper: you shouldn't need salt as the halloumi will be quite salty enough, but check at this point by frying a little of the mixture.
- 3 Heat a large non-stick frying pan over a moderate heat and add enough oil to coat the bottom of the pan. When the oil is hot, add tablespoonfuls of the batter and fry for about 2 minutes. By this time the fritters should have firmed up and you can flip them over and fry the other side for 2 minutes. Work quickly in small batches until you have used all the batter.
- 4 Serve with lemon or lime wedges and the seasoned yogurt and chilli flakes, if vou like.
- PER SERVING 459 cals, fat 23,2g, sat fat 6,9g. carbs 41.3g, sugars 8.2g, protein 21.9g, salt 1.8g, fibre 6.4g



Recipes adapted from the National Trust Family Cookbook by Claire Thomson (National Trust Books, £20). Photography by Jill Mead.

Egg-citing Easter fun!





Join the great big egg h

Once again the National Trust has teamed up with Cadbury to offer families a brilliant day out with their ever-popular Cadbury Eqq Hunts, complete with chocolate treats.

This year, the Cadbury Egg Hunt (14-17 April) will be inviting families to join in the fun through muddy woodlands, around mystical lakes, along nature trails and through spring gardens blooming with life. There are over 250 Cadbury Egg Hunts to choose from, guaranteeing a fun-filled Easter for everyone. You could fight fiery dragons at Mount Stewart in County Down, or help throw a carnival at Polesden Lacey in Surrey - the choice is yours!

What's more, every time you head out on a Cadbury Egg Hunt, you'll help the National Trust fund vital conservation work to protect special places.

• To discover a Cadbury Egg Hunt at a National Trust property near you, visit www.cadbury.co.uk/easter.



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fit babies' hands, it's soft to touch, lightweight and with a slight vanilla scent to help soothe and entertain little ones throughout the tricky teething years.

• £14.99 from www.gertiethe goodgoose.co.uk.

LAY A LITTLE EGG..

Dressing up your cupcakes for spring with frosting nests and chocolate eggs is a lovely way to spend an afternoon, and they are brilliant for a spring fete or bake sale. You could even make the cake bases in advance and then get the kids involved for the decorating.

Spring nest cupcakes

Makes 12 cupcakes Prep 30 mins | Cook 20 mins

240ml whole milk 15ml sunflower oil 2 free-range eggs 1 tsp vanilla extract 260g plain gluten-free flour 14g baking powder 1/4 tsp salt 3/8 tsp xanthan gum 250g caster sugar 70g unsalted butter, softened 36 mini chocolate eggs

For the chocolate frosting: 140g unsalted butter, softened 425g icing sugar 75g cocoa powder 4-6 tbsp whole milk

- 1 Preheat the oven to 190C/ fan 170C/gas 5. Line a 12-hole muffin pan with greaseproof paper cases.
- 2 In a jug, combine the milk, oil, eggs and vanilla. To a large bowl, add the flour, baking powder, salt, xanthan gum, sugar and butter.
- **3** Using a handheld electric whisk or a free-standing mixer, slowly mix the dry ingredients and the butter until the mixture resembles fine breadcrumbs. Continue to mix on a slow speed and pour in the wet ingredients. Once combined, turn the speed to medium and mix for 3-5 minutes until the batter thickens.
- 4 Divide the mixture evenly between the cases. Bake for 18-20 minutes until they

are risen, golden and spring back when pressed. Allow to cool for a few minutes before transferring to a wire rack.

- 5 Now make the chocolate frosting. With a handheld electric whisk or in a freestanding mixer, slowly mix the butter, icing sugar and cocoa. Add the milk, and as the mixture comes together increase the speed to high, beating until smooth and soft.
- 6 Transfer the frosting to a piping bag fitted with a large grass-piping nozzle and pipe in a circle on top of the cakes, leaving an indent in the centre. Top each one with three mini chocolate eggs.
- PER CUPCAKE 500 cals, fat 17.2g, sat fat 10g, carbs 80.8g, sugars 63.1g, protein 6.6g, salt 0.6g, fibre 2.1g

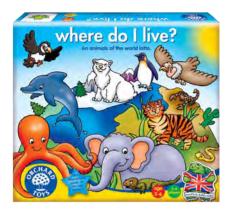


Recipe adapted from This is Glutenfree by Victoria Hall (Ryland Peters & Small, £16.99). Photography by Adrian Lawrence.

GLUTEN-FREE GOODIES

Vegetarian Living readers can buy This is Gluten-free for the special price of £11.99, including p&p. To order, call 01256 302699 and quote reference KA3.

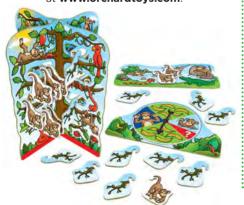




Never get board

Are you a Scrabble champ or a Monopoly megalomaniac? The V&A Museum of Childhood in Bethnal Green, London, is holding an exhibition devoted to board games until 23 April and admission to the museum is free. Game Plan: Board Games Rediscovered is a fascinating insight into the most iconic and enthralling board games past and present, and visitors can also borrow free board games to play with their family and friends at the museum! If traditional favourites are too challenging for younger members of the family, try Orchard Toys' award-winning 3D Cheeky Monkeys game (for ages 4-8), while Where Do I Live? is a fun and educational lotto game for ages 3-6 to help children learn where their favourite wild animals come from.

• For details of the V&A Museum of Childhood board game exhibition, go to www.vam.ac.uk. Find Orchard Tovs online at www.orchardtoys.com.







Meet the Moomins

Experience the wonderful world of the Moomins this Easter at the Royal Botanic Gardens. Kew. when the Moomins will be coming out of hibernation and visiting the gardens for all sorts of mischief and fun. Originally created in the 1950s, the Finnish writer and artist Tove Jansson's iconic Moomins are a family of adventurous and nature-loving creatures, and children will be inspired by their vibrant illustrated world in harmony with the stunning landscape and spring flowers at Kew. Easter activity workshops will keep children entertained, while Moomin dens provide opportunities to play. On Easter Sunday (16 April) Kew Gardens will host its very own Moomin Chocolate Hunt too!

• Find out more at www.kew.org.





Say 'yes please' to peas!

If you struggle to get your little ones to eat their greens, the Yes Peas! campaign, run by the British Growers Association, is helping to inspire young people to enjoy vegetables with two recipe e-books - created for children, by children! The nationwide campaign is armed with tasty recipes and pea facts, from nutrition to harvesting, to highlight the power of the pea - encouraging families to get creative with their cooking, be passionate about the humble pea and enjoy healthy eating.

Download the recipe e-books for free at www.peas.org.



Become a duck detective

Nine Wildfowl and Wetland Trust (WWT) centres around the UK will be hosting duck hunts with their very own Aardman Studios-designed character, Dusty Duck! A group of giant

ducks will be descending on the wetlands over the Easter holidays and families can take on the challenge of spotting them all. Pick up an activity sheet, start hunting and enjoy a chocolate treat on your return to base!

 All WWT wetland centres will be running a variety of activities and events for the holidays, so check details of your nearest centre at wwt.org.uk/giantducks.



Grow green fingers

National Gardening Week (10-16 April) is a great opportunity to take your family to visit some of the country's most inspiring gardens, museums and parks to enjoy activities designed to encourage more people - including children - to take up this pastime. This year's theme, 'Help New Gardeners to Grow', offers inspiration for beginners such as simple container gardens and kitchen windowsill projects. On 9 April across the four RHS Gardens, families will be given plant cuttings to grow at home, and there will be demonstrations of how to grow a money plant from just a single leaf.

www.nationalgardeningweek.org.uk.













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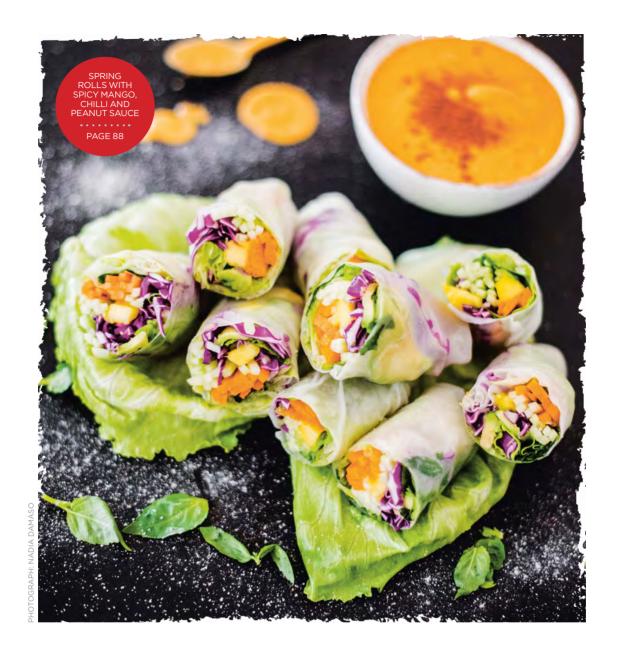












MINDFUL MEALS

Enjoy flavoursome dishes that are good for you too, from food bloggers Angela Liddon and Nadia Damaso.

Good to glow

Popular plant-based blogger Angela Liddon at Oh She Glows shares her trademark healthy and delicious dishes.



Aubergine Parmesan V

This recipe has turned aubergine haters into lovers! My nut-free pumpkin seed vegan 'Parmesan cheese' coats the aubergine cutlets, which are then baked until crispy and golden. You'll want to eat them straight from the pan – I promise! – but it's also worth the wait to smother them in your favourite homemade or store-bought sauce and pair them with some freshly cooked pasta.

Serves 6 | Prep 30 mins + salting Cook 25 mins

1 large aubergine (675–900g) peeled and sliced crosswise into 8–12 2cm-thick cutlets ½ tsp fine sea salt, plus more as needed 250ml unsweetened unflavoured almond milk

86g white/light or wholegrain spelt flour

1 tsp cider vinegar freshly ground black pepper 1 tsp dried oregano 1 tsp dried basil homemade vegan Parmesan cheese (see recipe, opposite) cooked pasta, for serving tomato sauce, homemade or store-bought.

1 Sprinkle each aubergine cutlet liberally with salt (don't worry – we'll be washing it off later!). Place them in a large colander and let stand for 20 minutes in the sink while the salt draws out some water. The aubergines will 'sweat' during this time.

3 In a medium bowl, whisk together the milk,

2 Preheat the oven to 220C/fan 200C/gas 7. Line a large baking sheet with parchment paper.

flour, vinegar, salt, pepper to taste, oregano and basil. Place the homemade vegan Parmesan in a large shallow dish. 4 Rinse the salt from the aubergine cutlets and pat dry with kitchen towel. Dip a cutlet into the milk and flour mixture and gently tap off any excess. Immediately dip it into the Parmesan, pressing down gently to make sure it sticks. Flip the cutlet and press the other side into the Parmesan until coated. Place the cutlet on the prepared baking sheet and repeat with the remaining cutlets, setting them about 5cm apart. Wipe your hands clean after coating every one or two. You will likely have batter left over at the end, but this is normal. Simply discard any leftover batter.

5 Bake for 15-25 minutes, flipping once halfway through, until golden and crispy. Watch closely toward the end of the baking time to ensure the cutlets don't burn. Serve over cooked pasta topped with tomato sauce.

COOK'S TIP To reheat leftover cutlets, bake for 5 minutes on each side at 220C/fan 200C/gas 7. Note that the cutlets will get soft in the fridge, so reheating in the oven is essential to crisp them up again!

■ PER SERVING 521 cals, fat 18.2g, sat fat 2.8g, carbs 71g, sugars 11.9g, protein 19.3g, salt 2.6g, fibre 11.6g



Blogfocus

VEGAN PARMESAN CHEESE V

3 cloves garlic, or 3/4 tsp garlic powder, or to taste 145g raw pumpkin seeds 2 tbsp nutritional yeast 3/4 -11/2 tsp fine sea salt, to taste

If using fresh garlic, mince it in a mini food processor. Add the pumpkin seeds, nutritional yeast, salt and garlic powder (if not using fresh garlic). Process until a coarse meal forms. The Parmesan will keep in an airtight container in the fridge for up to 2 weeks.

Curried chickpea salad V * O

This chickpea salad is lightly spiced with curry flavours - just enough to give it character without overpowering the salad. Feel free to tweak all the spices to your own tastes. You can serve this salad scooped into crisp lettuce leaves. stuffed in a wholemeal pitta, or with crackers. If you have a picnic or road trip in your future, you'll be happy to know that it packs well, too.

Serves 3 | Prep 15 mins

400g can chickpeas, drained and rinsed, or 250g cooked chickpeas 3 spring onions, thinly sliced 90g finely chopped red pepper 15g fresh coriander leaves, finely chopped 3 tbsp homemade vegan mayo (see recipe, right) 1 clove garlic, minced ½ tsp grated fresh ginger, or to taste ½ tsp ground turmeric 1/4 tsp curry powder, or more to taste 1-11/2 tsp fresh lemon juice, to taste 1/4 tsp plus 1/8 tsp fine sea salt, or to taste freshly ground black pepper cayenne pepper (optional)

1 In a large bowl, mash the chickpeas with a potato masher until flaked in texture. Stir in the spring onions, pepper, coriander, mayonnaise, garlic, ginger, turmeric and curry powder until combined.

2 Stir in the lemon juice, salt and black pepper, adjusting the quantities to



taste. Add a dash or two of cayenne if you want some heat.

3 Serve with toasted bread, with crackers, on wholemeal wraps, or on top of a basic leafy green salad. The salad will keep in an airtight container in the fridge for 3-4 days. Stir well before serving. You can also transfer the salad to a freezer-safe zip-top bag, press out all the air, and freeze for up

■ PER SERVING 316 cals, fat 25.3g, sat fat 2g, carbs 14.7g, sugars 1.6g, protein 7.8g, salt 1.1g, fibre 5g

VARIATION: For lemon-dill chickpea salad, omit the coriander, ginger, turmeric and curry powder. Replace it with 11/2 teaspoons of mustard and 2 teaspoons of minced fresh dill, and increase the lemon juice to 1½-3 teaspoons, to taste.

VEGAN MAYO 🗸

125ml plain unsweetened soya milk 1 tbsp fresh lemon juice 1 tsp cider vinegar 1 tsp brown rice syrup 34 tsp fine sea salt 1/4 tsp dry mustard 250ml grapeseed oil

In a high-speed blender, combine the soya milk, lemon juice, vinegar, brown rice syrup, salt and mustard. Blend on low until smooth. With the blender running on low-medium speed, very slowly stream in the oil. The mixture will gradually thicken into a white, fluffy mayo. Transfer to an airtight container and store in the fridge for 3-4 weeks. **COOK'S TIP** I don't recommend substitutes for the soya milk - the protein content in sova is what thickens this mavo.

Blogfocus

Soba noodle salad V

Once I start eating this beautiful soba noodle salad, it's hard to stop! It's light and energising, but the fibre-rich soba noodles and crispy tofu give it plenty of protein and staying power. The simple sesame-tahini dressing is both sweet and tangy, thanks to the combo of rice vinegar and maple syrup, and sometimes I like to add it to stir-fries and other grain bowls as well as this dish. The soba salad can be served warm or cold, making it a great option for any season. If you'd like to experiment with different textures, you can use spiral or bow-tie pasta or even spiralised carrot or courgette 'pasta' in lieu of the soba noodles.

Serves 6 | Prep 20 mins | Cook 30 mins

For the dressing:

60ml toasted or untoasted sesame oil 3-4 tbsp rice vinegar, to taste 25ml tahini

1 tbsp pure maple syrup, or to taste 1 tbsp low-sodium tamari 2 cloves garlic, grated on a Microplane

For the salad:

1 batch cast-iron tofu (see recipe, below) 225g pack soba noodles

1 medium red pepper (about 220g), deseeded and diced

1 medium yellow pepper (about 220g), deseeded and diced

3-4 onions (about 80g), finely chopped 50g coriander leaves, chopped, plus extra to garnish

fine sea salt

1 tbsp sesame seeds, for garnish fresh lime juice, for serving (optional) sriracha, for serving

- **1** Prepare the batch of tofu and set aside (see below).
- 2 Make the dressing. In a small bowl, whisk together the dressing ingredients until smooth. Cover and refrigerate to thicken slightly.
- **3** Make the salad. Bring a pan of water to the boil. Cook the noodles according to the package instructions. Drain and place in a large bowl.
- **4** Add the pepper, spring onion and coriander to the bowl with the noodles. Add the dressing and toss to coat. Add half the tofu cubes and toss again. Taste and season with sea salt, if necessary.
- **5** Top the salad with the remaining tofu, sesame seeds and coriander scattered on top. You can also add a squeeze of lime juice on top of each bowl just before serving or simply serve with a lime wedge. The salad can be stored in an airtight container in the



fridge for up to 3 days. The tofu will soften as it sits, but it's still very tasty!

■ PER SERVING 349 cals, fat 18g, sat fat 2.6g, carbs 34.5g, sugars 8.2g, protein 12.3g, salt 2g, fibre 4.9g

CAST-IRON TOFU V

Prep 10 mins + pressing | Cook 12 mins

340-450g block firm or extra-firm tofu 3 tsp avocado oil, grapeseed oil or olive oil 1 tsp garlic powder ¼ tsp fine sea salt ¼ tsp onion powder (optional)

- 1 Press the tofu overnight, or for at least 30 minutes.
- 2 Slice the pressed tofu into 9 or 10 rectangles 1cm-thick and then slice each rectangle into 6 squares, to make a total of 54-60 tofu pieces. In a large bowl, combine the tofu with 1½ teaspoons of the oil. Gently stir until all the tofu is coated. Stir in the garlic powder, salt and onion powder (if using).

3 Heat a large cast-iron (or non-stick) frying pan over medium-high heat for several minutes. When a drop of water gently sizzles

on the frying pan, it is hot enough. Carefully add the remaining oil and tilt the pan to coat it evenly. Add the tofu to the pan in a single layer, making sure all the pieces lay flat. If your pan is too small, work in batches.

4 Cook the tofu on one side for 4-7 minutes, until you have a golden crust with some speckled brown spots (the crust should be about 1.5mm in thickness). With a fork, flip each piece and cook for 4-5 minutes more, until golden. Serve immediately; the tofu crust will soften as it cools.



Recipes adapted from Oh She Glows Every Day by Angela Liddon (Michael Joseph, £18.99). Food photography by Ashley McLaughlin.

Visit Angela's blog at www.ohsheglows.com to find more recipes and inspiration.





A fresh bite

For lighter choices that still pack a flavour punch, try Swiss food blogger Nadia Damaso's vibrant and filling dishes.



Spring rolls with spicy mango, chilli and peanut sauce **V○**

The first time I made these spring rolls wasn't that long ago, but ever since then I eat them at least once a week. I also love to make them when I have friends over. They are easy to share - everybody can have as much as they want because you can make more in no time. The avocado in the filling and peanut butter in the sauce (I could eat this dressing with a spoon just like a soup. Yes, it's that good!) provide healthy fats that our body needs to function properly. Bon appetit!

Serves 4 | Prep 30 mins

10-12 large rice paper sheets

For the filling: 1 ripe avocado lime juice 1 cucumber 2 carrots 1 ripe mango 1 small red cabbage

1 small iceberg or round lettuce bunch of Thai basil

For the mango chilli peanut sauce: 1 ripe mango

100ml milk of choice, e.g. soya, almond, rice milk

100ml coconut milk

1-3 tsp chilli powder (depending on how spicy you like it)

½ tsp curry powder

1 small onion

1 tsp garlic powder

1 tbsp lime juice

2 tsp maple syrup or sweetener of choice 2 tbsp peanut butter

sea salt and freshly ground black pepper

1 Prepare the filling. Cut the avocado in half, remove the stone, peel, dice and drizzle some lime juice on top. Peel the cucumber and carrots, then cut into very thin batons or peel with a julienne peeler. Peel the mango,

cut the flesh off the pit and cut into thin slices. Finely slice the red cabbage. Wash and drain the lettuce and tear into smaller pieces.

- 2 Add some lukewarm water into a large saucepan and soak one rice paper sheet in it for about 10 seconds. Transfer onto the work surface. (Make one roll at a time and don't soak all the rice paper sheets at once, otherwise they will become too soft.)
- 3 Spread some of the vegetables across the lower two-thirds of the rice paper sheet. Leave some space around the edges. Add some salad leaves first, then a few cucumber and carrot sticks, a little bit of red cabbage, about two mango and avocado pieces each and finish off with some Thai basil leaves. First, fold in the bottom of the rice paper. then tuck in the sides and roll up tight. Repeat with the other rice paper sheets until you have used up all of the filling.
- 4 For the mango sauce, peel the mango and cut off the flesh. Put into a food processor with the remaining ingredients and blend to a smooth, creamy and slightly thick paste. Taste and add extra chilli powder if you want the sauce to be spicier. Garnish with more chilli
- 5 Cut the salad rolls in half and fold a salad leaf around the rolls to prevent them from sticking together. It is the easiest way to eat the rolls and additional greens are never a bad thing! Serve with the dipping sauce

COOK'S TIP Be careful rolling up the rice paper rolls and don't add too much filling the sheets can tear very easily.

■ PER SERVING 357 cals, fat 19.9g, sat fat 7g, carbs 36.9g, sugars 26.6g, protein 8.8g, salt 1.4g, fibre 12.6g

Sweet potato and avocado burger stacked with grilled veggies **V**

Absolutely no need for meat! Sometimes, a good burger is all you need. But a burger doesn't have to be a bun with a beef patty and a lonely slice of pickle in it. You can create so much taste by combining different ingredients. To me, a mix of grilled or roasted vegetables and fresh vegetables are a must for a good veggie burger. The avocado brings in that creaminess every burger should have and the sweet potato gives a sweet kick. I add some colour with red spinach. Together with a wholemeal sourdough bun, this burger is a real treat.

Serves 2 | Prep 20 mins | Cook 20 mins

2 wholemeal sourdough buns



For the burger: 1 ripe avocado ½ tsp ground paprika 1/2 tsp ground coriander sea salt and freshly ground black pepper 1 tsp maple syrup or sweetener of choice 2 handfuls of red or green spinach

For the vegetables:

1 sweet potato

1 couraette

1 small aubergine

1-2 tbsp olive oil

1 tbsp grated vegetarian Parmesan-style cheese, basil pesto or vegan cheese sea salt and freshly ground black pepper

- 1 Heat up a griddle pan. If you don't have one, heat up the oven to 180C/fan 160C/gas 4 and line a baking tray with parchment paper.
- 2 For the vegetables, cut the sweet potato into 7mm-thick slices. Cut off the ends of the courgette and aubergine and quarter them lengthwise. Put the vegetables into a large bowl, drizzle with olive oil, season, and mix well with your hands. Griddle the vegetables for about 20 minutes until you can see the grill marks, or lay them out on parchment paper and roast in the oven for 20-30 minutes.
- 3 For the burger, put the avocado flesh into a bowl together with the paprika, coriander, salt, pepper and maple syrup. Mash with a

fork until well combined.

- 4 Cut the buns in half and put them onto the griddle or into the oven for a few minutes to crisp up.
- 5 Transfer the grilled vegetables onto a chopping board. Add the Parmesan-style cheese or basil pesto to the vegetables and chop everything with a large knife into smaller pieces.
- 6 Put some spinach on top of the crunchy bun, spread avocado purée on top, add a few slices of the grilled sweet potato and then a large spoonful of the vegetables. Spread the other half of the bun with avocado purée and place on top of the burger. Serve straight away, and don't forget to gobble up everything that falls out of the burger while eating!
- PER SERVING 575 cals, fat 30.4g, sat fat 6.8g, carbs 62.6g, sugars 18g, protein 14.6g, salt 2.9g, fibre 18.2g

Almond-crusted pea and edamame balls with tzatziki *

Love at first taste - these baked pea balls have a light and crunchy almond crust and are fluffy, light and simply irresistible! Together with the tzatziki, which I usually make with low-fat Greek yogurt and fat-



reduced natural yogurt, this dish is perfect to serve as an appetiser. If you want to have it as a meal, spread some tzatziki on a wholewheat tortilla, add some of the peaedamame balls, your favourite salad, and wrap up!

Makes 14 balls | Prep 30 mins Cook 30 mins

For the pea and edamame balls: 120g frozen peas 4 tbsp fresh or frozen and thawed edamame 1 clove garlic

1 tsp onion powder sea salt and freshly ground black pepper 1 tsp maple syrup or sweetener of choice 1 free-range egg dash of milk of choice, e.g. soya, almond, rice milk (optional) 3 tbsp ground almonds

For the coating:
1 free-range egg
1 free-range egg white
4 tbsp ground almonds
1 tsp onion powder
sea salt and freshly ground black pepper

For the tzatziki:

1 small cucumber

150g low-fat Greek yogurt

150g natural yogurt

bunch of coriander, chopped

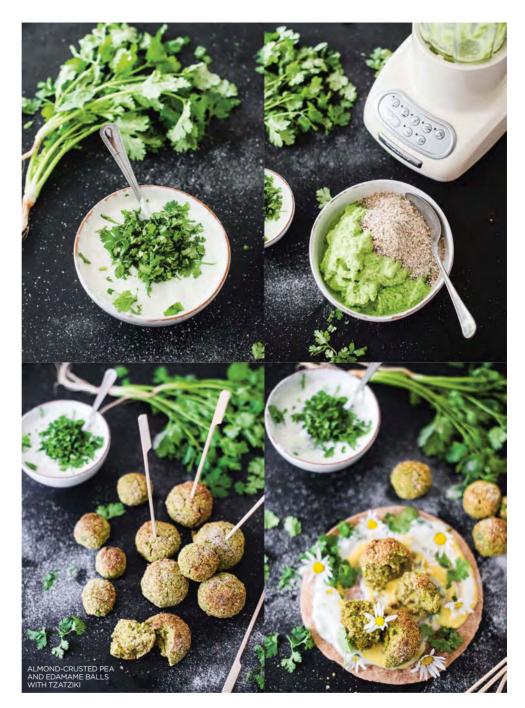
zest and juice of ½ lemon

sea salt and freshly ground black pepper

1 tsp onion powder

1 tsp garlic powder

- 1 Preheat the oven to 180C/fan 160C/gas 4. Line a baking tray with parchment paper. Take the frozen peas and edamame out of the freezer and allow to thaw.
- 2 For the tzatziki, peel and grate the cucumber. Squeeze out the excess water with your hands. Add to a bowl with all the remaining ingredients, stir well and cool in the fridge.
- **3** To make the pea balls, put all the ingredients except the almonds into a food processor and blend to a thick mixture. Add a dash of your choice of milk if the mixture is too thick. Spoon the pea mixture into a bowl, add the ground almonds and stir until well combined. With your hands, form 14 equally sized balls.
- 4 Prepare the coating by whisking the egg with the egg white in a deep plate. In another deep plate, mix the ground almonds, onion powder, salt and pepper.
- **5** Coat each of the balls in the egg mixture first, then in the almond mixture until completely covered. Lay them on the prepared baking tray.



6 Bake in the middle of the oven for 20–30 minutes, until the crust is golden brown. Let them cool for a few minutes and serve with the cooled tzatziki.

COOK'S TIP You can double the quantities and freeze half of the prepared balls. Then you'll have a delicious appetiser ready for your guests in moments by simply baking the frozen balls at the above temperature for 20 minutes. While they're baking, you have enough time to make a tzatziki to serve with it.

■ PER BALL 103 cals, fat 6.9g, sat fat 0.8g, carbs 4.6g, sugars 3.3g, protein 5.8g, salt 1.2g, fibre 1.5g



Recipes adapted from Eat Better, Not Less by Nadia Damaso (Hardie Grant, £15) Photography by Nadia Damaso.

See more of Nadia's delicious recipes on Instagram @nadiadamaso_ebnl.

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Spring greens

BY SARA NIVEN, BEAUTY EDITOR



Pantone's hot new shade for 2017 is Greenery, so stay right on trend when it comes to beauty.





Making eyes

Green makes a colourful change from greys and browns when it comes to eye make-up. Keep it simple with a line of coloured eyeliner like Gosh Velvet Touch Eye Liner (£5.50 from Superdrug) or subtle with Living Nature's delicate Greenstone shadow (£12 from www.botanicalbrands.com); both are vegan-friendly. Or be bold with a dramatic shade across the whole lid - try Lord & Berry's Seta eyeshadow in Jungle Party, a deep forest green, and Eden, a limey colour great for bringing out brown eyes (£12 from

shop.lordandberry.com).



Stepping out

Mavala's dinky little veganfriendly varnishes in Aquamarine and Bamako are perfect for adding a splash of colour to spring toenails (£4.95 each, available at John Lewis stores).





Springtime scents

Heathcote & Ivory's vegan-friendly Lily of the Valley range has a gorgeously light floral fragrance. Products include handwash, moisturising shower gel and bath flowers (from £7 at www.heathcote-ivory.com).



Feeling fresh

Keep lips hydrated with Benecos Natural Lip Balm in mint which contains shea butter (£2.95 from www.benecos.co.uk), and crumble the vegan-friendly Grass Bubble Bar from Lush into your bath for lots of citrus-smelling bubbles (£3.95 from Lush from uk.lush.com).





Disclaimer: Vegetarian Living only features products that are entirely vegetarian and/or vegan in formulation. The magazine also requests an assurance that the product and ingredients within it are not tested on animals and the company does not carry out or fund animal testing either in the UK or overseas. However, formulations can change and policies can vary, so we would advise checking directly with the companies if you have any concerns.

Beautynotes

BEAUTY EDITOR'S PICK

I LOVE THESE VEGAN-FRIENDLY 'GREEN BEAUTY' PRODUCTS...

Neom Organic's 100 per cent natural eau de parfum in Energy Burst is a lively, zesty fragrance that acts as an instant awakener. From their Scent to Boost Your Energy collection, the fragrance is a blend of grapefruit and lemon with a hint of rosemary. It can be used as a body spritz as well as a traditional perfume, and since wearing it I've had lots of favourable comments!

• £49 from www.neomorganics.com





Although I don't generally recommend wipes as the most effective way of cleansing skin, there are times when they really come in handy. When you're travelling or when you might otherwise be tempted not to bother, try these alcohol-free and biodegradable Happy Cleansing Wipes with Aloe Vera and Orange from Benecos.

• £3.45 from www.benecos.co.uk

SkinYoga is a new natural skincare brand from India, which comes in dry powder form and you activate it by mixing with water. There are nine products in the range, including this lovely rose facial wash, alongside body scrubs, facemasks and foot products.

Rose facial wash, £27.50 from

www.naturallybetteryou.com



IN THE BAG

Clarissa Hulse's new range of coated cotton make-up and wash bags includes this lovely Meadow Grass design in three colourways.

• £20 from

www.clarissahulse.com



HOW TO WEAR IT

Kent-based professional make-up artist Ellie Gill, who favours organic and natural make-up, gives her tips on using green.

Anyone can wear green but as a general rule lighter skin tones suit softer, pale shades of green while darker skin tones and can get away with stronger colours. If you like to keep things simple and elegant, I'd recommend going for a winged liner using a soft



green eye pencil along the upper eyelid. Draw as closely to the lash line as possible before 'winging out' slightly at the corners. If you want the line sharper then go for a gel liner instead.

Alternatively, if you're looking for a more dramatic way to wear green make-up then it has to be an emerald smoky eye. Whenever I'm doing a smoky eye, I'll finish the eyes first and start foundation afterwards. If there is any 'drop down' it makes cleaning up a lot easier. Use a cream eyeshadow or a soft pencil all over the eyelid, then blend this with your fingers. It will act as a great base and will give your powder eyeshadow something to stick to. Finish the look with lots of black eyeliner on the waterline and a generous amount of mascara!

I'd recommend keeping the rest of the make-up on your face fairly minimal to keep the look modern and sophisticated. Choose a pretty, nude or pale pink lip shade to allow your eyes to stand out.

www.elliegill.co.uk



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Vegetarian Living, PO Box 6337 Bournemouth BH1 9EH

Subscription enquiries t. +44 (0)1202 586848 • chris@selectps.com

Editorial

Editor

Lindsey Harrad lindsey@vegmag.co.uk

Group Managing Editor

Sarah Moran sarah@vegmag.co.uk

Nutrition Editor

Sue Baic

Gardening Editor

Alice Whitehead

Beauty Editor

Sara Niven

Production Editor

Suzanne Juby

Contributors

Sarah Beattie, Alex Bourke, Kathryn Bruton, Rachel Demuth, Chava Eichner, Kate Hackworthy

Design

Nick Trent enty209@gmail.com

Cover images

Goat's cheese and beetroot tart by Faith Mason Spring bake © Pavilion Books Oh she glows by Sandy Nicholson Speedy vegan by Dan Jones Crowd pleasers by Jill Mead

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Publishing

Publisher

Tim Harris

Advertising Sales Manager

Wendy Kearns wendy@vegmag.co.uk t. +44 (0)1392 466099

Online Marketing Executive

Adrian Lito adrian@selectps.com

Circulation Manager

Tim Harris

Published by

Select Publisher Services PO Box 6337 Bournemouth BH19EH t. +44 (0)1202 586848

Production Manager

John Beare

IT Manager

Vince Jones

Subscriptions Manager

Chris Wigg chris@selectps.com (See page 60 for subscription details)

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Fresh spring greens

MAY ISSUE, ON SALE 6 APRIL

USEFUL CONVERSIONS

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at www.theonlineconverter.co.uk.

WEIGHT

| 10g 25g 50g 75g 100g | 1/40z 10z 13/40z 23/40z 30z | 700g 800g 900g 1kg | 1lb 9oz 1lb 12oz 2lb 2lb 4oz |
|----------------------------------|---|-----------------------------|---------------------------------------|
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| 150g | 5½oz | 1 | |
| 175g | 6oz | | W . |
| 200g | 7oz | 4 | |
| 225g | 8oz | - | |
| 250g | 9oz | | |
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| 300g | 10½oz | 1. | + |
| 325g | 11½0z | | |
| 350g | 12oz | | |
| 375g | 13oz | 1-6 | 4 |
| 400g | 14oz | 3- | 0 |
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| 450g | 1lb | | 2 |
| 500g | 1lb 20z | | |
| 600g | 1lb 5oz | | |
| | | | |

OVEN TEMPERATURES

| Celsius | Fahrenheit | Gas mark |
|---------|------------|-------------|
| 110 | 225 | 1/4 |
| 130 | 250 | 1/2 |
| 140 | 275 | 1 |
| 150 | 300 | 2 |
| 170 | 325 | 3 |
| 180 | 350 | 4 |
| 190 | 375 | 5 |
| 200 | 400 | 6 |
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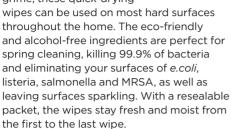
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Promotions

SPRINGTIME SPARKLE

Ecozone's new aloe vera and cucumber scented antibacterial wipes come in a pack of 40 and are 100% biodegradable. Tough on grease and grime, these quick-drying



• £2.38 from www.ethicalsuperstore.com or find stockists at www.ecozone.com.



NICE AND

New from the Fry Family Food Co. is an indulgent range of 100% vegan, dairyfree ice cream made from coconut milk for a smooth and creamy taste and texture. Sweetened with agave and using natural flavours, there are five delicious varieties to choose from, including Madagascan Vanilla Bean, Salted Caramel, Tons of Cookies, Just Toasted Coconut, and Vanilla Bean Espresso.

• £4.99 from Ocado. Find out more at www.fryfamilyfood.com.



Handmade Naturals has added two new serums to its product range. A new addition to the haircare collection is an unscented leave-on conditioning serum for frizzy or dry hair containing nourishing argan oil. Joining the extensive skincare range is a new serum to complement the



top-selling face and neck serum. Blended with Frankincense, it includes kahai oil, which has been clinically tested to show its effectiveness in improving hydration, firmness, elasticity and smoothness.

● Hair serum £8.50/125ml, skin serum £16/30ml, both from www.handmade naturals.co.uk or call 01270 877516.



PEANUT POWER

Brand new from Perkler is the delicious new Peanut Quinoa Bar, combining air-roasted peanuts, creamy peanut butter and crispy quinoa puffs to create a chewy and crunchy texture all in one high-fibre, protein-rich snack. Like all Perkler bars, it's free from gluten, wheat and dairy, made without palm oil or cane sugar and vegan-friendly too.

 75p per bar from Asda, Morrisons, Sainsbury's, Tesco and selected health food stores, plus online from Amazon and Holland & Barrett.

ESSENTIAL COLLECTION

A shopping guide to the latest products for your vegetarian or vegan lifestyle...



FRAÎCHE THINKING

Looking for a vegan alternative to crème fraîche that will work just as well as the dairy version in your recipes? The new Oatly Creamy Oat Fraîche is made from oats instead of cream to give a different take on one of the most flexible ingredients in the modern kitchen, offering the same great performance as a traditional crème fraîche and an amazing flavour too.

• £1.55 from Tesco. Find out more at www.oatly.com.



A HEALTHY START

Made from the gluten-free wholegrain sorghum, Nutri-Brex is a heavenly breakfast cereal, certified by Coeliac UK. Fortified with niacin, thiamin, riboflavin and folic acid, Nutri-Brex is also high in fibre and low in fat and sugar, and goes perfectly topped with a handful of fresh fruit, such as blueberries or banana. Choose from two delicious varieties to get your day off to a great start - Original and new Coconut & Crispy Rice.

 RSP £3.79, available at Sainsbury's, Tesco, Waitrose, Asda, Morrisons, Holland & Barrett, Ocado, Booths, Whole Foods and independent retailers. Find out more at www.nutribrex.co.uk.



RAW TREATS

Devon-based raw chocolate makers Mulu have just launched their new Evolved range of artisan raw chocolate bars using SugaVida, the new low-GI sustainable plant-based sweetener. Organic and veganfriendly, the bars include five gorgeous flavours: dark chocolate, coconut, hazelnut, banana and chai. Healthy chocolate just got healthier! Look out for their incredible chocolate truffles coming soon.

• £2.49 from www.rawliving.eu.

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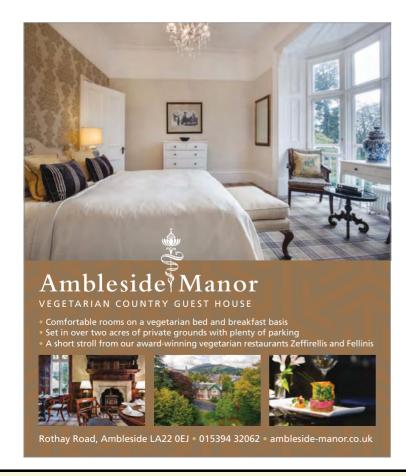














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miles) and visit villages or cities along the way. We also provide hardcore cycling routes. The favorite is the famous Eleven City Tour (136 miles) which you can cycle during the week at your own pace. Our service van is standing by to assist you along the way. You may skip cycling for a day to take a low tide walk or a painting course. Visit our beautiful almost car free Islands. Mountain biking? We have great possibilities.

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Alex Bourke samples Britain's greatest concentration of vegan eateries in East London hipster heaven.

SHOREDITCH

Move over Soho, the capital's hippest young women and bearded guys are flocking to Shoreditch. Stretching east from Silicon Roundabout to Brick Lane, through the clubs and pubs of Old Street and Curtain Road, it's the new mecca for social media jobs, independent cinemas, cutting-edge vegan diners from raw to kebabs, fashion boutiques from vintage to indie designers, and gigantic weekend clothes and food markets. Meet friends or family for a fun Sunday roaming the markets, seek out incredible street art, and feast at a dozen vegan pop-up food stalls.

What the Pitta, on Shoreditch High Street, is London's first vegan kebab shop. Colossal doners (£7.50) come either in a wrap or as a salad box on couscous, packed with soya





chunks, hummus, tzatziki, salad and chilli. For dessert you can have baklava or sometimes chocolate cake. Best bet is the £10 meal deal: kebab, dessert and a drink. If it's chilly, grab coffee or mint tea from the falafel stall behind them.

Next to Shoreditch High Street station is the Boxpark, a fashion and food mall in black shipping containers open late every night. London veggies relish **Cook Daily**'s Chinese and Thai vegan dishes. Tuck in to fake chicken and veg stir-fry, spiced chickpea and sweet potato curry with dhal and coconut milk, or veggies with yam, wholemeal dumplings, steamed plantain and ackee in thyme and pepper sauce.

Brick Lane's south end is the Bangladeshi curry mile, while further up are two unique and brand new vegan cafés, Mooshies and Vida Bakery, plus a weekend wonderland of street food in the Boiler House food hall and covered Upmarket. The many vegan stalls include Benny Buttons pancakes, Pine's Food

Also recommended...

- Eat clean at Redemption vegan and raw restaurant and mocktail bar on Old Street. Try sweetcorn and red pepper pancakes, coconut cheesecake, or afternoon tea and cake.
- Past Columbia Road
 Sunday flower market are
 vegan Friendship Shoes and
 Just Fab, a fun vegan Italian
 restaurant in a big red bus.
 The Sunday Spitalfields

market features falafel cafés

and vegan food stalls by

Ethiopian **Merkamo** and





wraps and salads, **Ethiopiques** colourful Ethiopian stews and salads with injera bread, **Organic Livity** cakes, and **Pomodoro e Basilico** Italian pizza slices, cheese fingers, burgers, 'Twix' bars, matcha Oreos and cookies. End the day with vegan craft beers at **Brewdog**.





Caribbean raw maestros **Rainforest Creations**.

• Stroll up Hoxton Street to Trew Era, Russell Brand's chilled out veggie café near the canal. Over the bridge is the elegant Pamela cocktail bar with spicy vegan catering by Club Mexicana.



NEED TO KNOW

What the Pitta

Facebook: What the Pitta

Cook Daily

www.cookdaily.co.uk

Mooshies

www.veganburger.org

Vida Bakery

Facebook: Vida Bakery

Brick Lane stalls

Facebook: Benny Buttons Tea www.organiclivityco.com www.facebook.com/Pinesfoods-877623232258866 Facebook: Pomo Basilico

Brewdog

www.brewdog.com

Redemption

www.redemptionbar.co.uk

Friendship Shoes

www.friendship.shoes

Just Fab

www.just-fab.london

Spitalfields stalls

Facebook: Merkamo London www.rainforestcreations.co.uk

Trew Era

Facebook: Trew Era Café

Club Mexicana

www.clubmexicana.com

ABOUT ALEX

Look out for Alex Bourke's new guide to vegan London coming soon. Find out more at www.veganlondon.guide.



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www.kleankanteen.com







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