

Feel Good Food

woman&home

SPRING 2017

101
RECIPES &
IDEAS

Easy
midweek
meals

Burgers, pizzas,
stir-fries and soups
PLUS a quick roast
All more healthy!

Lighten up!
Bakes, curries
and casseroles

20
Meat-free
suppers

Delicious!
Almond & blood
orange tart
The new combo



Fresh Spring
entertaining

✦ All-day brunches ✦ Chilled-out weekends ✦ Divine desserts

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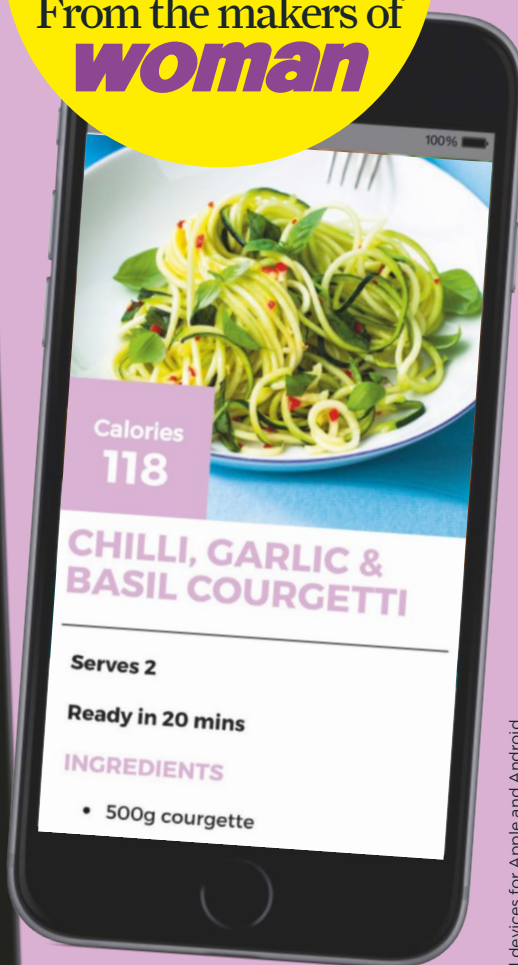
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ON THE COVER!

✦ Almond and blood orange tart.

See page 78

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Photographs throughout: timeincukcontent.com
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Feel Good Food is published by woman&home, Time Inc. (UK) Ltd, 161 Marsh Wall, London E14 9AP, telephone (020) 3148 5000. Distributed by Marketforce (UK) Ltd, 5 Churchill Place, London E14. Printed by The Wyndeham Group. Reproduction by Rhapsody. Prices quoted throughout are RRP, checked at time of going to press. Subscription rates: One year (including P&P): UK £17.25; EUR €26; North America \$49.50; Rest of world £26. For all UK subscription enquiries please call 0330 333 4333 and for enquiries from overseas please call +44 330 333 4333 or email help@magazinesdirect.com

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hello

Welcome to our *first issue of 2017*. Food is certainly a hot topic

these days and there's so much confusing information flying around.

Here at Feel Good Food we like to keep things simple – *eat a healthy, balanced diet* with

plenty of fresh fruit and vegetables, don't eat too much processed food and yes, allow yourself a little treat from time to time.

We've *some really wonderful cooks and chefs* in this issue. We like to shine a light on those professionals who may be lesser known than the TV chefs, but who write great books with fabulous recipes. As well as recipes, we've looked at *food trends* for the year, growing your own, and I've shared my current favourite *storecupboard essentials*. We'll also introduce you to some award-winning producers who are passionate about what they do, as part of our ongoing partnership with the Great Taste Awards.

Why not take up our great subscription offer on p126, so you're sure you'll never miss an issue? It also makes a great gift for a food lover.

Happy Cooking!

JANE CURRAN,
Editor, Feel Good Food



CLICK
ONLINE

Indulge your sweet tooth with chocolate recipes, including this layer cake, at womanandhome.com/chocolate

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Look out for...

our tags, which give you information at a glance:

+ GREAT FOR VEGGIES

+ GREAT FOR VEGANS

+ GLUTEN FREE

+ DAIRY FREE

+ MEAT FREE

Meat-free recipes can contain fish or a sauce containing fish, such as Worcestershire sauce

PLUS recipes that are:

✓ EASY

🕒 PREPARE AHEAD

❄️ FREEZABLE

Practical stuff

- + We use measuring spoons and all quantities are level.
- + All eggs are medium (unless otherwise stated) and free-range.
- + Use metric or imperial weights and measures; don't mix the two.
- + We don't specify salt and pepper in our ingredients list, but we always tell you to season food. The use, or not, of salt is up to you.
- + Each recipe has been nutritionally analysed. The recommended daily allowance (RDA) of calories is 2,000 for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).
- + Ovens vary in temperature, so you may want to invest in an oven thermometer.
- + The size of a cake is measured on the diameter on the base of the tin.
- + Cakes are better if baked on the middle shelf.
- + We always use humanely reared meat, poultry and game in our recipes.

MEET OUR *contributors...*



Catherine Phipps

Catherine is a food writer, cookery book author, recipe developer and occasional broadcaster.

She learned how to cook the traditional way, shadowing her mother in the kitchen of her parents' smallholding in Lincolnshire. After turning her back on a career in law, she decided to pursue her interests in food and accidentally ended up running a small "appointment only" restaurant in the Caribbean. Catherine Phipps is a columnist for the *Guardian's Word of Mouth* food pages. She also regularly appears on Radio 4's *The Food Programme*. Her books include the bestselling *Pressure Cooker Cookbook*, *Chicken*, and her latest one, *Citrus*. Catherine lives in London with her family.



Catherine Phipps's *Citrus* (Quadrille, £20)



Flora Shedden

Twenty-year-old Flora appeared on the sixth series of *The Great British Bake Off* and was the youngest ever semi-finalist on the show. Flora's favourite pastimes are cooking, photography and writing – and she's just released her debut cookbook, *Gatherings*.

The accomplished baker quit the first year of a history of art degree at St Andrews University after getting through to the semi-finals on the popular baking show. And having previously worked as a gallery assistant, researcher, photographer, costume seamstress and waitress, Flora's now busy setting up an artisan bakery in her hometown of Dunkeld, in rural Perthshire, Scotland, and hopes to open for business this April.



Flora Shedden's *Gatherings* (Mitchell Beazley, £25)



Sudi Pigott

Sudi is a food, restaurant and travel journalist and broadcaster who writes for several magazines and newspapers and websites, including *The Sunday Telegraph*, the *Independent*, the *Evening Standard*, *Delicious* and the Swedish magazine *Gourmet*.

She also appears on BBC Radio 4. Sudi specialises in writing about upcoming culinary trends, and also works as a trend consultant to food and restaurant companies. She even researches, compiles and presents tailor-made food quiz events for team-building and customer entertainment. Sudi loves to delve into the history of ingredients and culinary traditions, reflecting her background as a historian.



Sudi Pigott's *Flipping Good! Pancakes From Around The World* (Kyle Books, £12.99)



Anjum Anand

Anjum is a British Indian food writer and TV chef.

She has worked at restaurants in New York City, Los Angeles and New Delhi, but her real love is delicious and stylish food that is simple enough to cook at home. She challenges fiercely the assertion that Indian food is a special occasion meal and is determined to make "cooking an Indian" as common as rustling up a stir-fry. Anjum was one of the first writers to create and write Indian recipes catering for the health-conscious cook and her first book, *Indian Every Day: Light, Healthy Indian Food*, was published in 2003. Since then, she has written seven more books on Indian food. She is a regular guest on TV and radio shows too.



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



Brontë Aurell

Brontë is a Danish entrepreneur, restaurateur and cook. Together with her Swedish husband Jonas, she runs the acclaimed ScandiKitchen café in central London. For Brontë, the idea of opening a Nordic-inspired cafe was born out of homesickness and a need to find a space where she could meet up with people for a *fika* – a cup of coffee and something sweet to eat. A keen cook herself, Brontë has written several books sharing her enthusiasm for Scandinavian ideas, food and culture. Her latest book, *Scandikitchen: the Essence of Hygge*, features her musings on the concept of *hygge*, as well as favourite recipes from her cookbooks. Brontë lives in London with Jonas and their two young daughters.



Brontë Aurell's *Scandikitchen: Fika & Hygge* (Ryland Peters & Small, £16.99)

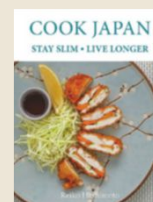
Reiko Hashimoto

Reiko was born and grew up in Kyoto, Japan. Fourteen years ago, after travelling the world and becoming educated in international cuisine, Reiko settled in London and opened her cookery school, Hashi Cooking.

Here she teaches Japanese cooking to students from amateurs to chefs of the Cordon Bleu, sharing her recipes for traditional and healthy dishes while debunking the myths surrounding Japanese cooking as complex and mysterious. Reiko counts herself as fortunate to have grown up eating home-cooked food every day, and in simple moments watching her mother cook, Reiko's



dedication to Japanese flavours was born. Her book *Cook Japan, Stay Slim, Live Longer* is full of delicious dishes for a sustainable, slimming diet and long, healthy lifestyle.



Reiko Hashimoto's *Cook Japan, Stay Slim, Live Longer* (Absolute Press, £20)



Shaun Hill

Shaun started cooking professionally at Robert Carrier's restaurant in Islington in 1966. He was head chef at Gidleigh Park in Chagford for nine years, and chef patron at Merchant House restaurant in Ludlow for ten years. In 2007 he reopened the critically acclaimed Walnut Tree in Abergavenny, and in his time there has won a Michelin star and three AA rosettes. In his book *Salt is Essential*, Shaun brings his experience as a chef to the table, sharing what he has learned so that cooks can create remarkable dishes at home.



Shaun Hill's *Salt is Essential* (Kyle Books, £25)

What's in season?

From February onwards, more local produce becomes available, from classic root veg to delicious asparagus and rhubarb

FRESH PRODUCE

With spring fast approaching, enjoy the new flavours of fresh fruit and veg in lighter meals, salads, soups and healthy desserts... and reach your five a day.

✦ ASPARAGUS

This seasonal treat has a short season, beginning in late April, so make the most of it and enjoy this sweet and tender veg poached, steamed, roasted or stir-fried.

✦ BRAMLEY APPLES

A firm favourite in crumbles and pies, these large apples are at their best until March. They're also great stuffed with

✦ GARLIC AND WILD GARLIC

Wild garlic grows from late February and its delicate-tasting leaves can be eaten raw or cooked. In late spring, you'll find homegrown garlic bulbs – use in pesto, or salsa verde, a herby green sauce.

raisins and baked whole with muscovado sugar, cinnamon and cloves.

✦ BRUSSELS SPROUTS

Not just for Christmas, sprouts are in season until March, and are an excellent source of vitamins A and C, iron and potassium. The secret is not to overcook them. Try them sliced or shredded in Chinese stir-fries or serve tossed with crispy pancetta.

✦ COD

Spawning season, when cod is at its best, takes place from January to April. Its white meat is good baked, fried and poached and it's fantastic in risottos and chowders. Buy the fish the day it is to be cooked.

✦ CARROTS

Young spring carrots are beautifully tender when eaten raw or lightly steamed. Bigger winter carrots taste great roasted, then made into soup with coriander or caraway seeds. A brilliant source of vitamin A.

✦ CAULIFLOWER

Everyone loves a classic cauliflower cheese, but it's also tasty in Indian curries with spices and coconut milk. And you can whizz up cauliflower in a food processor to make low-carb, gluten-free rice – simply steam, or roast or fry in a little oil.

✦ GRAPEFRUIT

Available all year round, this large citrus fruit is juicier and sweeter in spring. Great raw for a healthy breakfast, it also works well in vegetable salads and can be used to make marmalade.

✦ KALE

Try this leafy green steamed, stir-fried or in casseroles for a feel-good hit of folate, antioxidants, vitamin C, iron and calcium.

✦ LAMB

Synonymous with spring, lamb's succulent, tender meat has a delicate flavour. Look for firm, slightly pink cuts with a velvety texture. Try our Lemon lamb cutlets recipe on p23.

✦ RHUBARB

Tender pink forced rhubarb appears from February, with the field-grown variety from mid-April. Bake or simmer chopped in a little water and sugar over a low heat.

Spring favourite

✦ **MUSSELS** Cheap, sustainable and surprisingly simple to cook, mussels are absolutely delicious served in a simple parsley and white wine sauce. They are also good in soups and pasta dishes.





Beetroot benefits

Beetroot is a close relative of spinach and chard, and has an earthy flavour and a good nutritional content – it's low in fat, full of vitamins and minerals and packed with antioxidants. For a healthy start to your day, juice raw beetroot, and mix half and half with carrot juice for a vitamin-rich drink.

✦ *Raw beetroot can be peeled and grated to add a sweet flavour to salads. It's delicious roasted whole with carrots and parsnips, or in wedges with a splash of red wine vinegar*

Beetroot

This versatile root vegetable can be used in everything from soups to sponge cakes



✦ GLUTEN FREE

Beetroot soup

Baking the beetroot helps to intensify the flavour.

**READY IN 2 HOURS
15 MINUTES • SERVES 4-6**

✓ EASY/PREPARE
AHEAD/FREEZE

- ✦ 700g raw beetroot
- ✦ 25g butter
- ✦ 1 onion, chopped
- ✦ 1 leek, thinly sliced
- ✦ 1 carrot, chopped
- ✦ 1 garlic clove, chopped
- ✦ 1tsp fennel seeds
- ✦ 1 litre vegetable stock
- ✦ 3tbsp dry sherry
- ✦ natural yogurt, to serve
- ✦ chopped chives, to garnish

1 Heat the oven to 180C fan, gas 6. Trim the beetroot, wrap in foil and put in a roasting tin. Cook for 1 hour to 1 hour 30

minutes until tender. Leave to cool, then peel and chop.
2 Melt the butter in a large pan. Add the onion, leek and carrot and cook gently for 10-15 minutes until soft. Add the garlic and fennel seeds and cook for a further minute. Add the stock, beetroot and sherry. Season, stir well, then bring to the boil, reduce the heat and simmer for 25 minutes. Cool the soup slightly, then purée in batches in a liquidiser until smooth.
3 To serve bring the soup back to the boil and adjust the seasoning. Serve with a spoonful of yogurt and chopped chives.
Per serving: 172-115 calories, 6-4g fat (3-2g saturated), 18-12g carbohydrate



✦ GLUTEN FREE

Beetroot risotto with horseradish

This risotto would be great for dinner on a Monday evening with some leftover roast beef on the side.

**READY IN 30 MINUTES
• SERVES 4**

✓ EASY

- ✦ 1 litre vegetable stock
- ✦ 1 onion, sliced
- ✦ 1 garlic clove, crushed
- ✦ 250g risotto rice
- ✦ 250g cooked beetroot, cubed
- ✦ 1-2tbsp horseradish sauce
- ✦ rocket, to serve

1 Pour the stock into a pan, add the onion and garlic and bring to the boil. Add the risotto rice

and beetroot to the pan, then reduce the heat and simmer gently for 15-20 minutes, stirring regularly until the rice is just cooked and the onion is tender. If the mixture gets too dry, add a little boiling water.
2 Stir in the horseradish sauce and season to taste. Serve immediately, with some rocket.
Per serving: 290 calories, 1.5g fat (0.2g saturated), 60g carbohydrate

GO ONLINE

For more ways
with beetroot, go to
[womanandhome.com/
beetroot](http://womanandhome.com/beetroot)



Roasted root veg tart tatin

Root veg are not only nutritious, but they're cheap too.

**READY IN 1 HOUR 20
MINUTES • SERVES 6**

EASY/PREPARE AHEAD

- + 3 parsnips, cut into chunks
- + 3 carrots, cut into chunks
- + 500g raw beetroot, washed and cut into wedges
- + 300g whole shallots
- + 1tsp fresh thyme leaves
- + 2tbsp olive oil
- + 50g butter, diced
- + 1tbsp wholegrain mustard
- + 1tbsp sugar
- + 1tbsp balsamic vinegar
- + 375g puff pastry
- + 100g goats' cheese, crumbled
- + 1tbsp chopped fresh parsley

- 1** Heat the oven to 180C fan, gas 6. Put all the veg into a roasting tin with the thyme leaves, drizzle over the olive oil and put the pieces of butter on top. Roast in the oven for 40 minutes.
 - 2** Stir in the mustard, sugar and vinegar, then return to the oven for 5 minutes until caramelised.
 - 3** Roll out the puff pastry to the size of the roasting tin, then lay it over the vegetables and tuck in the edges. Bake for 20 minutes until the pastry is risen and well coloured.
 - 4** To serve, turn out onto a board and top with the goats' cheese and chopped parsley.
- Per serving: 540 calories, 31g fat (16g saturated), 48g carbohydrate*



Beetroot cake with orange frosting

If you're looking for a different cake option, this is it!

**READY IN 1 HOUR 30
MINUTES • SERVES 10**

EASY/PREPARE

**AHEAD/FREEZE
(SPONGE ONLY)**

for the cake

- + 200g plain flour
- + ¾tsp baking powder
- + ¾tsp bicarbonate of soda
- + ¾tsp ground cinnamon
- + ¼tsp fine salt
- + 50g soft dark brown sugar
- + 125g light muscovado sugar
- + 3 large eggs
- + ½tsp vanilla extract
- + 300ml vegetable oil
- + 225g raw beetroot, peeled and coarsely grated
- + zest of ½ orange

for the icing

- + 50g unsalted butter, softened at room temperature
 - + 100g icing sugar, sifted
 - + zest of ½ orange
 - + 125g Philadelphia cream cheese
 - + orange zest, for decorating
- you will need**
- + a 900g loaf tin, greased and

**the base and sides lined with
baking parchment**

- 1** Heat the oven to 160C fan, gas 4. For the cake, sift the flour, baking powder, bicarbonate, cinnamon and salt into the bowl of an electric mixer. Add the sugars.
 - 2** Beat together the eggs, vanilla extract and oil; add to the flour mixture. Beat until smooth. Add the grated beetroot and orange zest; beat again. Pour into the tin; bake on the middle shelf for 40 minutes. Turn down the oven to 150C fan, gas 3, and bake for a further 20 minutes or until springy to the touch. Leave to cool for 10 minutes, then remove from the tin and cool on a wire rack.
 - 3** For the icing, beat the butter, icing sugar and orange zest together until smooth. Add the cream cheese; beat until smooth. Spread over the top of the cake and decorate with orange zest.
- Per serving: 483 calories, 31g fat (6.5g saturated), 44.5g carbohydrate*



“I have found that making the dish with sprouting broccoli is even better than asparagus – in fact, the sauce works well with everything in season in February. Try it also with griddled chicory (endive), leeks, stripped Swiss chard stems – or even calçots.”

CATHERINE PHIPPS'S

Sprouting broccoli with blood orange hollandaise

This hollandaise, also known as sauce maitaise, is traditionally paired with asparagus. If you want to eat seasonally, this pairing makes little sense as blood oranges and asparagus aren't available at the same time in the UK.

READY IN 25 MINUTES

SERVES 4

✓ EASY

- + 50g/1/3 cup hazelnuts
- + A large bunch of purple sprouting broccoli spears, trimmed
- + A drizzle of olive oil
- + Sea salt
- For the hollandaise
- + 2 egg yolks
- + Finely grated zest and juice of 1 blood orange
- + 250g/1 cup plus 2 tbsp clarified butter, melted

1 First make the hollandaise. Fold up a tea towel and place it under a bowl – this will keep the bowl steady when you need to whisk and pour at the same time.

2 Put the egg yolks in the bowl and add the orange zest with a pinch of salt. Whisk lightly using a balloon whisk. Put most of the orange juice into a small saucepan, reserving a little, and bring to the boil. Remove from the heat, then pour over the egg yolks in a slow,

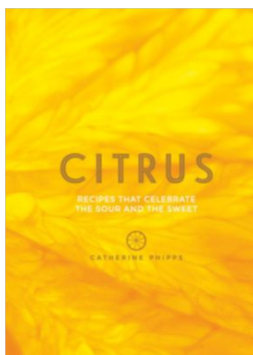
steady stream, whisking as you go. Keep whisking until foamy.

3 When you have incorporated all the juice, start adding the butter, very gradually and whisking constantly. When the butter has been incorporated, you should have a rich, frothy hollandaise. Stir in the reserved orange juice. Keep warm – either by covering the bowl and leaving it over a pan of hot water, or simply transferring to a thermos flask.

4 Put the hazelnuts in a frying pan and toast over a medium heat, shaking regularly, until aromatic and nutty. Remove from the heat and crush lightly so they break apart.

5 Blanch the purple sprouting broccoli in boiling water for 2–3 minutes, then drain thoroughly and season with salt.

6 Meanwhile, heat a griddle pan until very hot. Griddle the sprouting broccoli for a couple of minutes on each side, then pile onto a large platter. Sprinkle with the hazelnuts and either serve with the hollandaise in bowls for dipping, or drizzle it over – how you serve it depends very much on whether or not you want to use your fingers.



CATHERINE PHIPPS'S CITRUS (Quadrille, £20)

Through fresh salads, soups, seafood, Asian and Mediterranean-influenced meat dishes, preserves and pickles, to the world of sweet pies, cakes, and cocktails, Catherine Phipps explores the myriad uses of oranges and lemons, and all things in between. Recipes include Blood Orange, Burrata and Freekeh Salad, Spiced Sea Bass with Citrus Butter Sauce, Beef Casserole with Orange and Juniper, Blood Orange and Rhubarb Meringue Pie, and Chocolate Lime Puddings.

*“I have underrated
oranges for years
– now I use them in
all kinds of dishes”*



Midweek MEALS

The last thing you want on a weeknight is to spend hours in the kitchen. What you need are simple meals that taste great and take next to no time to prepare

Take your pick from light Asian-inspired dishes, delicious fish suppers and a super-easy, meat-free and gluten-free cheesy frittata

All the family will love the Dallas-style burger and Spicy sausage and ricotta pizza





✦ GLUTEN FREE

Guilt-free chicken curry

Don't feel bad for tucking in to this Indian dish, as it's under 500 calories!

READY IN 30 MINUTES

SERVES 4

✓🕒 **EASY/PREPARE AHEAD**

- ✦ ½tbsp olive oil
- ✦ 1 onion, sliced
- ✦ 4 x 150g chicken breasts, cut into bite-size chunks
- ✦ 5tbsp tikka paste
- ✦ 1 red chilli, finely chopped
- ✦ 400g can cherry tomatoes
- ✦ 250ml chicken stock
- ✦ 5tbsp 0% fat Greek yogurt
- ✦ 1tbsp tomato ketchup
- ✦ 15g fresh coriander, chopped
- ✦ 200g basmati rice, cooked, to serve
- ✦ naan bread, to serve

- 1** Heat the oil in a deep, non-stick frying pan and fry the onion over a low heat for 5 minutes. Remove from the pan and set aside. Add the chicken to the pan and brown over a medium-high heat for 5 minutes. Add the tikka paste and chilli and cook for a further 2 minutes.
 - 2** Return the onion to the pan and add the cherry tomatoes and stock. Bring to the boil, then simmer gently for 15 minutes.
 - 3** Remove the pan from the heat and stir in the yogurt, tomato ketchup and coriander. Serve with rice and hot naan bread.
- Per serving 462 calories, 75g fat (1g saturated), 50g carbohydrate*

We love delicious dishes with a little bit of the guilt taken out!

Spicy sausage, broccoli and ricotta pizza

Pizza tastes so much better when you make it yourself, especially with spicy sausage, broccoli and ricotta on it!

**READY IN 40 MINUTES, PLUS RISING
SERVES 2**

✓🕒❄️ **EASY/PREPARE AHEAD/FREEZE**

- ✦ 200g ciabatta bread mix
- ✦ 4 large pork sausages
- ✦ 100g purple sprouting broccoli
- ✦ 200g passata
- ✦ 200g ricotta
- ✦ a pinch of chilli flakes
- ✦ 1tbsp olive oil
- ✦ a handful of rocket leaves, to scatter

- 1** Heat the oven to 180C fan, gas 6. Follow the pack instructions to make the ciabatta, knead for 5 minutes then put in an oiled bowl, covered with oiled clingfilm, and leave it somewhere warm for 30 minutes to rise.
 - 2** Meanwhile, cook the sausages according to pack instructions then slice on the diagonal.
 - 3** Put the broccoli in a pan of boiling water and blanch for 2 minutes. Drain and refresh in cold water.
 - 4** Knead the dough on a floured surface for 2 minutes then roll out to a 35x25cm rectangle. Transfer to a floured baking tray and spread with the passata. Top with the sausage, broccoli and ricotta. Scatter over the chilli flakes, drizzle with the oil and transfer to the oven to bake for 15 minutes until the base is crisp. Sprinkle on rocket leaves and serve.
- Per serving: 912 calories, 44g fat (18g saturated), 87g carbohydrate*



TIP

If you're short of time, buy ready-made pizza bases and skip out the dough-making part

TIP

Ask your butcher to mince some chuck steak and use it instead of the mince here for bags of flavour



A must-make juicy burger, even better when the weather is right to grill on the barbecue

Dallas-style burger

You could make 8 of these and freeze 4 for another day – put baking paper between each burger and put in a sealable container.

READY IN 30 MINUTES

SERVES 4

✓ EASY/PREPARE AHEAD

- + 500g mixed pork and beef mince
- + 1 small onion, grated
- + 1 garlic clove, crushed
- + 1tsp Dijon mustard
- + 1tsp Worcestershire sauce
- + 1tbsp vegetable oil
- + 4 burger baps
- + 2tbsp mayonnaise

- + 1 large tomato, sliced
- + a small wedge of iceberg lettuce, leaves separated
- + 1 small carrot, grated
- + a small wedge of red cabbage, shredded
- + gherkins and barbecue sauce, to serve

1 Put the mince, onion, garlic, mustard and Worcestershire sauce in a bowl. Season and mix well together. Lightly wet your hands then press the mixture firmly into 4 burgers. Brush the burgers with oil and

cook under a medium grill for 15 minutes, turning occasionally, until completely cooked through.

2 Split and toast the burger baps, spread the bases with mayonnaise, then top with a slice of tomato and some lettuce leaves.

3 Put a burger on top and add some grated carrot and shredded red cabbage. Serve with gherkins, barbecue sauce and the burger lids.

Per serving 554 calories, 26g fat (8g saturated), 44g carbohydrate

Salmon sandwiches

Move over fish fingers! Here's a new take on a favourite.

READY IN 30 MINUTES

SERVES 4

 **EASY**

- ÷ 4 fillets salmon, skinned
- ÷ juice of 1 lemon
- ÷ 4tbsp panko crumbs or fresh breadcrumbs
- ÷ 1 ciabatta loaf, split then cut into 4
- ÷ 1 cucumber, peeled, deseeded and peeled into ribbons
- ÷ mustard and cress for the tartare sauce
- ÷ 200ml mayonnaise
- ÷ 3tbsp capers, drained and chopped
- ÷ 3tbsp gherkins, drained and chopped
- ÷ 1 small shallot, finely chopped
- ÷ squeeze of lemon juice
- ÷ 3tbsp chopped fresh parsley

1 Heat the oven to 200C fan, gas 7. Mix together all the tartare sauce ingredients, season well and set aside. Put the salmon on to a baking tray lined with oiled foil. Squeeze over the lemon juice then sprinkle over the panko crumbs, ensuring you coat the sides. Put into the oven for 15 minutes.

2 Divide the tartare sauce between the base sandwiches. Top with a piece of salmon and add the cucumber and cress. Top with the bread lid. For a little indulgence, serve with oven fries.

Per serving 804 calories, 56g fat (6g saturated), 45g carbohydrate

TIP

Panko crumbs are much lighter than usual breadcrumbs and have a great texture – worth a try





Quick and easy stir-fried pork with noodles

Try our quick and simple sweet and sour pork – a healthy alternative to a takeaway. It would also work well with chicken.

READY IN 25 MINUTES

SERVES 4

EASY/PREPARE AHEAD

- + 2tbsp oil
- + 1tsp dried chilli flakes
- + 5cm piece root ginger, grated
- + 1tsp Sichuan peppercorns, crushed
- + 1 large onion, sliced
- + 2 red peppers, cut into matchsticks
- + 300g pork tenderloin, cut into small pieces
- + 227g can pineapple chunks in juice, drained, reserving 100ml juice
- + 150g baby sweetcorn
- + 2tbsp tomato ketchup
- + 1tbsp caster sugar
- + 3tbsp rice wine vinegar
- + zest of 1 lime and juice of 2 limes
- + 2tsp cornflour

- + 450g cooked noodles
- + 4 spring onions, shredded

1 Heat the oil in a large wok, add the chilli, ginger and peppercorns and cook for 1 minute. Add the onion and fry for 2 minutes. Add the peppers and pork and cook, stirring, for 7-8 minutes. Add the pineapple and sweetcorn and cook for 2-3 minutes.

2 Meanwhile, whisk the pineapple juice, ketchup, sugar, vinegar, lime zest and juice, and cornflour in a separate pan. Gently bring to the boil and simmer, stirring, for 2 minutes until thickened.

3 Pour over the pork and vegetable mixture and stir-fry over a high heat for a minute or so to heat through. Toss together with the noodles and spring onions. Serve with extra lime wedges.

Per serving 451 calories, 10g fat (2g saturated), 60g carbohydrate

Sticky chicken drumsticks with orzo, peas and spinach

Any leftovers make a great packed lunch for the next day.

READY IN 30 MINUTES

SERVES 4

EASY/PREPARE AHEAD

- + 8 free range chicken drumsticks
- + 4tbsp Reggae Reggae jerk sauce
- + 300g orzo
- + 300g petits pois
- + 200g spinach
- + 290g jar roasted red peppers, drained and chopped
- + ½ small bunch of coriander, chopped
- + 2tbsp sundried tomato paste
- + ¾tsp ground coriander

1 Heat the oven to 180C fan, gas 6. Mix the chicken drumsticks with the jerk sauce. Put on a baking tray lined with non-stick baking parchment and roast for 30 minutes or until cooked through.

2 Cook the orzo according to the pack instructions then add the petits pois for the final minute of cooking. Drain. Mix with the spinach, peppers, coriander, tomato paste and ground coriander. Serve with lime wedges.

Per serving 553 calories, 6g fat (2g saturated), 70g carbohydrate



A white ceramic bowl with a handle is filled with a vibrant orange and yellow curry, likely sweet potato and chickpea balti. The dish is garnished with fresh green herbs. The bowl sits on a light blue plate, which also holds a piece of golden-brown, grilled naan bread. The background is a warm, textured surface, possibly a wooden table.

✦ GREAT FOR VEGANS

Sweet potato and chickpea balti

You could add chicken to this dinner.

READY IN 35 MINUTES

SERVES 4

  **EASY/PREPARE AHEAD**

- ✦ 1tbsp vegetable oil
- ✦ 1 onion, cut into thin wedges
- ✦ 3tbsp balti paste (more if you like it spicy)
- ✦ 500g sweet potatoes, peeled and diced
- ✦ 400g can chopped tomatoes
- ✦ 400g can chickpeas, drained and rinsed
- ✦ 125g frozen spinach chunks
- ✦ naan bread, to serve

1 Heat the oil in a large pan, add the onion and fry for 3-4 minutes. Stir in the balti paste and sweet potato chunks and cook for a couple of minutes.

2 Add the tomatoes, 300ml hot water and the chickpeas. Bring to the boil then simmer for 10-15 minutes. Check the seasoning.

3 Microwave the frozen spinach for a few minutes and spoon on top of the balti (or add to the balti for the last 5 minutes of cooking).

Spoon the curry into 4 bowls and serve with hot naan bread.

Per serving 300 calories, 8g fat (0.5g saturated), 43g carbohydrate

TIP

You could add cubes of paneer with the potatoes to add more protein to this currently vegan dish



✦ MEAT FREE

Mac 'n' veg bake

Classic pasta made super-tasty with the addition of hidden vegetables.

READY IN 35 MINUTES

SERVES 4-6

✓🕒 **EASY/PREPARE AHEAD**

- ✦ 250g pasta shapes
- ✦ 2x350g tubs cheese sauce
- ✦ 200g cauliflower, separated into small florets
- ✦ 50g curly kale
- ✦ 1 courgette
- ✦ 2tsp light olive oil
- ✦ 75g grated cheese (eg Cheddar, Parmesan, Gruyère)

1 Heat the oven to 180C fan, gas 6. Boil the pasta shapes according to the pack instructions, then drain and mix with the cheese sauce. Meanwhile, steam the cauliflower florets for 5 minutes, adding the curly kale for the last 2 minutes.

2 Stir the vegetables into the pasta, then tip the mixture into a large, ovenproof baking dish.

3 Grate the courgette and toss with the olive oil. Scatter the grated courgette

over the pasta, then top with the grated cheese. Bake for 15 minutes, until the cheese is golden. If making ahead and reheating, you need to bake until piping hot, around 30 minutes.

Per serving 580-385 calories, 27-18g fat (14.5-10g saturated), 58-38g carbohydrate

➤ **GO ONLINE** FOR MORE FAST RECIPES. GO TO WOMANANDHOME.COM/QUICK

Lemon lamb cutlets

Tender lamb with lemon and oregano makes a perfect spring meal.

READY IN 30 MINUTES

SERVES 4

✓ EASY/PREPARE AHEAD

- ÷ 4 x 100g lamb cutlets, fat trimmed off
- ÷ finely grated zest and juice of 1 lemon
- ÷ 2 garlic cloves, crushed
- ÷ 1tsp dried oregano
- ÷ 1 leek, washed and sliced
- ÷ 150ml vegetable stock
- ÷ 100g green beans, trimmed
- ÷ 400g can cannellini beans, rinsed and drained
- ÷ lemon wedges, to serve

TIP

Look out for lamb neck fillet or lamb leg steaks – they save time as they don't have any visible fat to be trimmed

1 Heat the grill to medium-high. Put the lamb cutlets on a grill pan lined with a non-stick Teflon sheet.

2 Season the lamb generously. Sprinkle over the lemon zest and juice, garlic and oregano and grill for 10 minutes, turning the cutlets halfway through.

3 Meanwhile, dry-fry the leeks in a non-stick pan on a low heat for 10 minutes or until they are softened.

4 Pour the vegetable stock into the pan with the leeks, then add the green beans and cannellini beans. Cook gently for a few minutes until warmed through.

5 Season the beans and serve with the cooked cutlets and extra wedges of lemon, if you like.

Per serving 243 calories, 9g fat (4g saturated), 12g carbohydrate



+ GLUTEN FREE

+ MEAT FREE

Easy cheesy frittata

This is great served warm or cold – add ham or chorizo sausage if you want it meaty.

READY IN 25 MINUTES

SERVES 4

✓  EASY/PREPARE AHEAD

- + 200g tenderstem broccoli
- + 2tbsp olive oil
- + 1 red pepper, sliced into strips
- + 6 large eggs, lightly beaten
- + 120g goats' cheese, sliced
- + 1tbsp grated Parmesan
- + 25g pine nuts

1 Heat oven to 200C fan, gas 7. Blanch the broccoli in boiling, salted water for 2 minutes and drain well.

2 Heat the oil in a heavy-based frying pan and fry the red pepper for 5 minutes until it's nearly tender.

3 Pour over the eggs, add the goats' cheese and Parmesan, and season well. Cook for a few minutes on the hob to firm up the base, then sprinkle over the pine nuts.

4 Put the pan in the oven for 8-10 minutes until the frittata is puffed, golden and completely set. Cut into wedges to serve.

Per serving: 374 calories, 28g fat (10g saturated), 4g carbohydrate

TIP

You can make this extra indulgent by replacing the goats' cheese with slices of Camembert



Rosemary lamb chops with roasted root veg

This very easy dish works really well with chicken thighs on the bone too. You could add sprigs of thyme in place of the rosemary.

SERVES 4

READY IN 50 MINUTES

  **EASY/PREPARE AHEAD**

- + 350g butternut squash and sweet potato, diced
- + 1 leek, sliced
- + 4 potatoes, cubed
- + 3tbsp olive oil
- + 8 lamb chops
- + a few sprigs of rosemary

1 Heat the oven to 180C fan, gas 6. Take a large roasting tin and spread the squash and sweet potatoes, leek and potatoes in the base. Toss in the oil with plenty of seasoning.

2 Arrange the chops on top, sprinkle over the rosemary sprigs and season well.

3 Roast for 20 minutes, turn the vegetables and chops, and roast for another 20 minutes until the vegetables are tender and chops are brown.

Per serving 525 calories, 21g fat (7g saturated), 45g carbohydrate



TIP

You can make this a little swankier by using prosciutto or serrano ham in place of the bacon

Roast pork wrapped in bacon with green beans and mash

This works really well with chicken too – you could use sprigs of rosemary instead of the sage.

READY IN 40 MINUTES

SERVES 4

  **EASY/PREPARE AHEAD**

- + 4 pork steaks, approx 140g each
- + 4 sage leaves
- + 8 rashers of streaky bacon
- + 2tbsp each balsamic vinegar and olive oil, for drizzling
- + mash and green beans, to serve

1 Heat the oven to 180C fan, gas 6. Generously season the pork steaks. Then top each one with a sage leaf and wrap around 2 rashers of bacon. Secure with a cocktail stick.

2 Brush the steaks with the balsamic vinegar and olive oil, then put them on a foil-lined baking dish. Transfer to the oven and roast for 25 minutes.

3 Remove the cocktail sticks and serve with mash and green beans.

Per serving 370 calories, 23g fat (7g saturated), 2g carbohydrate

We just can't get enough of a simple, one-pot chicken with these sunshine flavours



✦ DAIRY FREE

Med-style chicken with basil and olives

This is almost a storecupboard supper, with easily available ingredients.

READY IN 25 MINUTES

SERVES 4

✓🕒 EASY/PREPARE AHEAD

2tsp olive oil
4 chicken breasts, skin on
400g can chopped tomatoes
1 red onion, finely chopped
100ml chicken stock
240g jar mixed pitted Kalamata olives, drained
400g spinach leaves

1 Heat the oven to 180C fan, gas 6. Heat the olive oil in a pan and fry the chicken breasts, skin-side down, for 5 minutes.

2 Transfer the chicken breasts to a roasting tin, skin-side up, and add the chopped tomatoes, red onion, stock and olives. Season well, then roast in the oven for 20 minutes.

3 Remove from the oven and scatter with the spinach leaves. Serve immediately.

Per serving 380 calories, 18g fat (3g saturated), 8g carbohydrate

✦ GLUTEN FREE

Pesto cod and veggie parcels

On the table in 30 minutes and super healthy to boot – perfect!

READY IN 30 MINUTES

SERVES 4

✓🕒 EASY/PREPARE AHEAD

- ✦ 2 beef tomatoes, sliced
- ✦ 1 garlic clove, crushed
- ✦ a small bunch of fresh basil
- ✦ 2 courgettes, cut into matchsticks
- ✦ 4 chunky cod fillets
- ✦ 8tsp fresh pesto sauce

TIP

You can use any meaty, white fish for this – try hake, halibut or monkfish

1 Heat the oven to 180C fan, gas 6. Cut out 4 large squares of parchment paper and put them in a roasting tin.

2 Put a few tomato slices into the centre of each square of paper, and season. Top with the garlic, basil and courgettes.

3 Arrange the cod steaks on top of the vegetables and spread with the pesto. Fold the paper over to make parcels.

4 Bake in the oven for 20 minutes until the fish and vegetables are tender and cooked through. Serve in the parcels.

Per serving 191 calories, 6g fat (0.5g saturated), 4g carbohydrate





“I adore giant wholewheat couscous for its bite and slightly nutty flavour, but you can of course use the regular stuff if preferred.”

FLORA SHEDDEN'S

Sherry and tarragon chicken with pearl couscous

This very subtle dish is perfect for midweek suppers when you want something warming but fairly quick to prep.

READY IN 1 HOUR

SERVES 4

EASY

- + 4 large chicken breasts, halved on the diagonal
- + olive oil
- + 2 banana shallots, cut into eighths
- + 5 tablespoons sherry
- + 5 tablespoons dry white wine
- + small bunch of tarragon, leaves picked
- + 300ml (½ pint) chicken stock
- + 200g (7oz) giant couscous
- + salt and freshly ground black pepper
- To garnish**
- + ½ small bunch of fresh flat leaf parsley, leaves picked
- + 50g (1¾oz) pine nuts, toasted

1 Preheat the oven to 200°C (400°F), Gas Mark 6. Season the halved chicken breasts with a little pepper. Heat a good glug of olive oil in a large frying pan, then add the chicken pieces and cook over a medium heat for 2 minutes or so until the undersides are light golden in colour. Turn over the chicken pieces and cook for a further 2–3 minutes. Transfer the chicken to a deep ovenproof dish and set aside.

2 Reduce the heat under the frying pan to medium-low, then add the shallots

and cook for just a few minutes until lightly coloured. Spoon the shallots over the chicken in the ovenproof dish.

3 Add the sherry, white wine and tarragon to the frying pan, then increase the heat to high and boil for 2–3 minutes to allow the liquids to reduce a little. Add the stock and continue to boil for a few minutes.

4 Pour one-third of the sauce on top of the chicken in the ovenproof dish or enough so that both the meat and the shallots are submerged in the golden liquid. Transfer the dish to the oven and cook for 15–20 minutes or until the chicken is cooked through.

5 While the chicken is cooking, make the couscous. Add the grains to the frying pan with the remaining sauce and bring to the boil. Cook for about 15 minutes, stirring regularly and keeping an eye on the grains to avoid overcooking. You may need to add a little boiling water if the liquid dries up towards the end of the cooking time.

6 Once everything is cooked, add the chicken, tarragon, shallots and any juices in the dish to the cooked couscous in the frying pan and stir to combine. Season to taste. Serve directly from the pan, scattered with the fresh parsley leaves and toasted pine nuts.



FLORA SHEDDEN'S GATHERINGS (Mitchell Beazley, £25)

Flora, the youngest ever semi-finalist in the *Great British Bake Off*, has published her debut cookbook, a mixture of recipes for all sorts of gatherings – small and large, those planned out in advance or assembled at the very last minute. Choose from modern dishes (Sloe gin-braised venison), staple snacks, salads and sides, interesting bakes (Chestnut and pear frangipane), and perfect puddings to end a feast with.



💚 *By cooking the couscous in the same pan as the chicken, you can guarantee that no flavour is lost* 💚



Sloe Gin



Smoking



Spicy roasted cauliflower



Kombucha cocktail

TAKE TEN

food trends to watch in 2017

By food trends, we're not talking faddy exclusion diets which can cost the earth, or the weird ingredients impossible to find. Here's the list for real food lovers!

1 GOCHUJANG

A Korean fermented chilli paste and one of the mainstays of Korean flavours, a big, savoury flavour sensation. You add sesame oil, soy sauce, rice wine vinegar, honey, garlic and ginger to make an awesome marinade for chicken (find the recipe on womanandhome.com). Add a spoon to make a punchy mayo for a burger. Find in Asian grocers or at souschef.co.uk

2 GIN

A gin revolution is spreading across Europe and the US. You now order your gin by brand and the additions – forget ice and a slice – will reflect the botanicals used in the gin-distilling. Rosemary, pink grapefruit and juniper berries abound. Boutique distilleries are popping up all over the UK, from Totnes to the Cairngorms. Try gin and tonic like the Spanish, in large wine goblets with large chunks of ice that melt more slowly to prevent dilution.

3 KALETTES

The “new” hybrid vegetable, a cross between kale and Brussels sprouts, was launched as a flower sprout some years ago but is now much more easily available. You can stir-fry, steam, roast or boil them. They're sweet and nutty with none of the bitterness of kale, and full of vitamins.

4 CAULIFLOWER

Not remotely new but the humble cauli has taken on a new lease of life. It's British-grown all year round and though we love it covered in a cheese sauce, it takes on spicy flavours really well. Toss in oil, cumin, turmeric and seasoning and roast in the oven. Cauli rice is all over the shelves though just whizz it up in a blender for the same, much cheaper result.

5 FERMENTED FOODS

The live bacteria produced in fermented foods are great for digestion but these foods also can be flavour bombs for cooks. That staple side dish of Korean food, kimchi, is found in burgers as well as salads. Likewise sauerkraut is having a new life. Kombucha is a fermented tea and we're finding it cocktails.

6 POKE

Pronounced “po-kay”, this Hawaiian speciality is quickly spreading across the US and heading to our shores. It completely appeals to our love of Peruvian ceviche. Traditional poke is cubed, fresh raw seafood (usually tuna, snapper or octopus) mixed with soy sauce, spring onions and sesame oil, and is served over rice. Healthy *and* delicious.

7 BEEF

Not for every day but we are looking at beef as a special treat, and paying more for it. Witness the success of Peter Hannan's amazing, award-winning beef aged in Himalayan salt chambers. Different and forgotten cuts are entering the butcher's, from piranha to bavette, short ribs to brisket. British grass-fed beef is higher in fatty acids than corn-fed and better for happy cattle. So spend more, eat less and enjoy.

8 SEAWEED

Seaweed has been used all over the world for centuries. The one we know best is nori, used in sushi, but we're now seeing it as an ingredient used in savoury biscuits (by Stag Bakeries in Stornoway) and butters. It adds that fifth taste, umami, so is used in flakes as a salt substitute and flavour enhancer. There are seaweed snacks and it's found in Asian-style soup bowls.

9 SMOKING

Not the 20-a-day habit – so last century – but chefs and food producers are smoking all manner of foods. Smokehouse cooking has crossed the pond to some of London's most successful restaurants. Home cooks can buy their own smoke boxes to use on the barbecue. We can find smoked butter, amazing on a steak, and smoked salt, delicious on anything.

10 DOUGHNUTS

Not the cheap and cheerful sugary kind filled with sickly jam, our American cousins are embracing the gourmet doughnut as seen at Dough in Brooklyn. They use a brioche-style dough made in small batches all day. We're talking matcha, dulce de leche, gin and tonic, earl grey and mojito!

brunch TIME

Treat yourself to a home-cooked breakfast. Whether you're feeding the family or a group of friends, we have a great selection to choose from

We've got recipes for both sweet and savoury pancakes, comforting egg dishes, classic bakes and a crowd-pleasing fry-up

Fancy something a bit different? Then try the Spicy chickpeas on naan bread or Tuna and pepper quesadilla





Buttermilk blueberry pancakes with bacon

These delicious pancakes are as light as a feather and the blueberries add a fruity tang. Serve them American-style with maple syrup and crispy bacon.

READY IN 30 MINUTES

SERVES 4 (MAKES 12)

EASY/PREPARE AHEAD

- + 3 large eggs, separated
- + 2 x 284ml pots buttermilk
- + 60g butter, melted, plus extra for frying
- + 300g plain flour
- + 1tsp salt
- + 1tsp bicarbonate of soda
- + 150g blueberries, plus extra to serve
- + maple syrup and streaky bacon, to serve

1 In a bowl, beat the egg yolks, add the buttermilk, then the melted butter. Sift in the flour, salt and bicarbonate of soda, then mix well – a balloon whisk does the job perfectly. It's at this point that you can

leave the mixture in the fridge overnight, but cover the surface with clingfilm and make it airtight or it will discolour.

2 Whisk the egg whites until soft peaks form, then fold into the batter.

3 To fry, heat a little butter in a non-stick pan, then add a small ladleful of the batter. Scatter a few blueberries on the top, then cook for a few minutes – you'll see the pancake browning around the edges – before flipping with a fish slice and cooking the other side.

4 Place on to a warm plate (you can keep the pancakes in a low oven for up to 20 minutes) while you cook the rest. Serve with extra blueberries, maple syrup and crispy bacon.

Per serving (pancakes only): 178 calories, 7g fat (3.5g saturated), 22g carbohydrate

Pancakes with blackberries

This feels very decadent but it's just over 250 calories a serving.

READY IN 20 MINUTES

SERVES 4

EASY

- + 300g blackberries
- + 2tbsp golden caster sugar
- + 2tbsp crème de cassis (blackcurrant liqueur)
- + 500g 0% Greek yogurt
- for the pancakes**
- + 60g plain flour
- + a pinch of salt
- + ½tsp baking powder
- + 1 small egg
- + 150ml buttermilk
- + a little vegetable oil, for frying

1 Put the blackberries in a bowl and sprinkle over the caster sugar and 1tbsp of the cassis. Lightly stir in the yogurt.

2 To make the pancakes, sift the flour, salt and baking powder into a bowl. Add the egg and gradually pour in the buttermilk, whisking continuously, to make a smooth batter.

3 Heat a large frying pan, or flat griddle, and grease with a little oil. Pour in about 4tbsp batter and cook until bubbles appear on the surface. Flip the pancake over, using a palette knife, and cook for 30 seconds – 1 minute until golden. Turn out on to a warm plate, cover and repeat to make 7 more pancakes.

4 Sandwich the pancakes with a generous layer of the blackberry yogurt. Top with more yogurt and drizzle over the remaining crème de cassis.

Per serving: 255 calories, 4.5g fat (1g saturated), 32g carbohydrate

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*Irresistible pancakes,
either the classic blueberry
and bacon or our indulgent
blackberry version with
crème de cassis*

Pancakes with blackberries

TIP

You can vary the filling – we like ricotta and spinach, cheese and onion, and tomato and avocado



✦ GREAT FOR VEGGIES

Leek and chestnut pancakes

Leek and chestnut pancakes

Pancakes don't always have to be sweet – savoury fillings work really well. These are full of flavour and perfect for a leisurely weekend brunch.

READY IN 30 MINUTES

SERVES 4

  **EASY/PREPARE AHEAD**

- + 50g butter
- + 2 leeks, sliced
- + 125g button mushrooms, finely sliced
- + 50g cooked chestnuts, crumbled
- + 2tsp chopped tarragon
- + 75ml dry cider
- + 100ml single cream
- + 50g plain flour
- + 150ml milk
- + 1 large egg, lightly beaten
- + mixed salad, to serve

1 Melt half the butter in a frying pan and cook the leeks for 5-6 minutes, until soft and golden. Add the mushrooms, chestnuts and tarragon and cook for a further 4-5 minutes, until softened.

2 Pour in the cider and simmer until completely evaporated. Stir in the cream, then season and simmer for 1 minute to thicken slightly. Take off the heat and keep warm.

3 Meanwhile, sift the flour into a bowl with a pinch of salt. Make a well in the centre and pour in the milk and egg. Mix well, using a balloon whisk, until the batter is smooth.

4 Melt a knob of the remaining butter in a non-stick frying pan or 24cm crêpe pan over a medium heat. Pour a quarter of the batter into the pan and swirl to spread out. Cook for 1-2 minutes, until set and lightly golden underneath. Flip and cook the other side for 30-60 seconds, until golden. Transfer to a plate and keep warm. Repeat to make another 3 pancakes with the remaining batter.

5 Put the pancakes on warmed plates, fill with the leek and chestnut mixture, then fold and serve with a mixed salad.

Per serving: 296 calories, 19g fat (11g saturated), 19.5g carbohydrate

We love this Indian-inspired, spicy brunch dish



+ GREAT FOR VEGGIES

Spicy chickpeas on naan bread

Add some spice to your morning with this quick recipe – it's much more satisfying than a can of baked beans and twice as tasty.

READY IN 15 MINUTES

SERVES 2

  **EASY/PREPARE AHEAD**

- + 227g can chopped tomatoes
- + a pinch of caraway seeds
- + 1tsp harissa paste
- + 400g can chickpeas in water, drained
- + a small handful of fresh coriander, chopped, with a few leaves reserved to garnish
- + 2 mini naan breads, toasted
- + 2tbsp low-fat natural yogurt
- + ½ red chilli, deseeded and finely chopped

1 Put the chopped tomatoes in a pan with the caraway seeds, harissa paste and chickpeas. Bring to the boil, then reduce the heat, cover and simmer for 5 minutes, stirring occasionally.

2 Stir in half the coriander and spoon the mixture over the warm naan bread. Top with the yogurt, chilli, coriander leaves and the remaining chopped coriander.

Per serving: 309 calories, 5g fat (1g saturated), 44g carbohydrate



Kedgeree (recipe on page 40)



Tuna and pepper quesadilla
(recipe on page 40)

*To make this veggie, omit the
tuna and add more cheese*

Kedgeree

This is a real classic that's so easy to whip up for a big crowd.

READY IN 30 MINUTES

SERVES 6

EASY

- + 250g smoked haddock
- + 250g lightly smoked salmon fillets
- + 500ml milk
- + 1 bay leaf
- + 1tbsp oil
- + 25g butter
- + 2 medium leeks, sliced
- + 1 small onion, chopped
- + 3tbsp curry powder
- + ½tsp ground turmeric
- + 250g basmati rice
- + 600ml hot vegetable stock
- + 200g frozen peas
- + a small bunch of flat-leaf parsley
- + juice of ½ lemon, plus wedges, to serve
- + 4 eggs, soft boiled, peeled and quartered

1 Put the haddock and salmon fillets in a large pan and cover with the milk. Add the bay leaf and poach gently for 10 minutes until just cooked. Set aside to cool slightly before flaking the fish (discard the skins).

2 Meanwhile, heat the oil and butter in a large frying pan and fry the leeks and onion for 10 minutes until soft. Stir in the curry powder and turmeric, then cook for a further 2 minutes.

3 Add the rice and hot stock to the pan. Bring to the boil, then reduce the heat and simmer for 6-8 minutes, until almost cooked. Stir in the frozen peas, and cook for 1 minute, then mix in the parsley, lemon juice, plenty of black pepper and the fish and eggs. Serve with the lemon wedges to squeeze over.

Per serving: 431 calories, 14g fat (4.5g saturated), 41g carbohydrate

Tuna and pepper quesadilla

Why not rev up your toastie with a Mexican-inspired version?

READY IN 15 MINUTES

SERVES 2

EASY

- + 160g can tuna, in olive oil, drained
- + juice of 1 lime
- + 50g sweetcorn, drained
- + a handful of coriander, chopped
- + 2tbsp chipotle sauce
- + 2 roasted red peppers, drained from the jar, sliced
- + 3tbsp grated Cheddar
- + 2 tortilla wraps
- + 1 avocado, quartered, stone removed
- + 1 tomato, deseeded and diced
- + 2 spring onions, sliced
- + 100g bag rocket salad

1 In a bowl, mix the tuna, 1tsp lime juice, sweetcorn, coriander, chipotle sauce, peppers, Cheddar and some ground black pepper.

2 Heat a non-stick pan, add a tortilla, spoon over the tuna mixture and top with the other tortilla, as a lid – press it down. Cook for 2 minutes.

3 Meanwhile, mash together the avocado, remaining lime juice and seasoning, then stir through most of the chopped tomato and spring onions.

4 Turn over the quesadilla to brown the other side – pop a large plate on top of the quesadilla and upturn the pan so the quesadilla is turned over on the plate, return pan to the heat and slide the quesadilla into the pan. Cook for 2-3 minutes until the base is crispy. Serve the hot quesadilla, cut into wedges, with the guacamole, rocket salad and the remaining tomato, spring onions and coriander.

Per serving: 631 calories, 33g fat (10.5g saturated), 43g carbohydrate

TIP

Fill quesadillas with whatever you like, even sweet ingredients – try banana and peanut butter

Try our flavour-packed kedgeree and toasted tortillas, or classic sweet muffins

Blueberry muffins

Freshly baked muffins are a wonderful treat at breakfast.

READY IN 35 MINUTES

SERVES 6

EASY/PREPARE AHEAD

- + 150g self-raising flour
 - + 1tsp baking powder
 - + 2-4tbsp stevia sweetener, eg, Truvia
 - + 160ml can coconut cream
 - + 2 eggs
 - + 4tbsp milk
 - + 150-200g punnet blueberries
- you will need**
- + a 6-hole muffin tin with paper cases

1 Heat the oven to 180C fan, gas 6. Sift the flour and baking powder into a bowl and stir in the sweetener. Tip the coconut cream into a jug and beat in the eggs and milk until smooth. Pour the mixture into the flour, add the blueberries and stir until just mixed. Divide the mixture between the lined muffin tins.

2 Bake for 15-20 minutes, or until risen and just firm to the touch in the centre. Remove from the oven, lift out the muffins and put them on a wire rack to cool.

Per muffin: 222 calories, 12g fat (9g saturated), 24g carbohydrate



Blueberry muffins

Creamy poached egg pots

Get your day off to a healthy start with this nutritious protein-packed recipe.

READY IN 25 MINUTES

SERVES 2

✓ EASY

÷ 75g spinach
÷ 4tbsp half-fat crème fraîche
÷ 2 large eggs
÷ 25g smoked salmon
÷ 2 small slices wholemeal bread
you will need
÷ 2 ramekins

1 Heat the oven to 160C fan, gas 4. Wilt the spinach in a bowl in the microwave for 30 seconds on high, then drain. Divide the crème fraîche and spinach between

the ramekins. Crack an egg on top of each one and season with freshly ground black pepper.

2 Put the ramekins in a roasting tin and half-fill the tin with warm water. Bake for 15 minutes until the egg is set with a runny yolk, or 5 minutes longer if you prefer your egg completely set.

3 Top each pot with strips of the smoked salmon. Serve with a slice of bread or toast per serving.

Per serving: 250 calories, 13g fat (5.5g saturated), 14g carbohydrate



New-style eggs benedict

This twist on the classic ham version is the perfect comfort food. Save time and buy hollandaise sauce, if you like.

READY IN 30 MINUTES

SERVES 4

✓🕒 EASY/PREPARE AHEAD

- + 30g unsalted butter
- + 2tbsp rapeseed oil
- + 500g mixed mushrooms (we used chestnut and closed cup)
- + 2 garlic cloves, crushed
- + 4 large eggs
- + 400g spinach, washed
- + 4 English muffins
- + a grating of fresh nutmeg
- + a small bunch of chives, chopped

1 In a large sauté pan, heat the butter and oil and fry the mushrooms until golden. Add the garlic for the final 2 minutes until fragrant. Cover in foil and set aside to keep warm.

2 Meanwhile, poach the eggs in a pan of barely simmering water for 3 minutes each. Scoop out with a slotted spoon and put in a bowl of iced water. (Keep the pan of hot water.)

3 Microwave the spinach on high for 1 minute, then drain.

4 Toast the muffins and put the eggs back into the hot water to reheat. Top each muffin with some fried mushrooms, wilted

spinach, a poached egg and a little nutmeg. Pour over the hollandaise sauce (see below) and garnish with chives.

Hollandaise sauce Whizz 2 large egg yolks in a processor for 1 minute. In a pan, heat 2tsp lemon juice and 2tsp white wine vinegar until steam comes off the surface, then pour onto the whizzing blades in a slow stream. In the same way, pour in 120g unsalted butter, melted and cooled, until the sauce is thick.

Per serving: 422 calories, 20g fat (6.5g saturated), 33.5g carbohydrate

TIP

Hollandaise can split if it's too hot, so keep in a flask if making an hour ahead, or in a bowl sat in a pan of warm water



Danish pastries

Shop-bought dough just means less time waiting for this morning treat!

**READY IN 25 MINUTES, PLUS COOLING
MAKES 9 PASTRIES**

✓ EASY/PREPARE AHEAD

- + 75g butter
- + 50g light brown sugar
- + 100g raisins
- + 2tsp ground cinnamon
- + 1 pack Jus-Rol uncooked croissant dough
- + 1tbsp plain flour
- + 3tbsp icing sugar
- you will need**
- + a baking tray lined with baking parchment

1 Heat the oven to 170C fan, gas 5. Melt the butter, sugar and raisins and stir through the ground cinnamon. Cool for 10 minutes.

2 Unroll the croissant dough on to a lightly floured surface and pinch together the sections.

3 Spread with the fruity mixture and roll up from the short end to make a fat sausage. Slice into 9 discs, transferring each one to the baking tray. Bake for around 15 minutes, or until evenly browned and puffed up. If any uncurl in the oven, use tongs to pinch them back together.

4 Leave the pastries to cool on a wire rack. Mix the icing sugar with a drop of water, then drizzle over the pastries.
Per pastry: 285 calories, 15.5g fat (9g saturated), 33g carbohydrate

➤ **COOK'S TIP** You can add some chopped nuts with the icing sugar.

What's not to love about this twist on a fry-up?

All-in-one brunch fry

Not one to be eaten every day but great as a special treat!

READY IN 25 MINUTES

SERVES 4

✓ EASY

- + 1tbsp sunflower oil
- + 4 sausages
- + 1 pepper, sliced
- + 70g bacon lardons
- + 150g mushrooms, sliced
- + ½tsp paprika
- + 2 tomatoes, halved
- + 4 eggs
- + 75g Cheddar, grated

1 Heat the oil in a large frying pan, add the sausages and fry for 5 minutes. Add the pepper and lardons, and fry for a further 10 minutes until golden. Remove the sausages, slice a d return to the pan with the mushrooms and paprika, and fry for 5 minutes. Add the tomatoes.

2 Heat the grill to medium. Crack the eggs into the pan and cook for a few minutes until the white has almost set.

3 Scatter over the cheese and grill for 3-4 minutes until it's bubbling and the eggs are cooked.

Per serving: 400 calories, 31g fat (11.5g saturated), 7g carbohydrate

A close-up photograph of a well-used metal skillet filled with a hearty brunch fry. The dish features three sunny-side-up eggs with bright yellow yolks, several pieces of browned sausage, and sliced cherry tomatoes. Melted cheese is visible, coating some of the ingredients. The skillet sits on a white paper towel with blue stripes, which is placed on a light-colored wooden surface. In the background, a metal grater and a blue cloth are partially visible.

TIP

If you're serving this up to more than 4 people, make it on a roasting tray or in 2 large frying pans

All-in-one brunch fry



“The oat pancakes would work equally well as a savoury breakfast dish, especially as a ‘full Scottish’ with bacon, black pudding (haggis, if you fancy it), roasted tomato, thyme-butter sautéed mushrooms and a poached egg.”

SUDI PIGOTT'S

Scottish oat pancakes with skyr, raspberries and thyme honey

This is porridge in the form of a pancake – so it's comforting, like a warm tummy hug. These pancakes, with their subtle, toasty taste, make a perfect start for breakfast or brunch. Porridge oats are simply whizzed in a food processor to make a fine flour.

READY IN 20 MINUTES
SERVES 4 (MAKES 12-16 X 12CM)

✓ **EASY**

- + 150g porridge oats
- + 150g self-raising flour
- + ½ teaspoon ground cinnamon
- + 2 large eggs, separated
- + 400g milk, or soya or almond milk
- + 50g butter, melted
- + 250g tub skyr
- + 1 large punnet raspberries
- + 6 tablespoons thyme honey

1 Preheat the oven to 100°C/gas mark ¼ and warm a plate to keep the pancakes warm while you make them. Blitz the porridge oats in a food processor to make a flour.

2 Mix the blitzed porridge oats, flour and cinnamon together in a bowl. Whisk in the egg yolks and the milk. Put the egg whites in a clean bowl and whisk until they form soft peaks. Gently fold the whites into the batter. The batter will be fairly thick, like double cream.

3 Heat a heavy non-stick frying pan over a high heat. Reduce to medium-high and use a heatproof pastry brush to brush with butter. Pour in a ladleful of batter and cook for 1–2 minutes until it puffs up. Flip over and cook for 2 minutes or until lightly golden. Keep the pancakes warm and repeat with the remaining batter, adding more butter to the pan as necessary. Serve the pancakes with a scoop of skyr, a scattering of raspberries and a good drizzle of thyme honey.



SUDI PIGOTT'S FLIPPING GOOD! PANCAKES FROM AROUND THE WORLD (Kyle Books, £12.99)

Food, restaurant and travel journalist and broadcaster Sudi Pigott has created an enticing collection of savoury and sweet pancakes from around the world, including recipes for breakfast, brunch, healthy mains and dessert ideas, plus advice on batters and techniques. Recipes include Fluffiest-ever American pancakes, Blinis, Poffertjes (Dutch mini pancakes), Farinata (baked chickpea pancake), and Baked caramelised apple pancake.



“This oat pancake gets me thinking about Scottish cranachan, so I’ve paired it with skyr – the rich, creamy Icelandic yogurt”

ONE-POT wonders

Keep things simple with these all-in-one dishes – just do some easy prepping and then let the flavours come together in the pot or pan

We have casseroles, curries and tray bakes that are full of flavour. Make enough to feed the whole family or enjoy leftovers the next day

If you like a bit of heat, try the Spiced chicken pilaf, Shakshuka or Thai chicken curry with aubergine and green beans





TIP

Although this is ready in 30 minutes, you can prepare it in advance, then reheat in the microwave before adding the yogurt and herbs



✦ GLUTEN FREE

Spiced chicken pilaf (recipe on page 52)



Low-fat lasagne (recipe on page 52)

Easy chicken, healthier lasagne and a comforting soup, ready in less than an hour

Spiced chicken pilaf

A tasty rice dish (and any leftovers make a mean lunchbox the next day).

READY IN 30 MINUTES

SERVES 4-6

✓ **EASY**

- + 1 large red onion, chopped
- + 1 red and 1 yellow pepper, sliced
- + 2tbsp olive oil
- + 1 red chilli, finely sliced
- + 350g basmati rice
- + 700ml hot chicken stock
- + 100g sultanas
- + 2tbsp jerk seasoning
- + zest and juice of 1 orange
- + 3 chicken breasts, skin on
- + a good handful of fresh flat-leaf parsley and mint, chopped
- + 4tbsp natural yogurt, to serve

1 Fry the onion and peppers in 1tbsp oil for 5 minutes, add the chilli and stir in the rice.

2 Add the stock and sultanas. Bring to a boil, then cover and simmer for 18-20 minutes (don't stir), until the liquid is absorbed and the rice is soft.

3 Mix together the remaining oil, jerk seasoning and orange juice. Rub over the chicken and grill, skin-side down, for 5 minutes, then turn and grill for 10 minutes until cooked through.

4 Fork the orange zest through the rice with most of the herbs. Slice the chicken and arrange on top of the rice. Top with the yogurt and remaining herbs.

Per serving: 691-460 calories, 12-8g fat (3-2g saturated), 99-66g carbohydrate

TIP

You can use leftover chicken from a Sunday roast – just add the jerk seasoning and orange juice to the rice before adding the chicken

Low-fat lasagne

A traditional Italian lasagne has lots of fattening ingredients – our recipe doesn't and it's still just as delicious. Serve with our easy garlic bread, if you like.

READY IN 1 HOUR

SERVES 4

✓ **EASY/PREPARE AHEAD/FREEZE**

- + 1 large onion, finely chopped
- + 2 garlic cloves, chopped
- + 350g extra lean minced beef
- + 400g can chopped tomatoes with herbs in tomato juice
- + 400g Weight Watchers baked beans
- + 4 sheets fresh lasagne
- + 300g pot low-fat carbonara sauce
- for the garlic bread (optional)**
- + 1 small part-baked French stick
- + 2 garlic cloves, crushed
- + 2tbsp freshly snipped chives
- + 75g feta cheese

1 Cook the onion and garlic with 3tbsp water until softened. Add the mince and cook, stirring, for 5 minutes or until the meat is brown.

2 Tip the meat mixture into a sieve to drain off any excess fat. Return to the pan with the tomatoes and beans and simmer for 10 minutes. Season with salt and freshly ground black pepper.

3 Heat the oven to 180C fan, gas 6. Put a layer of meat in an ovenproof dish (or in 4 individual foil containers), add a layer of fresh pasta (cutting the sheets to fit the container), then more meat and pasta, then pour over the sauce. Bake for 20-25 minutes, or until bubbling and golden.

4 If you're making garlic bread, cook the part-baked loaf according to the pack instructions. Beat together the garlic, chives and feta. Cut the bread into slices (being careful not to cut all the way through) and spread the feta mixture inside. Wrap in foil and put back in the oven for a further 5-10 minutes. Serve with the lasagne and a green salad.

Per serving (without garlic bread): 329 calories, 10g fat (5g saturated), 30g carbohydrate

+ MEAT FREE

Leek soup with mini cheesy toasts

A chunky homemade soup is really satisfying – treat yourself to cheese toasts to bulk it up.

READY IN 40 MINUTES

SERVES 4

✓ **EASY/PREPARE AHEAD**

- + 2tbsp olive oil
- + 500g leeks, sliced
- + 400g carrots, sliced (no need to peel)
- + 1 onion, chopped
- + 1 garlic clove, crushed
- + a few rosemary sprigs
- + 1.5 litres hot vegetable stock
- + a little Worcestershire sauce
- + 1 small French stick, sliced
- + 3tbsp pickle
- + 150g reduced-fat Cheddar, grated

1 Heat the oil in a large pan, add the leeks and carrots and cook over a low heat for 10 minutes.

2 Add the onion, garlic, a few rosemary sprigs, hot stock and a dash of Worcestershire sauce. Simmer for 20 minutes until the vegetables are tender.

3 Meanwhile, grill one side of the French bread slices, turn and spread with the pickle. Top with cheese and grill for a few minutes until melted.

Per serving: 453 calories, 16g fat (6.5g saturated), 50g carbohydrate





✦ GREAT FOR VEGGIES

Shakshuka

Shakshuka

This North African dish is equally delicious as supper or brunch.

READY IN 1 HOUR 20 MINUTES

SERVES 4-6

EASY

- + 4tbsp olive oil
- + 2 large onions, sliced
- + 2 garlic cloves, crushed
- + 2 red and 2 yellow peppers, sliced into strips
- + 2tbsp Baharat spice mix (from Bart Spices)
- + 1tbsp light muscovado sugar
- + 6 ripe tomatoes, roughly chopped
- + 7 eggs
- + a large handful of coriander, leaves chopped
- + yogurt flatbreads, to serve (see recipe below)

1 Heat the oil in a large frying pan, add the onions and soften gently without colouring for a couple of minutes. Add the garlic and peppers and soften for 25 minutes, then add the Baharat mix, turn up the heat slightly and cook out the spices for a few more minutes.

2 Add the sugar and tomatoes, and enough water to loosen it without turning it into soup – about 150ml. Season, turn the heat down and simmer gently for 15 minutes, until thickened. Taste and check the seasoning – it should be full flavoured.

3 Make 7 wells in the mix and crack an egg into each. Sprinkle some salt on top of each egg, then turn the heat down as low as it will go, cover the pan and allow the eggs to cook for 12-15 minutes until the whites are just set and the yolks are still runny. Scatter with coriander, and serve with yogurt flatbreads.

Yogurt flatbreads Mix 250g natural yogurt with 250g plain flour and ½tsp salt. Knead for a minute; chill for 30 minutes. Divide into 8 balls, and roll out with a floured rolling pin to 6mm thickness. Heat a frying pan with 2tbsp oil and fry the flatbreads for 2 minutes on both sides, adding more oil as you need to. Serve drizzled with olive oil mixed with crushed garlic, and scattered with sea salt.

Per serving: 357-238 calories, 21-14g fat (4.5-3g saturated), 22-14g carbohydrate



TIP

Tamarind paste is widely available, but you can also use concentrate in this recipe – just make sure that you halve the quantity first

Asian-style beef casserole

Our new take on beef casserole – rich and comforting as ever, but with a glorious touch of Asian spicing.

READY IN 2 HOURS 30 MINUTES

SERVES 4

EASY/PREPARE AHEAD/FREEZE

- + 1tbsp oil
- + 1kg chuck steak, diced
- + 1 large onion, chopped
- + 5cm piece of ginger, finely chopped
- + 3 garlic cloves, crushed
- + 1tsp turmeric
- + 1tsp ground cumin
- + 300ml coconut cream
- + 200ml beef stock
- + 225g shiitake mushrooms, halved
- + 6tbsp tamarind paste
- + 1tsp Thai fish sauce

1 Heat the oil in a heavy-based casserole, brown the meat in batches and set aside. Add the onion to the pan and cook for 5 minutes or until starting to brown. Turn the heat up slightly, then add the ginger, garlic, turmeric and cumin, and sauté for another minute, stirring well.

2 Return the meat to the pan, add the coconut cream and stock, bring to the boil, then leave to simmer gently for 2 hours or until the meat is tender. Add the mushrooms, tamarind and fish sauce to the pan after 1 hour. Season to taste. Serve with sticky rice and green beans.

Per serving: 600 calories, 29g fat (18g saturated), 24g carbohydrate



Sticky chicken and chorizo tray bake roast

A midweek "roast" all cooked in one roasting tin – this has a delicious hint of spice.

READY IN 50 MINUTES

SERVES 2

EASY/PREPARE AHEAD

- + 2 part-boned free-range chicken breasts
- + 1 large red onion, cut into wedges
- + 1 large sweet potato (around 250g), cut into chunks
- + 1 large red pepper, thickly sliced
- + 2tbsp oil
- + 150g cooking chorizo
- for the marinade**
- + 2 garlic cloves, crushed
- + 1tbsp sherry vinegar
- + 100ml maple syrup
- + ½tsp soy sauce

1 Heat the oven to 180C fan, gas 6. Line a wide, shallow baking tray with foil, add the chicken, onion, sweet potato and pepper, season well and drizzle over the oil. Bake for 20 minutes.

2 To make the marinade, mix all the ingredients together in a small jug.

3 Remove the tray from the oven, add the chorizo, pour over the marinade and toss to coat. Turn up the oven to 220C fan, gas 9, and roast for a further 15-20 minutes, basting once or twice, or until sticky and cooked through.

Per serving: 856 calories, 37g fat (11g saturated), 68g carbohydrate

➤ **COOK'S TIP** This is delicious served with a crunchy chicory salad dressed with a mustardy vinaigrette.

If you like to reduce your meat intake, halve the quantity of lamb and replace with more lentils

Lamb curry

Use small pieces of lamb leg instead of mince if you prefer a chunkier curry.

READY IN 55 MINUTES

SERVES 6

EASY/PREPARE AHEAD

- + 2tbsp vegetable oil
- + 2 onions, chopped
- + 3 garlic cloves, crushed
- + 400g lamb mince
- + 2tbsp medium madras curry powder
- + 75g red split lentils
- + 400g can tomatoes
- + 500ml chicken stock
- + 2 large potatoes, cubed
- + 125g frozen peas

1 Heat the oil, fry the onions for 5 minutes, then add the garlic and fry for a few more minutes.

2 Stir in the mince and cook for 10 minutes. Add the curry powder and cook for 2 minutes. Tip in the lentils, tomatoes, stock and potatoes and simmer for 20 minutes.

3 Add the peas, warm through and serve with naan breads, yogurt and mint.

Per serving: 350 calories, 14g fat (4.5g saturated), 32g carbohydrate

➤ **COOK'S TIP** For a version slightly lower in saturated fat, replace the lamb with turkey mince or Quorn and cook for 10 minutes less.

➤ **GO ONLINE**

EXPAND YOUR CURRY REPERTOIRE: GO TO WOMANANDHOME.COM/CURRY

On the table in less than an hour, a
simple crowd-pleaser everyone will love



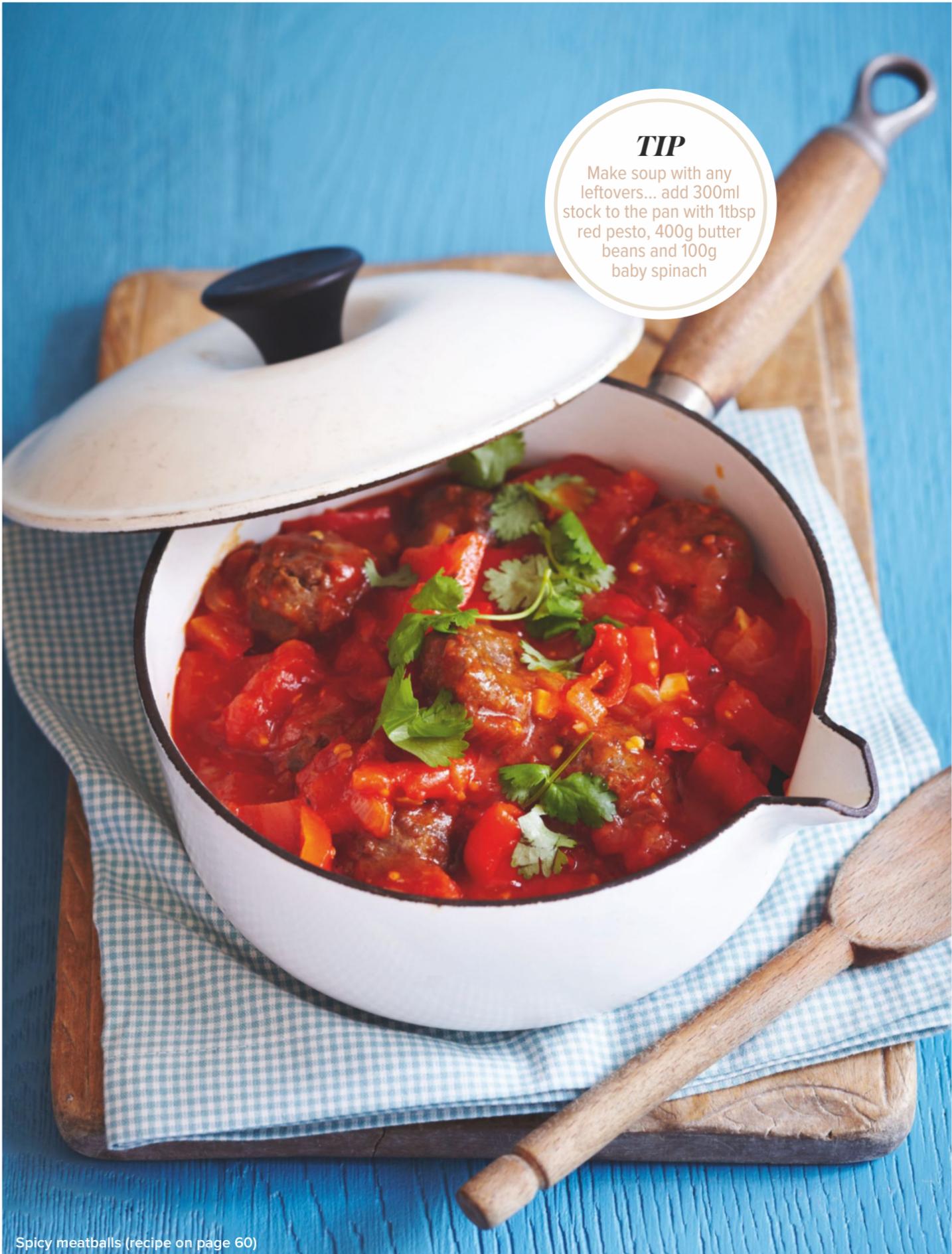
✚ GLUTEN FREE

Lamb curry



This works well with most sausages, so why not try beef or venison for a change?

Honey mustard sausages with rustic roasties (recipe on page 60)



TIP

Make soup with any leftovers... add 300ml stock to the pan with 1tbsp red pesto, 400g butter beans and 100g baby spinach

A slow-cooked curry that's a meal all in itself, no rice required, plus firm favourites – easy meatballs and a sausage casserole

Honey mustard sausages with rustic roasties

Boost your veggies with sweet potatoes and squash, smother with a sticky glaze and roast together for a change.

READY IN 40 MINUTES
SERVES 4

✓ **EASY**

- + 8 free-range pork sausages
- + 2 small red onions, halved and sliced
- + 4 potatoes, cubed
- + 350g diced butternut squash and sweet potatoes
- + 2tbsp runny honey
- + 2tbsp wholegrain mustard
- + several sprigs of fresh rosemary

1 Heat the oven to 200C, gas 7. Put the sausages, onions, potatoes, butternut squash and sweet potatoes into a non-stick roasting tin. Roast for 20 minutes.

2 Mix together the honey and mustard. Turn the sausages and vegetables and drizzle over the honey mixture. Add a few sprigs of rosemary.

3 Cook for 10 more minutes, until the potatoes are tender and the sausages are golden brown.

Per serving: 665 calories, 30g fat (11g saturated), 68g carbohydrate

TIP

Instead of the honey and mustard glaze, mix together 2tbsp redcurrant or cranberry jelly with 1tbsp red wine vinegar

Spicy meatballs

Take a pack of ready-made meatballs and pep them up with this delicious tomatoey pepper sauce.

READY IN 40 MINUTES
SERVES 4

✓ **EASY/PREPARE AHEAD**

- + 1tbsp olive oil
- + 1 onion, chopped
- + 2 garlic cloves, crushed
- + 24 spicy beef meatballs
- + 2 red peppers, deseeded and cut into chunks
- + 250ml vegetable stock
- + 400g can tomatoes
- + 2tbsp sundried tomato paste
- + 1tbsp thickening granules
- + 8 Peppadew peppers from a jar, drained
- + a few sprigs of fresh coriander

1 Heat the oil in a large pan, add the onion and cook for a few minutes to soften. Stir in the garlic and meatballs, and brown for 5 minutes.

2 Add the peppers, stock, canned tomatoes and tomato paste. Cover and simmer for 18 minutes until the meatballs are cooked through.

3 Add the thickening granules and Peppadew peppers. Cook for 2 more minutes to thicken slightly. Top with fresh coriander and serve with boiled pasta.

Per serving: 495 calories, 25g fat (10g saturated), 24g carbohydrate

✦ **GLUTEN FREE**

Chicken curry

This recipe uses thighs on the bone, which are cheaper and more flavoursome than chicken breasts.

READY IN 1 HOUR 40 MINUTES
SERVES 4

✓ **EASY/PREPARE AHEAD**

- + 1 cinnamon stick
- + 5 cloves
- + 4tbsp sunflower oil
- + 2 onions, thinly sliced
- + 5 garlic cloves, crushed
- + a thumb-sized piece of ginger, peeled and grated
- + 1-4 Thai chillies (depending how spicy you like your curry), sliced lengthways
- + 1tbsp garam masala
- + 2tbsp cumin seeds, dry roasted and ground
- + 1tsp turmeric
- + 1tbsp ground coriander
- + 1 bunch of fresh coriander, stalks whizzed and leaves chopped
- + 400g can chopped tomatoes
- + 12 chicken thighs, skinned but on the bone
- + 700ml chicken stock
- + 500g potatoes, cut into chunks
- + a handful of green beans, halved

1 Fry the cinnamon and cloves in the sunflower oil for 2 minutes. Add the onions and cook for 20 minutes.

2 Add the garlic, ginger and chillies, and cook for 5 minutes before adding all the spices, the coriander stalks and some of the leaves. Cook for another couple of minutes.

3 Add the tomatoes, stir, season well and bring to a simmer. Cook, covered, for 10 minutes. Season the chicken and add to the pan with the stock. Bring back to a gentle simmer and cook, covered, for 20 minutes, stirring occasionally.

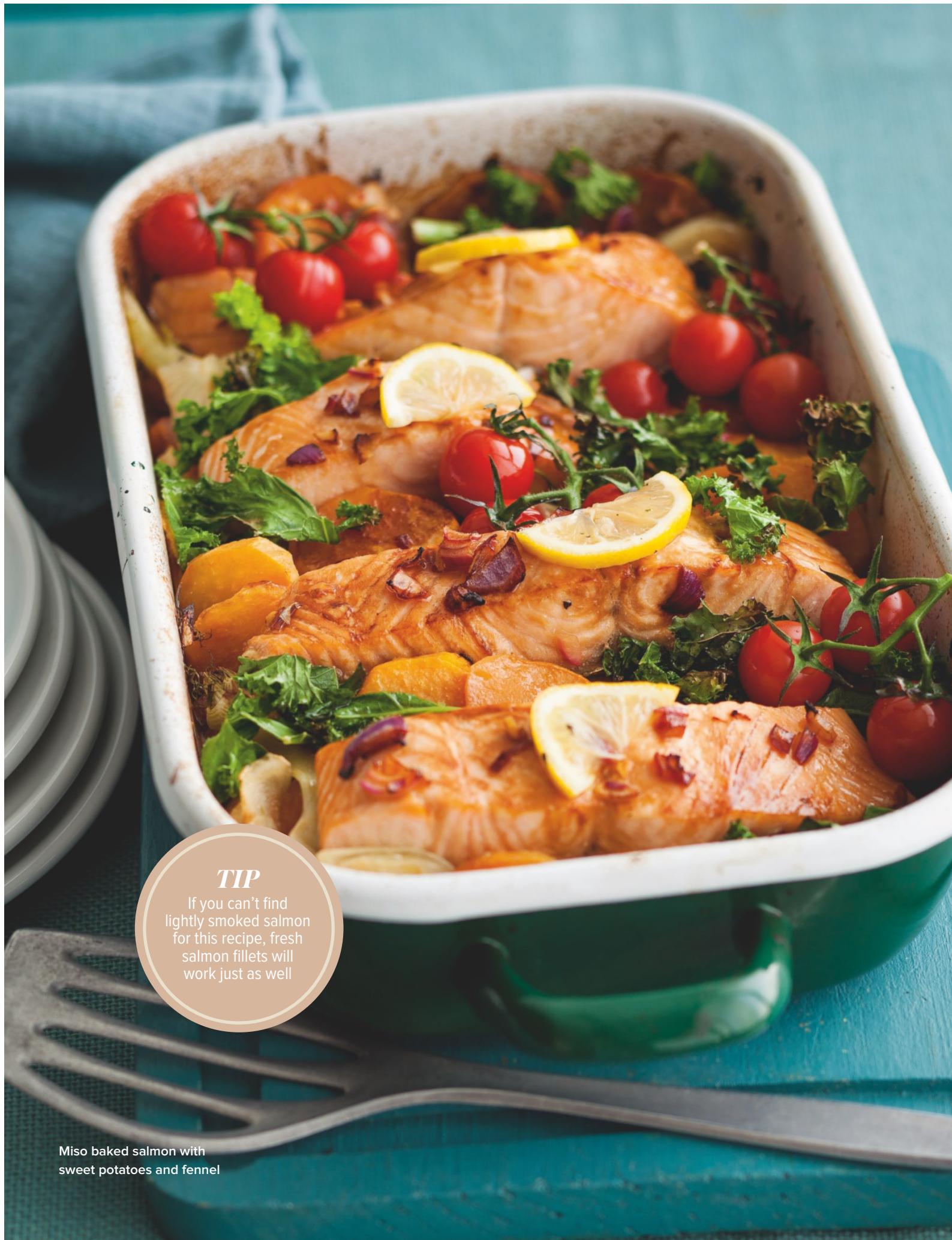
4 Add the potatoes and cook for 15 minutes, uncovered. Add the beans and cook for a further 5 minutes. Top with the chopped coriander leaves.

Per serving: 534 calories, 18g fat (3g saturated), 33g carbohydrate

TIP

You can ring the changes with the veg depending on what's in the fridge. Frozen peas or cauliflower will work just as well





TIP

If you can't find lightly smoked salmon for this recipe, fresh salmon fillets will work just as well

Miso baked salmon with sweet potatoes and fennel

Miso baked salmon with sweet potatoes and fennel

The sweet potatoes are low-GI so they'll keep hunger pangs at bay – plus they are packed full of vitamin A, which is great for boosting your immune system.

READY IN 45 MINUTES

SERVES 4

EASY/PREPARE AHEAD

- + 500g sweet potatoes, sliced
- + 2 garlic cloves, crushed
- + 2 heads of fennel, sliced
- + 2tbsp white miso paste
- + 4 lightly smoked salmon fillets
- + 1 red onion, chopped
- + 4tbsp tamari
- + 1 lemon
- + 200g cherry tomatoes
- + 100g kale

- 1** Heat the oven to 180C fan, gas 6. Arrange the sweet potatoes, garlic and fennel in the base of an ovenproof dish.
- 2** Mix the miso paste with 500ml boiling water and pour over the vegetables.
- 3** Top with the salmon fillets, sprinkle over the onion and drizzle over the tamari. Bake for 25 minutes.
- 4** Cut off 2 slices of lemon, halve each slice and arrange on top of the salmon. Squeeze over the remaining lemon juice. Add the cherry tomatoes to the roasting tin and sprinkle over the kale. Return to the oven for 5 minutes.

Per serving: 518 calories, 24g fat (4.5g saturated), 35g carbohydrate

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Tamari has a similar flavour to soy sauce but it's thicker and less salty. It's usually gluten-free too



Med-style fish stew

We've used hake, but you can use any meaty white fish such as cod or monkfish.

READY IN 1 HOUR 30 MINUTES

SERVES 6

EASY/PREPARE AHEAD

- + 4 garlic cloves, finely chopped
- + 3tbsp extra virgin olive oil
- + a 5cm stick of cinnamon or ½tsp ground cinnamon
- + ½tsp chilli flakes
- + 3 x 5cm strips of orange peel, pared with a vegetable peeler
- + 250ml white wine or vermouth
- + 3 x 400g cans Italian chopped tomatoes
- + 2tsp sugar
- + 150g mixed, pitted green and black olives, halved
- + 800g hake, skinned and boned, cut into 4cm chunks
- + 300g raw peeled king prawns, deveined
- for the herby gremolata**
- + a small bunch of flat-leaf parsley, leaves picked
- + 2 garlic cloves
- + zest of 1 lemon

- 1** Heat the garlic in the oil over a very gentle heat for 5 minutes until the garlic is soft, but not coloured. Add the cinnamon and chilli and cook for 1 minute more. Add the orange peel, wine or vermouth, tomatoes, sugar and olives. Increase the heat, bring to the boil and simmer, uncovered, for 1 hour, stirring occasionally.

- 2** Scatter the fish and prawns over the top and stir once. Cover with a lid and cook gently for a further 10 minutes. The fish is cooked if it flakes when gently pressed.

- 3** For the gremolata, finely chop the parsley and garlic, mix in the lemon zest and season with salt and freshly ground black pepper.

- 4** Remove the orange peel from the stew and serve with the gremolata scattered over.

Per serving: 303 calories, 13g fat (2g saturated), 5g carbohydrate



Thai chicken curry with aubergine and green beans

Packed with fragrant flavour, this Thai curry will taste great served with rice or noodles.

TAKES 45 MINUTES

SERVES 6

EASY

for the curry paste

- + 2 shallots, chopped
- + 3 red chillies, chopped
- + 5cm piece of ginger, peeled and chopped
- + 1tsp each of ground cumin and ground coriander
- + 3 garlic cloves
- + 1 stick of lemongrass, outer leaves discarded, chopped
- + 2tbsp fish sauce
- + zest of 1 lime
- + 1tbsp sunflower oil

for the curry

- + 2tbsp sunflower oil
- + 540g boneless chicken thighs, cut into chunks
- + 400g baby aubergines, cut in half
- + 400ml coconut milk
- + 150g French beans, trimmed
- + fish sauce, to taste

- + juice of 2 limes, plus 2 limes, cut into wedges

for the garnish

- + a small bunch of fresh coriander, chopped
- + 1 red onion, halved and sliced
- + 50g peanuts, chopped

1 Whizz all the ingredients for the curry paste in a small food processor.

2 For the curry, heat 1tbsp oil in a wok or large sauté pan and fry the chicken until golden brown, then put on a plate. Add 1tbsp oil to the pan and fry the aubergines until browned. Set aside with the chicken.

3 Add the paste to the pan and fry for 2 minutes. Add the chicken and aubergines, and stir to coat in the paste. Add the coconut milk and beans. Cook for 5 minutes, until the meat and vegetables are tender. Stir in the fish sauce and lime juice, then top with half the garnish. Serve the curry with the rest of the garnish and lime wedges.

Per serving: 279 calories, 16g fat (3g saturated), 8g carbohydrate

Chicken two ways – choose from spicy and tangy to a twist on a French classic

Creamy cider chicken casserole

This light casserole is perfect for spring – make it in advance and it will improve the flavour.

READY IN 1 HOUR 25 MINUTES

SERVES 4

EASY/PREPARE AHEAD

- + 2 skinless chicken breasts, halved
- + 4 chicken drumsticks, skin removed
- + 25g butter
- + 8 shallots, peeled
- + 3 sticks of celery, chopped
- + 2 eating apples, cored and cut into wedges
- + 300ml dry cider
- + 500ml chicken stock
- + 1tbsp thickening granules
- + 100ml crème fraîche
- + 2tbsp Dijon mustard
- + 2tbsp tarragon
- + 6 rashers smoked streaky bacon

1 Heat the oven to 170C fan, gas 5.

Season the chicken. Heat the butter in a large, flameproof casserole dish and fry the chicken for 10 minutes, until browned all over.

2 Add the shallots, celery and apples. Cook for a few minutes. Remove the apples and pour in the cider and stock. Bring to the boil, then cover and cook in the oven for 40 minutes until the chicken is tender.

3 Add the thickening granules and apple, crème fraîche, mustard and tarragon to the casserole. Bring to the boil, stir and simmer for 3 minutes, until the sauce thickens. Grill the bacon until crispy and drain on kitchen paper. Snip over the casserole to serve – it's great with mash.

Per serving: 434 calories, 26g fat (14g saturated), 17g carbohydrate



TIP

If you don't want to use
cider in this casserole,
you can use apple
juice instead

Creamy cider chicken casserole



“The quality and variety of Indian seafood are truly amazing, and fishermen along the coast have been spicing their wares with dexterity and care for centuries. The resulting dishes are just delicious.”

ANJUM ANAND'S

Fish pappas

Kerala is a beautiful, verdant coastal region – it's full of character, but it isn't brash. This fish curry is a little like that, full of delicious coastal flavours, but with nothing harsh about it. It is comforting enough for every day, but elegant enough to serve to friends.

**READY IN 30 MINUTES, PLUS MARINATING
SERVES 4**

✓ **EASY**

For the marinade

- + 600g (1lb 5oz) halibut, cut into large pieces (1 quarter steaks)
- + ½ tsp ground turmeric
- + 1 large garlic clove, finely grated
- + 10g (2 tsp) grated root ginger, juice squeezed out (discard the fibres)
- + 2 tsp lemon juice
- + 1 tsp vegetable oil
- + salt and ground black pepper

For the sauce

- + 5 tbsp coconut or vegetable oil, plus 2 tbsp for the fish
- + ⅔ tsp brown mustard seeds
- + ⅓ tsp fenugreek seeds
- + 15 curry leaves, fresh if possible
- + 2 onions, finely chopped
- + 30g (2 tbsp) finely chopped or grated root ginger (peeled weight)
- + 1 large tomato
- + 45g (10–11 large) garlic cloves
- + ⅔ tsp ground turmeric
- + 2 tsp ground coriander
- + 1½ tsp ground fennel seeds
- + ¼ tsp chilli powder
- + 1 tsp garam masala
- + 400ml (14oz) can of coconut milk
- + 4–6 small Indian green chillies, stalks removed, pricked with a knife
- + 1½–2 tbsp white wine or other vinegar
- + 50g (3 generous tbsp) coconut cream

1 Marinate the fish with all the remaining ingredients in the list and 2 good pinches of salt and leave for 20 minutes or so.

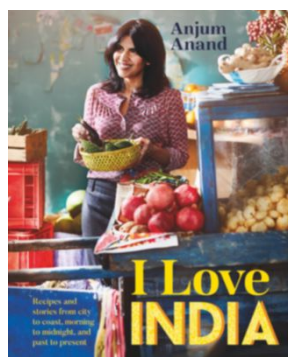
2 Heat the 5 tbsp oil in a large non-stick saucepan. Add the mustard and fenugreek seeds. Once the popping slows down, add the curry leaves. Follow within 10 seconds with the onions and some salt. Cook until soft and just turning colour.

Add the ginger and stir-fry for 30 seconds.

3 As the onions cook, blend the tomato and garlic until smooth. Add to the ginger along with the powdered spices and a splash of water. Cook until the paste releases oil back into the pan, a good 8–10 minutes or so. Then stir-fry the paste for another couple of minutes. Taste: the garlic should be cooked and it should taste harmonious and a bit salty at this stage.

4 Add the coconut milk and chillies, bring to the boil, cover and cook for 4–5 minutes. Meanwhile, heat the remaining 2 tbsp oil in a large, non-stick frying pan and add the fish; you might have to do this in 2 batches. Fry over a medium-high heat until lightly golden on both sides. Place on a plate and repeat with the second batch. It shouldn't take more than 2–3 minutes in total for each batch.

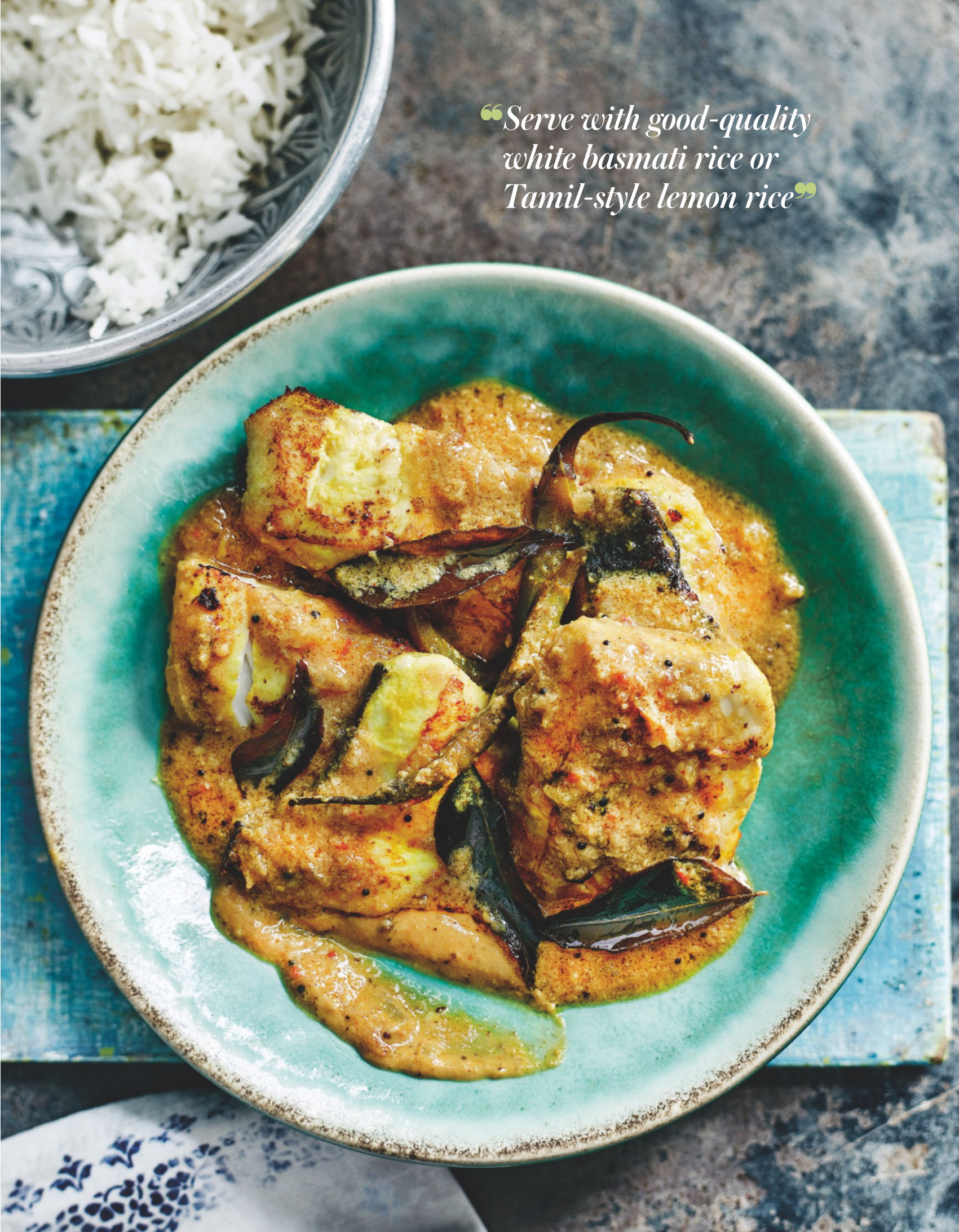
5 Add 350ml (1½ cups) water to the sauce pot, along with the vinegar, and bring to the boil. Cook for 4–5 minutes. Taste and add more salt if necessary. Add the fish and coconut cream to the pot and cook for 3–5 minutes more, turning the pieces of fish halfway through. The fish should be cooked and the sauce should be creamy.



ANJUM ANAND'S / I LOVE INDIA (Quadrille, £20)

In this, her eighth book, Anjum Anand presents her absolute favourite dishes from all over India. It's her tribute to her homeland, to its extraordinary food culture, drawn from its diverse regions as well as from a host of traders, settlers and immigrants over the years. Recipes include Delhi papri chaat, Goan pork pies, Kerala banana leaf-wrapped fish, Malayali egg roast, Slow-cooked Karnataka pork curry and Green mango curd tart.

*“Serve with good-quality
white basmati rice or
Tamil-style lemon rice”*





TAKE TEN

storecupboard ingredients

It's always a help, especially midweek, to know you have a few key items in stock to help rustle up a meal without too much shopping. Here are our favourites...

1 ANCHOVIES

As with most things in life, with canned anchovies you get what you pay for. Cheap and cheerful ones tend to be over salty and disintegrate very quickly. Look for good brands in olive oil from Spain or Italy. Whizzed up with breadcrumbs and fried, they make a delicious topping for broccoli or with pasta, or simply add them to a big tuna salad.

2 RISOTTO RICE

Again, always buy the best. Cheaper brands will have broken grains of rice in them, which will make your risotto soggy. Although purists will tell you to have three different sorts – Carnaroli, Arborio and Vialone Nano – Arborio is just fine. And don't forget to always have frozen peas in for a pea and Parmesan risotto – instant comfort!

3 STOCK POTS

Knorr don't pay us to say this, but we think their stock pots are the best storecupboard stock ever! The rich beef stocks make the best gravy to go with Sunday roast as they pack a real punch and give a thick, glossy gravy. We recommend the chicken and fish too. Great to have in for that midweek risotto.

4 DIJON MUSTARD

Did you know that mustard keeps its punch if you store it in the fridge? It doesn't come to any harm in the cupboard but will become milder over time. Cheaper brands can be watery so splash out a little more. Make your vinaigrette authentic with a spoonful of mustard. And remember it's not just for salads. Vegetables, especially leeks and green beans, love a dressing when they are warm. Add a spoonful to a stew or casserole too, to add another layer of flavour.

5 PASTA

Glaringly obvious perhaps, but (here we go again) pasta varies enormously. Cheap pasta will tend to go from raw to soggy, missing out the essential "al dente" bit in the middle. And all pasta is amazingly good value for money so look for renowned Italian brands such as De Cecco or Barilla.

6 SPICE SELECTION

A few key spices will transform the ordinary into delicious. Sprinkle cumin seeds over potatoes before roasting; marinate turmeric and yogurt into white fish or chicken; smoked paprika adds a Spanish taste to rice; ground coriander mixed with ground cumin adds a curry hint to salmon. Buy small jars and keep checking the sell-by dates.

7 CHICKPEAS

Our favourite chickpeas are the large "garbanzos" in jars from Spain, which you can find in delis and supermarkets. They are bigger, fatter and more juicy than their little cousins in cans. Just drain and rinse under cold water. Try them heated with olive oil then add a handful of baby spinach to wilt down for an instant side dish, or add feta cheese for a speedy main course.

8 LENTILS

Lentils, like all pulses, count towards your five a day, but only one pulse a day counts. They are a good source of protein and so versatile. Although lentils are quick and easy to cook, the odd pouch of pre-cooked Puy lentils won't do any harm. Rinse them and use in a salad with beetroot and goats' cheese; heat through then add halved cherry tomatoes or pop into a chicken casserole.

9 CANNED TOMATOES

You guessed it! The quality of canned tomatoes varies enormously. Cheap brands can be very watery so look for a branded Italian make. Of course, essential for pasta sauces but you can make a soup with orange lentils, onions and bacon to which you add whole, plum tomatoes then whizz up. They're a healthy snack too, on top of wholemeal toast and Marmite – just saying!

10 SEA SALT

We should all watch our salt intake, but the truth is that if we avoid processed foods, the salt used in home cooking is minimal. Table salt has a stronger flavour, whereas sea salt is more delicate and you definitely use less of it. Using British sea salt means you are supporting smaller local industries, whether it's from Maldon, Cornwall, Ireland or Wales.

DIVINE *desserts*

Round off your meal with a treat – whether you like fruity flavours or something a bit richer, we have plenty of delicious recipes to choose from. Remember – it's all about small portions!

Impress your dinner party guests with the elegant Lemon tart or Blackberry roulade

If chocolate is your thing, you'll love our Salted caramel chocolate pots, Chocolate brownies and Chocolate cheesecake





TIP
It's best to cook the pudding in a tin with boiling water as this will help the custard to set without curdling

Serve this simple cheesecake with fresh fruit

Vanilla cheesecake

Just a small serving of this cheesecake will satisfy any sweet cravings.

**READY IN 2 HOURS 15 MINUTES, PLUS COOLING AND CHILLING
SERVES 8-10**

EASY/PREPARE AHEAD

for the base

- + 250g digestive biscuits, crushed
- + 75g unsalted butter, melted

for the filling

- + 500g full-fat cream cheese
- + 300ml light double cream
- + 1tsp vanilla extract
- + 175g caster sugar
- + 2tbsp plain flour
- + 2 eggs
- + strawberries, halved, to serve

you will need

- + a 30cm Continental loaf tin, buttered and lined with a strip of baking parchment

1 Heat the oven to 160C fan, gas 4. For the base, mix the crushed biscuits and melted butter in a bowl. Press the mixture into the base of the prepared loaf tin.

2 For the filling, beat the cream cheese to soften it, then beat in the remaining ingredients except the strawberries, until smooth. Pour on top of the biscuit base.

3 Bake the cheesecake for 15 minutes, then turn down the oven temperature to 120C fan, gas 1 and cook for a further 1 hour 15 to 1 hour 30 minutes, or until the cheesecake is almost completely set in the centre (it should still have a slight wobble). Turn off the oven and leave the cheesecake to cool in there.

4 When it's cool, put the cheesecake in the fridge until very firm. Remove carefully from the tin and serve sliced with the halved strawberries.

Per serving: 576-461 calories, 38-31g fat (24-19g saturated), 49-39g carbohydrate

Peanut and chocolate bread and butter pudding

We have transformed a traditional bread and butter pudding recipe by spreading the bread with peanut butter and adding chocolate chips – this is a real treat.

READY IN 55 MINUTES

SERVES 6-8

EASY/PREPARE AHEAD

- + 10 slices white bread, crusts removed
- + 6tbsp peanut butter
- + 6 eggs, beaten
- + 500ml milk
- + 100ml double cream
- + 5tbsp golden caster sugar
- + 100g plain chocolate chips
- + a few roasted peanuts

1 Heat the oven to 160C fan, gas 4. Spread one side of each piece of bread thinly with peanut butter and arrange in a buttered baking dish. Beat the eggs, milk, cream and sugar together and pour over the bread. Sprinkle with the chocolate chips.

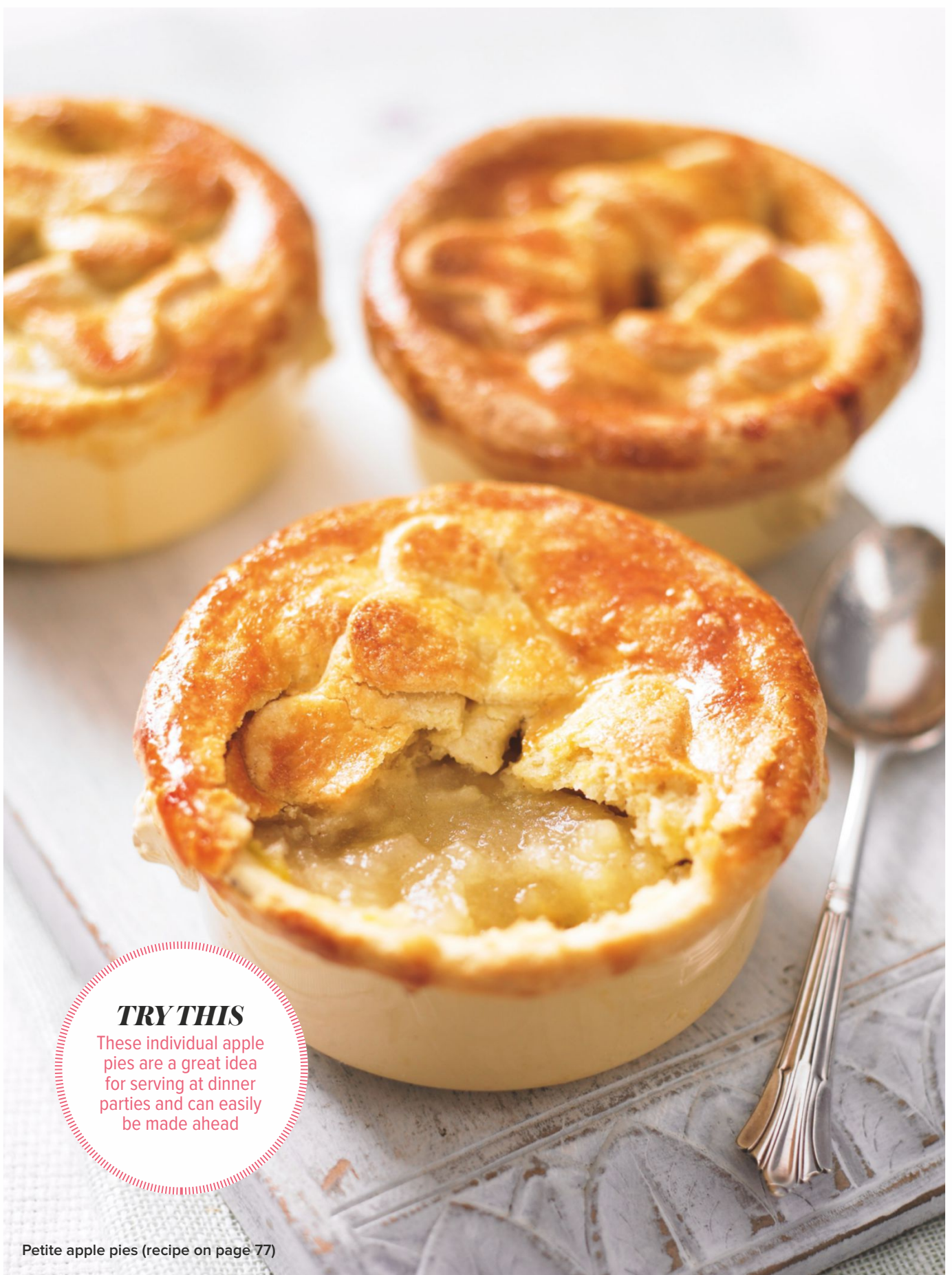
2 Put the baking dish in a roasting tin and pour enough boiling water from the kettle into the tin to come halfway up the sides of the dish. Bake for 35-40 minutes until golden brown and the custard has set. Serve the pudding sprinkled with the roasted peanuts.

Per serving: 559-419 calories, 31-23g fat (14-10g saturated), 49-37g carbohydrate



TIP

We used a Continental loaf tin, which is longer and narrower than a standard 1kg one, but a standard tin will be just as good



TRY THIS

These individual apple pies are a great idea for serving at dinner parties and can easily be made ahead

Petite apple pies (recipe on page 77)

Have a little more time? Try our zesty and delicious homemade curd. Short of time? Buy passion fruit curd and add a squeeze of fresh lime juice



✦ GLUTEN FREE

Passion fruit and lime curd puddings (recipe on page 77)



Almond and blood orange tart

Simplicity itself to make – and no pastry-making required. It's best eaten on the day it's made. Make it while blood oranges are in season but if not, small oranges or satsumas will do the job.

READY IN 1 HOUR

SERVES 6-8

EASY/PREPARE AHEAD

- + 2-3 blood oranges
- + 90g butter, softened
- + 100g caster sugar
- + 2 large eggs
- + 120g ground almonds
- + 35g plain flour
- + zest of 1 blood orange (do this before peeling) or zest of 1 lemon
- + ½tsp baking powder
- + 2tbsp flaked almonds

for the syrup

- + 150ml blood orange juice (around 2-3 oranges, or buy ready-juiced)
- + 30ml Aperol or Campari (optional)
- + 75g caster sugar

you will need

- + a 35x12cm fluted, loose-based flan tin, lightly oiled

1 With a small serrated knife, remove the peel and pith from the oranges then slice them. You'll need 7 slices, just under 1cm thick. Set aside. Heat the oven to 150C fan, gas 3. To make the filling, just put everything else except the flaked almonds in a food processor and whizz to combine. Spoon into the tin and spread as evenly as you can with a spoon. Press in the orange slices as per our photograph. Scatter over the flaked almonds.

2 Bake for about 30 minutes or until lightly browned and cooked through when tested with a skewer. Remove from the oven and allow to cool in the tin. Meanwhile, make the syrup: put all the ingredients in a small pan and heat gently to dissolve the sugar. Then bubble for 10 minutes to thicken. Set aside to cool.

3 To serve, either warm or at room temperature, remove the tart from the tin to a serving plate. Brush the oranges with a little syrup and serve the rest on the side. If you're feeling indulgent, it's wicked with some crème fraîche too!
Per serving: 637-478 calories, 38-28.5g fat (13-10g saturated), 55-41.5g carbohydrate

Paddington pudding

A delicious sponge pudding made with Seville orange marmalade syrup.

READY IN 25 MINUTES

SERVES 4

EASY/PREPARE AHEAD

- + 90g butter, at room temperature
- + 90g golden caster sugar
- + 90g self-raising flour
- + 2 eggs
- + ½tsp baking powder
- + 1tsp ground ginger
- + 5tsp milk or warm water
- + finely grated zest of 1 orange
- for the sauce**
- + juice of 1 orange (3-4tbsp)
- + 4tbsp chunky Seville orange marmalade, or your favourite marmalade
- you will need**
- + a 900ml pudding basin, well buttered

1 Beat the butter and sugar until light and fluffy. Add 1tbsp of the flour and an egg at a time, whisking well. Fold

in the remaining flour with the rest of the ingredients.

2 Spoon the mixture into the basin and microwave on full power for 4 minutes in an 850-watt microwave, or for 3½ minutes in a 900-watt microwave, until just cooked.

3 Meanwhile, make the sauce: bring the orange juice to the boil and reduce it by half. Add the marmalade and stir in until it melts.

4 Turn the pudding out on to a plate and pour the sauce over. This is perfect with custard.

Per serving: 427 calories, 21g fat (13g saturated), 51g carbohydrate

> GO ONLINE

WANT TO MAKE MARMALADE?
FOLLOW OUR STEP-BY-STEP VIDEO ON
WOMANANDHOME.COM/MARMALADE

OUR COVER RECIPE

Almonds and blood oranges are a great combination, and the frangipane makes this tart moist and moreish!



TRY THIS

Make the most of
our wonderful forced
Yorkshire rhubarb
while it's in its
short season

Rhubarb tart

A classic combination of sharp rhubarb set into creamy custard.

**READY IN 1 HOUR 30 MINUTES,
PLUS CHILLING**

SERVES 6

  **EASY/PREPARE AHEAD**

for the rhubarb topping

- + 500g rhubarb
- + juice of 1 lemon
- + 125g caster sugar

for the pastry

- + 375g pack of sweet shortcrust pastry

for the custard

- + 300ml double cream
- + 3 large eggs
- + 50g caster sugar
- + a few drops of vanilla extract

you will need

- + a 35x12cm fluted flan tin, baking parchment and baking beans

1 Cut the rhubarb into lengths the width of the tin. Pour 300ml water into a sauté pan and add the lemon juice and sugar. Heat until the sugar dissolves and then bring to the boil. Add the rhubarb to the pan and bring back to the boil, then simmer for 1 minute. Remove the pan from the heat and leave to cool, then transfer to a non-metallic dish and chill the rhubarb, for several hours or overnight.

2 Roll out the pastry and use it to line the tin, prick the base and chill for 30 minutes.

3 Heat the oven to 160C fan, gas 4 and put a baking tray in it. Line the pastry case with parchment; fill with baking beans. Put the tin on the baking tray and blind bake for 15-17 minutes; remove the parchment and beans, and bake for a further 5-7 minutes, or until cooked. Remove it from the oven. Turn down the oven to 130C fan, gas 2.

4 For the custard, pour the cream into a pan, beat in the eggs, sugar and vanilla and warm slightly. Strain into a jug and pour into the case. Bake for 20-30 minutes, until just set on top and slightly wobbly. Remove from the oven.

5 Leave the tart to cool for about 15 minutes, then remove from the tin. Lift the rhubarb out of the juices and arrange on the top. Boil the remaining juices in a pan until thickened and spoon over. Serve warm or at room temperature.

Per serving: 470 calories, 23g fat (8g saturated), 55g carbohydrate





Salted caramel chocolate pots

These indulgent little puds combine chocolate with caramel to delicious effect.

Break through the thick chocolate layer to reveal the super-sweet caramel beneath.

**READY IN 20 MINUTES, PLUS COOLING
AND SETTING**

SERVES 8

  **EASY/PREPARE AHEAD**

for the caramel

- + 30g unsalted butter
- + 100g light muscovado sugar
- + 150ml Elmlea Light double cream
- + ½ level tsp salt flakes, plus extra for decoration

for the chocolate layer

- + 300ml Elmlea Light double cream
- + 200g dark chocolate, melted
- + a few drops of vanilla extract

you will need

- + 8 small glasses, for serving

1 To make the caramel, melt the butter in a pan and add the sugar and cream. Stir the mixture over a low heat until it dissolves, then increase the heat and simmer the sauce until it thickens slightly to a caramel consistency. Off the heat, leave the caramel to cool for 10-15 minutes. Stir in the salt flakes, pour the mixture into the serving glasses and leave to set.

2 To make the chocolate layer, bring the cream to the boil and pour it over the chocolate. Add the vanilla extract and stir until the mixture is smooth. Pour the chocolate mixture over the caramel and leave to set. Sprinkle salt flakes over each pudding before serving.

Per serving: 336 calories, 24g fat (17g saturated), 29g carbohydrate



Chocolate brownies

These are delicious served warm with chocolate sauce or ice cream.

READY IN 1 HOUR

MAKES 24

EASY/PREPARE AHEAD

- + 400g dark chocolate (at least 70% cocoa solids)
 - + 250g unsalted butter
 - + 4 large eggs
 - + 185g caster sugar
 - + 75g soft brown sugar
 - + 60g plain flour, sifted
 - + 1tsp baking powder
 - + 75g toasted hazelnuts, chopped
 - + 50g chopped glacé cherries
 - + 75g dark chocolate, melted, so serve
- you will need**
- + a 23x30x4cm ovenproof tin, the base and sides greased and lined with baking parchment

- 1** Heat the oven to 150C fan, gas 3. Melt the chocolate and butter in a heatproof bowl, set over a pan of gently simmering water. Set aside to cool. Whisk the eggs with the sugars until thick and creamy.
 - 2** Once the chocolate is cool, fold half into the egg mixture, then add the flour and baking powder, followed by the toasted hazelnuts, cherries and remaining chocolate. Put the mixture into the prepared tin and bake for 20-25 minutes, until the top has cracked and the centre is just firm to the touch. Drizzle over the extra melted chocolate, if you like. Leave to cool, then cut into squares.
- Per brownie: 275 calories, 17g fat (9g saturated), 26g carbohydrate*

Lemon tart

A smooth tangy-sweet filling complemented by crisp pastry.

READY IN 1 HOUR 25 MINUTES,

PLUS CHILLING

SERVES 12

PREPARE AHEAD

for the pastry

- + 250g plain flour
- + 150g cold butter, cubed
- + 50g icing sugar
- + 1 egg yolk
- + a little icing sugar

for the filling

- + 3 egg yolks and 2 eggs
- + 225ml double cream
- + 225g caster sugar
- + zest and juice of 4 lemons

you will need

- + a 23cm loose-bottomed tart tin, baking parchment and baking beans

1 For the pastry, put the flour, butter and icing sugar in a food processor and blitz until the mixture resembles fine breadcrumbs. Add the egg yolk and 2tbsp cold water and blitz again until it forms a dough. Wrap in clingfilm and chill in the fridge for 20 minutes.

2 Dust the worktop with icing sugar and roll out the pastry to line the tart tin. Chill for 30 minutes.

3 Heat the oven to 180C fan, gas 6. Prick the base of the tart and line with baking parchment and baking beans. Blind bake for 15 minutes, remove the paper and beans, and bake for a further 15 minutes until golden. Leave to cool.

4 Heat the oven to 150C fan, gas 3. For the filling, whisk the egg yolks and eggs, and stir in the cream, caster sugar and lemon zest and juice. Pour the filling into the pastry case and bake for 40 minutes until just set. Leave to cool, remove from the tin and serve with crème fraîche.

Per serving: 390 calories, 23g fat (13.5g saturated), 39g carbohydrate

TRY THIS

Decorating the top of the tart with finely grated lemon zest looks good and adds an extra hit of citrus flavour



What's not to love? Crispy meringue, tart berry fruits all set off with whipped cream and just a little alcohol...for the adults, of course!

TRY THIS

Blackberries are divine in this meringue, but you could also use raspberries and a little framboise liqueur if you like

✦ GLUTEN FREE

Blackberry roulade

No occasion is complete without a squidgy meringue roulade.

**READY IN 1 HOUR 10 MINUTES,
PLUS COOLING AND ASSEMBLING
SERVES 10-12**

  **EASY/PREPARE AHEAD**

for the roulade

- + 4 large egg whites
- + 250g golden caster sugar
- + 1tsp cornflour
- + 1tsp white wine vinegar
- + ½tsp ground cinnamon
- + ½tsp vanilla extract

for the filling

- + 300ml double cream
- + 75g crème fraîche
- + 2tbsp icing sugar, plus extra, to dust
- + 4tbsp crème de cassis (blackcurrant liqueur)
- + 300g blackberries

you will need

- + 3 x 23cm Swiss roll tins, lined with baking parchment

1 Heat the oven to 150C fan, gas 3. To make the roulade, whisk the egg whites with an electric whisk until stiff, then beat in the sugar, 1tbsp at a time, until the mixture is smooth and glossy. Mix the cornflour, vinegar, cinnamon and vanilla in a bowl until combined, then lightly whisk into the egg mixture. Spoon the mixture into the prepared tin and smooth the top.

2 Bake for 25 minutes, until the top is slightly golden and crisp. Meanwhile, lay a large piece of greaseproof paper on the worktop and sprinkle with icing sugar. When cool enough to handle, turn the meringue out onto the paper. Peel off the baking parchment and leave to cool.



3 To make the filling, whip the double cream until soft peaks form. Now beat in the crème fraîche and icing sugar. In a separate bowl, mix the cassis with the blackberries. Once the meringue has cooled, spread with the cream mixture, then scatter the berries over. Roll up the roulade from one of the shorter sides to the other, using the greaseproof paper to help you. Leave in the fridge for 3 hours. When ready to serve, dust with icing sugar.
Per serving: 320-267 calories, 19-16g fat (12-10g saturated), 32-27g carbohydrate



Chocolate cheesecake

This decadent dessert is deliciously rich and velvety – a chocoholic's dream.

**READY IN 1 HOUR 10 MINUTES
MAKES 15 SLICES**

  **EASY/PREPARE AHEAD**

- + 175g digestive biscuits
- + 75g butter, melted
- for the filling**
- + 600g cream cheese
- + 8tbsp double cream
- + 200g bitter chocolate, chopped
- + 4tbsp cocoa powder
- + 100g caster sugar
- + 4 large eggs, plus 2 egg yolks
- + 2tsp vanilla extract
- + lightly whipped double cream, to serve
- you will need**
- + a 23cm springform round cake tin

1 Heat the oven to 130C fan, gas 2. Put the digestive biscuits in a large food bag and bash with a rolling pin until they resemble breadcrumbs. Mix the crushed biscuits with the melted butter and spoon into the tin. Bake for 10 minutes.

2 For the filling, beat together all the ingredients until the mixture is smooth, then spread over the top of the biscuit base and level off with a spoon. Bake in the oven for 45 minutes until lightly set.

3 Cool the cheesecake for 1 hour and serve with lightly whipped double cream.
Per slice: 370 calories, 26g fat (15g saturated), 24g carbohydrate

TIP

For a real chocolate hit, melt 100g bitter chocolate with 50ml milk in a pan. Whisk until smooth and pour over the cheesecake



“Meeting up for coffee and something sweet (fika) is one of the most popular Scandinavian pastimes. It allows us to connect with the people around us, to take time out and have a good old chit-chat. Our love of fika means we have a huge array of tasty, no-fuss cakes that are not hard to make, but fit perfectly on the kitchen table, ready to slice and share.”

BRONTË AURELL'S

Sticky white chocolate cake

Every café in Sweden has a kladdkaka or “sticky cake” on the counter and they outsell the other cakes two to one. It is the same at our place: there is just something about a slightly underbaked, chocolatey mess that just is so intensely alluring.

READY IN 1 HOUR, PLUS COOLING

SERVES 6-8

✓ EASY

- + 150g butter
- + 150g good-quality white chocolate (or milk or dark chocolate) broken into pieces
- + 2 eggs
- + 200g caster sugar
- + 150g plain flour or cake flour
- + a pinch of salt
- + 2 teaspoons vanilla sugar OR extract
- OR use the seeds from 1 vanilla pod
- + ½ teaspoon grated lemon zest
- + optional toppings (see method)
- + a 23-cm/9-inch springform round cake pan, greased and lined with baking parchment

Note: For the milk chocolate kladdkaka, omit the lemon zest and instead add 2 tablespoons golden syrup and extend cooking time slightly

- 1 Preheat the oven to 180°C (350°F) Gas 4.
- 2 Melt the butter in a saucepan over low heat. Remove from the heat and stir in the white chocolate pieces until melted. Set aside.
- 3 Beat together the eggs and caster sugar until pale and fluffy in a stand mixer or using a hand-held electric whisk. Sift the dry ingredients into a separate bowl and fold gently into the egg and sugar mixture. Fold in the lemon zest and chocolate-butter until combined.

4 Pour into the prepared cake pan and place in the preheated oven immediately. Bake for about 15-17 minutes until the cake is just underbaked. The middle should still be really sticky and only the side should be fully baked. Keep an eye on it, as baking times will vary. If it wobbles, it still needs a little more time in the oven. A skewer inserted 2cm from the edge should come out clean.

5 Leave the cake to cool in the pan for at least an hour before transferring to a serving plate. If you think you have overbaked it, then remove from tin immediately to stop the baking process. Serve the kladdkaka on its own or with one of the toppings below:

6 Raspberry coulis: Mash 120g raspberries and place in a saucepan with 2 tablespoons icing sugar. Heat and boil for a few minutes, then strain through a sieve. This topping works well with the white chocolate kladdkaka.

7 Double chocolate: Finely chop 50g of your favourite chocolate and mix with whipped cream and ½ teaspoon cocoa powder. Works with milk or dark chocolate kladdkaka.

8 Fresh mixed berries: Top with fresh redcurrants and blueberries and dust with icing sugar just before serving with whipped cream. This topping works well with all types of chocolate kladdkaka.



BRONTË AURELL'S SCANDIKITCHEN:

FIKA & HYGGE (Ryland Peters & Small, £16.99)

Together with her Swedish husband Jonas, Danish cook Brontë runs the ScandiKitchen café in London. This book features over 60 recipes from all over Scandinavia, from indulgent cream confections to comforting fruit cakes and traditional breads, buns and pastries. Brontë's latest book *Scandikitchen: the Essence of Hygge* features her musings on hygge, as well as favourite recipes from her cookbooks.



*“You can make this
recipe with your
preferred chocolate”*



grow
your
OWN

If you're lucky to have even a small outdoor space, there's plenty for the cook to grow for the kitchen. FGF editor Jane is a keen amateur gardener, and shares her tips and favourite culinary stars

MOST COOKS I KNOW LOVE GARDENING.

It's a similar process – all that care, tending, frustration and nurturing. And even though I trained as a chef, I learn more about food every day through trial and error, tips from friends and family and, of course, from experts – just like gardening. But that's all the fun of it. Life would be so dull if we knew everything!

I have a decent-sized London garden but there's not enough space to devote to vegetables, so I grow them in containers. Some work brilliantly, some don't. The garden is south-east facing so gets plenty of sunshine. We are also here throughout the summer as it's the busiest time of year in magazine land, so essential watering is easy. I do have plenty of herbs in the borders and in pots too.

PESTS & DISEASES

Everything I grow is pretty much organic and doesn't seem to suffer as a result. The main pests in my garden are the squirrels and foxes, so I have adapted what and where I grow as a result. Tumbling tomatoes are grown in a hanging basket; who would have thought foxes would trash and eat tomatoes? Slugs and snails are the other problem. All the pots have copper bands around them. You can find rolls of sticky copper tape in all garden centres and the slugs won't cross it. Also doing an evening patrol with a bucket of salt water helps to keep the population down. Cats do love a bit of fresh compost so until plants are established, it's worth sticking plenty of sharp wooden skewers in the soil. If you grow berries, a child's wind wheel will put off birds.

A bit of companion planting doesn't do any harm either. French marigolds or Tagetes are tried and tested. Their scent deters whitefly and other aphids, and they have a long flowering season. Thyme plants grown next to broad beans deter blackfly; basil deters whitefly if you have tomatoes in pots; chives or garlic grown around carrots discourage carrot root fly. Having plenty of flowering herbs helps to attract bees and hoverflies: borage in particular is a favourite for them and the flowers are so pretty and go well in a Pimm's.

“Everything I grow is pretty much organic and doesn't seem to suffer as a result”





Above: Slate labels to help you quickly identify each herb or produce

Below: Copper bands to put around your garden pots to repel slugs



HERBS

If you only grow one thing, please let it be herbs. Home-grown have masses more flavour than anything you can buy and you'll save a fortune. They also attract bees and hoverflies when in flower and can deter certain pests. Some herbs are tricky to grow from seed so it's easier to buy established plants.

► BASIL

This is the herb I always grow from seed because it's so easy. Just scatter lots of seeds over the surface of the pot then sprinkle over some light compost and give them a light watering. They will soon germinate in a sunny spot in late spring. Home-growing means you can have Greek basil, too, which has a tiny leaf.

► CHERVIL

This delicate herb, so loved by the French, is always hard to track down so worth growing from seed. It is a subtle herb, almost a cross between tarragon and parsley with its aniseed notes. Add to salads, omelettes or new potatoes.

► CHIVES

It's easier to buy an established plant. Chives and garlic chives can get congested in a pot, but you just divide them by teasing apart the bulbs. That one plant will give you plenty in time to come! The flowers are edible and look and taste great in salads. I also have a patch of wild garlic, also from the allium family, in a shady spot at the end of the garden, which happily self seeds all over the place. It makes a lovely pesto-style

sauce, you can eat the flowers and the leaves can be added to salads. You need to plant them in the autumn and it's worth hunting out a bulb supplier – Peter Nyssen (peternyssen.com) is a reputable supplier and their bulbs are very competitively priced.

► LEMON VERBENA

Worth looking out for a plant as it's impossible to find as a cut herb. It's a tender perennial so won't survive winter frosts if you can't bring it inside. It has a fabulous scent and can make a fragrant tea or you can add the leaves to salads and in baking.

► MINT

This really needs to be grown in a large pot as it can take over the garden. It will become cluttered in a pot as it's so rampant but you can divide it in the spring or put into a larger container with fresh compost. If you love fresh mint tea, grow Moroccan or Tashkent mint.

► PARSLEY

Flat-leaf parsley has the best flavour and is easy to grow from seed (sow in April), though plants will happily spread in a big pot. Cut off any yellowing leaves and snip off the flowers to prolong the growing season.

► ROSEMARY

This cook's favourite is very happy in a pot but thrives best in good compost in a sunny spot. And it's evergreen, which is another bonus. There are many varieties that flower blue or white, and I also have a trailing one in a tall pot called Spanish Snow, which flowers white.



Above: a selection of fragrant potted herbs that are so easy to grow at home – go on, give it a go! Pictured are: dill, chives, mint, basil, rosemary, thyme and parsley. Also above, left and below: French Breakfast radishes, beetroot, cherry tomatoes, rocket and Chantenay carrots – all are equally tasty when home-grown.



► THYME

There are so many different varieties it's hard to choose. I have four different ones – lemon, silver posy, common thyme and creeping thyme. They are in a large pot that has a well drained, gravelly soil. The trick is to trim them well after flowering so they don't become leggy and woody. Otherwise you'll need to replace them after a few years. They don't need much watering at all once established, being a Mediterranean plant.

SALADS & TOMATOES

I have given up with salad potatoes, I have to confess. The amount of compost needed to fill up a huge potato planter costs a fortune for not a huge crop! Though there is nothing more delicious than a freshly dug spud, I will have to wait for more space.

But salad leaves, especially the cut-and-come-again mixes, will keep you in salad all summer long and the taste is fantastic. You can also grow more unusual leaves, such as mizuna. Rocket is easy to grow and if you sow successively in two pots, you'll have salad for months. It needs constant watering to prevent it bolting.

► CARROTS

Home-grown carrots are much sweeter than shop-bought and many varieties are happy in containers. The variety Rondo is perfect for container growing; it's a small, round carrot, quite unusual, and crops within about seven weeks of sowing. You should also sow successively. Carrots need lots of water and a good feed. Beetroot, too, is easy to grow. Tomorite, which is now available with added seaweed, is a good, all-round feed for all your vegetables, tomatoes and salad.

► RADISHES

Radishes are also quick and simple to grow in a small window box. Try the peppery French Breakfast radish and sow every few weeks to ensure a constant supply.

► TOMATOES

To avoid feeding the local fox population, I grow tomatoes in a large hanging basket. My favourite to date is called Hundreds and Thousands, which is a heavy-cropping cherry tomato. It doesn't need any support as it's a tumbler and you could grow it in a window box, too. Don't bother with tomatoes if you are away in the summer, as they need constant watering and feeding, but they are worth it and also look great in the garden. I always buy young plants (from suttons.co.uk), but they are easy to grow from seed.

USEFUL WEBSITES

+ suttons.co.uk + peternyssen.com + rhs.org.uk
+ homescenetherbs.co.uk + jekkasherbfarm.com

ENTERTAINING *weekends*

If you're hosting a dinner party, you want food that's simple to cook and easy to serve, and we have a great selection to choose from

***Impress guests with our Roast loin of pork
with sage, apricot and cider compote, or
Vegetable mille-feuille***

Want something sweet and indulgent?
Try the White chocolate and raspberry panna
cotta with figs, or Blackberry and sour cream
cheesecake with ginger nut crust



Delicious dinner party starters

Get the party started with some glamorous openers. They could also be a main for a posh weekend lunch

Chicken liver pâté

READY IN 20 MINUTES, PLUS COOLING AND CHILLING • SERVES 8-10

✓   EASY/PREPARE AHEAD

- + 150g butter, cubed
- + 400g chicken livers, trimmed and halved
- + 100ml brandy
- + 4 garlic cloves, crushed
- + 1 large onion, finely chopped
- + 1tsp sea salt flakes
- + ½tsp freshly ground nutmeg
- + 3tbsp fresh thyme leaves, plus a few sprigs, to serve
- + 6tbsp goose fat
- + 20 peppercorns, to serve

1 Heat 50g of the butter in a non-stick frying pan. Add the livers and sauté over a high heat for 2 minutes, stirring constantly.
2 Carefully add the brandy and light with a match. Let flame for 1-2 minutes, shaking the pan, then add the garlic, onion, salt and nutmeg; cook for a further 2 minutes.
3 Add the thyme and the goose fat. Put the mixture in a food processor and blend to a smooth paste. Transfer to a serving dish.
4 Melt the remaining butter and pour it over the surface, adding thyme sprigs and peppercorns. Leave to cool, then put in the freezer for at least 1 hour.
5 Transfer to the refrigerator and chill for 1-2 hours until very cold and firm. Serve the same day with toast, or store longer; the favours improve for up to 1 week.
Per serving: 319-255 calories, 27-22g fat (13-10.5g saturated), 2-1.5g carbohydrate

Beetroot and potato rösti with smoked salmon and poached egg

READY IN 35 MINUTES, PLUS COOLING AND CHILLING • SERVES 6

✓   EASY/PREPARE AHEAD

- for the horseradish cream**
- + 1tbsp horseradish sauce
 - + 150g crème fraîche
 - + juice of ½ lemon

for the rösti

- + 4 Maris Piper potatoes
- + 2 raw beetroot, peeled and grated
- + 1 red onion, finely chopped
- + 1 garlic clove, finely crushed
- + 100ml rapeseed oil
- + 1tbsp white wine vinegar
- + 6 eggs
- + 150g smoked salmon
- + micro leaves or cress, to serve

1 To make the horseradish cream, mix the ingredients together in a small bowl. Season with black pepper, cover and refrigerate.
2 Cook the potatoes in boiling salted water, drain and leave to cool. Peel and grate into a large bowl. Add the beetroot, onion and garlic and season. Divide the mixture into 6 röstis and put on a baking tray. Chill for 30 minutes.
3 Heat the oil in a large frying pan and cook the röstis for about 4-5 minutes on each side. Remove, drain on kitchen paper and keep warm in a low oven.
4 Bring a large pan of water to a simmer and add the vinegar. Break an egg into a ramekin. When the water is just simmering, swirl it with a wooden spoon, then gently tip the egg into the centre. Cook for 3-4 minutes. Remove and drain, then repeat with the other eggs.
5 To serve, place a rösti on each plate and top with smoked salmon and a dollop of horseradish cream. Top with a poached egg, a few micro leaves and black pepper.
Per serving: 370 calories, 19g fat (9g saturated), 31g carbohydrate

Roast squash with serrano ham and Manchego

READY IN 40 MINUTES • SERVES 6

✓   EASY/PREPARE AHEAD

for the salad

- + 600g butternut squash, peeled, deseeded and cut into cubes
- + 3tbsp olive oil
- + 50g squash or pumpkin seeds
- + ½tsp paprika
- + 150g sliced serrano ham
- + 2 handfuls of watercress

+ 50g Manchego cheese, rind removed for the dressing

- + 1 garlic clove, peeled and bruised
- + 2tbsp sherry vinegar
- + ½tsp Dijon mustard
- + pinch of caster sugar
- + 4tbsp extra virgin olive oil

1 Heat the oven to 180C fan, gas 6. Toss the squash with 2tbsp of the oil, season and spread out on a roasting tray. Roast for 30 minutes, until golden. Set aside to cool.
2 Meanwhile, toss the seeds with the remaining oil, the paprika and a little salt. Spread out on a baking tray and roast for about 6 minutes, until lightly toasted.
3 To make the dressing, put the ingredients and a little seasoning in a lidded jar and shake.
4 To serve, gently toss the squash, ham and watercress with the dressing in a large bowl. Shave the cheese over using a vegetable peeler and scatter with the seeds to finish.
Per serving: 452 calories, 35g fat (9g saturated), 13g carbohydrate

Seared scallops

READY IN 10 MINUTES • SERVES 4

✓   EASY/PREPARE AHEAD

- + olive oil, to brush
- + 16 medium scallops, shelled and cleaned
- + 8 large slices of rustic bread
- + butter, to spread
- + 3 Little Gem lettuces, separated
- + a squeeze of lemon juice
- + extra virgin olive oil, to drizzle

1 Heat a griddle pan and brush with a little olive oil. When very hot, put the scallops on the griddle and cook for 2 minutes, then turn and cook for a further 1-1½ minutes.
2 Meanwhile, toast the bread and butter lightly. Put 2 slices on each plate. Pile the lettuce on to the toast and tuck the scallops between the leaves. Squeeze a little lemon juice over the scallops and drizzle with the oil. Season well and serve.
Per serving: 424 calories, 13g fat (6g saturated), 47g carbohydrate



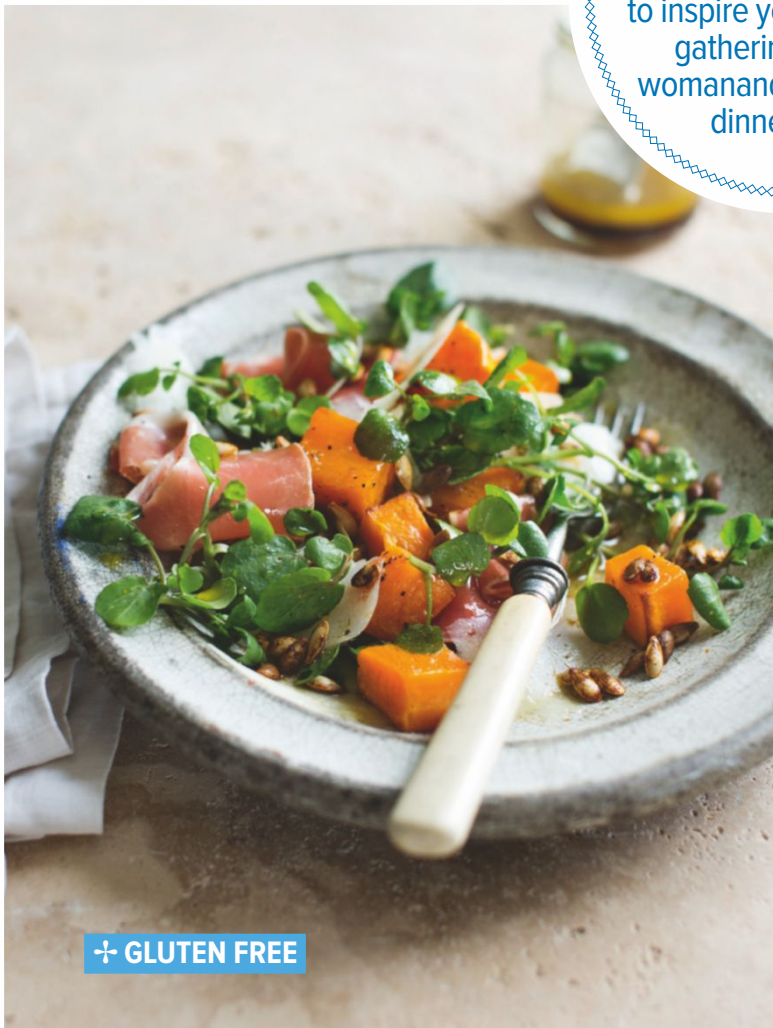
✦ GLUTEN FREE



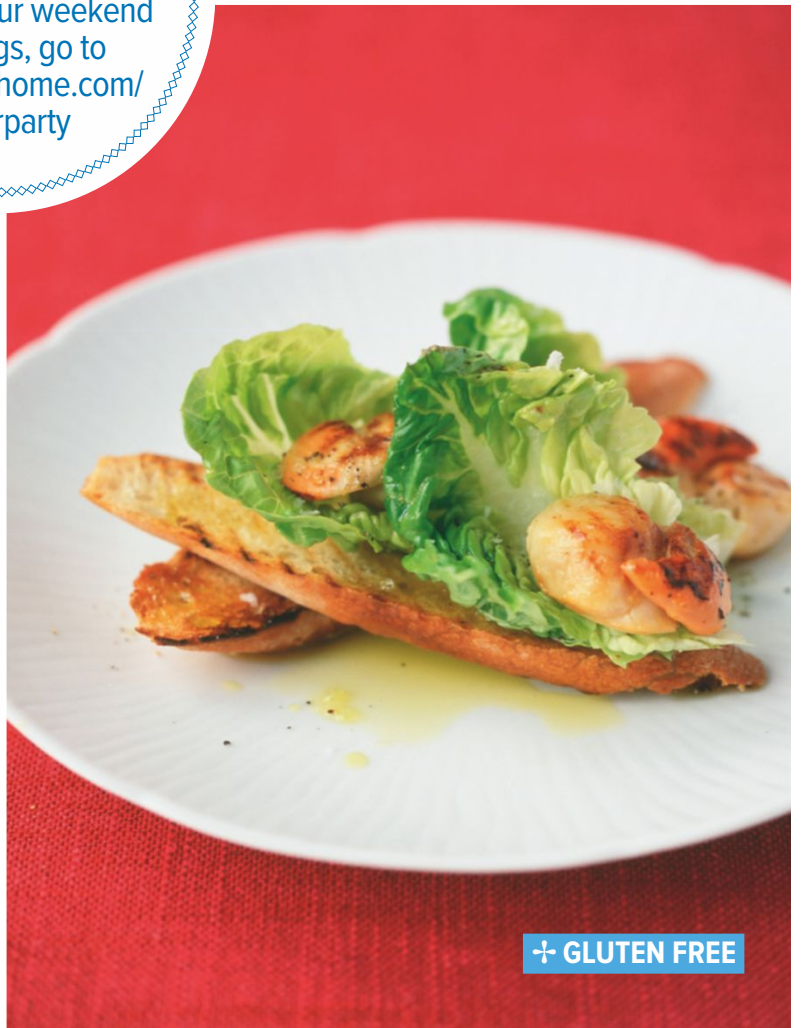
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✦ GLUTEN FREE



✦ GLUTEN FREE

There's something for everyone, whatever your pleasure, for Sunday roast or Saturday night

We've dishes for meat lovers, fish lovers and veggies alike, and do try some new, delicious sides for a change

Roast loin of pork with sage, apricot and cider compote, and crunchy stuffing

Choose good-quality British free-range pork to enjoy fantastic flavour and meat juices. Ask your butcher to score it for you.

READY IN 2 HOURS

SERVES 6-8

  **EASY/PREPARE AHEAD**

- + 1.25kg boned loin of pork for the stuffing
- + 2tbsp olive oil
- + 1 onion, finely chopped
- + 3tbsp fresh sage leaves, finely chopped
- + 400g free-range pork sausage meat
- + 100g dried apricots, finely chopped
- + 60g fresh breadcrumbs
- + 50g butter, melted for the compote
- + 2tbsp sage, finely chopped
- + 200g dried apricots, roughly chopped
- + 300ml cider
- + 1tbsp cider vinegar
- + 100ml water
- + 2-3tbsp juices from the pork

1 Heat the oven to 200C fan, gas 7. Dry the pork with some kitchen towel to absorb any moisture. Rub the skin all over with oil and Maldon sea salt or coarse sea salt. Put the pork in a roasting tin and transfer to the oven. After 20 minutes, turn down the oven to 160C fan, gas 4 and continue roasting for 45 minutes or until the juices run clear. Let it rest for 10-15 minutes.

2 Meanwhile, prepare the stuffing. Heat the olive oil in a frying pan, add the onion and cook gently for 5 minutes until soft. Transfer to a bowl along with the sage,

sausage meat and apricots. Using your hands, combine well, season with salt and freshly ground black pepper and roll into balls (about golf-ball size).

In a separate bowl, combine the breadcrumbs with the melted butter, then roll the stuffing balls in the breadcrumbs, pressing them into the surface. When the pork has 20 minutes of cooking time left, put the stuffing in a greased shallow roasting tin and transfer to the oven for 20-25 minutes, until crunchy and golden.

3 To make the compote, put all the ingredients in a pan and bring to the boil. Simmer for 10-15 minutes or until the liquid has reduced by half. Add the juices from the pork and season to taste. Transfer the mixture to a blender and pulse until chunky. Return to the pan and stir well, adding a little stock if necessary to reach the desired consistency, which should be like a thick sauce.

4 Slice the pork and serve with the stuffing balls, compote and a green vegetable, such as green beans.

Per serving: 592-444 calories, 27-20g fat (10.5-8g saturated), 31-23g carbohydrate

TIP

You can make the stuffing balls and sauce up to 2 days ahead and keep them in the fridge

A delicious loin of pork is the perfect centrepiece for a Sunday roast. Buy top-notch pork for the best crackling





TIP
Plan out your veggies
so your oven doesn't
become overcrowded
if you already have
a roast in



Make the most of our delicious, seasonal British vegetables to support our farmers and save food miles

Roast carrots with cumin

READY IN 45 MINUTES • SERVES 4

✓🕒 EASY/PREPARE AHEAD

- + 1tsp each cumin and fennel seeds
- + 1 bunch of young carrots (about 12), trimmed, sliced in half or in long wedges
- + 1 garlic clove, chopped
- + 1 rounded tsp harissa paste
- + 2tbsp olive oil
- + juice of 1 lemon
- + good handful of coriander leaves (or mint, or a mixture)

1 Heat the oven to 200C fan, gas 7. Crush the seeds gently, using a pestle and mortar. Toss the carrots with the garlic, harissa, crushed seeds, oil and lemon juice in a roasting tin. Season with salt and freshly ground black pepper. Add the squeezed lemon to the tin, if you like.

2 Roast for 30-40 minutes, turning them once, until just tender. Add the coriander. Drizzle with more oil, if you like.

Per serving: 159 calories, 7g fat (1g saturated), 17g carbohydrate

Roasted cauliflower with pancetta and raisins

READY IN 40 MINUTES • SERVES 4

✓🕒 EASY/PREPARE AHEAD

- + 1 large or 2 small cauliflowers, trimmed into florets
- + 3tbsp olive oil
- + 1tbsp smoked paprika
- + 1tbsp ground coriander
- + 50g raisins
- + 8 rashers of pancetta or smoked streaky bacon

1 Heat the oven to 180C fan, gas 6. Put the florets into a roasting tin. Drizzle over

the oil, paprika and coriander. Mix really well together with plenty of sea salt and freshly ground black pepper.

2 Put into the oven and roast for about 30 minutes or until tender, giving them a good stir halfway through. Five minutes before the end, stir in the raisins and grill the pancetta until crispy. Pile the cauliflower into a heated serving dish then top with the snipped pancetta.

Per serving: 261 calories, 15g fat (3.5g saturated), 19g carbohydrate

Celeriac and potato gratin

READY IN 1 HOUR 45 MINUTES, PLUS INFUSING • SERVES 10

✓🕒❄️ EASY/PREPARE AHEAD/FREEZE

- + 600ml whole milk
 - + ½ onion
 - + 4 cloves and 1 bay leaf
 - + 75g unsalted butter
 - + 75g plain flour
 - + 75g Parmesan, finely grated
 - + 100ml double cream
 - + 3 sprigs thyme, leaves only
 - + a good grating of nutmeg
 - + 1 celeriac, around 850g, peeled and finely sliced
 - + 850g potatoes, such as King Edward, peeled and finely sliced
 - + 1 large leek, halved and sliced
 - + 150g blue cheese
 - + 1tbsp breadcrumbs
- you will need**
- + a 30cm shallow lidded casserole

1 Heat the oven to 160C fan, gas 4. Heat the milk with the onion, cloves and bay leaf until almost boiling, remove from the heat and set aside to infuse for 30 minutes to an hour. Remove to a jug, discarding the onion, cloves and bay leaf.

2 Melt the butter in a saucepan over a medium-high heat, add the flour and cook for 1 minute, stirring. Turn down the heat slightly and gradually pour in the milk, whisking constantly until it becomes a smooth, thick sauce. Add 50g of the Parmesan, the cream, thyme leaves and nutmeg, season well and remove from the heat. Cover with clingfilm and set aside.

3 Layer a third of the celeriac in the casserole, then a third of the potatoes, and top evenly with a quarter of the cheese sauce. Repeat these layers twice, top with the sliced leek, crumble the blue cheese over, then spread a final quarter of the cheese sauce. Sprinkle the breadcrumbs and the remaining Parmesan over. Cover and bake for 1 hour 15 minutes, removing the lid after 1 hour. Turn the oven up to 200C fan, gas 7 and cook for another 15 minutes or until browned.

Per serving: 371 calories, 21g fat (13g saturated), 28g carbohydrate

Shallot and almond beans

READY IN 20 MINUTES • SERVES 4

✓🕒 EASY/PREPARE AHEAD

- + 300g green beans, trimmed
- + 60g butter
- + 6 shallots, diced
- + 30g toasted flaked almonds

1 Cook the green beans in boiling water for 5 minutes, until just tender. Drain them and run under cold water until cool.

2 In a large pan, melt the butter and fry the shallots, until soft – about 8 minutes. Stir through the green beans and warm through.

3 To serve, put the beans and shallots in a serving dish and sprinkle over the flaked almonds.

Per serving: 191 calories, 17g fat (8g saturated), 4g carbohydrate

Your veggie friends and family will love you for this one! Makes a change from the usual nut roast – and it's light and easy to make



✦ GREAT FOR VEGGIES

Vegetable mille-feuille
(recipe on page 102)

TIP

This recipe also works brilliantly with chicken though guinea fowl usually has a more gamey, pleasant flavour



✦ GLUTEN FREE

Pan-roasted guinea fowl with
parsley sauce (recipe on page 103)

Perfect dishes to impress without spending hours in the kitchen, whether it's just the two of you or a bigger gang

Vegetable mille-feuille

This colourful and tasty dish will make an easy and impressive lunch or supper.

READY IN 1 HOUR 15 MINUTES

SERVES 6

  **EASY/PREPARE AHEAD**

- + 8 sheets of filo pastry
- + 50g butter, melted
- + 4 shallots, peeled and cut into fine wedges
- + 2 courgettes, cut into strips
- + 1 red and 1 yellow pepper, cut into strips
- + around 550g butternut squash, cut into strips
- + 50 Niçoise olives
- + 1tbsp olive oil or garlic butter
- + 150g tub fresh pesto

1 Line a baking tray with baking parchment. Heat the oven to 180C fan, gas 6. Put 1 filo sheet on a board and brush generously with the melted butter. Put another on top and brush with more butter and repeat to use up all the pastry. Cut the pastry into 6 rectangles and put them on the baking tray.

2 Put the vegetables and olives in a roasting dish, drizzle over the olive oil or dot with butter, then season before roasting for 35 minutes until soft and just browning.

3 After 25 minutes, add the pastry to the oven for 10-12 minutes until golden, then stir the pesto into the vegetable and olive mix.

4 To assemble, separate each pastry rectangle into 3 layers. Put a layer of each onto a serving plate and spoon over half the vegetables. Add the next layer of filo, the remaining vegetables and top with the final pastry layers. Serve warm.

Per serving: 481 calories, 29g fat (6g saturated), 43g carbohydrate

Pan-roasted guinea fowl with parsley sauce

Guinea fowl has a real depth of flavour; swede makes a great accompaniment.

READY IN 50 MINUTES

SERVES 6

  **EASY/PREPARE AHEAD**

- + 6 guinea fowl supremes (breast fillet with first wing joint attached)
- + 1tbsp olive oil
- + puréed swede, to serve
- for the parsley sauce**
- + 150g curly parsley, stems removed, plus extra to serve
- + 300ml Elmlea Light double cream
- + freshly grated nutmeg
- + 1½tsp finely grated lemon zest

1 To make the parsley sauce, put a pan of salted water on to boil. Plunge the parsley leaves into the boiling water for 30 seconds. Remove and refresh in iced water (to keep it a bright green colour). Drain and set aside.

2 Pour the cream into a heavy-based pan and bring almost to the boil, turn down the heat and allow to bubble to reduce by about a third, until it has thickened enough to coat the back of a wooden spoon. Add the blanched parsley leaves and boil for a moment longer. Remove from the heat and purée in a blender. Add a generous grating of nutmeg and the lemon zest, then season. Keep the sauce warm.

3 Heat the oven to 200C fan, gas 7. Season the guinea fowl generously all over. Put a heavy-based frying pan over a medium-high heat until smoking. Pour in the oil, then brown the guinea fowl in batches. Lay 2 supremes in the pan, skin side down, and leave to colour for 3 minutes. Transfer to a baking tray and brown the remainder in the same way.

4 Finish cooking the guinea fowl in the oven for 8 minutes or until the skin is crisp and the breast meat cooked through. Leave to rest in a warm place for 5 minutes. Arrange the supremes on top of some puréed swede, and ladle the sauce over the top. Scatter over chopped parsley and serve.

Per serving: 461 calories, 25g fat (13g saturated), 2.5g carbohydrate

Lamb fillet with celeriac purée and tapenade dressing

Lamb fillet can so often be an unsung hero but it's quick to cook and easy to serve.

READY IN 50 MINUTES

SERVES 2

  **EASY/PREPARE AHEAD**

- + 350g lamb fillet
- + 1tsp olive oil
- + 1tsp thyme leaves
- + 250g celeriac, diced
- + ¼ litre whole milk
- + 1 garlic clove, lightly bruised
- + 3tbsp black olive tapenade
- + 3tbsp virgin olive oil
- + 2tbsp capers, drained
- + 1tsp pink peppercorns, lightly crushed, to serve

1 Put the lamb in a shallow glass dish with the oil, add the thyme leaves and season with ground black pepper and salt. Leave in the fridge to marinate until you're ready to cook.

2 Put the celeriac in a pan with the milk and garlic clove. Bring to a simmer and cook for 8-10 minutes, until tender. Drain, reserving the cooking liquid, and remove the garlic clove. Using a hand blender, whizz the celeriac until smooth, loosening with cooking liquid if needed. Season to taste and keep warm.

3 Heat the oven to 180C fan, gas 6. Heat a heavy-based frying pan to a high heat and fry the lamb for 2 minutes on each side. Transfer it to a baking tray and roast for 6 minutes, for medium pink. Once cooked to your liking, remove the lamb from the oven and allow to rest for 6-8 minutes.

4 Meanwhile, make the dressing by whisking together the tapenade and virgin olive oil. Stir through the capers.

5 To serve, spoon a layer of celeriac purée on to a platter, top with the sliced lamb, drizzle over some tapenade dressing and sprinkle over pink peppercorns.

Per serving: 600 calories, 42g fat (11g saturated), 10.5g carbohydrate



✚ GLUTEN FREE

Favourite sweet treats to serve to guests

An elegant yet simple pud with a delicate hint of spice.
And, as we all love, you can make it in advance

✦ GLUTEN FREE

White chocolate, raspberry and
cardamom panna cotta with figs
(recipe on page 106)



Everyone loves this
Spanish classic with its
delicate hints of citrus.
A cook's blowtorch
makes it simple



✦ GLUTEN FREE

Crema Catalana
(recipe on page 106)

Indulgent desserts make the perfect finale. And remember, a small portion is all that's required!

White chocolate, raspberry and cardamom panna cotta with figs

Easy yet elegant, this is a fabulous pudding to prepare ahead for any party.

**READY IN 50 MINUTES, PLUS CHILLING
SERVES 6**

EASY/PREPARE AHEAD

for the sauce

- + 200g fresh or frozen raspberries
- + 2tbsp caster sugar
- + juice of ½ lemon

for the panna cotta

- + 600ml Elmlea Light double cream
- + 325ml whole milk
- + ½ vanilla pod
- + 1tbsp caster sugar
- + 4 green cardamom pods, lightly crushed
- + 4 gelatine leaves
- + 100g white chocolate, chopped
- + 3 ripe figs, to serve

you will need

- + 6 x 150ml pudding moulds (greased lightly with flavourless oil if you want to turn out the panna cotta) or small cups

1 To make the sauce, blend the raspberries, sugar and lemon juice with 2tbsp water. Pass the mixture through a sieve to remove the seeds. Chill the sauce until needed.

2 Put the cream, milk, vanilla pod, sugar and cardamom pods in a saucepan, slowly bring to the boil and immediately remove from the heat. Set aside to infuse for 20 minutes.

3 Drop the gelatine into a bowl of cold water. Set aside to soften for 5 minutes. Strain the cream to remove the vanilla and cardamom. Return the cream to the pan, add the chocolate and warm over a low heat; stir until melted.

4 Drain the gelatine leaves and stir them into the warm cream, off the heat, until dissolved.

5 Divide the mixture between the containers. Chill for 4 hours or overnight. If not turning out, spoon the sauce over the top to serve. If turning out, dip the outsides of the moulds in hot water, then turn out on to plates and spoon sauce over the top. Serve with a torn fig half.

Per serving: 481 calories, 35g fat (27g saturated), 34g carbohydrate

Crema Catalana

A Catalan version of crème brûlée, with a crunchy, burnt caramel topping.

**READY IN 45 MINUTES, PLUS COOLING
AND CHILLING**

SERVES 4

EASY/PREPARE AHEAD

- + 500ml single cream
- + grated zest of ½ lemon
- + grated zest of ½ orange
- + ½ cinnamon stick
- + 3 egg yolks
- + 60g caster sugar

for the caramel topping

- + 100g caster sugar
- you will need**
- + 6 ramekins or teacups

1 Pour the cream into a pan, add the citrus zests and cinnamon stick, and heat slowly until it just comes to the boil. Remove from the heat and allow to cool for 5 minutes.

2 In a heatproof mixing bowl, beat the egg yolks with the caster sugar until pale and thick. Strain the cream through a fine sieve on to the egg mixture, whisking constantly. Set the bowl over a large pan of gently simmering water. Stir constantly with a wooden spoon until the custard is cooked enough to coat the back of your spoon thickly. This may take as long as half an hour. Remove from the heat and pour into the ramekins or teacups. Allow to cool, then leave in the fridge for 1-2 hours to set.

3 To make the caramel topping, sprinkle the sugar evenly over the custards and caramelize under a very hot grill (or preferably with a blowtorch) until the sugar turns a mahogany brown. Chill for 30 minutes before serving.

Per serving: 448 calories, 28g fat (16g saturated), 43g carbohydrate

Blackberry and sour cream cheesecake with ginger nut crust

You can use any fresh or frozen berry, such as raspberries.

**READY IN 2 HOURS 15 MINUTES,
PLUS CHILLING
SERVES 10-12**

EASY/PREPARE AHEAD

- + 150g fresh or frozen blackberries
- + 2tbsp caster sugar
- + 1tsp cornflour
- + 200g ginger nut biscuits
- + 70g unsalted butter, melted
- + 750g full-fat cream cheese, at room temp
- + 300g soured cream, at room temp
- + 5 level tbsp cornflour
- + 175g caster sugar
- + zest of ½ lemon, finely grated
- + 1tsp vanilla bean paste or extract
- + 5 eggs, plus 1 egg white
- you will need**
- + a 23cm springform cake tin

1 To make the blackberry sauce, put the blackberries and sugar in a small pan with 1tbsp water. Heat gently, stirring, for 5 minutes.

2 Use a hand blender to purée the berries. Mix the cornflour with 1tbsp water and combine it with the mixture. Bring to the boil, stirring, then simmer for 1 minute. Set aside.

3 Heat the oven to 110C fan, gas ½. Pulse the biscuits in a food processor. Combine with the butter and a pinch of salt. Press firmly and evenly across the base and partway up the sides of the tin. Chill for 15 minutes.

4 Whisk the cream cheese in a large mixing bowl until smooth. Beat in the soured cream, cornflour, sugar, lemon zest and vanilla.

Beat the eggs in, one by one, stopping when the mixture is just smooth.

5 Pour half the mixture into the tin, and dot tsps of blackberry purée on top. Cover with the remaining mixture, level the top and drag tsps of the remaining purée over, running a skewer through to create a marbled effect.

6 Put the tin on a baking tray and bake for 1 hour 45 minutes, until set, but still wobbly in the middle. Turn off the oven, prop the door ajar and leave to cool. Chill for at least 4 hours or overnight. Run a knife around the edge and remove from the tin before slicing.

Per serving: 535-446 calories, 34-28g fat (20-17g saturated), 47-39g carbohydrate



GO ONLINE

Love a cheesecake? Go to
[womanandhome.com/
cheesecake](http://womanandhome.com/cheesecake) for more
impressive recipes



“Japan boasts one of the highest life expectancies and lowest obesity rates in the world. The reasons for this are undoubtedly the diet, with many Japanese people subscribing to the notion ‘eat with your eyes’ – a nod to the importance of colours, crockery and food presentation.”

REIKO HASHIMOTO'S

Salmon special scattered sushi – chirashi

Scattered sushi is called Chirashi Zushi in Japanese, and the word chirashi means to scatter. This is the most popular type of sushi made at home in Japan as it is easy to make and you can put any ingredients you like over the top. Perfect for a buffet meal!

**READY IN 1 HOUR, PLUS MARINATING
SERVES 4**

✓ EASY

- + 225g sushi rice
- + 2 teaspoons soy sauce, plus extra to serve
- + 2 teaspoons mirin
- + 120g salmon roe
- + 120g sashimi salmon
- + 120g slightly salted wild salmon
- + 2 tablespoons toasted sesame seeds
- + 7 sheets shiso leaves or watercress, torn or watercress leaves picked
- + 1 dried nori sheet, thinly sliced
- + wasabi paste, to serve
- for the omelette**
- + 1 tablespoon oil, for frying
- + 2 free-range eggs, preferably organic
- + ½ teaspoon instant dashi powder
- + 1 teaspoon mirin
- + pinch of salt

- 1** Prepare and cook the sushi rice*.
- 2** To make the omelette, heat a little oil in a large frying pan. Beat the eggs, dashi powder, mirin and salt in a bowl, and pour half the mixture into the pan. Tilt the pan slightly so that the egg mixture covers the entire surface of the pan, making a thin layer. Cook over medium-high heat for 10 seconds

then turn over and fry the remaining side for 5 seconds. Take out of the pan and set aside to cool. Repeat with the rest of the egg mixture, and then slice thinly. Set aside.

3 In a bowl, combine the soy sauce and mirin with the salmon roe and the sashimi salmon. Leave to marinate for at least 30 minutes and up to 2 hours in the fridge.

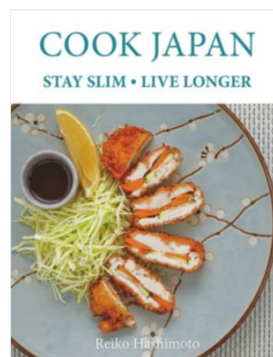
4 Preheat the grill to medium-high and then grill the salted salmon for 5 minutes. Turn over and cook for a further 2-3 minutes, or until just cooked. Remove and leave it to cool, then flake the salmon into large pieces.

5 Remove the sashimi salmon from the marinade and slice into small bite-sized pieces.

6 Gently mix the sushi rice, grilled salmon, sesame seeds, half the quantity of sliced omelette and half the shiso leaves or watercress until evenly combined. Gently fold through half the amount of salmon roe.

7 Spoon into a serving bowl, decorate with the sashimi salmon, remaining salmon roe and omelette, and scatter over the rest of the shiso or watercress on top. To serve, sprinkle with a little nori and have soy sauce and wasabi paste on the side for seasoning.

***TIP** To prepare sushi rice: add 450ml cold water to the rice, cook and place in a bowl. Then add 100ml rice vinegar, 50g caster sugar and ½tsp salt. Stir gently and cover with a damp cloth to cool.

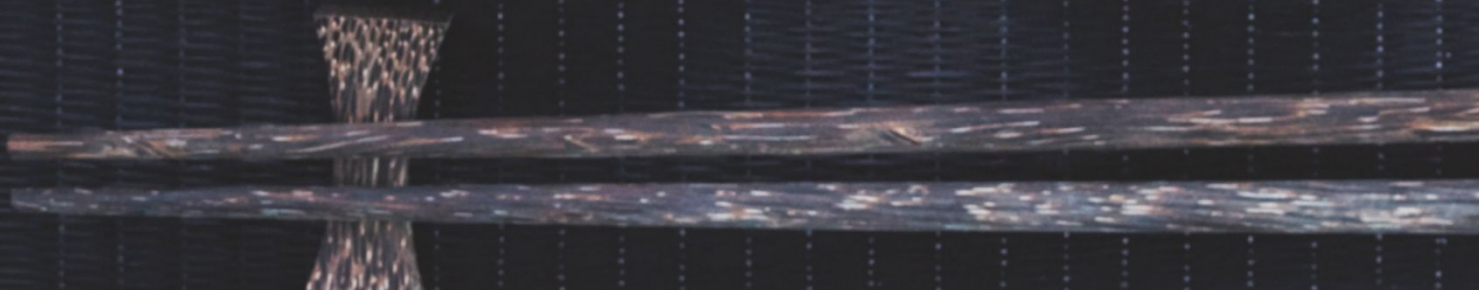
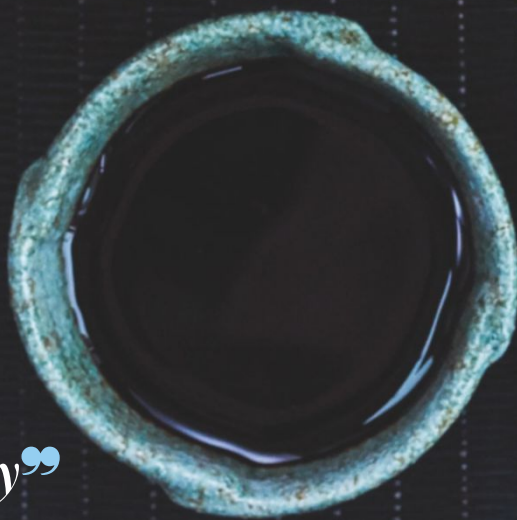


REIKO HASHIMOTO'S COOK JAPAN, STAY SLIM, LIVE LONGER (Absolute Press, £25)

Reiko was born and grew up in Kyoto, Japan, where she developed her dedication to real Japanese flavours. In her book Reiko explores the benefits of a low-fat, high-protein Japanese diet and shares her recipes, which are authentic Japanese with a little fusion inspired by her travels around the world. We'd love to try the Teriyaki croquettes, Miso apple pork belly, Matcha soufflé and Cherry blossom ice cream.



*“Cooked and
chopped
vegetables or
herbs can be
mixed with
sushi rice to
enjoy the variety”*



THE JOY OF *baking*

Treat your friends and family to some home baking this spring. We've everything from indulgent Mocha chocolate bundt cake to moreish Lemon thumbprint cookies

***Celebrate Easter with a spectacular
Creme Egg cake, mini hot cross buns and
an Easter egg rocky road***

And, of course, a little of what
you fancy does you good... just
remember to keep portion sizes small





Mini chocolate and orange hot cross buns (recipe on page 114)



TRY THIS

If you have any
of these leftover they
would make a delicious
bread and butter
pudding

Mini chocolate and orange hot cross buns

These irresistible buns are only mini, so you could have two...

READY IN 50 MINUTES, PLUS 2-3 HOURS PROVING

MAKES 24

   **EASY/PREPARE AHEAD/FREEZE**

- + 7g sachet fast-action dried yeast
- + 175g caster sugar
- + 250ml semi-skimmed milk, warm
- + 600g strong white bread flour
- + pinch of salt
- + 3tsp mixed spice
- + 1tsp ground cinnamon
- + zest and juice of 3 oranges
- + 75g unsalted butter, plus 1tbsp melted
- + 125g mixed dried fruit
- + 100g chocolate chips
- + 1 egg yolk, mixed with 1tbsp milk
- + 50g plain flour

1 Put the yeast in a bowl and mix with 1tbsp of the caster sugar. Pour over 4tbsp warm milk and leave to foam for 5 minutes.

2 In a separate bowl add the flour, 125g sugar, salt, spices, zest and butter and rub together until it resembles breadcrumbs. Stir in the dried fruit and chocolate chips.

3 Pour in the yeast mixture, ½ the orange juice and most of the remaining milk. Mix to a sticky dough, adding more milk if you need it. Knead for 10 minutes until the dough is smooth and elastic.

4 Put on a baking tray and cover with lightly oiled clingfilm. Leave in a warm place for 1-2 hours until doubled in size.

5 Divide into 24 equal balls and arrange in rows almost touching each other on a large baking tray. Re-cover with the greased clingfilm and leave for another hour to double in size again.

6 Heat the oven to 170C fan, gas 5. Brush the egg yolk mixture over the buns. Mix the flour with 1tbsp melted butter, spoon into a piping bag and pipe a cross on each bun. Bake for 10-15 minutes until golden.

7 Heat the remaining sugar and orange juice until dissolved. Brush over the buns.

Per bun: 205 calories, 5g fat (3g saturated), 34g carbohydrate

Rhubarb friands

These French treats are made with ground almonds for a light texture. They are the perfect base for any seasonal fruit.

READY IN 50 MINUTES

MAKES 6

  **EASY/PREPARE AHEAD**

- + 120g rhubarb, cut into 4cm pieces
- + 2tbsp icing sugar
- + 140g caster sugar
- + 25g plain flour
- + 100g ground almonds
- + 3 egg whites
- + 100g butter, melted, plus extra for greasing
- + zest of ½ orange
- + 50g pistachios, roughly chopped
- + 2tsp vanilla essence
- you will need**
- + a 6-hole friand or muffin tin, brushed with a little melted butter

1 Heat the oven to 180C fan, gas 6. Lay the rhubarb on a lined or non-stick baking tray. Sift over the icing sugar and cook for 12-15 minutes, until the rhubarb is soft and tender. Remove and allow to cool.

2 Sift the caster sugar and flour into a large bowl and stir in the ground almonds. In a separate bowl, lightly whisk the egg whites until you have a loose foam.

3 Fold the egg whites into the dry ingredients. Pour in the melted butter and add the orange zest, pistachios and vanilla.

4 Half-fill the tins with batter and add 2 rhubarb pieces to each. Cover with the remaining batter to just below the top of the tin. Bake in the oven for 15-20 minutes until golden and firm. Cool in the tin for 10 minutes, then turn out (you might need to run a knife around the edges). Finish cooling on a wire rack.

Per friand: 408 calories, 27g fat (10g saturated), 33g carbohydrate

TRY THIS

Use dark chocolate chips for a richer, more "grown-up" taste. Some may find milk chocolate too sweet

Creme Egg cake

Best eaten on the day it's made but can be stored in the fridge for up to 2 days.

READY IN 1 HOUR 30 MINUTES

SERVES 8-12

  **EASY/PREPARE AHEAD**

for the cake

- + 100g butter, softened
- + 225g light muscovado sugar
- + 200g self-raising flour
- + 40g cocoa powder
- + 1tsp baking powder
- + 2 eggs
- + 125ml milk
- + 100g dark chocolate, melted
- + 1tsp vanilla extract

for the ganache

- + 5 Cadbury Creme Eggs, chopped
- + 3tbsp double cream

for the filling

- + 250ml double cream
- + 1tbsp icing sugar
- + 3 Cadbury Creme Eggs, chopped

for the decoration

- + 3 Cadbury Creme Eggs
- + 1 x 89g bag mini Cadbury Creme Eggs

you will need

- + 2 x 20cm round sandwich tins, greased

1 Heat the oven to 160C fan, gas 4. For the cake, in a large bowl, rub together the butter, sugar, flour, cocoa and baking powder until it resembles fine breadcrumbs.

2 Whisk together the eggs, milk, chocolate and vanilla extract. Pour into the flour mixture and mix well.

3 Divide the mixture equally between the tins. Bake for 25-30 minutes until springy. Leave to cool for 10 minutes, then transfer to wire racks to cool completely.

4 For the ganache, put the chopped Creme Eggs and cream into a heatproof bowl set over barely simmering water. Heat gently until the chocolate has melted. Remove from the heat and stir briefly, until combined and smooth. Allow to cool for 1 hour, or until thick enough to spread.

5 For the filling, whip the cream with icing sugar to peaks then stir through most of the chopped Creme Eggs. Put one half of the cake onto a cake stand and spread with the cream. Top with the second cake and pour over the ganache. Decorate with the remaining large and mini Creme Eggs.
Per serving: 876-584 calories, 47-32g fat (29-19g saturated), 101-68g carbohydrate

Got guests over this Easter? For the ultimate chocolate fix, treat them to a slice...



> GO ONLINE

FIND LOTS MORE CHOCOLATE RECIPES AT
WOMANANDHOME.COM/CHOCOLATE



Easter egg rocky road

This is such a simple Easter-themed no-bake rocky road!

Easter egg rocky road

This has chocolate, biscuits, fudge, marshmallows and mini eggs – that should keep everyone happy!

**READY IN 20 MINUTES, PLUS CHILLING
MAKES 15**

  **EASY/PREPARE AHEAD**

for the base

- + 390g bar milk chocolate
- + 75g butter
- + 5tbsp golden syrup
- + 200g shortbread
- + 50g chocolate mini eggs
- + 125g fudge
- + 100g mini pink and white marshmallows

for the topping

- + 150g milk chocolate
- + 15g butter
- + 50g fudge, chopped
- + 50g chocolate mini eggs
- + sugar strand sprinkles

you will need

- + an 18x28cm baking tin, greased and lined with baking parchment

- 1** For the base, put the chocolate, butter and golden syrup into a bowl and heat over a pan of simmering water to melt.
- 2** Meanwhile, put the shortbread into a large plastic bag, tie a knot to secure and bash with a rolling pin, to crush. Put 50g of the mini eggs in a plastic bag and bash to crush. Chop the fudge into small pieces.
- 3** Take the chocolate off the heat, and tip in the biscuits, crushed eggs, fudge and marshmallows. Stir until the mixture is well combined. Tip into the prepared tin and leave to chill until firm.
- 4** For the topping, melt the milk chocolate with the butter. Pour over the chilled mixture, to cover. Scatter over the fudge and mini eggs, and the sugar strand sprinkles, then chill until set. Cut into 16 even squares.

Per serving: 427 calories, 23g fat (14g saturated), 51g carbohydrate

TRY THIS

Instead of strawberry jam, use orange marmalade or apricot jam for a deliciously bitter hint



Jam crumble tray bake

We love crumble, and it works really well in a tray bake!

**READY IN 1 HOUR 10 MINUTES
MAKES 15**

   **EASY/PREPARE AHEAD/FREEZE**

- + 300g plain flour
 - + 200g unsalted butter, at room temperature, cubed
 - + 100g ground almonds
 - + 100g caster sugar
 - + pinch of salt
 - + 350g strawberry jam
 - + 50g flaked almonds
 - + icing sugar, for dusting
- you will need**
- + an 18x28cm tin lined with baking parchment

- 1** Heat the oven to 160C fan, gas 4. Tip the flour into the bowl of a food

- processor and add the butter, ground almonds, caster sugar and salt. Whizz the mixture until it starts to bind together. Alternatively, tip the ingredients into a bowl and rub the butter into the flour.
- 2** Tip $\frac{3}{4}$ of the mixture into the base of the tin, spread it out well, then press it down very firmly. Spread the jam evenly over the top.
 - 3** Mix the flaked almonds into the remaining crumb mixture, and press it together so it forms larger chunks. Scatter this on top of the jam.
 - 4** Bake for 45-50 minutes, until the top is light golden. Remove from the oven and leave to cool in the tin.

- 5** Use the lining paper to help lift onto a board and cut into 15 squares.

Per serving: 322 calories, 17g fat (7.5g saturated), 37g carbohydrate

*Offer round these nutty cookies
and just watch them disappear
from the biscuit tin!*



Peanut butter cookies

*You only need a handful of ingredients to make these cookies.
Use smooth or crunchy peanut butter.*

READY IN 30 MINUTES

MAKES ABOUT 12

✓🕒❄️ **EASY/PREPARE AHEAD/FREEZE**

- + 100g peanut butter
- + 100g butter, softened
- + 200g light muscovado sugar
- + 1 egg
- + 250g self-raising flour
- you will need**
- + a baking tray lined with baking parchment

1 Heat the oven to 160C fan, gas 4. Put the peanut butter, butter and sugar in a mixing bowl and beat well until smooth. Beat in the egg then beat in the flour to make a stiff dough.

2 Shape the dough into walnut-sized balls and put on a baking tray spaced a little apart. Flatten with a fork and bake for 15 minutes until golden. Allow to cool and store in an airtight container.

*Per biscuit: 262 calories, 12g fat
(6g saturated), 33g carbohydrate*

Lemon thumbprint cookies

Delicious bite-size biscuits oozing with lemon curd – they're so easy to make and very moreish!

READY IN 30 MINUTES

MAKES 12

✓🕒🥶 **EASY/PREPARE AHEAD**

- + 250g butter, softened
- + 100g caster sugar
- + 1tsp vanilla extract
- + 250g plain flour
- + 4tbsp lemon curd
- + icing sugar, to dust
- you will need**
- + a baking tray, greased

1 Heat the oven to 160C fan, gas 4. Cream the butter and sugar together, then stir in the vanilla extract and sift in the flour. Bring together with your hands to form a dough.

2 Roll the dough into 2cm balls, space out evenly on the baking tray, flatten slightly and press your thumb in the centre to indent.

3 Spoon ½tsp lemon curd into each indent and bake in the oven for 12-15 minutes until golden. Transfer to a wire cooling rack and top up each indent with a little extra lemon curd. Leave to cool, then dust with icing sugar.

*Per cookie: 280 calories, 18g fat
(11g saturated), 27g carbohydrate*

> GO ONLINE

FOR OUR LEMON CURD RECIPE, GO TO WOMANANDHOME.COM/LEMONCURD



*Definitely a recipe to involve small hands.
So quick and super-simple to make too!*

*This cake has the wow factor yet
is deceptively easy to make!*



Mocha chocolate bundt cake

Mocha chocolate bundt cake

Worth investing in, a bundt tin creates a maximum-effect cake with minimal effort!

**READY IN 1 HOUR 30 MINUTES,
PLUS COOLING AND DECORATING
SERVES 12-14**

 **EASY/PREPARE AHEAD**

- + 125g dark chocolate, broken into small pieces
- + 250g unsalted butter, cut into cubes
- + 1tsp vanilla extract
- + 300g caster sugar
- + 4 eggs
- + 450g plain flour
- + 65g cocoa powder
- + 1½tsp baking powder
- + 1½tsp bicarbonate of soda
- for the mocha glaze**
- + 100g dark chocolate, roughly chopped
- + 15g unsalted butter, cut into cubes
- + 1tbsp cocoa powder
- + 50ml strong coffee, cooled
- + 3tbsp golden syrup

you will need

- + 22cm bundt tin (or kugelhupf mould), greased and lightly dusted with cocoa powder, if not a silicone mould
- + mini chocolate eggs, to decorate

1 Heat the oven to 150C, gas 3. Put the chocolate, butter, vanilla and 400ml hot water in a heavy-based saucepan over a low heat, allow to melt then mix to combine and set aside to cool slightly.

2 Using an electric whisk, beat the sugar with the eggs until thick and creamy, then mix in the cooled chocolate mixture until just combined. In a separate bowl, mix the flour with the cocoa powder, baking powder and bicarbonate of soda until combined, sift into the cake mixture and fold until smooth. Pour into the bundt tin and bake for 55-60 minutes.

3 For the mocha glaze, put all the ingredients in a heatproof bowl set over a pan of barely simmering water, allow to melt gently then mix to combine. Remove from the heat and set aside briefly to cool slightly and firm up. Drizzle over the cooled cake, allow to set, and fill the centre with mini chocolate eggs.

Per serving: 610-523 calories, 29-25g fat (18-15g saturated), 75-64g carbohydrate



TIP

Full-fat Philadelphia is the cream cheese to use. Other brands can be watery

Blueberry cheesecake

This irresistible all-American classic takes time to cook, but it's so worth it.

READY IN 2 HOURS

SERVES 12

 **EASY/PREPARE AHEAD**

- + 400g digestive biscuits
- + 100g butter
- + 284ml pot soured cream
- + 4 eggs
- + 100g caster sugar
- + 550g full-fat cream cheese, softened
- + 200g blueberries
- + sifted icing sugar, for dusting
- you will need**
- + a 23cm spring-clip tin

1 Break up the biscuits and blend them in a food processor until finely crushed (or put in a plastic bag and crush with a rolling pin). Melt the butter in a pan and stir in the

crushed biscuits. Spoon the mixture into the tin, spreading over the base and halfway up the sides. Chill.

2 Heat the oven to 160C fan, gas 4. Beat together the soured cream, eggs, caster sugar and cream cheese, then fold in the blueberries. Pour the filling onto the biscuit base, put in the oven and bake for 1 hour 15 minutes to 1 hour 30 minutes or until firm to the touch. Leave to cool in the tin, then transfer to a serving plate. Sprinkle with icing sugar and serve with whipped cream.

Per serving: 443 calories, 30g fat (17g saturated), 33g carbohydrate

➤ **COOK'S TIP** If you haven't got blueberries, use 175g raisins soaked in 2tbsp bourbon or orange juice for 1 hour.



*“Most real, hands-on
cooking involves
continuous assessment
of how ingredients look
and feel at every stage.
Confidence comes with
experience and the
understanding of what
is central to a dish and
what is peripheral.”*

SHAUN HILL'S

Orange and almond cake

This cake will serve as a pudding. It is softened with syrup and Grand Marnier in much the same way as rum baba but contains no flour so will suit those on a gluten-free regime.

**READY IN 1 HOUR 15 MINUTES, PLUS
BOILING THE ORANGES FOR 3 HOURS
SERVES 6-10**

✓ **EASY/PREPARE AHEAD**

- + 2 oranges
- + 6 eggs
- + 250g caster sugar
- + 1 tablespoon baking powder
- + 250g ground almonds
- To finish**
- + 50g granulated sugar
- + 2 tablespoons Grand Marnier

1 Boil the oranges in water for about 3 hours until very soft. Cool then halve to scrape out the pips and juice. Blend in a food processor, then drain away as much liquid as possible. You will need around 300g chopped orange pulp and skin in total.

2 Preheat the oven to 150°C/fan 130°C/gas mark 2. Line a 20cm round tin with sides

6cm deep with baking parchment.

3 Whisk the eggs, sugar, baking powder and almonds together – for 1 minute if you are using an electric whisk, or for a couple of minutes otherwise – then add the orange. Whisk for the same amount of time again.

4 Pour the batter into the prepared tin and bake on the middle shelf of the oven for 1 hour. Meanwhile, put the granulated sugar and 50ml cold water in a small saucepan and bring to the boil. Once the sugar has dissolved remove from the heat and leave to cool.

5 Remove the cake from the oven and allow to cool to the touch before spiking the top surface of the cake all over with a skewer. Soak with the sugar syrup mixed with the Grand Marnier.

SALT
IS ESSENTIAL

SHAUN HILL

SHAUN HILL'S SALT IS ESSENTIAL (Kyle Books, £25)

In this engaging exploration of his 50 years as a chef, Shaun brings his wealth of experience to the table, sharing what he has learnt so that home cooks can create remarkable dishes. With his wonderful no-nonsense attitude and expert guidance, this is an essential book for those who want to get the best out of ingredients. Recipes range from classic Coq au Vin and Kedgeree to Celeriac puddings with wild mushrooms and Pistachio and apricot tart.



*“Remember that food must
taste good, not just look good”*



TAKE TEN eggs

Eggs are nature's fast food; nutritious, excellent value for money and so versatile. But when should you use a fresh egg and when not? Here are our top ten tips

1 Egg shells are porous – you'll see it from the space where air is left to collect at the wide end. In a freshly laid egg, the space is hardly there. As the egg gets older, more air gets in and the pocket gets bigger. If you've ever tried to hard boil then peel a freshly laid egg, you'll know the mess you get into. So for hard-boiling, you want to use eggs that are 1-2 weeks old.

2 How do you know how old the egg is? If they are stamped with the lion mark, the "best before" date is exactly 21 days after the egg has been laid (not packed) so it's easy to calculate.

3 Because eggs are porous, you should always store them in their box. And if you are lucky enough to have a black truffle, pop it in a lidded box with eggs for the best scrambled eggs ever! If you store eggs in the fridge, you'll always need to bring them to room temperature before using.

4 You can now easily find eggs with blue shells, white shells, brown shells... It's the breed of the hen that determines the colour of the shell. The hen's diet will determine the colour of the yolk, hence rich yellow yolks will show the hen has had a high corn diet.

5 When using egg whites for meringues, you want eggs that are 1-2 weeks old. Also, it's important to have them at room temperature as they incorporate the air more easily. If you overbeat them, the air bubbles are lost and you'll have a flabby meringue so beat them just until they hold up in peaks. Fat or grease is the enemy of a meringue so ensure your bowl and beaters are scrupulously clean.

6 You don't need vinegar, an egg poacher or frenetic whisking of the water to make a perfect poached egg. A sauté or frying pan is the trick. Bring the water just until little bubbles break the surface, then break your egg into a cup, gently tip it in the pan, leave for a minute, then take off the heat, cover with a lid and let it sit for ten

minutes. You need the freshest of eggs for poaching as with age, the whites will spread all over the pan.

7 When you are boiling eggs, ensure they are at room temperature. A cold egg going into boiling water will crack. Don't use a big pan as the eggs will bob around the pan and invariably crack. If you want hard-boiled eggs that you're going to peel, run them under lots of cold water until they're completely cold or the egg will keep cooking and you'll have that unattractive black sulphurous ring around the yolk.

8 For omelettes, allow two eggs per person. Use a little butter and oil for flavour and the oil will prevent smoking. Add the eggs when the pan is medium hot, then as the edges cook, just pull in the cooked egg with a fork and swirl the pan. Turn up the heat and keep pulling in the cooked egg and swirling in the raw egg. Then fold over, as the heat will cook the centre. For wow factor, separate the eggs and whisk the whites to soft peaks, then fold into the yolks for a much lighter, fluffy omelette.

9 Egg yolks curdle very easily overheat, which you may have found when making hollandaise-type sauces. The key is patience! Put the eggs with their flavourings such as lemon juice or vinegar (which will also help stabilise the egg yolks) in a bowl over gently simmering water. Then add your butter very, very slowly. It's just like making mayonnaise – you need to incorporate the fat globules slowly. Adding a few teaspoons of water to the egg yolks also helps. Warm sauces such as béarnaise keep perfectly warm in a plate warmer – just pop your dish into a second one so the bowl doesn't touch the surface of the warmer. Keep it covered with clingfilm.

10 Struggling with quail's eggs? Yet again, don't try to boil and shell them if they are too fresh; ideally 1-2 weeks old. Boil for 4 minutes or 5 if you want them really hard and run under cold running water before shelling.

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– we cut down on fat and calories where we can, but we won't skimp on flavour. We don't neglect desserts, either – better to have a small portion of a fab blackberry cheesecake once in a while and really enjoy it, we think! You'll also find recipes from top chefs, plus tips, tricks and know-how. To subscribe and save up to 36%, visit womanandhome.com/fgf2017 now. You'll never miss an issue and will have guaranteed delivery straight to your door!

Jane

Jane Curran, editor,
Feel Good Food

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Fez

*John Gregory-Smith heads to North Africa
for street food, markets and, of course, tagine*





The medieval gate
to the ancient
medina of Fez

I turn around the narrow street corner. It's a hive of activity. A man chops boiled eggs into sandwiches. A small grill poking out of a tiny shop is being furiously fanned.

The hot coals billow smoke into the street and little lamb kebabs sizzle in appreciation. The smell is awesome.

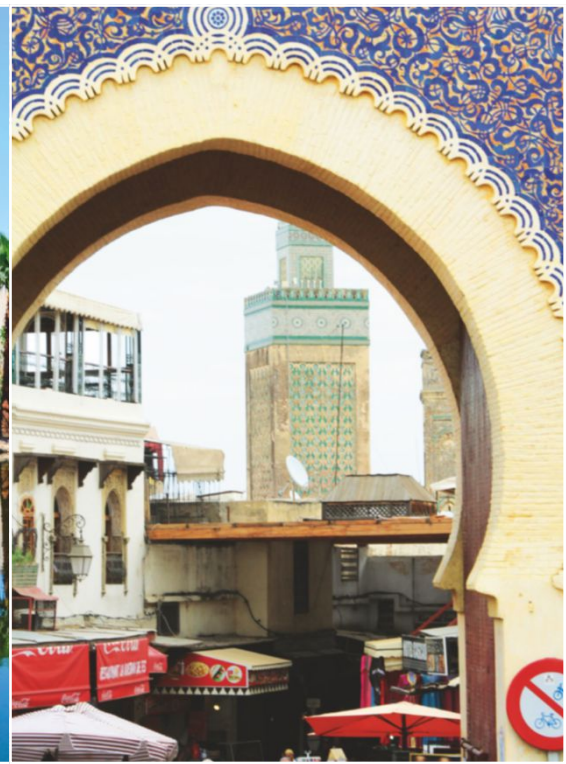
I take a seat at a table in a tiny café. Bread and olives are plonked in front of me and a thick, warm soup called harira is ladled into a bright blue bowl. The taste is rich and comforting. It's thick with rice and tiny pieces of lamb. There's a one in, one out system, so I am jostled out to make way for another hungry diner rapidly.

I'm in Nouaaryine Market deep in the winding alleyways of the medina, Fes el Bali. Founded in the 9th century, Fez took over from Marrakech as the capital city and remained so until 1925. The massive medieval town of Fez is still a mix of sprawling souks, fabulous palaces and some of the best food in Morocco.

Earlier that day I met Meryem, my guide, to navigate the maze-like medina and take me to find the best street food in the city. We start off at the magnificent Blue Gate, one of the many entrances to the old town, and walk east down the main road. Our first stop is for kefta sandwiches. I order the mixed meat; lamb and beef, and it's cooked on a hot plate in front of me with red onions, spices and chilli sauce, and served in a soft bread roll. The flavour is fierce, rich and spicy. I love it, and wolf it down.

We walk past a man selling bright red arbutus fruit. Meryem explains that this little fruit has just come into season. We buy a punnet. The taste is sweet, and the texture a little grainy. It's unlike anything I've eaten before. Meryem >>

The massive medieval town of Fez is a mix of sprawling souks, fabulous palaces and some of the best food in Morocco



*The land
surrounding
the city is
fertile and rich
with olives,
honey, fruit
and vegetables.
People eat with
the seasons*

tells me the land surrounding the city is fertile and rich with olives, honey, fruit and vegetables. People eat with the seasons, so the arrival of the arbutus is much anticipated.

Star baker

The next stop is a 600-year-old communal bakery, owned by the Heshan family. We walk inside; it's blackened with the smoke of a thousand fires. Every morning, the local ladies bring their unbaked bread to the baker, who scores the loaves of each family with different markings, so that when they return he can tell whose belongs to who. In the afternoon, when the heat of the oven has died down he cooks crispy pastries and soft, chewy cookies. I dive into one of the exquisite mille-feuille, a French hangover; it's crisp and creamy.

We arrive at Nouaaryine Market and it's heaving. Everyone is out for an early evening bite to eat. After the soup, we try steamed chicken, cooked with thin rice noodles. It's been marinated in coriander, parsley and garlic. I take a seat at the little stall and Mohammed, the owner, prepares a generous plate of food for me. He sprinkles over vibrant paprika, cumin and salt. It's another feast. The chicken is delicate, and the soft noodles have absorbed all the meaty flavours.

The owner, Muhammad, excitedly tells me about another dish he cooks, steamed cow's cheeks, so I greedily order a plate. The beef is so soft and tender, with a warm hum of spices. I make appreciative noises as I eat greedily. He looks thrilled.

I am staying in the fabulous Riad Fes, one of the most beautiful hotels in the city. This old palace is split into two halves; one ornate and traditional and the other swanky and modern. I meet head

chef Amal who is teaching me about the food of Fez. She explains that we are going to prepare a rich lamb tagine called m'hamer, meaning red, that's cooked slowly in masses of paprika, garlic and onions. She tells me that Fez was once the capital and home of the imperial families, and that exquisite dishes like this were prepared in the palace kitchens for the lavish dinner parties of the royal elite.

Amal takes me into the medina to shop. We go to a little market near The Blue Gate called Talla Kbira Souk, and walk through busy stalls laden with fantastic fresh fruit and vegetables. The traders shout out the latest offers, while busy shoppers feel their way around looking for the freshest finds. It's the start of autumn and orange pumpkins and huge squash are everywhere. I spot more of the bright red arbutus fruit, mounds of oranges and grapefruits, and mountains of herbs. Buckets are filled with preserved lemons and dates and nuts piled high. We buy paprika, garlic and couscous, one of the most celebrated ingredients in Morocco. Made from pressed semolina, this little grain is used as the base for big family feasts, especially on Friday, the holy day. We stop for a quick snack of msemen, a flaky pancake, stuffed with tomato and chilli, and fried until crisp.

Back at the hotel we get ready to make the tagine. It's a celebratory dish that is traditionally made for birthdays and marriages. We put a small rack of lamb into a pressure cooker, along with saffron, ground ginger and paprika. I peel ten fat cloves of garlic and roughly chop them to put into the pot. Amal pours over boiling water and the pan is sealed for a slow and low cook. Traditionally, when the meat is tender it would be removed from the sauce to rest, and the sauce cooked



TIP
For recipes and
more travel inspiration
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eatravellive.com

down until thick. Amal likes to be more elaborate, and she removes the lamb to roast off in the oven until crisp, while the sauce reduces down to a sticky consistency. It's truly fantastic. The meat is tender and the deep red sauce, intense and rich.

For my last day I decide to walk around the Mellah, the Jewish quarter of the city. It feels completely different. Unlike the Arabic architecture, the buildings in the mellah have balconies with huge open windows. There are jewellers everywhere selling intricate gold necklaces, pretty rings and hundreds of watches. I pass little stalls juicing pomegranates and brewing thick black coffee. I amble back through to the medina, through the pretty public gardens, Jardin Jnan Sbil. It's a remarkable place.

Fabulous feast

On my last night, I hop into a cab and speed through the night-lit medina. We park up and I am led down a narrow street to an unassuming door for dinner. The restaurant inside is stunning, with a sweeping blue-tiled floor, ornate painted ceiling and thick Berber rugs. I have arrived at Dar Hatim, a family-run restaurant in Fez, where Fouad and his wife Karima have been preparing home-cooked food for hungry tourists looking for something more authentic than a hotel dinner for the past eight years. The menu is short and sweet and I have the choice of bastilla (a crispy pastry stuffed with spiced chicken and egg), steamed lamb with cumin or seven vegetable couscous. I order the couscous and sip sugary tea until my starters arrive; a huge



Clockwise from opposite
Jardin Jnan Sbil royal
park in Fez, with its lake
and palms; the majestic
Blue Gate leading to the
old medina; an atmospheric
view of the night-lit
courtyard at hotel Riad
Fes; one of the city's many
street food vendors; the
arbutus fruit comes into
season in late summer
and autumn; a selection
of dates at the market;
kebabs on the grill

selection of traditional Moroccan salads, including sweet-spiced carrots, zaalouk or smoked aubergines, grilled peppers, chermoula cauliflower and slow-cooked beans. They are all delicious. I rip soft bread and scoop up mounds of each, dipping into peppery olive oil and fiery harissa paste. The couscous is perfection. Served in a mound, it's light and fluffy, and topped with a small piece of lamb and the vegetables, including carrot, courgette and cabbage. It's very delicate, scented with saffron and sweet cinnamon. It's the perfect send-off for such a sensational trip.

USEFUL WEBSITES

- ✦ John travelled with [Visit Morocco \(muchmorocco.com\)](http://VisitMorocco.com).
- ✦ [Riad Fes \(riadfes.com\)](http://RiadFes.com) – rooms from €250 and cooking classes, €100 per person.
- ✦ [Plan-it Morocco \(plan-it-morocco.com\)](http://Plan-itMorocco.com) – street food tours and night market tours in Fez, from 1,950 MAD based on two people.

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Springtime dining

It's not time to eat outside yet, so bring spring indoors with some new china in soft shades teamed with clean white. Dress the table informally and add fresh flowers – blossom is perfect



Mix it up

Alternate two pastel shades of pink and aqua for a fresh new look. Add plain white china and napkins onto a base of grey, and tie in smoked glass tumblers. Scandi-style candelabras with aqua dinner candles and a trio of copper lights add a funky, contemporary look.

All houseology.com



Clean and fresh

A casual coastal aesthetic is the premise behind this lovely set of tableware in a contemporary alternative to duck egg – seafoam – with white to freshen and add an enduring look. Interesting self-coloured textures and barely-there patterns add a designer touch, in a subtle way.

Honesty Pure Mint serving bowl, £10; pasta bowl, £3.50; bowl, £2.50; dinner plate, £3.50; Pure white dinner plate, £3; white pasta bowl, £3.50; white bowl, £2.50; set of 2 waves woven place mats, £6; set of 4 enchanted forest place mats, £5; all dunelm.com

Simple pleasures

There's a fun pop art feel to this range in soft shades of eau de Nil and grey, with touches of pink and grey in the textiles. Classic shapes and pale colours make the food stand out, and the calming colours make for a restful, informal meal. It teams perfectly with Scandi-style furniture.

Ethereal Dining range, from £3.50 for a mug, sainsburys.co.uk



It's a new season so ring the changes for a fresher look. Brighter colours and new takes on pastels bring your table right up to date – and you don't need to spend a fortune, as there are some lovely pieces around at great prices. Then just add fresh blooms, invite guests round and welcome spring!



Bright breakfast

Fun colours and lots of different designs – basket weave, spots, dashes – all blend for an informal look that reminds us of childhood... perfect for breakfast and easy to add in new pieces.

Fika Range, from £5, oliverbonas.com



New country classic

If you yearn for the country but live in town, create your own rustic vibe. A solid wooden table but in a new shape is teamed with traditional chairs but painted in different pastel shades. Add a grey pendant light then a pop of colour in the table runner and napkins, and top it off with garden flowers.

John Lewis Croft Collection Glendale dining table, £1,400; Croft Cecile dining chair, £75; Croft stool, £65; Croft ceiling light, £30, all johnlewis.com

Get the feel good look

It's a new season, so invest in some new buys to give yourself a little lift

FLORAL TRIBUTE

Bring the outside in with a lovely clear glass vase filled with spring blossom stems.

Molten cube vase, £50, lsa-international.com

WHEN LIFE GIVES YOU LEMONS...

So simple – juice lemons, then simply pour into the jug. *Lemon squeezer jug, £8, next.co.uk*



LITTLE POTS

Marble is everywhere right now, and these chutney pots are so gorgeous. *Trio of chutney pots, £60, houseoffraser.co.uk*



ON TREND

Modern metallics and geometric shapes show no sign of losing popularity. *Rhino and giraffe mugs, £7.99 for 2, sabichi.co.uk*



STYLISH STORAGE

Clip-top Kilner-style jars have been having a resurgence, complemented by more contemporary ones with wooden lids.

Storage jars, from £18, thewhitecompany.com



COTTAGE INDUSTRY

Cream-handled cutlery makes a change from stainless steel and is ideal for a country look. *£17 for 16 pieces, viners.co.uk*



COFFEE BREAK

In must-have brass, team this with metallic-effect mugs. *4-cup stovetop coffee maker, £56, lacafetiere.com*



CHOOSE THE BEST

Spring is in the air

Whisk up some spring delights with pretty cookware and accessories that are a pleasure to use every day. Treat Mum to something special, then pour yourself a well deserved coffee!



FRESHER FOR LONGER

Check out the delightful new Mary Berry range, perfect for keen bakers. We love the soft pastel colours. Cake tins, £25 for a set of 2, johnlewis.com



✦ **PERFECT MEASURE** Stylish and useful Moorish nesting stoneware measuring cups with delicate hand-painted flowers. £18.95 for a set of 4, dotcomgiftshop.com

Mother's Day

Treat your favourite woman to something special on 26 March...



✦ **Ceramic letter dish**, £11.95, theletterroom.com



✦ **Julien Macdonald** Glittering Gerbera, Germini and Rose Hand-tied, £40 bouquet, interflora.co.uk

Coffee break

There are many coffee machines out there – we've chosen our current top three...

✦ De'Longhi Dedica – a slimline, high performance traditional pump espresso machine with simple controls. £199.99, delonghi.com



✦ Nespresso by KitchenAid heats up in a speedy 25 seconds and includes six pre-programmed cup sizes to suit your tastes. It also comes with a 16-capsule assortment. £309, nespresso.com



✦ Accents Pour Over Filter Coffee Maker combines that smooth taste of manual pour over coffee, with the ease of a programmable machine. £49.99, morphyrichards.co.uk



Pretty pastels

Silicone tools in assorted colours add a bit of fun to your baking. Whisk, £4.99, creative-tops.com. Spoons, £6 each, sistersguild.co.uk. Heart teaspoons, £19.99 for a set of 4, oliverbonas.com



MIX IT UP Whip up some delicious creations using this handy mixing bowl and jug set. Great for storing, as they sit neatly inside each other. £12 for set of 3, George Home at direct.asda.com

GET YOUR BAKE ON...

Get fully equipped to prepare the perfect treat! Cutters in Dorset Blue, £12; marble rolling pin, £22; Upton cake and biscuit tin set, £52; pressed glass salt pot, £15.50; glass juicer and jug, £15; marble board, £25; storage jars with lids, from £3.80, all gardentrading.co.uk



COMPILED BY WENDY SALMON



✦ Garden waist apron and kneeler, £17 each, raggedrose.com



✦ Red roses in terracotta pot, £25, treesdirect.co.uk



✦ Gardeners Bountiful Hamper, £15, heathcote-ivory.com

CLEVER IDEA



CLOSE AT HAND

These stylish containers store your everyday utensils safely – and the bamboo rods cleanly and gently look after your knives. £60, houseology.com

VIPs*

VERY IMPORTANT PRODUCERS & SUPPLIERS



In each issue of Feel Good Food, we celebrate the great producers who go that extra mile to give us wonderful food and drink. We work in partnership with The Guild of Fine Food, who organise The Great Taste Awards. In 2016, over 400 judges tasted 10,000 products completely blind, to narrow it down to only 141 products that won three stars. You'll recognise the distinctive black and gold logo, a true sign of excellence. Our featured producers here all make up the prestigious list of products listed in the Top 50 Foods in the world for 2016.



Pure Maple, Bath

ROB WARD

Rob is a British Canadian who moved to the UK a few years ago. Surprised and saddened by the lack of real maple syrup available in the UK, they set about creating a company to let us all share the joy of real maple syrup. It's produced and packed in Canada and it was their Great White North Pure Maple 100% Canada Grade A Golden Delicate Taste that received its well-deserved spot in the Top 50 Foods. It's not too sweet but creamy, with hints of vanilla, caramel and nuts.

Rob commented: "Our 100% Canadian Maple Syrup only has one ingredient in it, nothing added or taken away. Unlike many other syrup brands, Pure Maple is free of colourings, artificial flavours and isn't diluted with cane sugar or corn syrup. This means that our customers experience delicious, real maple syrup every time."

Also that rather confusing maple syrup grading is simply explained for we non-Canadians: "The maple syrup grading system





Martin's Meats, Cheltenham

MARTIN & EMMA GILDER

Owned by husband and wife team, Martin and Emma, Martin's Meats began its story back in 2003. Both Martin's father and grandfather were cattle farmers and dealers, so it certainly ran through his veins.

Martin was already farming beef, too, but his passion led him to set up his own butchers where he could oversee the whole process of producing high quality rare breed cattle, using traditional methods of ageing the meat, combined with new ideas from America of using pink Himalayan rock salt to produce the best possible tasting meat.

The farm and the abattoir are within a ten-mile radius of each other, demonstrating their passion to keep the process local and the cattle happy. They use traditional breeds such as Aberdeen Angus, Hereford and British Longhorns, our oldest breed of cattle. These traditional breeds are not intensively farmed unlike many continental breeds. Martin's meat have a succulent, rich flavour, plenty of marbling and a finer grain, which means the beef is wonderfully tender.

Such is their success, they supply many top restaurants and hotels in the local area, and even as far as Jamie's restaurant in Watergate Bay in Cornwall.

Martin's Top 50 winner is a Longhorn Topside, aged in a salt chamber for 30 days. The judges commented on its "melt-in-the-mouth texture" and "astounding flavour". His Longhorn Wing Rib (Sirloin on the bone) was another Top 50 star, along with the Gloucester Old Spot Gammon Steak.

You can buy Martin's beef online at martinsmeats.com

PRODUCERS & SUPPLIERS

OUR FAVOURITE ONLINE AND MAIL-ORDER FOOD SUPPLIERS

Finding high-quality food has never been easier, thanks to the internet; most can be phoned, too.

MEAT, FISH AND POULTRY

✦ DONALD RUSSELL

Great for top-notch beef and venison, welfare-kind fish and seafood.
donaldrussell.com

✦ FISH FOR THOUGHT

Fresh fish from Cornwall, as well as a range of frozen and smoked fish.
fishforthought.co.uk

✦ THE FISH SOCIETY

All freshly frozen, top-quality organic fish and seafood, including smoked fish.
thefishsociety.co.uk

✦ FORMAN & FIELD

Excellent smoked salmon and other fish, plus all sorts of food goodies, from pies to liqueurs, cheese to patisserie.
formanandfield.com

✦ GRAIG FARM ORGANICS

Graig Farm has won awards for its organic meat and poultry. It now offers groceries, baby food and ready meals.
grraigfarm.co.uk

✦ LANE FARM COUNTRY FOODS

For fabulous pork, gammon, ham, bacon, sausages and salami. Owners Sue and Ian are happy to help with any cooking queries.
lanefarm.co.uk

✦ GODFREYS

For more than 100 years, this family butcher has been supplying superb free-range meat – and it's now online, too.
godfreys.co

✦ THE WELL HUNG MEAT COMPANY

Based in south Devon, this close-knit operation offers top-notch organic lamb, beef, pork and poultry.
wellhungmeat.com

is built on a combination of the flavour and translucence of the syrup. As a general rule of thumb, the lighter maple syrup grades are produced earlier in the harvesting season when the weather is colder, while the darker grades emerge later in the season when it's warmer. There is no such thing as the 'best' maple syrup, just the grade that's right for you." We'll have pancakes with that!

Buy online from puremaple.co.uk



VIPs*

Åkesson's Organic Chocolate

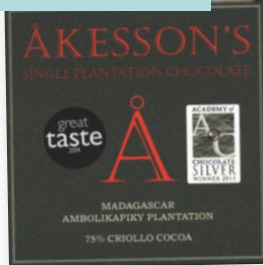
BERTIL ÅKESSON

Bertil Åkesson's list of award-winning organic chocolate just keeps getting bigger. If you don't think there's much difference in top quality chocolate made with passion and care, you need to try this chocolate – I did! Bertil's father

was a Swedish diplomat and first worked for the Embassy in Paris in 1945. Years later he moved to Cameroon, where he ran a trading company, until, eventually, he settled in Madagascar in the 1970s after he had taken over mining companies and sisal plantations.

Bertil's fascination with cocoa, spices and began right there in Madagascar, where he learned to manage and develop plantations.

Bertil launched a small and exclusive line



of chocolate and fine exotic foods, and today, his plantations in Madagascar, Brazil and Indonesia supply world-famous chocolatiers and chefs. We love his emotive and informative tasting notes, this for one of his many award-winners and one of the Top 50 Foods, the 75% Criollo Cocoa from Madagascar:

"Certified Organic – The Ambolikapiky Plantation is part of Bertil Åkesson's 2000ha Bejofo Estate. Located in the Sambirano Valley, in the North-West of Madagascar, the

plantation produces since 1920 world-famous aromatic cocoa. Besides 300 tons per year of Madagascar trinitario cocoa, a very limited production of criollo cocoa (2 tons per year) is harvested separately. This chocolate has a very expressive cocoa aroma with subtle fruity-sweet tartness and pleasant flavour notes that evoke citrus and red berries."

Bertil has a store in London's Notting Hill, but you can buy this chocolate online, too.

Visit akessons-organic.com

Abernethy Butter, County Down, Northern Ireland

ALLISON & WILL ABERNETHY

The couple live on Allison's family farm, where they keep 100 sheep. Several years ago, Allison's father, Norman Kerr, taught Will how to make butter, using a small 1930s churner, which now sits in the corner of their converted mini-factory.

Allison worked full-time as a nurse in the local health centre until sales really began to take off and she is now full-time in the business. Likewise, Will looked after cattle for local farmers.

Northern Ireland produces the most yellow butter in the world because cows here are mainly fed green grass, which gives the milk a high carotene content. The Abernethys have two 40-litre churns of pasteurised cream from fresh milk delivered every morning by a dairy farm in Lisburn.

"Having the cream already separated from the milk takes a lot of the work out of the churning," says Will. "We use cream

because it's already 40% butter fat – milk's only 4% butter fat, which would mean it would take an awful lot longer to make."

Their butter is additive-free and handmade, way different to anything you would find on a supermarket shelf. Top chefs such as Marcus Wareing and Heston Blumenthal serve it on their dining tables; Fortnum & Mason can't get enough of it to satisfy customer demand. Luckily for the rest of us in the UK and Ireland, we can buy it online, together with dulse (seaweed) butter, salted caramel sauce and a really indulgent fudge. But their Top 50 winner is an extraordinary Smoked Butter. We don't know the secret of how it is made, though we do know it is smoked over beech and applewood. Use it on a steak, in mashed potato, with mushrooms... it's subtle yet smoky and adds a new dimension to flavour.

Go to abernethybuttercompany.com





Bramley & Gage spirits, gins and liqueurs, Thornbury

All the family are involved in this small business, making high-quality, great-tasting spirits, gins and liqueurs

EDWARD BRAMLEY KAIN & PENELOPE GAGE & FAMILY

This small family-run business is focused on making the highest quality, great-tasting spirits, gins and liqueurs. In the mid 1980s, Edward Bramley Kain and Penelope Gage began experimenting in the kitchen of their South Devon farmhouse with strawberry, raspberry and blackcurrant liqueurs. The fruits came from their fruit farm and the recipes followed a "maceration" method similar to that practised in France. The liqueurs were a huge success and were soon available in local off-licences, delicatessens and tourist attractions. It was a great opportunity to experiment with different varieties of fruits and, with the large amount of sloes in their hedgerows, it wasn't long before Bramley's Sloe Gin made it onto the shelves too. After ten years of farming soft fruit and making fruit liqueurs, Edward and Penelope sold the farm and moved into a dedicated building with a small bottling line and

larger-scale facilities. They still insisted on sourcing the best-quality fruits as locally as possible and concentrated on producing the best liqueurs achievable. Over the years they have won many local, national and international awards, including being in the Top 50 Foods for their Sweet Vermouth and Six O'Clock Gin, which was launched in 2010. This gin is a refined version of the gin Edward had been using for his sloe gin. Now, over 30 years since the first bottle of liqueur was made, Penelope and Edward's son, Michael, and daughter Felicity run the business in exactly the same way – in small batches giving the freshest flavours possible. Penelope and Edward are notionally retired but Edward still does product development (the Sweet Vermouth is his creation) and Penelope still attends trade and retail shows. The business moved from South Devon to Gloucestershire in 2007.

You can buy all their liqueurs and gins online at bramleyandgage.com

SHARE WITH US! Do you have a favourite place to shop? Tell us about your local heroes and fab discoveries on our Food & Interiors forum. Log on to womanandhome.com and click on Forums. Or send us a message on Facebook. Go to facebook.com/feelgoodfooduk

PRODUCERS & SUPPLIERS

✦ **WING OF ST MAWES**

Offers a seasonal selection of fabulous fish from sustainable sources, with great recipes to make the most of your haul. thecornishfishmonger.co.uk

VEGETABLE BOXES

✦ **ABEL & COLE**

Award-winning one-stop shop for all things organic. Sign up for a weekly box of fruit and veg to be delivered, filled with produce – a different selection every week. abelandcole.co.uk

✦ **RIVERFORD ORGANIC FARMS**

Fantastic home-delivery service for fruit and vegetables, plus a great selection of meat, wine, fruit juice, dairy and eggs. riverford.co.uk

✦ **FARMERS' MARKETS**

Find a certified farmers' market from more than 500 in the UK. farma.org.uk

CHEESE

✦ **THE FINE CHEESE CO**

A great selection of British cheese and extras, including clotted cream from Devon, pickles, crackers and chocolate truffles, too. finecheese.co.uk

✦ **NEAL'S YARD DAIRY**

A British regional cheese specialist. Choose from a range that includes Stinking Bishop and Gabriel, as well as Cheddar and Wensleydale. nealsyarddairy.co.uk

✦ **PAXTON & WHITFIELD**

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✦ **THE TEDDINGTON CHEESE**

A huge selection of both British and Continental cheeses, with great hampers and fabulous cheese wedding cakes. teddingtoncheese.co.uk

PROBLEM

HOW TO GET RID OF **BINGO WINGS**?
 THE BEST EXERCISE FOR **TONED ARMS**?
 WHAT'S THE BEST **ARM WORKOUT**?
 WHAT'S THE BEST **TRICEP EXERCISE**?
 HOW DO I REDUCE **UNDER ARM FAT**?

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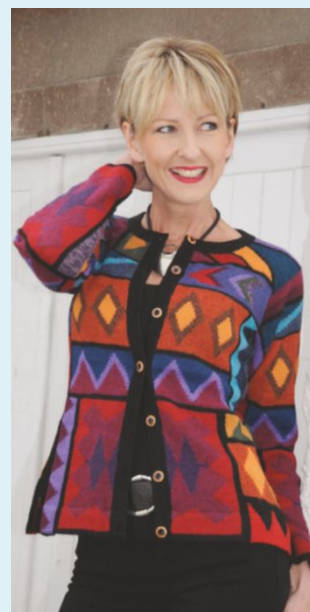
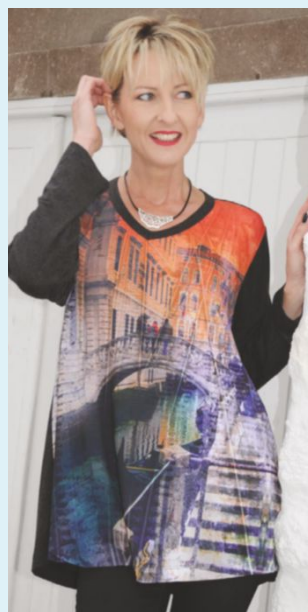


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The feel good recipe list

✦ MEAT AND POULTRY

- 16 Guilt-free chicken curry
- 16 Spicy sausage, broccoli and ricotta pizza
- 18 Dallas-style burger
- 20 Quick and easy stir-fried pork with noodles
- 20 Sticky chicken drumsticks with orzo, peas and spinach
- 23 Lemon lamb cutlets
- 25 Rosemary lamb chops with roasted root veg
- 25 Roast pork wrapped in bacon with green beans and mash
- 26 Med-style chicken with basil and olives
- 28 Flora Shedden's Sherry and tarragon chicken with pearl couscous
- 34 Buttermilk blueberry pancakes with bacon
- 44 All-in-one brunch fry
- 52 Spiced chicken pilaf
- 52 Low-fat lasagne
- 55 Asian-style beef casserole
- 56 Sticky chicken and chorizo tray bake roast
- 56 Lamb curry
- 60 Honey mustard sausages with rustic roasties
- 60 Spicy meatballs
- 60 Chicken curry
- 64 Thai chicken curry with aubergine and green beans
- 64 Creamy cider chicken casserole
- 94 Chicken liver pâté
- 94 Roast squash with serrano ham and Manchego
- 96 Roast loin of pork with sage, apricot and cider compote, and crunchy stuffing
- 99 Roasted cauliflower with pancetta and raisins
- 102 Pan-roasted guinea fowl with parsley sauce

- 102 Lamb fillet with celeriac purée and tapenade dressing

✦ MEAT-FREE

- 10 Beetroot soup
- 10 Beetroot risotto with horseradish
- 11 Roasted root veg tart tatin
- 12 Catherine Phipps's Sprouting broccoli with blood orange hollandaise
- 21 Sweet potato and chickpea balti
- 22 Mac 'n' veg bake
- 24 Easy cheesy frittata
- 37 Leek and chestnut pancakes
- 37 Spicy chickpeas on naan bread
- 43 New-style eggs benedict
- 52 Leek soup with mini cheesy toasts
- 55 Shakshuka
- 99 Roast carrots with cumin
- 99 Celeriac and potato gratin
- 99 Shallot and almond beans
- 102 Vegetable mille-feuille

✦ FISH AND SHELLFISH

- 19 Salmon sandwiches
- 27 Pesto cod and veggie parcels
- 40 Kedgeree
- 40 Tuna and pepper quesadilla
- 42 Creamy poached egg pots
- 63 Miso baked salmon with sweet potatoes and fennel
- 63 Med-style fish stew
- 66 Anjum Anand's Fish pappas
- 94 Beetroot and potato rösti with smoked salmon and poached egg
- 94 Seared scallops
- 108 Reiko Hashimoto's Salmon special scattered sushi – chirashi

✦ DESSERTS, BAKES AND DRINKS

- 11 Beetroot cake with orange frosting
- 34 Pancakes with blackberries
- 40 Blueberry muffins
- 44 Danish pastries
- 46 Sudi Pigott's Scottish oat pancakes with skyr, raspberries and thyme honey
- 72 Peanut and chocolate bread and butter pudding
- 72 Vanilla cheesecake
- 77 Petite apple pies
- 77 Passion fruit and lime curd puddings
- 77 White chocolate berry brûlée
- 78 Paddington pudding
- 78 Almond and blood orange tart
- 81 Rhubarb tart
- 81 Salted caramel chocolate pots
- 82 Chocolate brownies
- 82 Lemon tart
- 85 Blackberry roulade
- 85 Chocolate cheesecake
- 86 Brontë Aurell's Sticky white chocolate cake
- 106 White chocolate, raspberry and cardamom panna cotta with figs
- 106 Crema Catalana
- 106 Blackberry and sour cream cheesecake with ginger nut crust
- 114 Mini chocolate and orange hot cross buns
- 114 Rhubarb friands
- 114 Creme Egg cake
- 117 Easter egg rocky road
- 117 Jam crumble tray bake
- 118 Peanut butter cookies
- 118 Lemon thumbprint cookies
- 121 Mocha chocolate bundt cake
- 121 Blueberry cheesecake
- 122 Shaun Hill's Orange and almond cake

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SPEEDY DINNER PARTY RECIPES

Save time with our minimum-prep starter, main and dessert recipes



EASY DESSERT IDEAS

Impress your guests with our super-simple no-bake strawberry cheesecake



HOW TO MAKE CHOCOLATE TRUFFLES

After dinner treats or edible Easter gifts? Try your hand at our homemade chocolate truffles

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