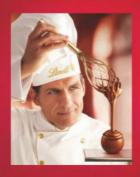




Melt into a moment of bliss

Smooth, melting Lindor in a milk chocolate truffle. You choose the moment, we'll provide the bliss.





Lindt Master Chocolatier since 1845

WELCOME TO MELCOME TO

It's the in-between month – a few spring flowers poking their blooms bravely through the soil, but no fresh home-grown veg or fruit to get eager about, apart from glorious pink forced rhubarb. It's time to enjoy the last of the frost-nipped root veg, autumn-stored apples and pears. Cling on to ray-of-sunshine citrus and rev up the anticipation for those green shoots of spring. They're on their way!

The one that makes you go mmmm...

MAPLE AND RUM BAKED BANANAS WITH TOASTED HAZELNUTS AND PISTACHIOS

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

Heat the oven to 200°C/180°C fan/gas 6. Put a sheet of non-stick baking paper on top of a sheet of foil. Slice

2 unpeeled bananas in half lengthways and put the bananas in the centre of the paper/foil. Spoon 25g softened butter,

1 tbsp soft light brown sugar, 2 tbsp maple syrup and 1 tbsp white rum over the bananas, then wrap tightly in the paper/foil. Transfer to a roasting tray, then bake for 25 minutes.

Meanwhile, in a non-stick frying pan, gently toast a handful each of shelled hazelnuts and pistachios until golden, then roughly chop. Unwrap the baked bananas and serve, still in their skins, with the juices spooned over, sprinkled with the chopped nuts and a dollop or two of greek yogurt.

PER SERVING 226kcals, 6.3g fat (2.7g saturated), 2.5g protein, 30.3g carbs (27.6g sugars), trace salt, 1.6g fibre **a**

PE: LOTTIE COVELL, PHOTOGRAPH: JONATHAN KENNEDY, FOOD STYLING; ELLA TARN. STYLING; SARAH BIRKS





After all the nonsense of

the iceberg lettuce and courgette 'crisis' (courgettes are SUMMER vegetables, for goodness' sake... Why are people surprised when they can't get hold of them in the depths of winter?!), I'm ever more resolved to stick to the delicious, way: cooking

and enjoying what's good *now*. Apart from the environmental considerations, it's less likely to result in disappointment. Plus, as the seasons ebb and flow, you get to look forward to the monthly unveiling of edible joys: January's blood oranges, May's asparagus, June's strawberries, July's peaches and autumn's pumpkins, to name but five - all so much better enjoyed at the time they're meant to be picked.

Which leads me on to my top dishes of the month. Apart from the toffee apple pan crumble on p27, have a look at Rachel Allen's recipes from her mum (p58). Each dish demonstrates the honing that happens naturally over years of family cooking. The gingery lemon syrup drizzle cake (p64) is one of the best I've had in ages. And kale gratin is a revelation - even if you shudder at the nation's kale obsession. Do try it.

There's a one-off opportunity in this issue, too. This year, renowned restaurant Le Gavroche is celebrating its golden anniversary, and I asked its chef-owner, Michel Roux Jr,

delicious. readers to kick off the celebrations. He said a big yes

- and you're invited. Turn to p67 for details. It's going to be incredible...

Hope to see you there!

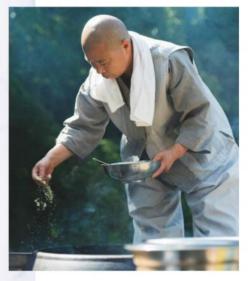
KAREN BARNES, EDITOR

S Turn to p82 for our special offer: subscribe to delicious. magazine and receive, FREE, a quality apron and tea towel set worth £28



Follow Karen on Twitter @deliciouseditor and on Instagram *@editorkarenb*





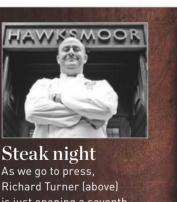
TV gold

Season three of Chef's Table is now on Netflix - and you don't have to be a foodie to get hooked. Each episode tells the story of a top chef (such as Korean Buddhist nun Jeong Kwan, above) and their inspiration. Berlin chef Tim Raue's words ring in my ears: "It's better to provoke and overdo it than to be average." Indeed.



Bedtime reading

Whether the memories are good or bad, our relationship with food begins at home, watching pots stirred, spices sprinkled and spoonfuls tasted. Mina Holland nails the current nostalgia trend in her latest book, Mamma, where she talks to such food visionaries as Anna Del Conte and Yotam Ottolenghi about how recipes are histories of who we are. Prepare to be engrossed. £20; Orion



Richard Turner (above) is just opening a seventh Hawksmoor restaurant at Borough Market (three cheers for steak, bone marrow - and £25 express menus). If you're not near Borough, there are five others in London, plus one in Manchester – all more than worth a detour. thehawksmoor.com



Don't miss out!

Last call for tickets to our unmissable event at BAFTA 195 Piccadilly on 27 April - an experience money can't usually buy. You'll enjoy fizz, then a seven-course tasting menu (with wine pairings) in two parts - either side of a screening of the heart-warming film Chef. You'll never look at a toasted cheese sandwich the same way again... Tickets £75; visit deliciousmagazine. co.uk to book.













MARCH 2017

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18 pages of what you've long been waiting for: no fads, just honest. nutritious

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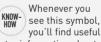
THE delicious. **PROMISE**

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

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

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

- ◆ This symbol next to an ingredient means there are more ideas for using it on our Loose Ends page. HONEST COOKING TIMES Unlike many magazines, our timings include prep such as chopping. Hands-on time is when you're chopping, stirring or frying. Oven/simmering time is when you can leave the dish in the oven or on the hob.
- VIndicates a vegetarian recipe. @Indicates a gluten-free recipe.



you'll find useful extra information about the recipe.



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

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

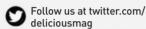
NUTRITIONAL INFORMATION Recipes are analysed for nutritional content by an expert nutritionist. They're calculated with precision but may vary, depending on the ingredients used. Calculations include only listed ingredients.

PRICES are correct at time of going to press. Tell us what you think of delicious. (good and bad) or send your tips, pictures and queries to:

info@delicious magazine.co.uk.

Or write to us at: delicious. magazine, Eye to Eye Media Ltd. Axe & Bottle Court, 70 Newcomen Street, London SE1 1YT

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BEDROCK

GIN

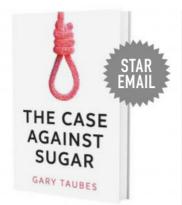
THIS MONTH'S STAR PRIZE! Four bottles of Bedrock Gin, plus



WIN! £50 SAINSBURY'S

Great recipes need great ingredients. For your chance to win £50 Sainsbury's vouchers, solve the cryptic clue on the magazine spine, then email your answer, with your name, full UK mainland address and phone number, to info@deliciousmagazine. co.uk. Competition entry closes 31 March 2017. Voucher can be used in stores only (see p129 for Ts&Cs). Solution to January's cryptic clue: Gorgonzola

FROM OUR INBOX...



SUBJECT: Brain food FROM: Julia Brown

I read your recommendation for The Case Against Sugar by Gary Taubes in your January issue [p4] and went and bought the book. I have to agree that it's a somewhat terrifying book to read, highly informative and extremely well written.

I used to subscribe to one of your competitors, but found it much less enjoyable to read as it was simply full of recipes and didn't try to educate readers on the social, ethical, or nutritional issues of today.

I wanted to thank you for taking your educational role so seriously and ask that you continue doing so in the future.

SUBJECT: Let's get dirty FROM: Janice Taylor

It's refreshing to come across a food magazine with a sensible approach. The phrase 'clean food' [A Good Rant, January p130l is a slight on people who like a chip butty or jammy dodger now and then. Food is there to be enjoyed and, while trying to be healthy is a good thing, no one likes people who put themselves and their food on a pedestal. I like the delicious. approach - and I'll definitely be buying again.

SUBJECT: Language barrier

FROM: Elisabetta Baccarani I'm an Italian subscriber and adore vour magazine, especially for the great pictures. But reading the January issue, I came across a little translation mistake. The recipe for gorgonzola, leek and walnut orzotto [p76] says that "Orzo is a short pasta the shape and size of rice, and orzotto is simply



'risotto' made with orzo instead of rice".

You are right: in Italy 'orzo' is a short pasta we generally use in broth, but in Italian orzo is barley. Therefore, when we prepare 'orzotto', we cook a 'risotto' using barley. Nevertheless, your recipe looks great and I will try it one of these days (but with barley!).

Deputy editor Susan Low responds: Thanks for pointing that out. In English-language recipes, 'orzotto' has since come to mean something different from the original Italian term, namely orzo-based 'risotto'. Confusing? A bit! Glad you like the sound of the recipe though – and do try it with orzo too.

SUBJECT: Lost marmalade

FROM: Jackie Patrick Your feature about making marmalade from clementines [January, p50] reminded me of the many streets lined with attractive orange trees in Spain where I used to live. I always thought it

strange that it was illegal to pick the oranges. Instead, once a year, workmen would prune the trees and could then be seen sweeping up all the lovely oranges into a rubbish lorry. I couldn't help thinking of all the marmalade those wasted oranges could have made. d

What YOU'VE been making this month...



Lemon, lime & passion fruit cheesecake tart Serena Stevenson



Rahka Polly Mak



Gorgonzola, leek & walnut orzotto Natallia Lastavenka



Goat's cheese stuffed chicken breasts with roasted beetroot Sally Kennedy

WIN Kitchen kit worth £480









ook the cover this month and you could win this set of Judge kitchen equipment (left) to speed up your cooking and help you try some food DIY.

Make your own burgers and bangers with the Judge electric meat mincer & sausage maker, and whizz up fresh creations in the all-in-one Judge soup maker (it's great for smoothies, too).

You'll also win a handy mini chopper and a family rice cooker and, last but not least, a pie maker - roll out the pastry, cut to shape, fill and cook - your pie will be ready in about 20 minutes.

judgecookware.co.uk FOR A CHANCE TO WIN... Make the pork belly on our March cover, take a picture and share it with us. The closing date is

31 March 2017. d



JANUARY'S WINNER

• Maria Catherine Buckman wins a set of Victorinox knives for her vacherin pithivier



TO ENTER. GO TO delicious magazine.co.uk/cookthecover



Proved together baked together raised together

We can hardly bear to tear them apart



ALLINSON'S

BATCH BAKED BREAD



FOR STARTERS

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



THE BISCUIT CHARTS

We can all agree we're a nation of tea drinkers, but do you agree with the ranking of Britain's biccies?

- 1 Chocolate Digestive
- **2** Chocolate Hobnob
- 3 Custard Cream
- 4 Shortbread
- 5 Jaffa Cake
- **6** Choc Chip Cookie
- **7** Digestive
- **8** Ginger Nut
- **9** Chocolate Bourbon
- **10** Chocolate Fingers

IN THIS MONTH...

1740 Johann Jacob Schweppe was born in Germany on 16 March, Aged 25 he moved to Switzerland and



worked as a watchmaker before pioneering fizzy mineral water with his company Schweppes.

1870 Granny Smith – of apple fame - died on 9 March. Kent-born Maria Ann 'Granny' Smith emigrated to Australia, where she first cultivated the tart green apples that were to become

1912 The first Oreo was sold in New York City on 6 March. More than 450 billion have been sold worldwide since, all with the exact cookie-to-cream filling

popular worldwide.





1989 Iceland's 75-year ban on beer ended on 1 March. Beer now accounts for over 60 per cent of alcohol consumed in the country, higher than in traditional beer-

brewing countries such as Germany.

2012 A McDonald's chicken McNugget shaped like President George Washington sold for \$8,100 on eBay on 6 March after racking up 71 bids. Rebekah Speight had kept the gnarly piece of fried

chicken in her freezer for three years before deciding to sell it. \rightarrow

CALLING YOUNG FOOD WRITERS

Entries are open for the Guild of Food Writers Pink Lady 2017 competition for young food writers. Three age groups (under 10, 11-14 and 15-18) are invited to write about a food experience. The judges include delicious. editor Karen Barnes and food writers Diana Henry and Stefan Gates. Karen has this to say about last year's winner, Georgia Kirby, 17: "The piece had a real sense of place... I was there with her and her great-grandma, baking

scones." The 15-18 winner will receive cookbooks, a year's subscription to delicious. and a visit to our office in London. Visit pinkladyapples.co.uk to enter (closing date: 30 April 2017)







NEW ON OUR PODCAST

Super-chef Michel Roux Jr talks about the wonders of seasonal Norwegian cod (known as skrei) and Andi Oliver discusses being the new judge on the Great British Menu and the joy of opening her own restaurant. PLUS, hear about the delicious. reader who

held a fundraising dinner to raise money for the people of Aleppo, Syria.

■ Find the podcast on iTunes or the podcast app, or visit delicious magazine.co.uk





Restaurateur James Ramsden. our rovina London trendspotter, sniffs

out the best food markets

If one thing defines London's thriving food scene it's arguably the proliferation of its markets. Each weekend - and indeed during the week - stalls are set up across town selling everything from the essential (fruit and veg) to the less essential (soy wax candles) to the downright indulgent (deep-fried brownies).

Fresh out of the box is Flat Iron Square (flatironsquare. co.uk), which has taken the traditional market set-up and made it more permanent with railway arches near Borough station and added some bars and a live music venue. Nearby

Mercato Metropolitano

(mercatometropolitano.co.uk) has an accent on all things Italian and noble principles of supporting independent producers and farmers. It's even got an urban veg garden for the local community.

A more established favourite is Hacknev's Broadway Market (broadwaymarket.co.uk). where the 180 select stalls celebrate the best of British produce with some of the best street food in the city. Head due south to Brockley Market (brockleymarket.com) for organic groceries and schnitzel from Fleischmob.

Still on the Bs, there's also Berwick Street, Brixton and, of course, Borough Market. Nearby Bermondsey is home to one of the best markets of all. Maltby Street (maltby.st). Both the quality of produce, eateries and the permanent allures of 40 Maltby Street, St John and Bar Tozino make it a must-visit. Next door, Spa Terminus (spa-terminus.co.uk) offers top-drawer charcuterie. funky wines and good coffee.

Of course, there's Kerb (kerbfood.com) with excellent markets across London offering near-unbeatable street food. And I've barely scratched the surface. Just follow your nose and bring an open mind - and an appetite.





GOOD NEWS ON FOOD WASTE

You might not heed the use-by dates in your own fridge, but it's different for food on supermarket shelves. Until now, at midnight on the date of expiry, it was, typically, destroyed. But The British Sandwich & Food to Go Association (BSA) have successfully campaigned for a new law that allows expired chilled foods to be relabelled and given to charity.

The products need microbial testing to ensure they're safe to eat, but the BSA estimates that, in time, up to 6,000 tonnes of waste food could be given to the people who need it most – instead of going in the bin. Three cheers for an overdue moment of sanity.



WANTED YOUNG BRITISH FOODIES

Know a mover and shaker in the food and drink industry who's passionate about their craft and hungry to succeed? The YBF awards celebrate culinary creatives, from bloggers and bakers to front-of-house heroes, who are the best in the business and transforming it for the better. Enter or nominate online at the-ybfs.com

ARTISAN FOOD ON A KNIFF-EDGE

The Committee for the Defence of Artisan Food has been set up in Scotland after Errington Cheese Limited's Dunsyre Blue was blamed for an E. coli outbreak in 2016. Food Standards Scotland (FSS) has imposed a ban on their cheeses, despite no harmful bacteria being found by an independent laboratory or by Actalia, regulators of dairy product safety in the EU.

A crowd-funding campaign has been launched to support the Errington family's legal battle to clear their name. Committee member Christopher Trotter says, "Artisan producers must test every small-scale batch, whereas the big boys churn out a million tonnes and only test once. Authorities are no longer interested in food quality." Find out more at deliciousmagazine.co.uk/defendartisanfood

HOT NEW COOKBOOKS









ACQUACOTTA: RECIPES AND STORIES FROM TUSCANY'S SECRET SILVER COAST

In her second book on regional Italian food, Aussie food writer Emiko Davies turns her attention to Italy's Maremma, on the southern Tuscan coast, exploring the region's distinctive recipes (including the 'cooked water' – a soup recipe – of the title). £25, Hardie Grant (out 9 March)

PRIME: THE BEEF COOKBOOK

Richard Turner, executive chef of the Hawksmoor steak temples, really knows his beef. This beauty of a book is a loving ode to the steer, with 150 recipes for curing, frying, braising, roasting and grilling. *E25, Mitchell Beazley* (out 9 March)

I LOVE INDIA

Anjum Anand dishes up a visual feast of recipes from all around India – from the city street food of Bombay and Calcutta to curries from India's coastal regions, including classics such as butter chicken, tarka dal and Karnataka-style pork curry. There's also lots of useful information on

little-known ingredients such as black salt and poha (flattened par-boiled rice). £20, Quadrille (out 9 March)

MASTERCHEF: STREET FOOD OF THE WORLD

A colourful collection of global kerb-side grub, written by Genevieve Taylor with contributions from MasterChef contestants such as Ping Coombes (Malaysian fried radish cake) and Dhruv Baker (Indian fried pakoras with mint and coriander chutney). £26, Absolute Press (out 9 March)

v

HOW I FELL IN LOVE WITH FOOD: DAN BARBER

THE US CHEF RENOWNED FOR HIS ECO-CONSCIOUS APPROACH TO COOKING TALKS ABOUT GETTING SOME PERSPECTIVE — AND THE TRANSFORMATIVE POWER OF WELL-COOKED EGGS...

and my aunt cooked me scrambled eggs over a double boiler. She whisked them. My mom died when I was very young so I grew up with my dad making scrambled eggs and they were dry – they were awful. But I didn't realise they were awful until I had my aunt's. I could never have appreciated my aunt's eggs without my dad's. Life is about perspective, and to gain perspective requires comparisons. My aunt's eggs demonstrated the power of great food. 99 Dan, co-owner of two Blue Hill restaurants in the US, is hosting a pop-up, wastED London, at Selfridges until 2 April, serving menus that highlight unnecessary food waste. Visit selfridges.com to book



DATES FOR YOUR DIARY

MARCH & APRIL

18 MARCH

Dalemain Marmalade

See the winners unveiled and sample their wares at country house Dalemain in Cumbria before hopping on the free bus to Penrith, which will be festooned with orange garlands and filled with brilliant food stalls. Free; dalemain.com/marmalade-awards

18-19 MARCH

Leek Food & Drink Festival Close to where Cheshire, Staffordshire and Derbyshire meet, this festival will showcase delicacies from all three regions. Whet your appetite with talks and

all three regions. Whet your appetite with talks and demos, then follow the cake trail for local bakery treats. Free; leekfoodanddrink.co.uk

1-3 APRIL

Springfest: The Scottish Food and Drink Festival

Set on the beautiful banks of Loch Lomond, it will offer top-notch local produce with traditional Scottish crafts and music too. Take a break at the shoreside beach bar, complete with deckchairs. Free; lochlomondspringfest. co.uk

6-9 APRIL

London Coffee Festival
Get your caffeine fix at the
Old Truman Brewery's
dedicated event. Watch a
barista brew-off and live
latté art, discover new bean
roasters and, when night
falls, grab a coffee cocktail
and hit the dance floor.
Tickets from £16.50;

londoncoffeefestival.com

Did you know...?

On St Patrick's Day (17 March), around 13 million pints of Guinness will be drunk around the world. Popular Irish toasts include: 'May the roof above us never fall in, and may we friends beneath it never fall out'. Sláinte!



A SLICE OF MY LIFE

KENHOM

The celebrated Chinese cookery writer talks growing up in the kitchen and eating his way across the globe

WHERE IT ALL BEGAN

I went to work at my uncle's restaurant in Chicago's Chinatown when I was 11, and that's where I really learned about food. I was given the worst jobs because I was the youngest. Every other Thursday I'd have to break open 80lb of sea conch and pull out all the innards, which would smell to high heaven. It wasn't glamorous.

LIFE LESSONS

I grew up with traditions – for example, never playing with your chopsticks because it's disrespectful to food. At Chinese New Year, we'd have noodles as they're a symbol of longevity; you're not supposed to cut them because you don't want to cut your life short. We were also taught to wash our hair before New Year's Eve, as washing it on the day would mean washing out good luck... That was back when I had hair!

A WORLD OF FLAVOURS

At 19, I moved west to California and became a hippy flower child. We felt that big food companies were poisoning us, so we started growing our own organic food. I think the most fantastic thing when you travel is to see what other people eat. Food tells us who we are and where we come from. When I'm in Britain I have to have my fish and chip fix and tend to buy things like stilton. I love British cheeses.

THE SHOW MUST GO ON

The most challenging thing I've ever done was my first TV series, *Ken Hom's Chinese Cookery*, in 1983. It was hard to be on television in the early 80s – you had to memorise the recipes, which I was bad at because I don't cook like that. I cook by technique and instinct and that's what I try to teach. I was actually quite traumatised by it all and didn't do another series for nine years.

MY PHILOSOPHY

I've always called myself a teacher – I've taught from the beginning. It's a way of sharing my culture and a bit of where I grew up. I truly believe that if we shared our food together all over the world we wouldn't be in such a mess.

Ken Hom's autobiography, My Stir-Fried Life (£20; The Robson Press), is out now

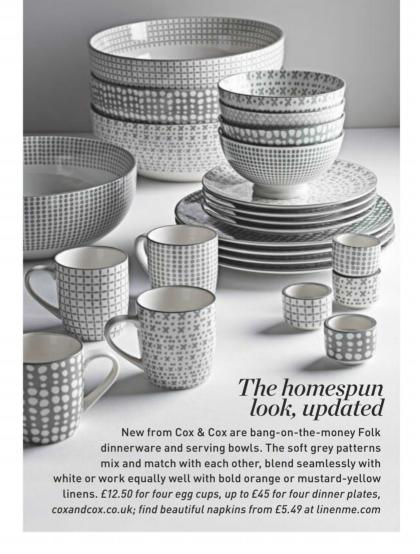


66 These pages are about us doing the hard work so you don't have to... Joy! We're sent anything from 40 to 100 new products a month, and we really do try them all: tasting, smelling the aromas, testing gadgets. Only if they're useful, goodlooking and value for money do they get the delicious. seal of approval. 99 KAREN BARNES, EDITOR

Extra special

Chocolate maker Chantal Coady has joined forces with high-end interiors brand De Gournay to create limited edition boxes of her handmade Rococo chocolates. The boxes, designed to be re-used once they're empty,





PINK ONIONS... PINK?

Yes - a light blush on the outside and all the way through. Called Rosanna, the onions are grown in Essex and keep their gentle colour during cooking. The taste is, er, oniony. They're not a new variety, but neither are they common in the UK - yet. Cancer Research is hoping that will change, as 2p from every pack goes to the Cancer Research Race for Life Campaign. £1 for 1kg from Tesco stores nationwide



HOT ON THE SHELVES

BANOFFEE IN A NEW GUISE

Salted Banoffee Mudd is a new salted toffee and banana spread made with fresh bananas, cream, brown

sugar and Anglesey sea salt. Try it on ice cream, as a cake filling or dolloped into yogurt. £4.95 for 220g (£20 for six), hawksheadrelish.com



• GET YOUR OATS

Need a three-minute desk breakfast? This new porridge comes in three flavours: honey, apple and a

dairy-free cranberry version with coconut milk. There's room to add fruit too. £1.79 for 300q, Waitrose, Sainsbury's and Nisa



• READY IN FIVE

Seeds, pulses and grains

are good for us, and Merchant Gourmet's ready-cooked pouches make them an easy midweek option. My favourites are the tomatoey lentils. £1.99, all major retailers





HAIL ENGLISH SAFFRON

It was grown as a crop in Britain for hundreds of years (Saffron Walden in Essex is named after it), and now saffron is making a comeback. The Cheshire Saffron Company is run by brothers Peter (a biologist) and Douglas Gould in the hills of the Delamere Forest. They planted 1½ acres last year and their first harvest was in October, producing just 500q. The

saffron, derived only from the three red stigmas of the *Crocus sativus* flower (inferior saffron often includes the flower's yellow styles), is richly aromatic and vibrantly coloured. £10 for 0.2g; cheshiresaffron.co.uk



STEAMING AHEAD

Artisan Pudd'Eng steamed sponge puds have the taste of days gone by. And now, makers Kate and Max Lyons in Norwich offer mail order. The sponges keep for three weeks (or you can freeze them), and they're made with quality, Granny's storecupboard ingredients. My top choice? Treacle & walnut (below). Choose from: half pint, £4.75; pint, £6.95; two pint, £10.75;



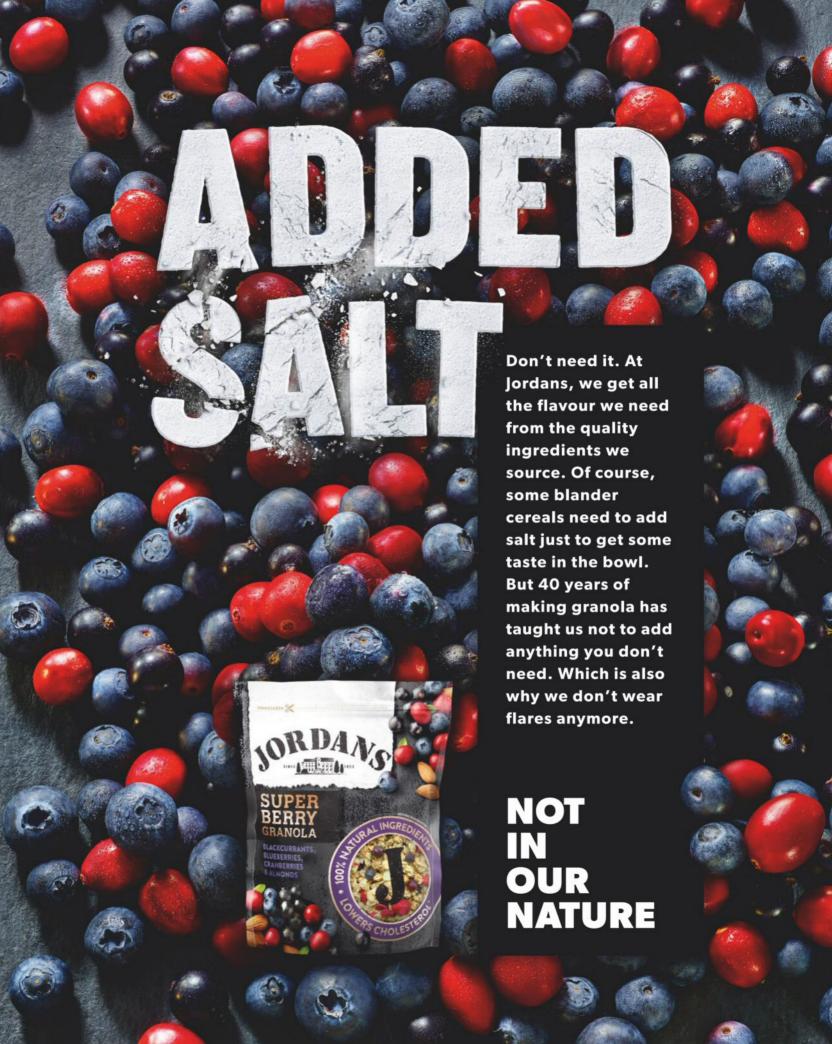


Handwritten notes mean even more in these days when electronic communication is king. A box of cards, in 16 funky-bright designs from Caz Hildebrand's acclaimed book Herbarium, will keep your pen busy for a while. £10.96 from good bookshops and online at thamesandhudson.com

Cuttingedge kit

I've been roadtesting these Epicurean cutting boards and I'm a convert. Made from recycled natural wood fibre (tick), they're thin but very durable, heat-resistant, knife-friendly and dishwasher-safe. They come with a 'limited lifetime quarantee'. Not sure what that means, exactly... Presumably not valid if you drive a truck over one! Prices from £14 to £59, depending on size, borough kitchen.com





delicious. TEST REPORT

THE COOKERY SCHOOL



WHERE Bread Ahead Bakery & School, Borough Market, London SE1

THE COURSE Doughnut

Workshop (half-day), £80 TESTED BY Dayna McAlpine

WHAT IT'S LIKE The atmosphere at Bread Ahead is captivating: the smell of hot bread wafts from the front door as bakers heave trays of fresh-from-the-oven goodies back and forth. Overhead, trains rumble on the tracks. What better location for a baking school than inside a functioning bakery in Borough Market, London's gathering place for food lovers?

If you know about Bread Ahead, you'll know about its doughnuts. In fact, the crème caramel with salted honeycomb won Highly Commended in the 2016 delicious. Produce Awards – they're THAT good. Having indulged in one or 20 myself – the delicious. offices are dangerously nearby – I was excited to find out what makes these sweet treats so darned moreish.

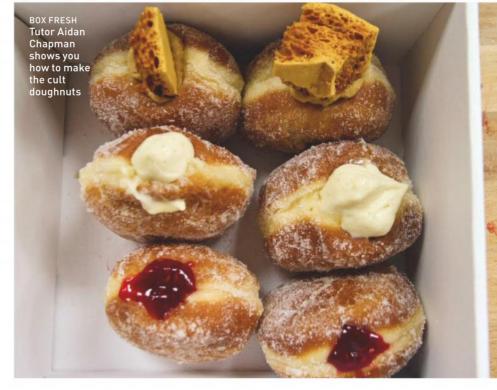
Unsurprisingly, the Doughnut Workshop is one of the school's most popular classes. Regardless of demand, numbers are restricted to 14 or so per session, allowing enough space for everyone to have their own workstation and get the most out of the expert guidance of tutor Aidan Chapman (aka the Dough Anarchist). WHATILEARNED The course has been cleverly engineered to squeeze a two-day baking process into three hours, with a few Blue Peter 'here's one I made earlier' moments along the way. We created the dough for the doughnuts, then popped it in the →





in the know.

Bread Ahead





fridge. Normally you'd leave it there overnight to rise slowly, but we swapped ours for cold, ready-risen dough, made the day before, to cut and roll into the proper plump shape, then fry and fill. Aidan explained every step as we went, focusing on why each ingredient/step was important.

Some of the class made fillings for the whole group to use, and after seeing how easy it is to make vanilla custard, I'll never reach for the instant stuff again.

The end result was a take-home box of six impressive doughnuts: two salted caramel and honeycomb, two jam and two vanilla custard, as well as a bag full of more dough, recipe guides and homemade honeycomb. As for the taste? After I was welcomed home by my flatmate, my box of treats was empty in about five minutes. THE VERDICT This course will boost the knowledge and confidence of novice bakers, while more experienced cooks will benefit from Aidan's expertise. It isn't simply about following a recipe and watching a tutor, it's also about gaining a true understanding of baking.

TAKE-HOME TIPS FROM THE EXPERTS AT BREAD AHEAD

- The overnight cold fermentation is important to deepen the flavour of the dough and allows the delicious oils from the lemon rind to seep out.
- Make sure you roll the dough into smooth, tight balls for sexy-looking doughnuts.
- After the doughnuts have been proved and are ready for the fryer, handle gently so as not to knock out the air - you're looking for 'pillows of joy'.

THE TAKE-HOME RECIPE **Custard doughnuts**

MAKES 10. HANDS-ON TIME 1 HOUR 15 MIN, PLUS OVERNIGHT RISING AND PROVING



When frying, make sure the oil is 180°C for each batch. Too high and the doughnuts will

burn but be raw in the middle. Too low and they'll absorb the oil and be greasy.

To make by hand (step 1), mix in a bowl using your hands, then tip onto the work surface and use the heel of your hand to stretch and tear the dough for 8 minutes. Rest for 1 minute, then knead the dough again, adding the butter 25g at a time until it's all incorporated, then knead for 5 minutes more. Go to step 2.

FOR THE DOUGH

- 75ml lukewarm water
- 250g strong white bread flour, plus extra to dust
- 30g caster sugar, plus extra to coat
- 5g salt
- 7g fresh yeast, crumbled (from Ocado, delis or bakeries)
- 2 medium free-range eggs
- Finely grated zest 1/4 lemon
- 65g unsalted butter, softened
- · 2 litres sunflower oil for deep-frying

FOR THE CUSTARD

- 1/2 vanilla pod
- 250ml whole milk
- 3 medium free-range egg yolks
- 65g caster sugar, plus an extra 2 tbsp
- · 40g plain flour
- 100ml double cream

YOU'LL ALSO NEED...

· Digital probe thermometer, pastry scraper, piping bag with 1cm nozzle

1 Put all the dough ingredients, except the butter and oil, into an electric mixer (or see food team's tips). Using the dough hook, mix on medium speed for 8 minutes or until the dough starts to come away from the bowl and forms a ball. Rest the dough for 1 minute, then mix the butter into the dough, about 25g at a time. Once it's all incorporated, mix on high speed for 5 minutes or until the dough is glossy and elastic when pulled. 2 Put the dough in a lightly oiled bowl. Cover with cling film and leave to rise

then knead on the work surface for a minute, put back in the bowl, cover again with cling film and chill overnight until doubled in size again. If it hasn't doubled, take it out and leave it at room temperature until sufficiently risen. **3** Cut the dough into 10 x 50g pieces. Roll into taut balls and put on a floured baking tray, leaving room for expansion. Cover lightly with cling film and leave to prove for 4 hours or until doubled in size. 4 Meanwhile, make the custard. Cut open the vanilla pod and scrape out the seeds. Put the pod, seeds and milk in a heavy-based pan over a medium heat, bring to the boil, then take off the heat. Mix the egg yolks and 65g sugar in a heatproof bowl, sift in the flour and mix well. Whisk the hot milk into the yolk mixture, then tip back into the pan and put back on the heat. Whisk for 5 minutes or until thick. Pass the custard through a fine sieve into a lipped baking tray, then lay cling film on top to prevent a skin forming. Leave to cool, then chill. 5 In a large bowl, whip the cream and remaining 2 tbsp sugar until it holds its shape. Spoon the cold custard into a bowl, then fold in the whipped cream. Cover and keep chilled until needed. 6 To fry the doughnuts, half-fill a large heavy-based pan with sunflower oil and put over a medium-high heat until it reaches 180°C on a digital thermometer. 7 To lift each risen doughnut from the tray, slide a floured pastry scraper underneath, taking care not to deflate the dough, then lower into the oil. Cook 2-3 per batch - don't overcrowd the pan. Fry for 2 minutes on each side or until golden. The doughnuts will puff up and float, so gently push them down with a slotted metal spoon after a minute to colour them evenly. Remove from the oil, drain on kitchen paper, then toss in caster sugar. Repeat with the rest of the doughnuts (see tips), then set aside. 8 To fill each doughnut, make a hole in the pale band with a skewer. Fit a 1cm nozzle to a piping bag, fill with custard, then pipe into each doughnut until swollen. Continue until there's a blob as wide as a 50p coin over the hole. PER DOUGHNUT 390kcals, 23g fat (9.4g saturated), 9.5g protein, 35.8g carbs (13.9g sugars), 0.7g salt, 1g fibre \rightarrow

for 3-4 hours or until doubled in size,





KitchenAid Mini Stand Mixer £449.99, lakeland.co.uk TESTED BY Aggie MacKenzie

WHY BOTHER? If you love to cook and bake (and appreciate classic design) but don't generally go in for industrial quantities, it's ideal – and perfect for the smaller kitchen and household. Good, too, if you take pleasure in inducing feelings of envy in others. WHAT'S GOOD ABOUT THIS ONE? It's 20 per cent smaller, 25 per cent lighter and 100 per cent cuter. The motor is the same as a standard model, it's incredibly appealing visually and comes in numerous colours. When breadmaking in my standard Kitchen Aid I use 700g flour; I was surprised that the mini coped well with this amount. Ditto for a four-eggwhite pavlova. It comes with two beaters and a whisk; standard attachments fit. ANY DRAWBACKS? Mini-sized, but not mini-priced! It generally costs more than the standard model. WOULD I BUY ONE? Personally, no. I own the standard-size model, which I'm more than happy with. But if I needed to replace it I'd consider this one, and I'd definitely recommend it to anyone who fits the criteria in my first paragraph.



THE TASTE TEST GARLIC BREAD BAGUETTES

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

WHAT WE LOOKED FOR Sometimes a soup or salad just calls out for some garlic bread on the side. When you haven't got the time (or inclination) to rustle up your own, a good supermarket one can suffice. The bread should be crusty with well distributed herby garlic butter that isn't too overpowering or harsh.



WINNER Waitrose Rustic Garlic Baquette, £1.99 for 210g

A ciabatta-style loaf with artisan good looks and pleasing texture. Balanced garlic flavour with the freshest-looking herbs of the bunch.



RUNNER-UP Tesco Two Frozen Garlic Baquettes, £1 for 338g

Decent crusty loaf with a generously buttery soft centre. Well judged garlic levels, but a little too gluey in the middle for some.



RUNNER-UP Sainsbury's Two Garlic Baquettes, £1.40 for 420g

A golden, crisp crust and good amount of butter to bread. The garlic is subtle and moreish. Not quite good enough to take top spot.



GLUTEN-FREE CHOICE Rule of Crumb Gluten Free Garlic Bread, £2.75 for 140g, Ocado

A petite baquette boasting a satisfying crunch. Brimming with butter but mild on the garlic - bit pricey for the size.

THE COOKBOOK



From Mother to Mother

By Lisa Faulkner (£20; Simon & Schuster), out 9 March
TESTED BY Susan Low



Actor Lisa Faulkner has taken to her role of cook and cookbook author in a manner that could earn her an Oscar. This is the fourth cookbook the former *Spooks*

and *Holby City* star has written since winning *Celebrity MasterChef* in 2010, and she returns to a theme: family recipes that are meant for sharing. Lisa's foodloving mother died of cancer aged 44 when Lisa was just 16. In her first book, *Recipes From My Mother to My Daughter* (2013), written for her adopted daughter Billie, she aimed to keep food memories alive through the generations.

This book has a similar hand-me-down ethic but this time round Lisa has brought in family members and friends who are mothers, asking them "what they like to cook and eat; what their favourite fallbacks are, their comfort dishes, the meals they make for their families when time is short". It helps the book's appeal, perhaps, that Lisa's friends include celeb mothers such as Myleene Klass, TV exec Jay Hunt, Natalie Appleton, Tamzin Outhwaite and more.

Given the book's ethos, it's no surprise the recipes run a pretty wide gamut, from Vietnamese beef salad and paneer curry skewers to lebkuchen and Spanish lamb casserole, divided up into chapters for poultry, meat, fish, veggies and sweets. There's a strong unifying thread, though – they're family-friendly, easy to make and have stood the test of time.

QUALITY OF THE RECIPES I wanted to try out one of Lisa's own recipes and I'm something of a spice addict, so first up were her spicy

of Lisa's own recipes and I'm something of a spice addict, so first up were her spicy sunshine prawns with feta flatbreads. Flavoured with typically Indian mustard seeds, cumin, chilli, turmeric and ground coriander, and augmented with more Euro-centric feta cheese and smoked paprika, the dish promised not to be a wallflower – and it wasn't. Mine didn't quite look like the one in the photograph – the 250g spinach called for gave a much



greener hue – and it was less saucy. I was also left with a sad little pile of grated lemon zest that was in the ingredients but not in the instructions (I sprinkled it over the top). The flatbreads needed more than a 30-second flash in the pan to cook through too. The taste made up for the inconsistencies, though – it was complex, not too spicy and very moreish. One guest even asked for the recipe, so that's the book's mission accomplished.

From the Sweet chapter, I tried out Greek custard tart (galaktoboureko), a recipe from Lisa's sister's friend Maria. It's made with layers of filo pastry enclosing a thick vanilla custard, then soaked with a lemon-spiked syrup. It's a dish I've eaten in Greece but had never attempted to cook. The recipe was clearly one that had been made again and again and worked perfectly. The finished dish looked exactly like the picture and tasted like a Greek holiday.

PHOTOGRAPHY Chris Terry's photos hit the right balance of sophisticated and homey. Readers won't (often) be left guessing what the finished dish should look like. WHO IS IT SUITABLE FOR? If you're the kind of cook who insists on authenticity, recipes that include romesco sauce made with tinned tomatoes and ready-ground almonds may upset you, and you may want to skip the 'cheat's' moussaka and crispy duck. That said, dishes such as fish tacos made with homemade fish fingers are certain to please children, and this is very much a family recipe book.

STAR RATING $\star \star \star \Leftrightarrow \Leftrightarrow \Leftrightarrow$

Find the recipes I tested from this book online at deliciousmagazine.co.uk/lisafaulknerbook **a**



THE KITCHEN PHILOSOPHER

When was the last time you felt hungry?

In the first of a new series, philosopher and food lover Julian Baggini casts fresh light on the emotions, sensations and motivations surrounding food and the way we eat. This month, he ponders the problems of plenty

hen was the last time your stomach properly grumbled? Not just a bit peckish or impatient for the cooking smells wafting into your nose to turn into actual morsels between your teeth, but feeling uncomfortably in need of nourishment? For most of human history, such gnawing has been all too familiar. For many of us today, it is a rarity.

Gardeners are being reminded of this at the moment – the time of year known as the 'hungry gap'. Just about anything home grown on our tables this month will come out of a jar preserving last season's bounty or from the freezer, as the last of the winter

crops have already been eaten and the first spring harvest is still weeks away.

In many cultures, this seasonal lack of food was turned from a necessity into a virtue. It is no coincidence that the Christian Lent fast, for example, starts in late winter, when there wouldn't have been much to tuck into even if you wanted to. This seems alien in a world of instant gratification, where most of what we want is readily available. Overall, it has to be a good thing that

we're no longer so vulnerable to food shortages. This privilege, however, has numerous downsides.

First, it encourages us to act on the basis of what seems good to us at any given moment, rather than on what is in our own best interests. As anyone who has struggled with their weight knows, that isn't exactly good for health.

Second, it encourages impatience. The more we don't have to wait, the less able we are to wait when we have to.

Third, it makes us slaves to our desires, not masters of them. Is it any coincidence that although it seems we've never been so free, we've never had so little self-control?

One way to address these problems is to return to the practice of fasting, even if we have no religious or practical imperative to do so. Fasting enables us to break the often automatic link between desire and action that's at the root of all the problems of plenty I've mentioned.

Fasting reminds us we don't have to do what we most feel like doing at any given moment. On the contrary, our better judgement often rightly tells us we will be happier if we resist a passing urge. We can live with our temporary discomforts and, if we do so, they will usually subside.

If all this sounds puritanical, it isn't.

There is nothing good about hunger, or any kind of suffering, for its own sake. But allowing – even encouraging – ourselves to feel some hunger can have real benefits. For the food lover, one of these is that when we stop eating automatically we appreciate when we do eat even more. Smart hedonists know that the best pleasures have to be earned and are heightened by prolonged anticipation. There is no feast sweeter than one that breaks a fast.







Spiced lamb and herby quinoa crumble

SERVES 4. HANDS-ON TIME 50 MIN. OVEN TIME 20-25 MIN

If you have some wine open (red or white), add a glug to the pan in step 2. The

chillies add flavour rather than heat, so don't be put off if you're not a fan of spicy food. If you're not keen on lamb mince use beef mince instead.

- 500g lean British lamb mince
- 1 tbsp light olive oil
- 1 red onion, chopped
- 2 tbsp plain flour
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1-2 green chillies, chopped (see tips)
- 5cm piece fresh ginger, grated
- 2 fat garlic cloves, crushed
- 500ml fresh chicken or lamb stock
- 200ml tomato passata
- Seeds 1/2 pomegranate

FOR THE HERBY QUINOA CRUMBLE

- 190g uncooked guinoa, rinsed ©
- 2 tbsp extra-virgin olive oil
- 150g feta, crumbled
- Zest 1 lemon
- Handful fresh mint, leaves sliced
- Handful fresh parsley, leaves chopped

YOU'LL ALSO NEED...

- 1 litre ovenproof dish
- 1 Fry the mince, without oil, in a non-stick frying pan, breaking it up with a fork or wooden spoon as it browns. Transfer to a colander set over a bowl to drain.
- 2 Wipe out the pan with kitchen paper, then add the light olive oil and heat. Cook the onion over a low heat for 10 minutes or until softened. Stir in the flour, spices, chillies, ginger and garlic, then cook for 2 minutes. Return the mince to the pan (discard the drained juices) and pour in the stock and passata. Bring to the boil, then turn down the heat and simmer for 25-30 minutes until the sauce has thickened.
- 3 Meanwhile, simmer 150g of the guinoa in a medium pan of boiling water for 15-20 minutes, or cook according to the pack instructions. Drain well, then set aside in a large bowl for 5 minutes. Fluff up with a fork, then stir in the remaining 40g uncooked quinoa along with the extra-virgin olive oil, feta, lemon zest and most of the herbs (reserve some to garnish). Taste and season. 4 Heat the oven to 190°C/170°C fan/ gas 5. Pour the lamb mixture into a 1 litre ovenproof dish, then spoon over the quinoa crumble. Cook for 20-25 minutes until the topping is golden and the sauce is bubbling. Scatter over the pomegranate seeds and reserved herbs to serve.

PER SERVING 680kcals, 39.2g fat (16.8g saturated), 41.5g protein, 38.9g carbs (8.5g sugars), 1.5g salt, 6.1a fibre

WINE EDITOR'S CHOICE A Spanish red, especially a young tempranillo or garnacha, is a lively match.

For more ways to use quinoa, see Loose Ends

Rhubarb and amaretti crumbles

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



If you like, make this in an ovenproof dish instead of making individual

crumbles. Skip step 1 and toss the fruit, sugar, syrup and flavourings in the baking dish instead, swapping the cinnamon stick for ½ tsp ground cinnamon. Cover with the topping, then bake at 190°C/170°C fan/ gas 5 for 30 minutes.

- 400g rhubarb, cut into 5cm pieces
- 1 large red eating apple (or 2 small), cut into chunks
- 5 tbsp maple syrup
- 4 tbsp demerara sugar, plus extra for sprinkling
- Finely grated zest 1 orange
- 1 cinnamon stick (see tips)
- 1 tsp vanilla bean paste or vanilla extract

FOR THE AMARETTI TOPPING

- 110g plain flour
- 75g unsalted butter, cubed
- 50g amaretti biscuits, crumbled
- 2 tbsp light muscovado sugar

1 Heat the oven to 190°C/170°C fan/gas 5. Put the rhubarb, apple, maple syrup, demerara sugar, orange zest, cinnamon stick and vanilla in a wide pan and cook gently for 5 minutes (see tips). 2 In a separate bowl, rub together the plain flour and butter with your fingertips until it resembles breadcrumbs. Stir in the amaretti and the light muscovado sugar. 3 Divide the rhubarb mixture among 4 ramekins or ovenproof dishes (about 200ml; see tips). Top evenly with the crumble mixture, then bake for 15 minutes or until the fruit is juicy and bubbling and the top is golden. Before serving, sprinkle over extra demerara sugar for crunch. PER SERVING 472kcals, 18.8g fat (10.2g saturated), 5.9g protein, 67.7g carbs (45.3g sugars), trace

salt, 4.3g fibre

NEXT MONTH Chilli, three great ways

Toffee apple pan crumble

SERVES 6. HANDS-ON TIME 30 MIN, OVEN TIME 25 MIN

- 80g unsalted butter
- 80g granulated sugar
- 1 vanilla pod, split, or 1 tsp vanilla bean paste
- 4 bramley apples, peeled, cored and cut into even chunks

Clotted cream or ice cream to serve

sugar and hazelnuts, then set aside.

2 In the frying pan, melt the 80g butter and granulated sugar with the split vanilla pod or paste, shaking the pan to swirl the mixture together as a caramel. Try not to fiddle with it too much. Cook for 2-3 minutes, then add the apples and coat in the caramel. Cook for 8-10 minutes

more until the apple turns golden.

3 Sprinkle the crumble topping over the apples, then transfer the pan to the oven and bake for 25 minutes.

Serve with cream or ice cream.

PER SERVING 636kcals, 35.3g fat

PER SERVING 636kcals, 35.3g far [20.4g saturated], 5.3g protein, 71.7g carbs [42.9g sugars], trace salt, 5.2g fibre



ROAST OF THE MONTH

SIX-HOUR ORK BELLY



66 This is the ultimate roast for a bunch of hungry carnivores. It's hard to find anyone who can resist the crunchy-salty crackling and tender meat that a good pork belly provides. Our recipe champions the art of long, slow cooking, so it's hassle-free, leaving you to make the most of the lengthening days with family and friends. 99 LOTTIE COVELL. ACTING FOOD LIFESTYLE EDITOR

RECIPE AND FOOD STYLING LOTTIE COVELL PHOTOGRAPH ALEX LUCK STYLING OLIVIA WARDLE

COVER RECIPE Slow-roast pork belly with sherry gravy and mint relish

SERVES 6-8. HANDS-ON TIME 45 MIN, OVEN TIME ABOUT 6 HOURS

For the best crackling, buy top quality pork that hasn't been vacuum packed (a good butcher is your best bet). Leave the pork uncovered in the bottom of the fridge (on a tray to catch any juices and away from food to be served uncooked) for up to 24 hours. This will dry out the skin, which helps it

- 3 onions, sliced
- 3 garlic cloves, crushed

turn into better crackling.

- 500ml dry sherry (such as fino), plus an extra glug for the gravy
- 750ml chicken stock @
- · 2kg British free-range pork belly, with bones, skin deeply scored (ask your butcher to do this for you)
- 2 tbsp fennel seeds
- 11/2 tbsp sea salt

FOR THE RELISH

- 1/2 red onion, thinly sliced
- 3 tbsp sherry vinegar
- 1 tbsp caster sugar
- 20g bunch fresh mint, leaves picked and finely chopped

• 20g bunch fresh coriander, leaves picked and finely chopped

• Roast or mashed potatoes and seasonal vegetables

1 Heat the oven to 240°C/220°C fan/ gas 9. Put the onions in a large, deep roasting tin with the garlic, sherry and stock. Put the pork on top, skin-side up, and pat the skin dry with kitchen towel, then rub the fennel seeds and sea salt well into the grooves of the scored skin. 2 Roast the pork for 15-20 minutes until the skin starts to puff up and looks like it's about to crackle. Turn the oven down to 140°C/ 120°C fan/gas 1. Cook the pork, uncovered, for 5 hours until the meat is tender and falling apart. Take it out of the oven, drain the stock/juices from the tin into a saucepan, along with the onions, then set the stock mixture aside. 3 Turn the oven back up to 240°C/220°C fan/gas 9, put the pork back in and cook for a further 30-35 minutes. Check the crackling after 20 minutes. The fennel seeds may start to brown a little; if so, brush off the excess and continue to roast until the skin has crackled properly. 4 Meanwhile make the relish. Put

the red onion into a small bowl with the vinegar and sugar. Set aside until you're ready to serve the pork. **5** When the pork belly skin has finished crackling, remove the roasting tin from the oven, put the meat on a lipped plate and leave to rest for 20 minutes. For the gravy, bring the reserved stock mixture to the boil, then reduce the heat and simmer for 20-25 minutes until it coats the back of a spoon. Add a glug of sherry to give acidity, then taste and adjust the seasoning. **6** Just before serving, stir the chopped fresh herbs into the relish. Add any of the resting pork juices to the onion gravy, then carve the pork belly into chunky slices. Serve with the relish, sherry gravy and your favourite potatoes and greens. PER SERVING (FOR 8) 886kcals, 50.8g fat (17.6g saturated), 76.9g protein, 12g carbs (6.9g sugars), 1.5g salt, 2.3g fibre WINE EDITOR'S CHOICE Go for

a ripe and nutty white, such as a marsanne or white Rhône blend, or a juicily fruity, soft red, such as a pinot noir.

For more ways to use chicken stock, see Loose Ends d

NEXT MONTH The alternative Easter roast











MEET THOMASINA She's an entrepreneur, food writer and lover of great food. She won MasterChef in 2005, then went on to open the Wahaca Mexican street food restaurant chain in 2007. She has seven cookbooks to her name and has made numerous TV appearances.

THE WELCOME NIBBLE * Serrano ham and lincolnshire poacher cheese croquetas

MAKES AROUND 20. HANDS-ON TIME 1 HOUR 10 MIN. PLUS 3 HOURS COOLING

66 You can make these with leftover chicken: serrano ham and peas; artichoke hearts and cheese; or whatever combination you can dream up. 99

Freeze the finished, un-fried croquetas for up to 3 months. Freeze on a baking tray, then transfer to freezer bags. Fry

from frozen, adding an extra minute. Serrano ham is salty, so FNNN taste the mixture before seasoning (step 1).

- 80g butter
- 225g plain flour
- 450ml whole milk
- 75g serrano ham, chopped
- 40g lincolnshire poacher, manchego or extra-mature cheddar, coarsely grated
- 2 medium free-range eggs, lightly
- 125g fresh breadcrumbs
- Groundnut or rapeseed oil for deep-frying
- Sea salt for sprinkling

1 Melt the butter in a large pan, then add 150g of the flour. Stir well so the butter and flour are completely incorporated into a thick paste, then fry for 2 minutes or until it smells nutty. Slowly pour in the milk, whisking, to form a thick roux. Stir in the ham and cheese, then season (see tip). Allow to cool until firm enough to shape (about 3 hours). 2 Put the remaining flour, the eggs and breadcrumbs into 3 separate shallow bowls. Take 1 heaped tbsp of mixture (about 25g) and, with wet hands, shape into a small log. Dry your hands, then dip the croqueta into the flour. With the other hand, dip it into the egg. Passing hands again, coat it in the breadcrumbs. Repeat to coat all the croquetas (you should get about 20), then lay them all on a baking tray and freeze for 10 minutes to firm up. 3 Fill a pan two-thirds full with oil. Heat to 180°C, measuring with a kitchen thermometer, or until a piece of bread turns golden in 40 seconds after it's dropped into the oil. Lower a batch of croquetas into the oil and cook for 2-3 minutes until golden and crisp. Remove and transfer to a plate lined with kitchen paper. Repeat to fry them all. Serve hot, sprinkled with sea salt. PER CROQUETA 143kcals, 7.2g fat

(3.5g saturated), 4.9g protein, 14.4g carbs (1.4g sugars), 0.4g salt, 0.5g fibre

TO START Ravioli with goat's cheese and cavolo nero sauce V

SERVES 4. HANDS-ON TIME 35 MIN

66 The fresher the walnuts, the sweeter they'll be, so it's worth buying them in their shells and cracking them yourself. 99



Make the sauce and goat's cheese paste up to 12 hours in advance. Keep covered in the fridge, then gently warm to serve.

- 400g cavolo nero
- 150ml olive oil, plus extra
- 2 small garlic cloves, chopped
- Juice 2 lemons
- 1 tsp salt
- 8-12 fresh or dried lasagne sheets
- Shaved pecorino or parmesan (or vegetarian alternative) to serve

FOR THE GOAT'S CHEESE PASTE

- 140g shelled walnuts (see intro)
- Handful fresh sage leaves, finely
- 120g goat's cheese
- Lemon juice to taste
- 50ml olive oil

1 Bring a large pan of lightly salted water to the boil, then add the cavolo nero. Cook for a minute or so until it softens, then lift out with tongs into a colander; keep the cooking water to boil the pasta. Rinse the cavolo nero with cold water, squeeze out any excess water, then transfer to a food processor. Add the olive oil, garlic, juice of 2 lemons and salt. Whizz to a fine sauce. Taste and season again if necessary, transfer to a small pan and gently warm over a low heat.

2 Clean the processor and make the paste. Add the walnuts, sage, cheese,

lemon juice and oil, then whizz to a paste. Taste and season. Gently warm in a small pan, stirring occasionally. 3 Bring the reserved cooking water to the boil again, adding more if needed and use it to cook the pasta, according to the instructions. Drain, keeping a cup of the water back. Halve the pasta sheets and toss in a little olive oil. 4 Stir the reserved pasta water into the cavolo sauce and keep on a low heat. It should be pourable like double cream; thin down with water or turn up the heat and bubble to thicken. 5 Put a pool of the sauce on each plate. Layer the pasta on top with spoonfuls of the goat's cheese paste Ladle over a little more cavolo sauce, then top with the shaved cheese. PER SERVING 886kcals, 72.8g fat (13.9g saturated), 21g protein. 32.6g carbs (3.5g sugars), 1.8g salt, 7.8g fibre \rightarrow





These recipes are adapted from Home Cook by Thomasina Miers IRRP £25: Faber & Faber). delicious. readers can buy it for the special price of £20 including P&P by calling 01206 255 777 with payment details and quoting 'delicious. offer'.

MAIN COURSE Grilled Indian lamb cutlets with carrot purée

SERVES 4. HANDS-ON TIME 25 MIN, PLUS 20 MIN MARINATING

66 For me, lamb chops are special – for when you really have a hankering for a fine cut of meat - and Welsh lamb is particularly delectable. When grilled for a few minutes with salt, pepper, a knob of butter and a sprinkle of chopped mint leaves, they're in a league of their own. 99



Make the carrot purée a few hours in advance. Warm over a low heat before serving.

FOR THE LAMB

- 2 tsp cumin seeds
- 1 tsp mustard seeds
- 2 tsp coriander seeds
- 1 tsp ground turmeric
- 200g greek yogurt
- 2 tbsp olive oil or melted ghee
- Juice 1/2 lemon, plus extra to serve
- 8 lamb cutlets (about 75g each)
- Handful fresh mint leaves, shredded, to garnish
- 2 tsp nigella seeds to garnish

FOR THE CARROT PURÉE

- 8 large carrots (about 860g), cut into large chunks
- 60g butter or ghee
- 1 tsp chilli flakes

1 Fry the cumin seeds, mustard seeds and coriander seeds together in a small pan, without oil, until the mustard seeds start to pop and the spices are fragrant. Grind in a pestle and mortar, then tip into a large bowl and add the turmeric, yogurt, oil or melted ghee and lemon juice. Season well. Add the lamb cutlets to the bowl and mix well to coat in the spiced yogurt. Set aside to marinate at room temperature, covered in cling film, for 20 minutes.

2 Steam the carrots for 15-20 minutes until tender, then transfer them to a food processor. Add the

butter or ghee and chilli flakes, then whizz until smooth. If there are still lumps, push through a wide-mesh sieve into a pan. Season to taste and keep warm over a gentle heat. 3 Heat a large griddle pan over a

high heat, then add the lamb and fry (in batches if necessary) for 4 minutes on each side for mediumrare, or until done to your liking. Rest the cutlets for 5 minutes, then transfer to warm plates with the carrot purée. Scatter with shredded mint leaves and nigella seeds, then finish with a squeeze of lemon juice. Serve straightaway.

PER SERVING 290kcals, 19.6g fat (8.9g saturated), 18.5g protein, 7.7g carbs (7g sugars), 0.5g salt, 4.5a fibre

THE MAKE-AHEAD PUD Pomegranate meringues with pistachios

SERVES 4-8. HANDS-ON TIME 25 MIN. OVEN TIME 2-3 HOURS. PLUS COOLING

66 This is a spectacular pudding of bewitching colours, all pale meringues, vivid green pistachios and gleaming, ruby pomegranate seeds. 99



The meringues can be made up to 48 hours ahead and kept in an airtight container,

but the pudding is best assembled just before serving (see step 6).

Beat a little salt into the egg yolks and freeze in a bag, marked with the date and

number of yolks, for up to 3 months. You can use the slightly salted egg yolks in sweet or savoury dishes.

This makes 8 meringue sandwiches. To feed a larger crowd, serve one meringue sandwich per person with honey-drizzled greek yogurt mixed with a little rosewater.

- 4 medium free-range egg whites (see tip)
- 210g caster sugar
- 3 tbsp pomegranate molasses
- · 60g pistachios, finely chopped
- 1 large pomegranate
- 400ml double cream

1 Heat the oven to 120°C/100°C fan/ gas 1/4 and line 2 baking sheets with non-stick baking paper. 2 In a spotlessly clean bowl, whisk the egg whites with an electric hand mixer until they form stiff peaks. Whisk in the sugar, a little at a time, fully incorporating each addition before adding more, until the whites are stiff again, shiny and voluminous (this takes about 10 minutes). Whisk in half the pomegranate molasses

and a pinch of salt. **3** Using 2 teaspoons, scoop high heaps of the mixture onto the lined baking sheets, fluffing the tops into peaks, to make about 16 equal piles. Dust the peaks with a sprinkling of the chopped pistachios, saving half to serve. Bake in the oven for 2-3 hours until the undersides are no longer sticky and peel away easily from the baking paper. Turn off the oven and leave the meringues inside with the door slightly ajar until completely cool (see Make Ahead). 4 Meanwhile, roll the pomegranate firmly along a work surface, pressing down so you can feel the seeds 'popping' through the skin. Cut the fruit in half over a bowl and tear open to release the seeds, discarding the shell and pith. Whizz half the seeds in a blender, then push through a sieve over a bowl to catch the bright red juice (discard the solids in the sieve). Set aside along with the rest of the seeds until ready to serve. 5 Softly whip the cream with a balloon whisk until it's thick but still quite floppy. Stir in the rest of the pomegranate molasses. Whisk the cream again lightly using a wooden spoon until it just holds its shape. Cover and chill until ready to serve. 6 Put everything together just before you're going to serve, so the meringues don't go soggy (gather friends to help). Sandwich pairs of meringues with the cream and lay out on a platter. Scatter with the pomegranate seeds and reserved pistachios, then splash over the juice.

PER MERINGUE SANDWICH

380kcals, 27g fat (15.3g saturated), 3.9g protein, 29.8g carbs (29.4g sugars), 0.1g salt, 1g fibre 🖪

SUSY ATKINS' WINE PICKS

Crisp fino sherry, served cold, or lively Spanish rosado is a refreshing match for the croquetas. Make it a crisp Italian pecorino or gavi white for the ravioli, then turn to a classic red from the Médoc region of Bordeaux for the lamb.



"I want to make good bread for everybody"

Phoebe Stone meets the artisan behind Bath's Bertinet Bakery, whose signature sourdough is taking on the supermarkets

ichard Bertinet is no stranger to the pages of this magazine. His knack for making the trickiest of bakes seem easy has meant the Brittany-born baker is much in demand. But it was his legendary 1.2kg sourdough loaf that caught the attention of the judges at the 2016 delicious. Produce Awards.

"My sourdough is my sourdough," says Richard. "It took me quite a few years to develop. When we started the bakery we found our customers didn't like sourdough to be too sour, so we made it with a more balanced flavour, to fit everybody's palate. It's been our signature bread for years now." Made using nothing but flour, salt, water and Bertinet's own starter, each loaf is hand-moulded

and proved in traditional linen-lined and Richard is never far away, watching their hands for any slip in technique. "There are two ways of doing things," he asserts. "One is about making a quick buck, and the other is the proper way, which takes much longer. You train the people, you use good ingredients and you have patience. Anything else and I'd be cheating myself."

Industrial and supermarket bakeries currently account for close to 97 per cent of all bread produced in the UK, but in 2016 Richard bucked the trend by selling his sourdough loaves pre-sliced into local branches of Waitrose. Today he supplies more than 50 stores, a move he hopes will improve access to good bread. "The best thing since sliced bread is the new sliced

themselves an artisan, is explaining what that term means, because people don't realise how much effort it takes."

Talking to him, the intensity of his ambition is evident, but it's expressed with an easy charm (and rich French accent) that make Richard a special presence, and excellent tutor. Teaching is a natural bedfellow for the bakery, and at Bertinet's popular classes, students learn through touch and sight, just as his bakers do.

Richard is convinced of baking's special powers. He recalls one course-goer, who explained her grandson's learning difficulties and her struggle to relate. "I said to her, 'When you're with him, try not to say anything; just make dough,

because there's something magical in breadmaking.'

"If I didn't make things properly, I'd be cheating myself"

baskets, taking close to 24 hours to produce.

Richard grew up in France, where bread was – and still is – a fundamental part of life. "Going to the bakery in the morning was something you did, like reading your email every day now," he says. "I remember going to the shops and seeing the pride the bakers used to have putting the bread out. That was pretty cool when I was a kid." As an inspiring alternative to his oppressively academic school, Richard became a bakery apprentice at 14.

The Bertinet Kitchen Cookery School and Bakery opened in Bath in 2005 and has since been joined by two more baking outlets, but Richard is determined the expansion won't diminish standards. His own bakers undergo rigorous training,

bread," he quips. "There's a massive demand for good sliced bread without 14 added ingredients."

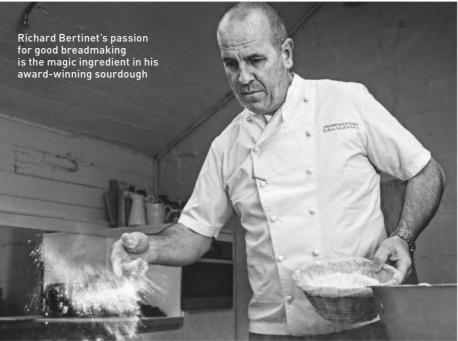
In Bertinet's book, being an artisan and working on a larger scale aren't contradictory. "People don't shop how they did in the old days, when you'd walk to the fishmonger, to the butcher and other shops. I love being on the high street in Bath, but you can't park there and I know that, if Waitrose is over the road, people will go there," he says. "It's nice to have a small bakery, but to make a living you need volume – and if you want to change things, you have to go even bigger."

It's no surprise that education is at the centre of Richard's ethos. "Part of my job as a baker, and as someone who calls

She sent me a letter telling me her grandson now visits her every Saturday and they make bread together – and how he'd hugged her for the first time. That gave me a tear in my eye."

Richard has received numerous awards and honours during his career, but he remains thankful for each one and can't heap enough praise on his team and his wife Jo Harrod Bertinet, "the brains" behind the business. Accolades fuel the fire, but there is little respite. "When you win a prize no one can take it away from you," he muses. "But to achieve something is one thing – to keep it going is another. I always wanted to make good bread for everybody, and I see myself as two-thirds of the way there." ->





WHERE TO BUY Visit bertinet.com for a list of stockists of Richard's sourdough bread, and thebertinetkitchen.com/shop to buy bread [and other good things] direct.

THANK YOU FOR YOUR HELP!

Since our 2017 delicious. Produce Awards opened for entry in January, hundreds of you have been in touch to nominate your favourite food producers. Entries have now closed. To find out whether your favourite

deliciousmagazine.co.uk/produceawards.

whether your favourite
nominee made it onto the shortlist, check

delicious.
PRODUCE AWARDS

IN ASSOCIATION WITH
PISHER & Paykel





THE RECIPE Winter panzanella with chilli, broccoli and anchovies

SERVES 4. HANDS-ON TIME 45 MIN, OVEN TIME 15 MIN

Discover the story behind Great Glen Charcuterie's

Make the croutons up to 24 hours in advance. cool and keep in a sealed container in a dry place.

To make this rustic salad go further, serve with burrata (an Italian cheese made from the best mozzarella and cream).

- 250g Bertinet Bakery sourdough loaf (see Where to buy, p37) - or use any good quality sourdough
- 100ml extra-virgin cold pressed rapeseed oil, plus an extra glug for drizzling and rubbing

- 1/2-1 tsp chilli flakes to taste
- 5 anchovy fillets in extra-virgin olive oil, finely chopped
- 2 shallots or 1 banana shallot, very finely sliced
- 1 tbsp caster sugar
- 75ml sherry vinegar
- 250g purple sprouting broccoli or tenderstem broccoli, stems removed and reserved
- Small handful fresh mint, torn
- Small handful fresh basil leaves

1 Heat the oven to 180°C/160°C fan/ gas 4. Tear up or slice the bread into rough 5cm chunks, then toss with a drizzle of the rapeseed oil and the chilli flakes (go easy if you don't like too much spice). Put on a baking sheet and toast on the top shelf of the oven for 10-15 minutes or until you have crisp and golden croutons, shaking occasionally. 2 In a large serving bowl, mix the croutons with the anchovies. shallots, sugar, vinegar and 100ml oil. Season with salt and freshly ground black pepper, then leave the mixture to marinate at room temperature, covered, for at least 30 minutes - this will encourage the flavours to mingle and the croutons to soak up some of the wonderful dressing. 3 Rub a little rapeseed oil on the broccoli stems. Heat a griddle pan to high and, when smoking, cook the stems for 5-10 minutes until tender and lightly charred. 4 Meanwhile, bring a pan of lightly salted water to the boil, add the broccoli tops and cook for 3 minutes or until just tender. Drain. **5** Add the broccoli tops and stems to the bread. Toss, toss and toss again so everything is coated in the dressing. Toss in the mint and basil, then serve straightaway (the herbs will wilt if you leave the salad for any length of time). PER SERVING 289kcals, 25.1g fat (3.6g saturated), 4.7g protein, 9.3g carbs (5.7g sugars), 0.7g salt, 3.5g fibre WINE EDITOR'S CHOICE A drv.

crisp white such as France's picpoul de pinet or sancerre.

NEXT

MONTH









MAKES 1 LOAF (SERVES 8). HANDS-ON TIME 45 MIN. OVEN TIME 30 MIN. PLUS 1 HOUR **RISING AND 30-40 MIN PROVING**

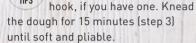


The bread will keep for 3-4 days. The beetroot pickle will keep for 7 days in a sealed container in the fridge.



Putting some hot water in a roasting tin in the oven creates steam, which helps the loaf to rise and form a nice crust.

You can make this using a FOOD stand mixer with a dough



If you're struggling to mix the flour into the potato, dip the tips of your fingers into warm water to help.

- · 300g maris piper potatoes, cut into even chunks
- 25g unsalted butter
- 300g strong white bread flour, plus extra for dusting
- 1 tsp salt
- 1 tsp caster sugar
- 7g dried active yeast
- 11/2 tbsp chopped fresh rosemary, plus extra to serve
- · Olive oil for greasing

FOR THE BEETROOT PICKLE

- · 400g whole beetroot, skin on
- · 170ml cider vinegar
- 1 tbsp caster sugar
- 1/2 tbsp salt
- · 20g fresh dill, roughly chopped

1 Cook the potatoes in a large pan of boiling salted water for 15-20 minutes until tender. Drain, reserving 80ml of the cooking water. Return the potatoes to the pan and put over a low heat for 1 minute to steam dry. Mash the potatoes with the butter until smooth, then transfer to a mixing bowl and beat in the reserved cooking water.

2 Mix the flour, salt, sugar, yeast and chopped rosemary in a large mixing bowl (see tips). Add the flour mixture to the mashed potatoes a handful at

a time, mixing with a wooden spoon to start with, then using your hands (see tips). When the dough feels like it won't take any more flour, tip onto the work surface and knead in the rest. The dough will be stiff but the flour will mix in if you keep kneading it. Don't add any more liquid.

- 3 Knead the dough for 15-20 minutes until soft and pliable. As you knead it will get a little sticky. Lightly flour the surface to stop it sticking. Put the dough into a large, lightly oiled mixing bowl and loosely cover with cling film. Leave to rise for 1 hour or until doubled in size.
- 4 Meanwhile, make the pickle. Cook the beetroot in a large pan of boiling salted water for 30-35 minutes until tender all the way through. Drain, cool slightly, then peel and cut into 3mm slices. Put the vinegar, sugar and salt in a small non-reactive (stainless steel, enamel or nonstick) saucepan over a medium heat until the sugar and salt have dissolved. Put the beetroot slices in a small lidded jam jar or plastic container and pour in the pickling liquid to cover. Cool completely, then stir in the dill. Put the lid on and keep in the fridge (see Make Ahead).

5 Heat the oven to 220°C/200°C fan/ gas 7. Knock back the dough (knead on a lightly floured work surface for 1-2 minutes to remove any large air bubbles) and shape into a ball. Put on a baking sheet, well dusted with flour, and lightly cover with oiled cling film. Leave for 30-40 minutes at room temperature to prove until almost doubled in size again. Pour a cup of hot water into a roasting tin (see Know-how) and put in the bottom of the oven. Bake the bread for 30 minutes. The loaf should sound hollow when you tap the underside. Allow to cool completely before serving. **BREAD PER SLICE (FOR 16)** 102kcals, 1.8g fat (0.9g saturated), 2.9g protein, 18.1g carbs (0.6g

sugars), 0.3g salt, 1.1g fibre

BEETROOT SERVING (BASED ON 8) 31kcals, 0.1g fat (no saturated), 1.1g protein, 5.7g carbs (5.4g sugars), 1g salt, 1.4g fibre

Parsnip, spring onion and thyme gratin 0

SERVES 6 AS A SIDE DISH. HANDS-ON TIME 30 MIN. OVEN TIME 45-50 MIN



Prepare the gratin to the end of step 2 a few hours in advance, cool and keep

in the fridge until ready to bake. Store the herby, baked sourdough croutons in a sealed container.



You could use other crusty breads such as ciabatta or baguette for the topping.

- 250g sourdough bread, torn into 2cm pieces (see tip)
- · 3 tbsp olive oil
- 10 fresh thyme sprigs
- 2 banana shallots, finely sliced
- · Small bunch spring onions, trimmed and cut into thirds
- · 1 tbsp plain flour
- 300ml double cream
- 350ml whole milk
- · Pinch freshly grated nutmeg
- 500g parsnips, quartered and any woody cores removed, cut into 1cm chunks
- 300g maris piper potatoes (halved if large), cut into 1cm slices
- 100g gruyère or vegetarian alternative such as cheddar, coarsely grated

YOU'LL ALSO NEED...

• 1.4 litre baking dish

1 Heat the oven to 200°C/180°C fan/ gas 6. Put the sourdough pieces on a large baking tray, then toss with 2 tbsp olive oil and the leaves from 4 thyme sprigs. Season with salt and pepper, then bake for 10 minutes until golden and crisp. Set aside. Turn down the oven to 180°C/160°C fan/gas 4. 2 Heat the remaining oil in a large pan or casserole over a medium heat, then cook the shallots and spring onions for 7-8 minutes until soft. Add the flour and stir for 3 minutes, then turn the heat to low-medium and add the double cream, milk, nutmeg and 2 thyme sprigs. Heat until just \rightarrow

ATKINS' WINE PICKS

For the potato bread with beetroot pickle, try a fresh and appley pinot blanc (pinot bianco in Italy).

The sweetness of parsnips means an off-dry white, such as vouvray demisec, is a winner with the gratin.

Cider is a star with the pork and apples, with premium South African chenin blanc the best wine option.

VEGETABLES

deliciousmagazine.co.uk 43



NEXT MONTH Say hello to spring with a fantastic Easter lunch

steaming. Add the parsnips and potatoes and cook for 10 minutes until softening. Season with salt and pepper, remove from the heat (discard any woody thyme sprigs), then stir in a third of the cheese. 3 Pour the vegetables and creamy liquid into the prepared baking dish, sprinkle half the remaining cheese on top, then bake for 30 minutes. Scatter the croutons on top of the gratin with the rest of the thyme and cheese, then bake for 15-20 minutes more until the top is golden brown and the gratin is bubbling. Serve with a sharply dressed green salad. PER SERVING 637kcals, 42g fat (22.6g saturated), 14.4g protein, 46g carbs (11.2g sugars), 0.8g salt, 7.3g fibre

Pork and root vegetable casserole with fennel and mustard dumplings

SERVES 6. HANDS-ON TIME 50 MIN. OVEN TIME 3 HOURS 30 MIN



Make the casserole to the end of step 3, then cool, cover and keep in the fridge for up to 48 hours. Warm thoroughly in a low oven, then continue the recipe from step 4.

- Plain flour for dusting
- 1.2kg British free-range pork shoulder, cut into 3cm pieces
- Vegetable oil for frying
- · 200g shallots, halved
- 300g parsnips, cut into 3cm pieces
- 300g carrots, cut into 3cm pieces
- 500g maris piper potatoes, cut into 3cm pieces
- 200g smoked bacon lardons
- 2 garlic cloves, crushed
- 500ml dry cider
- 500ml chicken stock
- 2 tbsp dijon mustard
- 2 bay leaves
- 3 small red eating apples, cored and quartered
- Small bunch fresh tarragon, chopped, plus extra to serve

FOR THE DUMPLINGS

- 150g self-raising flour, plus extra
- 1 tbsp fennel seeds, toasted in a dry frying pan, then ground in a pestle and mortar
- 100g greek yogurt
- 2 tbsp dijon mustard

1 Heat the oven to 170°C/150°C fan/ gas 31/2. Put the plain flour in a shallow bowl and season. Dust the pork in the flour and shake off the excess. Heat a glug of oil in a flameproof casserole over a medium-high heat and brown the meat for 5 minutes until golden (you may need to do this in batches). Transfer to a plate.

2 Heat a little more oil in the casserole and fry the shallots for 5-7 minutes. Add the veg and lardons, then fry for 3-5 minutes until the bacon starts to crisp. Add the garlic and fry for another minute. 3 Return the pork to the casserole, along with 450ml of the cider, the stock, mustard and bay leaves. Season, then cover and cook in the oven for 2½ hours, stirring every now and then. Remove the lid and cook for 30 minutes more. Add the apples and tarragon and cook for a further 10 minutes.

4 Once you've added the apples to the casserole, make the dumplings. In a mixing bowl, combine the flour and ground fennel seeds with a generous pinch of salt and pepper. In a separate small bowl mix the greek yogurt and mustard, then mix into the flour. With floured hands, divide the mixture into 6 equal pieces and roll into balls. Handle the dough gently or the dumplings will be heavy. 5 Turn the oven up to 190°C/ 170°C fan/gas 5. Put the dumplings on top of the casserole, re-cover and cook for 15 minutes until the dumplings have puffed and the apples are soft. Uncover and cook for 5 minutes more. Pour in the rest of the cider and scatter with a little

PER SERVING 680kcals, 22.7g fat (6.8g saturated), 56.9g protein, 52.2g carbs (14.5g sugars), 2.7g salt, 7.7g fibre 🖪

tarragon. Serve with greens.









Baked pork tenderloin and leeks with black olive tapenade

SERVES 4. HANDS-ON TIME 15 MIN, OVEN TIME 20-30 MIN, PLUS RESTING

Pork tenderloin is an easyto-cook cut, so double up this recipe to feed a crowd. If you can't get tomatoes with chilli, use tomato passata and add

- 3 leeks, cut into 5cm lengths
- 2 tbsp extra-virgin olive oil
- 1 tbsp sherry vinegar
- 3-4 fresh thyme sprigs

a pinch of chilli powder.

- 450g British free-range pork tenderloin (also called pork fillet)
- 5 parma ham slices

• 390g carton finely chopped tomatoes with chilli (see tip)

FOR THE TAPENADE

- 75g pitted dry black olives (we used Crespo)
- 2 fresh thyme sprigs, leaves picked
- Small handful fresh flatleaf parsley
- 2 tbsp extra-virgin olive oil
- Grated zest and juice ½ lemon

1 Heat the oven to 200°C/180°C fan/ gas 6. Arrange the leeks in a baking dish/roasting tin and sprinkle with the olive oil, sherry vinegar and thyme sprigs. Roast for 10 minutes. 2 Meanwhile, make the tapenade by whizzing all the ingredients to a paste in the small bowl of a food processor (or use a stick blender).

3 Starting and finishing 2cm from the ends, cut along the pork fillet to create a pocket (don't cut all the way through), then stuff the tapenade inside. Lay the parma ham slices on a board, slightly overlapping at the edges, then put the pork on top. Wrap the ham around the fillet to enclose. 4 Remove the leeks from the oven and give the dish/tin a shake. Pour in the chopped tomatoes and put the pork in the centre. Cook for 20 minutes (30 minutes for well done). Rest for 5-10 minutes, then serve. PER SERVING 359kcals, 21.1g fat (4.3g saturated), 31.4g protein, 8.4g carbs (6.5g sugars), 1.3g salt,

WINE EDITOR'S CHOICE A light Italian red – dolcetto or valpolicella.

IDEAS ON THE delicious. WEBSITE

There are more great leek recipes on our website. Visit delicious magazine.co.uk/ collections/leekrecipes

Smoked haddock, leek and chive tartlets

SERVES 4. HANDS-ON TIME 30 MIN. OVEN TIME 40-45 MIN. PLUS CHILLING

large supermarkets and online.

Look for sustainable undyed haddock that's been smoked in brick chimneys over oak and beech chippings, which give it a special flavour. From fishmongers,

FOOD

To save time you can use ready-made shortcrust pastry, but add 2 tsp grainy

mustard to the filling to add flavour. These tartlets would make a great starter - use 6 x 8cm tins instead.

- 30g butter
- · 2 leeks, sliced
- · Glug dry white wine
- 100ml fresh chicken or veg stock
- 4 fresh thyme sprigs
- 2 medium free-range eggs, beaten
- · 100g half-fat crème fraîche
- · 2 tbsp finely chopped chives
- 50g strong cheddar, grated
- 200g sustainable undyed smoked haddock (see Know-how), skinned and cut into even 2cm chunks

FOR THE PASTRY

- · 200g plain flour, plus extra to dust
- · Large pinch cayenne pepper, plus a little extra to dust
- 100g butter, cut into cubes
- 1 free-range egg yolk, beaten
- 41/2 tbsp cold water

YOU'LL ALSO NEED...

• 4 x 10cm loose-bottomed fluted tart tins

1 Make the pastry by whizzing the flour, cayenne, butter and some salt and pepper in a food processor until it resembles breadcrumbs. (If you don't have a food processor, mix the ingredients in a mixing bowl, rubbing in the butter with your fingers.) Add the egg yolk and gradually pulse/mix in the cold water until the dough just starts to come together (you may not need it all). Tip out onto cling film, bring together into a ball, then wrap in the cling film. Chill for 30 minutes. 2 Melt the 30g butter in a deep frying pan and gently cook the leeks, white wine, stock and thyme for 15-20 minutes until the leeks are tender and the liquid has reduced. Discard the thyme sprigs and set the pan aside. 3 Heat the oven to 200°C/180°C fan/ gas 6. Divide the chilled pastry into 4 equal pieces and roll out on a lightly floured work surface (or between sheets of non-stick baking paper). Line each tart case with pastry, pressing into the edges/flutes, then trim and prick the bases all over with a fork. Line with non-stick baking paper and fill with baking beans, then chill for 10-15 minutes. Bake for 15 minutes, then remove the beans and paper and bake for 5-10 minutes until the pastry feels sandy.

4 Turn the oven down to 170°C/ 150°C fan/gas 31/2. Mix the eggs with the crème fraîche, chives, cheddar and seasoning in a small bowl. Divide the leeks and smoked haddock evenly among the tart cases and place on a baking tray. Divide the egg mixture equally among the tarts and bake for 20 minutes until golden brown and set. Sprinkle with a little extra cayenne and serve with a green salad. PER SERVING 657kcals, 40.6g fat (23.8g saturated), 26.3g protein, 42.3g carbs (2.9g sugars), 1.6g salt, 4.4g fibre

WINE EDITOR'S CHOICE Smoky fish requires a lightly oaked white rioja crianza or oak-aged chardonnay.

MONTH Watercress takes the limelight









MADE

with the same passion for almost 1000 years in the heart of the Po River Valley in Northern Italy using only local milk, and aged from 9 to over 20 months; controlled and guaranteed by the Consortium for the Protection of Grana Padano cheese, it has become the world's best-selling PDO* cheese and one of the most loved products

IN ITALY.







Consorzio Tutela Grana Padano

THE COUNTRY COOK'S GUIDE TO ...

HOMEMADE RICOTTA

Making cheese at home might seem like taking things too far, but the method is so simple and your efforts will be rewarded with something that tastes miles better than the stuff you buy from the supermarket



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



66 Traditionally ricotta is made by reheating the whey left over from making ewe's and cow's milk cheeses ('ricotta' means re-cooked in Italian), then adding a little citric acid to cause the protein in the whey to curdle and form small clumps. But ricotta is easy to make at home from fresh milk, too. If you want to try it and discover the joy of its simplicity, I'd urge you to buy the best milk you can lay your hands on. If you can get hold of unpasteurised (raw) milk straight from the farm, all the better. Homemade ricotta has a fresh, clean, milky flavour

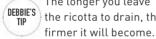
and a light texture. It's extremely versatile too wonderful fresh, as it is. or used as an ingredient in baked pasta dishes. It also adds a subtle cheesiness to savoury fritters, sweet desserts, tarts and cakes. 99 DEBBIE MAJOR

THE MASTER RECIPE Homemade ricotta

MAKES ABOUT 750G, HANDS-ON TIME **15 MIN**



You need to use homemade ricotta within 24 hours. The longer you leave DEBBIE'S the ricotta to drain, the



After 8-10 minutes the curds are soft and can be eaten as they are. After an hour they will have lost most of their liquid and will be firm enough to cook with.

- 3 litres Jersey or whole milk
- 350ml double cream
- 1 tsp fine sea salt
- 6 tbsp lemon juice

YOU'LL ALSO NEED...

- Digital probe thermometer
- 1 Heat the milk and double cream in a large saucepan over a medium heat. Add the salt and stir every now and then until the liquid reaches 93°C on your thermometer. Meanwhile, rest a large sieve over a large mixing bowl and line it with a square of damp muslin or a new J-Cloth. 2 When the milk is 93°C it will be gently steaming and small bubbles will have appeared on



the surface. Remove the pan from the heat, stir in the lemon juice and stir for a few seconds until curds begin to form.

3 Leave the pan undisturbed for 2 minutes then, using a slotted spoon, gently ladle the curds into the sieve, taking care not to break them up too much. Discard the liquid from the pan. Leave the ricotta to drain for between 10 and 60 minutes, depending on the consistency you require (see tip), then tip out of the muslin into a bowl (discard the liquid). If not using straightaway, cover and chill - bear in mind. however, that the ricotta will firm up in the fridge and the texture won't be as light (see tip).

PER SERVING (100G) 114kcals, 33.3g fat (12.3g saturated), 25.7g protein, 27.2g carbs (12g sugars), 1.9g salt, 6.3g fibre

Italian sultana and ricotta torte

SERVES 12. HANDS-ON TIME 1 HOUR. OVEN TIME 1 HOUR 35 MIN. PLUS COOLING

66 This lemony torte, studded with plump, juicy sultanas, is best served warm or at room temperature rather than chilled from the fridge. 99



Make the torte up to 24 hours in advance. Keep covered in the fridge: bring

up to room temperature to serve.



For a more decadent torte, soak the sultanas in warmed marsala, madeira, vin santo or sweet sherry (step 1).

FOR THE BASE

- 175g plain flour, plus extra to dust
- 75g semolina
- 175g chilled unsalted butter, cut into small pieces, plus extra for greasing
- 75g caster sugar

FOR THE RICOTTA TOPPING

- 100g good quality sultanas
- 225g caster sugar (reserve 3 tbsp)
- 90g unsalted butter, at room temperature
- 4 large free-range eggs, at room temperature
- 41/2 tbsp cornflour
- Scant 1 tsp baking powder
- 1/4 tsp salt
- 750g fresh ricotta (see left)
- Finely grated zest 1 large unwaxed lemon
- 15g flaked almonds @
- Icing sugar to dust

YOU'LL ALSO NEED...

- 23cm springform cake tin, lightly greased with butter
- 1 For the ricotta topping, put the sultanas in a small, heatproof bowl, cover with boiling water, then set aside to soak (see tip).
- 2 Meanwhile make the base. Heat the oven to 160°C/140°C fan/gas 3. Put the flour and semolina in a food processor, add the butter and

process briefly until the mixture looks like fine breadcrumbs. Add the 75g sugar and blend using the pulse button until the mixture starts to stick together in small clumps.

3 Turn out onto a lightly floured surface and knead lightly until smooth. Shape into a ball, then roll out into a 23cm disc. Put the disc in the greased tin and prick here and there with a fork. Bake for about 35 minutes until a pale biscuit-brown. Remove and set aside to cool slightly. Turn the oven up to 180°C/160°C fan/qas 4.

4 For the topping, drain the sultanas and spread out to dry on kitchen paper. Reserve 3 tbsp of the caster sugar. In a mixing bowl, beat the butter and remaining caster sugar with an electric mixer until combined. It won't go pale and fluffy because of the high proportion of sugar. Crack in one of the eggs and beat once more until the mixture is light, pale and creamy. Beat in 2 more of the eggs. Separate the last egg and beat in the egg yolk. Reserve the egg white.

5 Sift over the cornflour, baking powder and salt, then fold in using a large metal spoon along with the ricotta, lemon zest and sultanas. Finally, whisk the egg white to soft peaks in a mixing bowl, then gently fold in using a large metal spoon. 6 Grease the sides of the tin with a little more butter and coat them with the reserved 3 tbsp caster sugar. Pour the ricotta topping mixture on top of the base in the tin, then scatter over the flaked almonds. Bake for 1 hour until the torte has puffed up, is firm to the touch and has started to shrink away from the sides of the tin. Remove from the oven and leave to cool in the tin. **7** Carefully remove the torte from the tin. To serve, lightly dust the top with icing sugar. Serve warm or at room temperature, cut into slices. PER SERVING 514kcals, 28.2g fat (16.6g saturated), 11.6g protein, 52.8g carbs (32g sugars), 0.4g salt,

 ${\color{red} \bullet}$ For more ways to use flaked almonds see Loose Ends ${\color{red} \rightarrow}$



FIND MORE IDEAS ON THE delicious. WEBSITE

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

Savoury ricotta and greens fritters 0

SERVES 4. HANDS-ON TIME 1 HOUR

66 You can make these with other greens, such as swiss chard, spinach, curly kale, broccoli or sprouting broccoli. Serve hot with the tomato sauce, and garlic and dill yogurt. 99



Make the tomato sauce up to 48 hours in advance and keep covered in the fridge.

Make the fritter batter, without the greens, up to 24 hours in advance. Just before frying, stir in the chopped boiled greens. The yogurt will also keep for 24 hours, but stir in the dill just before serving.

FOR THE FRITTERS

- 375g greens (see Debbie's introduction)
- Oil for deep-frying
- 75g plain flour
- ¾ tsp baking powder
- 1/2 tsp freshly grated nutmeg
- 3/4 tsp salt
- 2 large organic free-range eggs
- 375g fresh ricotta (see p52)
- 40g pecorino or parmesan (or vegetarian alternative), grated

FOR THE TOMATO SAUCE

- 1 tbsp olive oil
- 2 fat garlic cloves, crushed
- 2 x 400g cans chopped tomatoes

FOR THE GARLIC AND DILL YOGURT

- 200g full-fat or greek yogurt
- 20g fresh dill, leaves chopped
- 2 fat garlic cloves, crushed

YOU'LL ALSO NEED...

• Digital probe thermometer

1 For the tomato sauce, put the 1 tbsp oil and garlic in a medium pan set over a medium-high heat. As soon as the garlic is sizzling, add the tomatoes, stir and leave to simmer until thickened slightly to a good sauce consistency (30-40 minutes). Taste and season with salt and pepper, then keep warm.

2 For the garlic and dill yogurt, mix everything together in a small bowl, taste and add salt. Cover and chill until needed.

3 For the fritters, heat the oven to 150°C/130°C fan/gas 2. Boil a pan of water and cook the greens for 3-4 minutes until tender. Drain, refresh under cold water, then press out as much of the excess water as you can (wrap in a clean tea towel or J-cloth, if you want). Tip onto a board and

coarsely chop. Half-fill a deep saucepan with oil and heat until the temperature reads 180°C on a digital probe thermometer. (If you don't have a probe thermometer. heat the oil until a cube of bread turns golden 60 seconds after being added to the pan.) 4 Meanwhile, sift the flour, baking

powder, nutmeg and salt into a mixing bowl. Add the eggs and whisk together to form a smooth batter. Stir in the ricotta, parmesan and cooked greens.

5 Using 2 dessertspoons, shape the mixture into egg shapes and drop carefully into the hot oil. Make 6-7 fritters at a time. Fry for 3 minutes, flipping them halfway through, until puffed up, golden brown (they will go darker at the edges) and cooked through. Using a slotted spoon, lift onto a baking tray lined with lots of kitchen paper and keep hot in the oven while you cook the rest. Serve hot with the tomato sauce and garlic and dill yogurt.

PER SERVING 524kcals, 33.3g fat (12.3g saturated), 25.7g protein, 27.2g carbs (12g sugars), 1.9g salt, 6.3a fibre

WINE EDITOR'S CHOICE Stick to a light, dry Italian white here a chilled gavi or soave. d

NEXT MONTH Debbie conjures up some magical Easter baking

creations

THE QUICK FIX Baked ricotta with chilli and thyme V

SERVES 3 (OR 6 AS A STARTER). HANDS-ON TIME 10 MIN, OVEN TIME 20 MIN



If you want to use shop-bought ricotta from a tub, bake for an extra 5 minutes until just firm (as well as puffed up and golden). Supermarket ricotta is often wetter than the fresh stuff.

Heat the oven to 200°C/180°C fan/gas 6. Lightly butter either 3 x 250ml round ovenproof dishes or 6 x 150ml ramekins with butter and put on a baking sheet. Mix 500g fresh ricotta in a bowl with 2 large free-range eggs, 1 tbsp chopped fresh thyme, ½ tsp chilli flakes, 50g finely grated parmesan (or vegetarian alternative) and salt and pepper to taste. Spoon into the prepared dishes, then bake for 20 minutes until golden. Serve straightaway with slices of toast and a green salad. PER SERVING (FOR 6) 195kcals, 14.5g fat (8.4g saturated), 13.7g protein, 2g carbs (1.7g sugars), 0.5g salt, 0.5g fibre WINE EDITOR'S CHOICE A Bordeaux sauvignon/semillon or dry rosé.





The recipe hall of fame BROWNIES

Some edible things are so wondrously indulgent that, if they were to disappear, the food world would be bereft. In a new series, we get to the heart of what makes these dishes crave-worthy, and pin down how to achieve texture-flavour perfection. First up is a sweet treat loved by everybody

RECIPE REBECCA WOOLLARD PHOTOGRAPH JONATHAN KENNEDY FOOD STYLING LOTTIE COVELL STYLING LUIS PERAL



* The master recipe
MAKES 24. HANDS-ON TIME 20 MIN,
OVEN TIME 40-45 MIN

The finished brownies will keep for up to 3 days in an airtight container in a cool place. If you're planning to make ahead, we recommend cooking them for no longer than 45 minutes, otherwise they might dry out. To freeze, wrap well and keep for up to 1 month. You can even freeze the unbaked mixture in the tin (step 2), wrapped well, for up to 1 month – unwrap and cook from frozen, adding 5-10 minutes to the cooking time.

- 250g unsalted butter (we like Président)
- 300g dark chocolate (70 per cent cocoa solids), broken into pieces
- 400g caster sugar
- 1/2 tsp sea salt flakes
- 5 large free-range eggs
- 100g plain flour
- 100g ground almonds

YOU'LL ALSO NEED...

- 20cm square cake tin or baking tin, fully lined with foil
- 1 Heat the oven to 170°C/150°C fan/ gas 3½. Put the butter and chocolate in a heavy-based pan,

then set over a low heat, stirring now and then, until the mixture is melted, smooth and combined. 2 Remove from the heat then, using a balloon whisk, stir in the sugar and salt. Add the eggs, one at a time, whisking after each addition. If the mixture splits at this stage, don't worry - keep adding the eggs and whisking and it will come back together. Whisk in the flour and ground almonds until just combined and smooth, then pour into the tin. 3 Bake the brownies for 40-45 minutes (see Make Ahead) until the top is craggy and cracked, and the underneath is just set but still has give and squidge (see The Defining Characteristics, right). If you like a cakier (drier) texture, bake for 10-15 minutes more. Cool in the tin, then chill for at least 4 hours before turning out and cutting into 24 squares. If you don't chill them, they'll be too soft to slice cleanly. If you've cooked them for 50-55 minutes, the brownies will be firmer: cool in the tin for 10 minutes. turn out and cool completely on a wire rack, then cut into squares. PER BROWNIE 270kcals, 15.8g fat (8.1g saturated), 4g protein, 27.8g carbs (24.4g sugars), 0.2q salt, 0.6q fibre

NEXT MONTH Pizza margherita

How to jazz them up

- Chop 100g each of milk and white chocolate into rough chunks, then stir into the mixture just before pouring it into the tin (step 2). Bake as instructed in the recipe.
- Scatter chopped Munchies, Reese's Peanut Butter Cups or Maltesers over the mixture in the tin (step 2), then poke the bits into the surface so they're barely visible. Bake as in the recipe.
- Stir chopped sour cherries with pistachios or chopped hazelnuts into the mixture before pouring into the tin (step 2). Broken-up pretzels also make a good addition (remove the salt from the recipe if using pretzels).
- Pour half the mixture into the tin (step 2), freeze for 15 minutes, then spread a thick layer of **dulce de leche** over and freeze again for 15 minutes. Top with the second half of the mixture, then bake for 55 minutes.



"The recipes my mother taught me"

Rachel Allen is a master at creating dishes with easy crowd appeal. To mark Mothering Sunday on 26 March, this collection from her latest book includes recipes of the most tempting kind, many of which are old favourites, handed down to her from her mum

66 I grew up in Dublin with a sister, an Irish father and a mother from Iceland. I've always been proud of my heritage and I count myself fortunate in that it was a happy home with lots of good food. My father made the best poached eggs in town but it was Mum who cooked a delicious and nutritious meal for us to eat at the end of every day, despite the fact she had to run two busy boutiques. Looking back, I'm so appreciative that I got to sit down at the table to enjoy these meals. It's one thing my husband Isaac and I insist on now with our children. I get such pleasure when I see them enjoying wonderful food. I hope you enjoy these recipes and feel inspired to pass them down to the next generation. 99 RACHEL ALLEN







A BIT ABOUT RACHEL

Known for her honest, down-to-earth cooking style, she's written numerous cookbooks, frequently appears on TV, and teaches at the famed Ballymaloe Cookery School in County Cork, Ireland. She lives by the sea with husband Isaac and children, Joshua, Lucca and Scarlett.



Chicken kiev

SERVES 4. HANDS-ON TIME 35 MIN, OVEN TIME 10-20 MIN

crisp, crunchy breadcrumbs surrounding a juicy chicken breast enclosing a pocket of melted garlic butter. This version has the added bonus of lemon and parmesan. It's a firm family favourite.



Make the garlic butter up to 48 hours in advance and keep, covered,

in the fridge. Soften at room temperature until pliable before continuing with the recipe.

- 4 free-range chicken breasts, skin removed
- 2 garlic cloves, crushed with a little salt
- 4 tbsp fresh flatleaf parsley, roughly chopped
- 100g butter, softened
- 40g parmesan, grated
- · Zest and juice 1 lemon,
- 1 medium free-range egg, beaten
- 3 tbsp plain flour
- 120g dried breadcrumbs
- 2 tbsp extra-virgin olive oil
- Leafy salad or seasonal vegetables to serve

1 Cut a pocket inside the chicken breasts by piercing the thick end with a thin, sharp knife. Push the blade of the knife down to near the thin end of the breast, being careful not to cut right through the flesh. Sweep the blade from side to side to make the pocket wider on the inside while keeping the opening incision small. This will help stop the lovely garlic butter leaking out. Set aside. 2 Add the garlic, parsley, 75g of the butter and the grated parmesan to the lemon juice in a small bowl and mix well to combine. Divide the flavoured butter evenly into 4 and stuff one piece into the pocket of each chicken breast, pushing it well down inside.

3 Put the beaten egg in a shallow dish. Mix a good pinch of salt and

pepper into the flour and put in another shallow dish, then add the lemon zest to the breadcrumbs and put in a third dish.

4 Toss the breasts one at a time into first the flour, then the egg and finally the breadcrumbs, making sure they're thoroughly coated at each stage. Set aside.

5 Heat the oven to 200°C/180°C fan/ gas 6. To fry the chicken, put the remaining 25g butter and the olive oil in an ovenproof frying pan and heat until foaming. Add the chicken breasts to the pan and fry on one side until golden brown, then turn them over and put the pan in the oven for 10-20 minutes, depending on whether the breasts are small or large.

6 When the chicken breasts are cooked through and golden all over, serve with a leafy salad or seasonal vegetables.

PER SERVING 615kcals, 33g fat (16.6g saturated), 46.7g protein, 32.1g carbs (2.2g sugars), 1.5g salt, 1.5g fibre

WINE EDITOR'S CHOICE Make it a rich, buttery white for the garlicky chicken – a ripe chardonnay or peachy viognier.

* Iced banoffee cake

SERVES 8-10. HANDS-ON TIME 30 MIN, PLUS FREEZING

66 If the banana-toffee twosome is your thing, then try making this version of a banoffee cake that can conveniently be made ahead and stored in the freezer until serving. 99



This will keep well wrapped in its tin in cling film for up to 1 week in the freezer.

Take out 5 minutes before serving and scatter with grated chocolate.

- 3 medium bananas
- 800ml vanilla ice cream
- Grated chocolate to serve

FOR THE BASE

- 200g digestive biscuits
- 75g butter, melted

FOR THE TOFFEE SAUCE

- 75g butter
- 50g brown sugar
- 90g golden syrup
- 30g plain flour
- 75ml double cream
- 75ml milk

YOU'LL ALSO NEED...

- 23cm springform cake tin
- 1 Put the base of the springform cake tin upside-down in the tin (so that the lip of the base is facing down) and secure the clasp. This will make it easier to slide the cake off the tin base for serving.
- 2 For the base, put the biscuits in a food processor and whizz to the consistency of coarse breadcrumbs (or put in a plastic bag and bash with a rolling pin). Tip into a bowl, add the melted butter and mix well. Tip into the tin and press the mixture down firmly to create an even layer, smoothing the surface with the back of a spoon. Chill in the fridge.

 3 For the toffee sauce, melt the
- butter in a saucepan over a medium heat. Add the brown sugar and golden syrup and bring to the boil, then add the flour and whisk over
- 4 Pour in the cream and milk, whisking all the time, and continue to boil, while whisking, for 2 minutes more or until thickened. Take off the

heat and set aside to cool slightly.

the heat until smooth and thickened.

- **5** Peel the bananas and cut into 5mm slices, then lay evenly over the biscuit base. Once the sauce has almost cooled, pour it over the bananas. Chill in the freezer for 5-10 minutes to firm up and take out the ice cream to soften slightly. Spread the slightly softened ice cream over the toffee sauce to cover it completely, then return to the freezer until the ice
- **6** When ready to serve, remove from the tin, scatter the cake with grated chocolate and cut into slices.

cream is firm (at least 3 hours: see

Make Ahead).

PER SERVING (FOR 10) 401kcals, 24.2g fat (14.1g saturated), 3.8g protein, 41.1g carbs (29g sugars), 0.7g salt, 1.4g fibre →





Grilled pork chops with tomato and smoked paprika butter

SERVES 4-6. HANDS-ON TIME 30 MIN

66 A simple flavoured butter is a great little embellishment that can be made ahead and stored in the fridge or freezer. This tomato and smoked paprika butter also works a treat with barbecued sweetcorn or lamb steaks. I normally use the sweet smoked paprika, but feel free to use the hot one if you fancy a kick. 99

MAKE AHEAD The butter will keep for a few days in the fridge and up to a month in the freezer,

wrapped thoroughly in cling film, but leave out the parsley – instead, garnish the finished dish. Freeze any of the spiced butter you don't use in the recipe. When you have something that needs pepping up, simply slice off a disc.

- 4-6 large British free-range pork chops
- A little extra-virgin olive oil
- Crushed potatoes and wilted greens or salad to serve

FOR THE TOMATO AND SMOKED PAPRIKA BUTTER

- 100g butter, slightly softened
- 1/2 tsp tomato pureé
- ½ tsp smoked paprika (see Rachel's intro)
- 1 tsp lemon juice
- 1 tsp dijon mustard
- 1 tbsp fresh flatleaf parsley, roughly chopped

1 First make the tomato and smoked paprika butter. Mix all the ingredients for the butter together in a bowl. Wrap in cling film or non-stick baking paper, roll into a log, then chill in the fridge until firm (see Make Ahead).

2 Season the pork chops with salt and pepper, then rub with a little oil. Heat a griddle pan (or heavy-based)



frying pan), then fry the chops for 5-8 minutes on each side until golden brown and cooked through (the juices should run clear when the meat is pierced in the thickest part with a skewer).

3 Serve the chops on warm plates with a few slices of the paprika butter melting over them. They're delicious served with crushed potatoes and wilted greens or salad. PER SERVING (FOR 6) 288kcals, 20.4g fat (10.6g saturated), 25.8g protein, 0.3g carbs (0.3g sugars), 0.6g salt, 0.3g fibre

WINE EDITOR'S CHOICE A brightly fruity red such as Chilean pinot noir or Californian merlot.

Kale gratin 0

SERVES 4-6 GENEROUSLY. HANDS-ON TIME 45 MIN, OVEN TIME 15-20 MIN

66 We grow a lot of kale at the Ballymaloe cookery school, and thankfully we all adore it, so I'm always using it in all sorts of different ways. You could also use cavolo nero. This is a supremely comforting gratin that's also wonderful served with a roast chicken or lamb. 99

The gratin can be prepared to the end of step 5 up to 24 hours in advance. Keep it covered in the fridge, then ->





BOOK OFFER

To order Recipes From My Mother (RRP £20, HarperCollins) for £16 including P&P, please call 0844 576 8122 and quote the code 900U. bake for an extra 5-10 minutes to make sure it's piping hot throughout.

- 800g curly kale with stalks on
- 1/2 tsp salt
- Up to 800ml whole milk
- 100g butter
- 100g plain flour
- 1 tsp dijon mustard
- 150g mature cheddar, grated
- · Pinch freshly grated nutmeg

FOR THE BUTTERED CRUMB TOPPING

- 60g butter
- 120g breadcrumbs
- 100g mature cheddar, grated

YOU'LL ALSO NEED...

• 2.5 litre ovenproof gratin dish

1 Heat the oven to 180°C/160°C fan/ gas 4. Remove the kale stalks and chop finely, then set aside. Chop the leaves roughly and set aside. 2 Pour 300ml water into a large saucepan with a lid, add the salt and bring to the boil. Add the chopped stalks, cover the pan and cook for 2-4 minutes until softened. Add the leaves and cook, with the lid on, for another 8-10 minutes until tender. 3 Pour the contents of the pan into a sieve or colander sitting over a heatproof bowl. Reserve all the liquid and press down on the kale using a wooden spoon until quite dry. Pour the reserved kale liquid into a measuring jug and add enough milk to make it up to 1 litre.

4 While the kale is draining, add the 100g butter and the flour to the saucepan. Cook over a medium heat, stirring for 2 minutes to form a roux (paste). Gradually pour in the milk mixture, whisking all the time to mix it into the roux without any lumps. Bring to the boil, still whisking, to form a smooth, thick, creamy sauce. Take off the heat and stir in the mustard, then add the grated cheese and nutmeg and season to taste with salt and pepper. Return the drained kale to the pan. mixing it thoroughly into the sauce, then pour it into the gratin dish. **5** For the buttered crumbs, melt the 60g butter in a pan, add the breadcrumbs and grated cheese and stir well to combine. Scatter the crumbs over the creamy kale (see Make Ahead). 6 Bake in the oven for 15-20 minutes until bubbling hot and golden on top. PER SERVING (FOR 6) 641kcals, 43.9g fat (26.2g saturated), 23.2g protein, 35.3g carbs (8.5g sugars), 2.2g salt, 6.2g fibre WINE EDITOR'S CHOICE Chill a crisp, fresh, slightly peppery dry

*Lemon drizzle golden syrup cake

MAKES 16 SQUARES. HANDS-ON TIME
30 MIN. OVEN TIME 1 HOUR. PLUS COOLING

white, such as picpoul de pinet or

66 As with many of my favourite recipes, this one evolves each time I make it. It started life as a spiced golden syrup cake but as soon as I tasted it, I realised it was crying out for some lemony zing and, hey presto, a delicious treat with a cup of tea. 99



Can be made 24 hours in advance and kept in a sealed container. Freeze

wrapped in non-stick baking paper and cling film for up to 1 month.

- 300g golden syrup
- 200ml water
- 150g unsalted butter, cubed
- 150g caster sugar

- 300g plain flour
- 11/2 tsp baking powder
- 11/2 tsp ground ginger
- 1½ tsp ground cinnamon
- 1/4 tsp fine sea salt
- 2 medium free-range eggs
- 1 tsp bicarbonate of soda
- 75ml cooled tea

FOR THE DRIZZLE TOPPING

- 75g caster or granulated sugar
- · Grated zest and juice 1 lemon

YOU'LL ALSO NEED...

- 20cm square cake tin, base and sides lined with non-stick baking paper
- 1 Heat the oven to 150°C/130°C fan/ gas 2. Put the golden syrup, 200ml water, the butter and the caster sugar in a saucepan and stir while the butter melts and the mixture comes to the boil. Take off the heat and set aside to cool slightly. 2 Sift the flour, baking power, ginger, cinnamon and the salt into a large mixing bowl.
- 3 In a medium mixing bowl, whisk the eggs, then add the cooled golden syrup mixture. Add the bicarbonate of soda to the tea, stir, then pour into the egg and golden syrup mix. Now add the golden syrup/tea mixture to the bowl with the dry ingredients and use a whisk to form a batter
- it will be very wet.
- 4 Pour the batter into the prepared tin and bake in the oven for 50-60 minutes until a skewer pushed into the centre comes out clean.
- 5 While the cake is baking, make the drizzle topping. Mix the sugar, lemon zest and juice in a bowl.
- 6 When the cake is cooked, take it out of the oven and immediately pour the drizzle topping evenly over the top (make sure you cover it all). Set aside and allow to cool. Cut into squares to serve.

PER SQUARE 265kcals, 8.7g fat (5.2g saturated), 3g protein, 43.1g carbs (28.5g sugars), 0.5g salt, 1.1g fibre d

NEXT MONTH Indulge in criminally good pies from chef Nathan Outlaw

Mother's words of wisdom

Chefs, food writers and the delicious, team remember their mum's best advice from growing up



KAREN BARNES, delicious. EDITOR "Never say you don't like something. First

of all, it's rude, and secondly, anyone can get to like anything."



GALTON BLACKISTON. CHEE OF MICHELIN-STARRED MORSTON HALL, NORFOLK "Your mother knows

best, so add more sherry to those trifle sponges."



ISSY BRADFORD. delicious. DIGITAL **PRODUCER** 'My mother told me, Supremes-like,

'You can't hurry scrambled eggs.'"



YOTAM OTTOLENGHI. COOKBOOK AUTHOR AND RESTAURATEUR 'When I try to help my mum in the kitchen her

standard reply is: 'No thank you, it's hard enough doing it myself."



NIKLAS EKSTEDT. CHEF AT EKSTEDT. STOCKHOLM "If you want something good to eat, learn

to cook it yourself."



MARK HIX. SUPERCHEF "My dear grandmother, whom I grew up

with, taught me how to roll up mackerel and souse them with vinegar. It's a dish that's on the menu at HIX restaurant."

MOTHERS OF INVENTION, FROM TOP Ma Blackiston, the caring, sharing Mrs Tonks and Valentina Harris' mama



JEN BEDLOE. delicious. ACTING FOOD EDITOR "Cakes - and the leftover batter in

the mixing bowl - are much better shared."



VALENTINA HARRIS. CHEF. AUTHOR AND **COOKERY TEACHER** "When there were problems to solve,

my lovely mama would always say, 'A pancia piena si ragiona meglio,' which means: 'It is easier to reason with a full stomach."



SOPHIE GRIGSON, **FOOD WRITER** "If you see something on a menu you don't know, order it.' That's

what my mother, food writer Jane Grigson, used to say about eating out, but it applied to shopping too."



MITCH TONKS, **CHEF AND** RESTAURATEUR "My mum taught

me how important it is to eat together as a family."



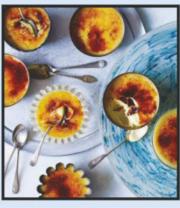
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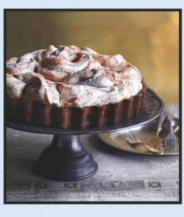
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How to plant and nurture veg & herbs

SO EASY
GOT A BALCONY AND
A POT? YOU'RE READY
TO GET STARTED

BURSTING WITH FLAVOUR

Quick, delicious recipes for produce fresh from your garden



Welcome



We all know that if you want the freshest, most flavoursome vegetables, herbs and fruit, you can't beat growing your own. What many people don't realise is just how easy it can be. In this special supplement, delicious. magazine has

teamed up with Unwins, whose new Bursting with Flavour seed range has 39 varieties of herbs, vegetables and fruit, all chosen because they're easy to grow and have a great flavour.

We have plenty of tips on how best to plant and grow your seeds, whether you have a sunny windowsill, a tiny patio, raised beds or a larger plot. And, of course, we have lots of great recipe ideas that will show you how to make the most out of your own freshly picked, homegrown produce.

I hope you enjoy this exciting new grow-your-own journey, choosing your favourite produce and starting to grow your own garden-fresh ingredients from seed. Here's to getting things growing this spring!



ADAM PASCO. EDITOR

FIND OUT MORE ON THE **unwins** WEBSITE For more information on all the varieties featured, tips on successful growing and to order from the Bursting with Flavour seed range, visit unwins.co.uk

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♥Indicates a vegetarian recipe.

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REAP A RAINBOW, FROM TOP Grow beetroot, radishes, lettuce and spring onions for a taste of summer; the cerise stalks of swiss chard 'Galaxy' pack a nutritious punch; purple-flowered chives not only look pretty, they taste pretty good too; carrots at their freshest



5REASONS TO GROW YOUROWN

If you've never tried growing your own, now's the time to start - and here's why

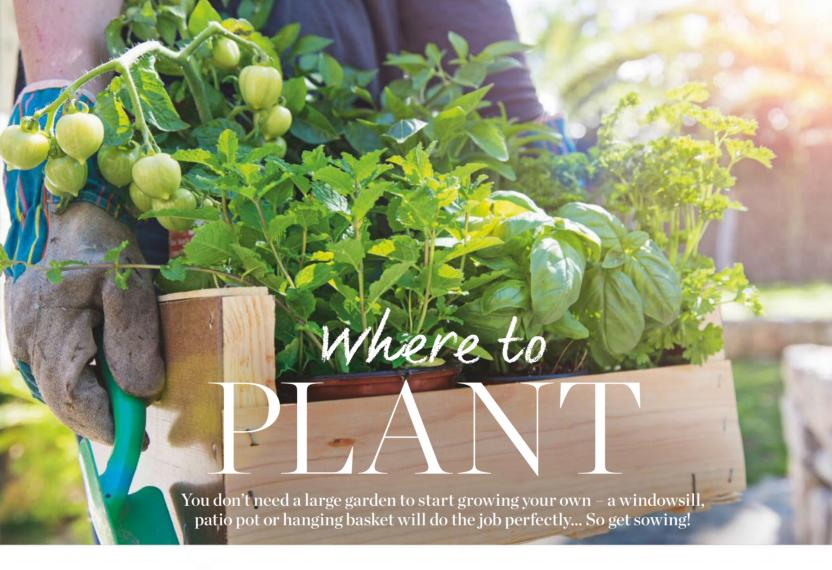
1 THEY TASTE FANTASTIC The fresher they are, the more flavours they have, and you can't get fresher than vegetables picked from your own garden half an hour before they hit your plate. Unlike supermarket vegetables, gardeners' varieties such as those in the Unwins Bursting with Flavour collection are selected on the basis of their outstanding flavour, rather than their ability to handle travel and storage.

2 THEY'RE HEALTHY What better way to top up your 5-a-day than with your own homegrown vegetables? Freshly picked, organically grown produce will be packed with vitamins and nutrients too. But it's not just the produce itself that's healthy. Getting out in the fresh air to sow and tend your crops is good for you and brilliant exercise. It's fun for children to join in with too - and gardening's great for reducing stress.

3 THEY SAVE YOU MONEY Unwins Bursting with Flavour seeds are priced from just £1.99 to help trim your food bills. Then, with a little care and attention, you can enjoy the thrill of watching your investment grow from tiny seeds into wholesome homegrown crops. Continue sowing at regular intervals to maintain a harvest right through the summer months.

4 THEY LOOK GOOD Many crops not only taste great but are also beautiful to look at, improving the appearance of any garden or patio. The vivid pink stalks and patterned leaves of swiss chard 'Galaxy' look as pretty as any border plant, and your empty beds or pots will get a dramatic makeover if you fill them with red-leafed lettuce, yellow courgette, or herbs such as feathery dill and bright purple-flowering chives.

5 THEY'RE SEASONAL All food lovers aspire to eat seasonally, and it's simpler when you grow your own. The natural gardening cycle brings a series of highlights as different crops mature through the year. You'll become more attuned to what's in season and more appreciative of each month's produce when you start enjoying homegrown produce picked at its best.









1 KITCHEN HERB POTS

Every cook enjoys having their own fresh supply of herbs. They're easy to raise from seed and you'll save money by growing your own. The Unwins Bursting with Flavour range includes basil, chives, coriander, dill, mint and parsley, all simple to grow in pots on a warm windowsill. Remember to feed them once a week with a good quality fertiliser such as Gro-Sure All-Purpose Plant Food.

2 WIGWAM OF BEANS

Make a wigwam from canes, or use an existing pergola or arch to train climbing beans, and create an attractive and productive feature for your garden. Try **runner bean** 'Tenderstar' – its beautiful red and



pink flowers lead on to an abundant crop of smooth, stringless pods.

3 WINDOWSILL SALADS

Sow salad leaves in pots on a sunny windowsill. Choose seed mixtures such as lettuce 'Spicy Baby Leaf' containing pak choi, mizuna, tatsoi, mustard and cress. Other fast-growing salads to try include rocket 'Wildfire' and lettuce 'Baby Leaf Mix'. Fill small pots

GO SUE Seed & Cutters S Cu

with compost such as **Gro-Sure Seed & Cutting Compost**, sprinkle on a few seeds, cover lightly and water. The first leaves will be ready in 4-6 weeks.

4 STRAWBERRY BASKETS

Strawberries are great for hanging baskets, trailing down to ripen in the sun. Fruits stay cleaner than those growing in the ground and avoid attention from greedy birds. Sow **strawberry 'Delican'** in pots indoors in March, and transfer the young plants into outside baskets.

5 GROWING BAGS

Try raising tomatoes and veg such as courgette 'Lemona', aubergine 'Ophelia' and sweet pepper



'Lunchbox Mix' on a patio in the **Gro-Sure** Tomato

Gro-Pack. Great for small spaces, these extra-deep bags encourage better root growth and contain enriched compost that feeds crops for up to six weeks.

Try Gro-Sure Tomato Easy Feed sticks

for seasonlong nutrition.



If your garden soil isn't the best quality, build yourself a raised bed. This also makes sowing, watering, weeding and harvesting far easier as you won't have to bend. Fill with top quality Gro-Sure All-purpose



Compost for deep, free-draining conditions that promote good root and crop growth.

Plant taller varieties in the centre, and shorter and trailing ones around

the edges. Try sowing deep-rooted parsnip 'Gladiator', beetroot 'Cardeal', carrots 'Sugarsnax' and 'Katrin', and sweetcorn 'Mirai Gold', among others.

7 GROWING UNDER COVER

If you're lucky enough to have a greenhouse, conservatory or a sheltered, sunny patio, this will extend your growing season significantly, allowing you to grow tender crops that wouldn't flourish



as long in colder, exposed sites. Try aubergine 'Ophelia', chilli pepper 'Cavennetta' or cucumber 'La Diva'.







On your marks... get set... sow!

Raising plants from seed is a great way to grow your own veg and herbs. You can start them off now on a sunny windowsill, then pot them up into larger tubs to go on the patio, or to be planted directly outside. Always follow the growing advice on the seed packet, but here are some tips to get you started.



1 Fill pots with Gro-Sure **Seed & Cutting Compost** to just below the rim. Firm gently, water, then allow to drain. Sow seeds evenly over the surface, following the packet instructions.



2 Cover seeds with a thin layer of compost, then cover the pot with a piece of cling film to retain moisture. Place in a warm position or in a propagator to germinate.



3 Remove any covering as soon as seedlings emerge. Place in full light to promote strong growth. Plant out individually into larger pots as they grow, to avoid overcrowding.

Grow-your-own favourites TOMATOES

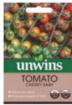
If there's one summer crop that every cook should try growing it's tomatoes – as anyone who's eaten them sun-warmed, straight from the plant, will agree



Baked eggs and tomatoes **0**

SERVES 2. HANDS-ON TIME 30 MIN. SIMMERING TIME 20 MIN

Heat the oven to 190°C/170°C fan/gas 5. Heat 2 thsp olive oil in an ovenproof frying pan and fry a chopped onion until softened. Add 2 finely chopped red chillies and a crushed garlic clove, then cook for 1 minute. Add 300g chopped tomatoes and a handful of cherry tomatoes, then cook for 15-20 minutes. Season with 1 tsp red wine vinegar, salt, pepper and a pinch of sugar. Make 2 wells, crack in 2 free-range eggs, sprinkle over 1 tbsp panko breadcrumbs and bake for 6-8 minutes to cook the eggs. Scatter with a few fresh coriander leaves and serve. PER SERVING 268kcals, 17.1g fat (3.2g saturated), 10.6g protein, 16.2g carbs (9.8g sugars), 0.3g salt, 3.4g fibre



THREE OF THE BEST

Unwins Bursting with Flavour range includes three tasty **tomato** varieties: juicy, sweet **'Cherry Baby'**, productive plum **'Santonio'**, and larger variety **'Orkado'**. Perfect for growing in pots on a sunny patio or in a greenhouse.

THINK OUTSIDE THE GROW-BAG...



GOOD SCENTS
Sow a pot of basil
'Aromatic Blend' as
its pungent leaves
are a match made in
heaven with tomatoes.



PUT THEM ON A DIET
Feed tomato plants
regularly with a
nutrient-rich fertiliser
such as Gro-Sure
Tomato Food.



A STICKY END
Combat pests such as
whitefly and aphids by
hanging up Growing
Success Greenhouse
Whitefly Traps.

TIPS FOR A GOOD CROP

GROW UP The tomato plants 'Cherry
Baby', 'Orkado' and 'Santonio' should be
grown as upright stems (cordons).

TRAIN AND SUPPORT Tie stems to
canes to prevent them breaking.

KEEP COMPOST MOIST You need to water
regularly or fruit may split or turn leathery.

WATERING SYSTEMS Rig up a hose system or
simply stand pots and growing bags on gravel
trays to help plants take up water.

HELPING HAND Tap flowers lightly in the morning
to improve pollination and encourage more fruit.

PINCH OFF SIDE SHOOTS This makes the plant put
its energy into forming fruit, not unwanted growth.

Cherry tomato and herb puff tarts 0

SERVES 4. HANDS-ON TIME 15 MIN, OVEN TIME 40 MIN

- 250g cherry tomatoes, halved
- Extra-virgin olive oil to drizzle
- 375g ready-rolled all butter puff pastry
- 4 tbsp cream cheese
- 2 free-range egg yolks
- 25g parmesan (or vegetarian alternative), finely grated
- 2 tbsp finely chopped fresh chives
- Handful fresh basil leaves

1 Heat the oven to 200°C/180°C fan/ gas 6. Put the cherry tomatoes on a baking tray, drizzle with a little oil and season. Roast for 20 minutes until softened and turning sticky.

2 Meanwhile, unroll the pastry. Trim and discard 5cm off the uneven end from the centre of the coil. Cut into 4 rectangles and transfer to a baking sheet. Lightly score a border 1cm from the edge of each rectangle and prick the middles with a fork.

3 Bake for 8 minutes until puffed up and just starting to turn golden. Press the centres of the rectangles down with your fingers, leaving the border raised higher.

4 Meanwhile, in a small mixing bowl mix the cream cheese, 1 egg yolk, parmesan and chives, season and divide among the tarts. Top with the tomatoes, then lightly beat the other yolk and brush over the pastry borders. Bake for 10-12 minutes until the pastry is puffed and golden. Serve drizzled with oil and scattered with fresh basil leaves.

PER SERVING 515kcals, 37g fat (16.4g saturated), 10.3g protein, 33.3g carbs (4.3g sugars), 1g salt, 3.7g fibre





1 Sweetcorn 'Mirgi Gold'

Although sweetcorn needs space you can't beat its irresistible flavour. Each plant produces one or two cobs.

- Sow indoors in March/April in deep pots.
- Plant outside in late May/June, spacing plants about 45cm apart in
 - a block, not in rows.



• Pick ripe cobs in August/September. TOP TIP Squeeze a kernel – a milky liquid means it's ready to pick.

2 Runner bean 'Tenderstar'

This french bean/runner bean cross produces a bumper crop of smooth, stringless pods with great flavour.

- Raise plants indoors in March/ April in deep pots to plant out, or sow directly outside in late May/June.
- Build a wigwam from canes at least 2m tall for each plant. Keep



well watered.
TOP TIP Feed
beans and peas
with tomato food.

3 Pea 'Hurst Greenshaft'

These wonderfully sweet peas are easy to grow, shell and eat. Best grown in the ground, or in large tubs.

- Sow outside in wide shallow trenches from March to May.
- Give peas support as they grow, using netting or pea sticks.
- Water regularly to ensure flowers



set, pods develop and peas swell inside, ready to pick in June/July.

4 Carrot 'Sugarsnax'

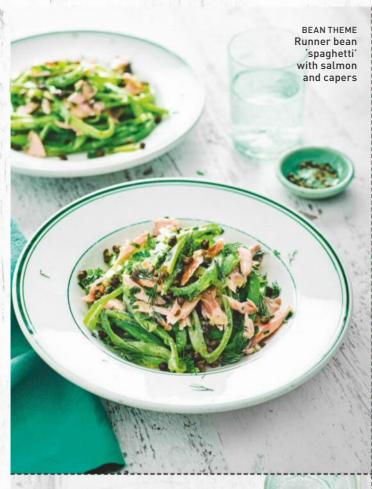
This great variety has a deep orange colour and super-sweet flavour.
Harvest young for baby carrots, or leave longer to develop their full size.

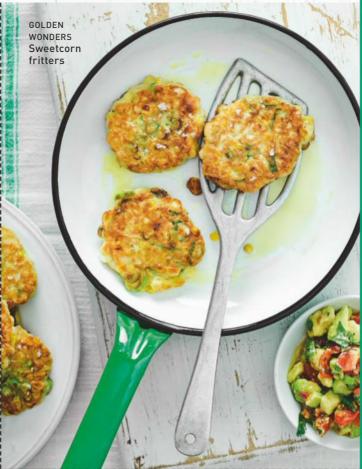
• Sow rows outside from April-June.



- Pull baby carrots in late summer, larger ones from autumn.
- Grow under fleece to protect from pests.

See over for the recipes >









For more info on the products mentioned visit unwins.co.uk 9

Sweetcorn fritters **0**

SERVES 4. MAKES 10-12. HANDS-ON TIME 30 MIN

- 100g self-raising flour
- 1 free-range egg, beaten
- 3 tbsp soured cream
- 2-3 tbsp whole milk (optional)
- 2 sweetcorn, kernels removed with a sharp knife
- Bunch spring onions, sliced
- Olive oil for frying
- Handful cherry tomatoes, finely chopped
- 1 avocado, finely chopped
- 1 red chilli, deseeded and finely chopped
- Juice 1 lime
- 2 tbsp extra-virgin olive oil
- Handful fresh coriander, chopped

1 Sift the flour into a large mixing bowl with a pinch of salt. Make a well in the centre and add the egg and soured cream, then mix gradually using a wooden spoon, adding the milk



if the mixture seems a little thick. Mix in the sweetcorn and half the spring onions. 2 Heat a little oil in a large non-

stick frying pan and fry a heaped tbsp of the mixture in batches for 2-3 minutes, turning halfway, until golden brown. 3 Combine the remaining ingredients with the remaining spring onions as a salsa, season and serve with the fritters.

PER FRITTER (FOR 12) 113kcals, 7.4g fat (1.6g saturated), 2g protein, 9g carbs (1.5g sugars), 0.1g salt, 1.5g fibre

Runner bean 'spaghetti' with salmon and capers

SERVES 4. HANDS-ON TIME 15 MIN

- 500g trimmed runner beans
- Olive oil for frying
- 2 heaped tbsp capers, drained and patted dry
- 2 tbsp extra-virgin olive oil
- Good squeeze lemon juice
- 250g hot-smoked salmon, flaked
- 5 tbsp crème fraîche
- Small bunch each fresh dill and chives, snipped
- Handful fresh flatleaf parsley, finely chopped

1 Using a bean stringer or sharp knife, shred the runner beans into long strands.
2 Heat a little olive oil in a pan and fry the capers until crisp.
Drain on kitchen paper.
3 Steam the prepared beans for 3-4 minutes until just tender, toss in a bowl with the



remaining ingredients while warm, then season well. Serve scattered with the crispy capers.

PER SERVING 303kcals, 23.3g fat [8.2g saturated], 16.6g protein, 4.9g carbs [4g sugars], 1.6g salt, 3.8g fibre



Carrot cake

SERVES 12. HANDS-ON TIME 30 MIN, OVEN TIME 45 MIN

- 225g unsalted butter, melted and cooled
- 4 free-range eggs
- 175g soft light brown sugar
- 1 tsp ground cinnamon and a good grating fresh nutmeg
- 300g self-raising flour
- 1 tsp baking powder
- \bullet ½ tsp bicarbonate of soda
- 300g carrots, grated
- 100g walnuts, chopped, plus extra to decorate
- 1-2 tbsp milk

FOR THE ICING

- 200g unsalted butter, softened
- 350g icing sugar
- Finely grated zest 1 lemon
- 150g full-fat cream cheese

1 Heat the oven to 180°C/160°C fan/gas 4. Grease and line 2 x 20cm sandwich tins. Beat the butter, eggs and sugar until



fluffy. Fold in the remaining cake ingredients with milk to loosen.

2 Divide between the tins. Bake for 35-45 minutes until a skewer comes out clean. Cool in the tins briefly, then on a wire rack.

3 For the icing, beat the butter and icing sugar with the zest, then beat in the cream cheese.

4 Sandwich the cakes with half the icing, top with the remainder and decorate with walnuts.

PER SERVING 654kcals, 39.9g fat (21.5g saturated), 7.5g

protein, 65.1g carbs (45.7g

sugars), 0.6g salt, 2.5g fibre

Pasta with pea pesto 0

SERVES 4. HANDS-ON TIME 20 MIN

- 400g shelled peas
- 350g fusilli
- Small handful rocket
- A few fresh mint leaves
- 1 garlic clove
- 15g blanched almonds
- 15g grated parmesan or vegetarian alternative, plus extra to serve
- 50ml extra-virgin olive oil
- 2 tbsp crème fraîche
- Large handful pea shoots

1 Cook the peas in boiling water for 2-3 minutes, drain and refresh under cold water.
2 Cook the pasta in boiling salted water for 10-12 minutes until al dente. Drain, reserving a little cooking water. Return to the pan along with the water.
3 Meanwhile, in a food processor, whizz two-thirds of the peas with the rocket, mint, garlic, almonds and parmesan.



Season, then gradually drizzle in the oil, whizzing to a thick pesto. Add the crème fraîche and a little of the reserved cooking water to loosen.

4 Stir the pesto through the hot pasta. Add the remaining peas and the pea shoots. Season, then divide among bowls and serve with extra parmesan.

PER SERVING 568kcals, 18.5g fat (5g saturated), 20.9g protein, 74.7g carbs (4.3g sugars), 0.1g salt, 9.9g fibre

The joy of leaves

One of the pleasures of growing salad leaves and soft herbs is that they pop up again and again as if by magic... Toss them into summer dishes for unbeatable flavour



GETTING STARTED

- · Sowing little and often is key. Sow a few seeds of each variety every few weeks to ensure a regular supply.
- Leaves can be ready to pick 4-6 weeks after sowing.
- Many salad varieties, such as rocket, can continue to be sown and grown outside until autumn.
- Grow leafy herbs such as basil and coriander in pots on a warm, bright windowsill almost all year round.

GETTING MORE FROM YOUR CROPS

- Enjoy baby leaves of beetroot 'Cardeal' in salads, but leave some plants unpicked to grow into small beets.
- Pick baby leaves of swiss chard 'Galaxy' to add to salads, or leave to grow larger for using in stir fries.
- Sow dense rows of spinach 'Trumpet'. When the seedlings are large enough to eat as baby leaves, pull up every other one, leaving the rest to enjoy later as more mature leaves.
- Harvest young seedlings of spring onion 'Guardsman' and snip into salads like chives, or leave to develop their bulbs.

Speedy salad ideas...

CRAB, ROCKET AND LEMON SALAD

Toss together rocket leaves, lemon segments, fresh white crabmeat, chopped fresh dill and finely sliced radishes. Mix lemon zest, extravirgin olive oil and seasoning, then pour over.

BABY LEAF SALAD WITH CRISPY CHORIZO AND SOFT BOILED EGGS

Fry **chorizo pieces** until crisp, reserving the oil. Soft boil free-range eggs, cool under running water, peel and halve. Toss baby salad leaves and parsley leaves with the chorizo. Mix the chorizo oil, red wine vinegar and a little extra-virgin olive oil and use to dress the salad. Serve with basil leaves, toasted pine nuts and the eggs on top.

Grow-your-own favourites SUNSHINEVEG

Sun-loving veg, such as aubergines, courgettes and peppers, taste glorious in these summery recipes. Grow them yourself in pots on your patio for a Mediterranean vibe



Miso-glazed aubergines V

SERVES 2-4. HANDS-ON TIME 25 MIN

Heat the grill to high. Halve 2 large aubergines lengthways and score the flesh in a criss-cross pattern. Heat 3 tbsp mild olive oil in a frying pan and fry the aubergines, flesh-side down, for 5 minutes, then flip and cook for 5 minutes more. Make a paste with 4 tbsp brown miso, 3 tbsp honey, 2 tbsp soy sauce, 3 tbsp mirin and 2 tsp sesame oil. Put the aubergines on a baking sheet and spread the flesh with the paste. Grill for around 4-5 minutes until bubbling. Sprinkle with toasted sesame seeds and sliced spring onions to serve. PER SERVING (FOR 4) 210kcals, 14.3q fat (2.1q saturated), 4g protein, 14.4g carbs (10.8g sugars), 1.3g salt, 3.8g fibre



PERFECT FOR THE PATIO: **AUBERGINE 'OPHELIA'**

Just right for growing in large pots, this sun-worshipper enjoys a warm spot in the greenhouse or on a sunny terrace. Produces a big crop of glossy purple baby fruit in August-September.

VARIETIES THAT THRIVE IN A WARM SPOT



Tomatoes times three! The Unwins Bursting with Flavour range has three sun-loving varieties (see p6).



Chilli 'Cavennetta' This compact bushy pot plant is ideal for a sunny windowsill. Its abundant red fruit are not overly fiery.



Sweet pepper 'Star Mix'

A combo of red, yellow, orange and green fruit. Try three plants in a growing bag.

CROPS IN POTS — TOP TIPS

Many sun-loving summer crops, including chillies, sweet peppers and courgettes, do well in large pots on sheltered, bright patios.

SECRETS TO SUCCESS

- Plastic pots retain more moisture than terracotta ones. Stand pots on a saucer and water every day.
- Tie tall plants to canes for support.
- Plants can get top-heavy when they're fruiting,

so make sure the pot is stable. Always treat your crops to

a good quality compost, such as Gro-Sure

Vegetable Compost.



Red pepper and courgette enchiladas •

SERVES 4

HANDS-ON TIME 35 MIN. OVEN TIME 20 MIN

- 1 large or 2 small red peppers, deseeded and cut into strips
- 2 courgettes, cut into batons
- 1 red onion, cut into wedges
- · Olive oil to drizzle
- 1 red chilli, finely sliced
- 1 tsp each ground coriander and ground cumin, toasted in a pan for 1 minute
- · Handful fresh coriander, chopped
- 1 onion, finely chopped

- 2 garlic cloves, crushed
- 800g ripe tomatoes, chopped
- 4 flour tortillas
- 100g grated cheddar
- 100g grated mozzarella

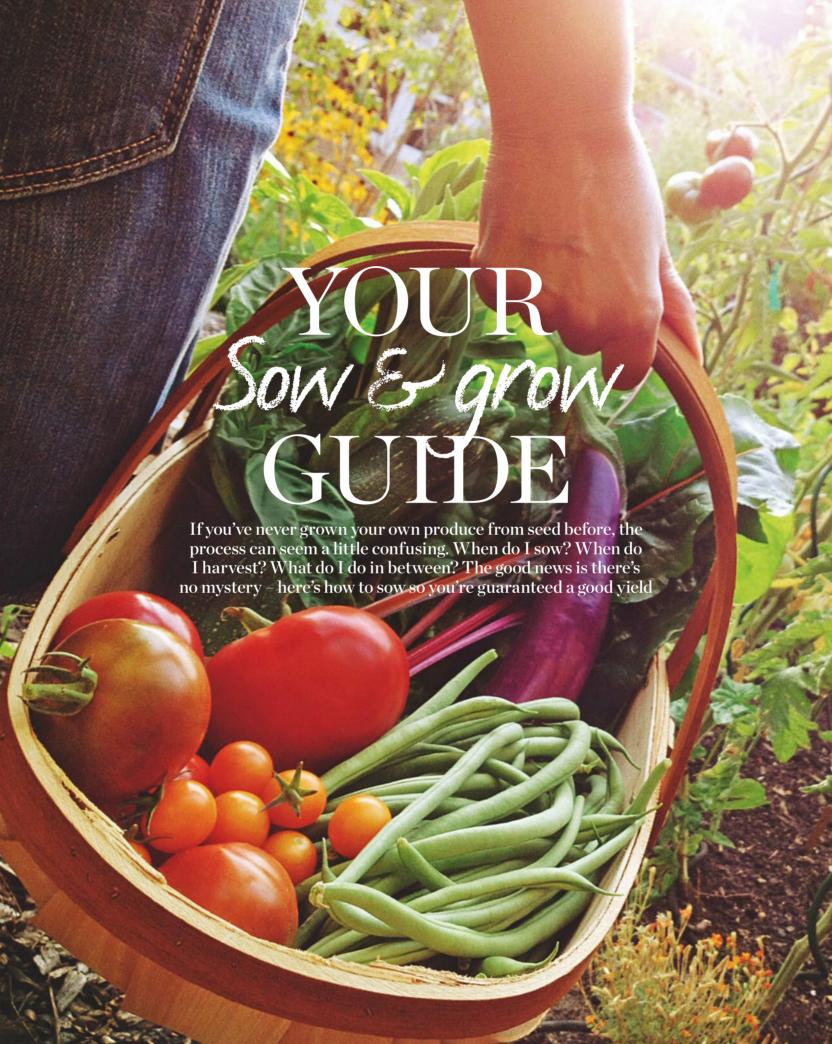
1 Heat the oven to 200°C/180°C fan/ gas 6. Toss the peppers, courgettes and red onion in a little oil in a large bowl. Heat a frying pan over a high heat and fry the veg in batches until tender.

2 Toss the fried veg in a bowl with the chilli, ground spices and coriander. Tip back into the pan with a little oil and cook for 4-5 minutes. **3** In a wide saucepan, heat a little oil and gently fry the chopped onion for 6-7 minutes. Add the garlic and cook for 1 minute, then add the tomatoes and cook for 15-20 minutes.

4 Divide the veg among the tortillas and roll up. Spoon a third of the sauce into an ovenproof dish, put the tortillas on top, then pour over the remaining sauce and scatter with the cheese. Bake for 15-20 minutes until golden and bubbling.

PER SERVING 488kcals, 21.5g fat (11.2g saturated), 20.4g protein, 49g carbs (13.4g sugars), 1.8g salt, 8.2g fibre











Before you start...

1 Good crops begin with good seeds, so use top quality seed from a reputable company such as those from the **Unwins** Bursting with Flavour range.

Crops take time to grow, \angle establish and mature, so sowing at the right time is essential. Delay sowing and you'll delay harvesting too, so follow the instructions on the seed packets for each crop.

つ To get the best returns from **3** crops and herbs choose a warm, sheltered but sunny site to grow them. Few crops flourish in shade, so find somewhere that receives full sun for much of the day. This will also extend your growing season by warming up earlier in spring and remaining warmer well into autumn.

MARCH CAN STILL BE CHILLY

Seeds need warmth to germinate, so postpone outdoor sowings if the weather is cold. Wait for conditions to improve, covering the ground with a cloche or sheet of polythene for a few days to warm the soil before sowing.

Top tip - make a mini-cloche by cutting the top off a large plastic bottle and popping it over seedlings to insulate them (see above).

INDOOR SOWINGS

Lots of tender crops can be sown in warm conditions in a greenhouse or on a windowsill during March/April and moved outside from mid-May. These include aubergine 'Ophelia', chilli 'Cayennetta', sweet pepper 'Star Mix' and 'Lunchbox Mix', cucumber 'La Diva', and tomatoes 'Cherry Baby', 'Orkado' and 'Santonio'. All are perfect for the greenhouse, but most will also crop well in pots on a sheltered, sunny patio if moved outside from mid-May onwards.

OUTDOOR SOWINGS

Once soil has warmed up from March into April, try sowing crops directly outside into pots or beds. Choose from pea 'Hurst Greenshaft'. beetroot 'Cardeal', carrot 'Katrin' and others from the Unwins Bursting with Flavour range.

APRIL ONWARDS

SALAD SOWINGS

Once outdoor conditions have warmed up from April onwards, make regular sowings of your favourite salads directly into beds or into large patio pots filled with a good seed compost. Try lettuce, radish, rocket



and spring onions. Remember to water well. especially during dry weather.

APRILAND MAY

BEAN FEAST

Sow runner beans and french beans indoors in deep pots, then plant out in June. Or sow directly outside in large pots or beds in late May/June.

SQUASH & COURGETTES

Sow squash and courgettes individually into small pots



and keep in a warm, bright spot. Plant them outside when it's warmer in late May/June.

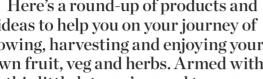
YEAR-ROUND HERBS

Sow a pinch or two of basil, coriander, parsley and chives about once a month into small pots of compost on a sunny windowsill.



5 OF THE BEST

Here's a round-up of products and ideas to help you on your journey of sowing, harvesting and enjoying your own fruit, veg and herbs. Armed with this little lot, you're good to grow





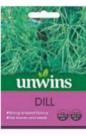
















1 WHERE IT ALL BEGINS...

Choose from the 39 varieties in the Unwins Bursting with Flavour seed range. From £1.99, unwins.co.uk and good DIY stores and garden centres



Look good while you work in a pair of Kent & Stowe suede and leather gardening gloves. Ladies' gloves in raspberry, RRP £14.99; see kentand stowe.com for stockists

4 SMALL IS BEAUTIFUL

Grow in tight spaces. VegTrug Wall Hugger small wooden patio planter,



5 SPEEDY SHREDDER

Make crunchy slaw in a flash. SharpPeel julienne vegetable peeler, £3.99, lakeland.co.uk





Hand fork and trowel. RRP £5.99 each; see kentandstowe.com for stockists



Michel Roux Jr invites you to the DINNER OF ALIFETIME!

This is a rare opportunity, something not to miss... Join delicious. for an exclusive evening at Michelin-starred Le Gavroche





READER

t's not often you get to dine with a world-class chef and TV star, at one of the best restaurants in the country. Le Gavroche is legendary for its food, with a true master at the helm, and for one night only the doors are open solely for delicious. readers to help celebrate the restaurant's golden anniversary.

For 50 years Le Gavroche has been pleasing British palates with a roll-call of classic French dishes. The restaurant has become the epitome of Michelin-star quality – it carries its two stars with pride

 and today maintains its reputation for impeccable service, elegant surroundings and the finest food, beautifully presented.

On this special evening, hosted by Michel Roux Jr and delicious. editor Karen Barnes, you'll enjoy canapés and a glass of fizz, followed by four courses with elegant wines to match, finishing with coffee and petits fours. The pièce de résistance? A Q&A with Michel, where you can find out what goes on behind the scenes. It's set to be the dinner party to beat all dinner parties.

TICKETS ARE LIMITED SO BOOK NOW!

PRICE £180 per person DATE 15 May 2017 TIME 7pm VENUE Le Gavroche, 43 Upper Brook Street, Mayfair, London W1

CALL 020 7408 0881 reference 'delicious. reader event' [Mon-Fri 9am to 7pm]

Terms and conditions Payment is required in full upon booking. Please state any dietary requirements. Tables for two can be requested, but please note: some tables will share.

Le Gaviocne



le Gawoche

The 50th anniversary menu

Every course will be matched with wines chosen by Michel Roux Jr and the sommelier of Le Gavroche

CANAPÉS & CHAMPAGNE

PETIT SOUFFLÉ SUISSESSE Cheese soufflé cooked in double cream

SALADE D'ASPERGES AUX HERBES ET VINAIGRETTE DE TRUFFES

Wye Valley asparagus, chives, chervil, tarragon, basil and truffle dressing

SELLE D'AGNEAU RÔTIE, POMME COCOTTE À L'AIL, JUS AU THYM

Cannon of new season lamb, roast potatoes, garlic and spring vegetables in Brittany butter

PETIT SABLÉ DE GARIGUETTES, SABAYON AU KIRSCH Strawberry shortbreads, kirsch-flavoured

Strawberry shortbreads, kirsch-flavoured sabayon cream

Coffee and petits fours

4 EASY WAYS TO LIVEN UP YOUR DISHES

If you want to convince people you really know your stuff in the kitchen, a well judged dip, accompaniment or garnish is the answer. These quick fixes take minutes to make and will transform even the simplest plate of food into something memorable

The 'goes with everything' salsa

SERVES 4-6. HANDS-ON TIME 10 MIN

This is a versatile jumble of a recipe, with four main elements: fresh herbs, something salty, acidity (in the form of vinegar or lemon juice) and oil.

In a food processor or large pestle and mortar, whizz or pound 3 large handfuls of soft green herbs (such as basil, mint, parsley, oregano, chives, coriander and dill) with 1 garlic clove, 1 tbsp either chopped anchovies, capers or grated parmesan, 2 tbsp either red wine, white wine or sherry vinegar or lemon juice, and 100ml light olive oil. Once you have a paste, add a little salt, check the taste and add a pinch of sugar or some more acidity if you think it needs it.

HOW TO USE IT

Top grilled/barbecued meat, fish and seafood. Serve as a dip with bread or crudités. Spread over sourdough bread and make a sandwich with chicken and rocket. Toss through salad leaves (with some extra olive oil) as a punchy dressing. Serve a dollop on top of a ball of fresh buffalo mozzarella with toast and watercress as a sharing starter for two.

Burnt onion & garlic soured cream v

SERVES 4-6. HANDS-ON TIME 25 MIN

Heat the grill to high. Thinly slice 1 banana shallot,
1 small leek and 3 spring onions, then toss in 1 tbsp olive oil and spread evenly on a baking tray lined with foil. Grill for 15-17 minutes, tossing once, until almost completely blackened.
Allow to cool, then roughly chop and mix together with 250ml soured cream,

1/2 crushed garlic clove, the juice of 1/2 lemon and a handful of freshly chopped chives. Season, then serve.

HOW TO USE IT

Makes a great dip for bread or crudités, or a sauce to dollop over grilled pork, chicken or fish. Stir with shredded chicken and mild curry powder, then top with chopped fresh parsley as a fresh take on coronation chicken. It's also great with roasted Mediterranean vegetables and couscous.



Hazelnut & mint pesto •

SERVES 4 WITH PASTA OR 6-8 AS A DIP OR GARNISH. HANDS-ON TIME 10 MIN

In a food processor, whizz
1 large handful of fresh
basil leaves, 1 large
handful of fresh mint
leaves, 100g blanched
hazelnuts (first toasted
until lightly golden in
a frying pan with a splash
of oil, then allowed to
cool), 60g parmesan (or
vegetarian alternative),
grated, the finely grated
zest of 1 lemon and a

large pinch of salt.

Once the mixture
has the consistency
of a rough paste,
add 150ml olive oil

and the **juice of 1 lemon**. Taste and add more salt or lemon juice and some black pepper. Serve right away, or put in an airtight container and keep in the fridge for up to 5 days. Cover with a little more oil if you're keeping it for longer than 24 hours.

HOW TO USE IT

Stir through pasta for a simple lunch, dollop onto white fish or grilled chicken, or dunk freshly cooked prawns into it. It's also wonderful as a topping for pan-fried scallops. Stir into a little mascarpone and stuff under the skin of chicken thighs before roasting them for an easy supper.

Pancetta & thyme pangrattato

SERVES 4-6 HANDS-ON TIME 15 MIN

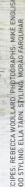
Heat the grill to high. In a baking tray lined with lightly oiled foil, lay out 8 pancetta slices. Grill for 8-10 minutes, turning once, until the pancetta is completely crisp, then drain on kitchen paper.

Meanwhile, heat a glug
of olive oil in a pan, then fry
6 tbsp dried breadcrumbs
with the leaves of 4 fresh
thyme sprigs over a
medium heat, stirring
often, until the
breadcrumbs have
turned a light golden
colour. Break up the
pancetta and either whizz

to a crumb texture in a mini processor, or put in a freezer bag and bash with a rolling pin. Stir the pancetta into the herby breadcrumbs, taste, then season. Serve or keep in an airtight container in the fridge for up to 3 days.

HOW TO USE IT

This pangrattato does the job whenever you want a crunchy hit of bacon flavour. It's great on top of pasta tossed with wilted greens or broccoli, or sprinkled on top of a chicken casserole or risotto as a last-minute pep-up. Try it over roast veg – particularly carrots and parsnips – or scatter over firm white fish such as cod before serving.



"Grandma's dish is the essence of my Yorkshire childhood"

For novelist Jane Sanderson, the aroma of her Grandma's thrifty, no-nonsense hash as it bubbles on the hob transports her to the kitchen of a little terraced house, long ago



66 Grandma's back door, in her little house near Barnsley, opened onto her kitchen. When I walked in there'd be a wonderful smell of something just out of the oven, or something about to go in. It was never anything fancy

and it never came from a cookbook (Grandma didn't own one), but whatever she had on the go was guaranteed to make my mouth water.

She'd send food up to our house for our tea, and her best dish was hash with Yorkshire puddings. This was a Monday meal, because the base would be the leftovers from the Sunday joint. It remains, for me, the definition of comfort food, the essence of my childhood in Yorkshire. When its aromas fill my own house now, I'm transported back there.

Grandma's cooking is honoured in my novels; I only wish she were alive to read them. When my children have children, I'll send them jars of hash too, so they'll know Grandma loves them.

¬ JANE SANDERSON'S NEW NOVEL, THIS MUCH IS TRUE, WILL BE PUBLISHED BY ORION IN JUNE



Monday hash casserole SERVES 6. HANDS-ON TIME 45 MINUTES, OVEN TIME 30 MINUTES. SIMMERING TIME

"The ingredients can be altered to taste, and the quantities too."



11/2-2 HOURS

The casserole will keep for up to 48 hours in the fridge, covered. The cooked

Yorkshires will freeze, wrapped in cling film, for up to 1 month.



Add a glug of leftover red wine at the end of cooking to give extra flavour.

- Knob of butter
- Vegetable oil for frying
- 1 onion, finely chopped
- 4 carrots, chopped into 1cm dice
- 1/2 swede, chopped into 1cm dice
- 3 parsnips, chopped into 1cm dice
- 2 celery sticks, cut into 1cm pieces
- 4 potatoes, chopped into 1cm dice
- 400g leftover roast meat from the Sunday roast (ideally lamb or beef)
- 250ml Sunday's leftover gravy
- one with a punchy flavour (or use a readymade rich wine gravy)
- A few rosemary or thyme sprigs
- 500ml chicken or beef stock
- 400ml tin chopped tomatoes
- 1 tsp caster sugar
- 2-3 tbsp Worcestershire sauce
- Small bunch fresh flatleaf parsley, roughly chopped

FOR THE YORKSHIRE PUDDINGS

- 225g plain flour
- 3 medium free-range eggs, beaten
- 300ml whole milk
- 1 tbsp beef dripping/sunflower oil

YOU'LL ALSO NEED...

- 12-hole muffin tin
- 1 For the Yorkshires, sift the flour with a pinch of salt into a bowl and make a well in the centre. Add the eggs and gradually whisk in the milk to form a thick, smooth batter.

 Leave to rest for at least 30 minutes.

 2 Meanwhile, heat the butter and a splash of oil in a casserole over a gentle heat. Add the onion and fry for 15 minutes. Stir in the rest of the vegetables and cook for 8-10 min until starting to colour and soften a little.
- **3** Add the meat, gravy, rosemary or thyme, stock, tomatoes and sugar, bring to a simmer, then stir in the Worcestershire sauce, taste and season. Cover and simmer gently for 1 hour 30 minutes to 2 hours for a rich, thick gravy. Take off the lid after the first hour.
- 4 After 50 minutes of cooking, heat the oven to 220°C/200°C fan/gas 7. **5** Put 1/4 tsp dripping or oil in each hole of the muffin tin, put in the oven and heat until smoking hot. Carefully spoon in the rested batter and cook for 30 minutes until golden and crisp. (You may need to reduce the heat once the puddings have risen to make sure they're cooked right through. If the puds are ready too early, set them aside until needed, then warm them for 5 minutes or so before serving). Serve the Yorkshires with the hash, sprinkled with parsley. PER SERVING 694kcals, 16.8g fat

PER SERVING 694kcals, 16.8g fat (6.5g saturated), 38g protein, 89.4g carbs (21.4g sugars), 1.4g salt, 15g fibre d





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Apple and cinnamon porridge

SERVES 4-6. HANDS-ON TIME 30 MIN



Soak the oats in the water (step 1) overnight, covered in the fridge. They'll then cook in just 5 minutes in step 2.



For a change from apple, you could add banana slices and a few sultanas to the

soaked oats in step 2. And you wouldn't need any coconut oil.



"Mornflake oats are rolled A TIP FROM THE in a way that keeps more of the natural oat flour in the

mixture. This makes them naturally creamier when you make porridge so you don't need to add milk."

- 200g jumbo porridge
- · 2 eating apples, peeled, cored and roughly chopped
- 1/2 tbsp coconut oil
- 1 tsp ground cinnamon
- 570ml semi-skimmed milk or almond milk
- Honey, golden syrup or brown sugar (optional) to serve

1 Put the oats in a medium bowl with 300ml cold water and set aside to soak (see Make Ahead). Meanwhile, put the apples, coconut oil and 3 tbsp cold water in a large saucepan, cover with a lid and cook for 10 minutes over a medium heat until the apples have softened. 2 When the apples are soft, pour the soaked oats and soaking liquid into the pan, then stir in the cinnamon and milk. Turn the heat to low-medium and gently simmer the porridge for 15 minutes, stirring with a wooden spoon regularly to stop the oats from sticking and clumping together. 3 When the porridge has a thick but stirrable consistency, take the pan off the heat and leave to stand for a minute before serving. Add a drizzle of honey, golden syrup or brown sugar to sweeten, if you like. PER SERVING (FOR 6) 205kcals, 5.4g fat (2.4g saturated), 7.2g protein, 29.8g carbs (10.2g sugars),

0.1g salt, 4.1g fibre



* Oaty rhubarb and ginger streusel cake

SERVES 8-10. HANDS-ON TIME 40 MIN. OVEN TIME 2 HOURS, PLUS COOLING



Make the cake up to 24 hours in advance; or freeze in slices, wrapped in baking

paper, then cling film.



This cake is great warm. If making ahead, briefly warm slices in the microwave.

- . 600g rhubarb, cut into 3cm chunks
- 3 tbsp demerara sugar
- 1 tsp ground ginger
- Juice 1/2 lemon

FOR THE STREUSEL TOPPING

- 50g unsalted butter
- 60g self raising flour
- 100g jumbo oats
- 60g demerara sugar

FOR THE CAKE

- · 200g unsalted butter, softened
- 200g caster sugar
- 4 medium free-range eggs, beaten
- 100g ground almonds
- 100g self-raising flour
- · 2 tsp ground ginger
- · Pinch salt

YOU'LL ALSO NEED...

· 20cm loose-bottomed cake tin. base and sides lined with non-stick baking paper

1 Heat the oven to 200°C/180°C fan/ gas 6. Put the rhubarb in a roasting tray and toss well with the sugar, ginger and lemon. Roast for 15 minutes until soft. Set aside. Turn the oven to 170° C/ 150° C fan/gas $3\frac{1}{2}$.

2 Meanwhile make the streusel topping. Rub the butter into the

flour in a mixing bowl, using your fingers, until it looks like

> fine crumbs. Stir in the oats and sugar, then set aside. 3 For the cake, put the butter and

> > sugar into

another mixing bowl and, using an electric mixer, beat on a medium speed until light and fluffy. Whisk in the beaten eggs a little at a time then, using a large metal spoon, fold in the remaining cake ingredients using a figure of eight motion. 4 Spoon half the cake batter into the prepared tin, then sprinkle with half

the streusel. Pat the rhubarb dry on

kitchen paper, arrange half on top,

then top with the rest of the cake mix and smooth over. Sprinkle with most of the remaining streusel and top with the remaining rhubarb. Finally, sprinkle over the last of the struesel. 5 Bake for 1 hour, then cover with foil and cook for another 55-60 minutes until the sponge is cooked through and the streusel topping is golden. Leave to cool in the tin on a wire rack for 20 minutes (see tips), then serve with cream, custard, thick yogurt or crème fraîche.

PER SERVING (FOR 10) 537kcals. 31.9g fat (15.9g saturated), 9.2g protein, 51.9g carbs (31.5g sugars), 0.3g salt, 2.6g fibre

Old-fashioned flapjacks MAKES 36 SQUARES. HANDS-ON TIME

15 MIN OVEN TIME 20 MIN



Make the flapjacks up to 48 hours ahead and store in a sealed container.



Add choc chips and toasted chopped hazelnuts; or stir in freeze-dried raspberries

and top the cooked, cooled flapjacks with melted white chocolate.

- 250g unsalted butter
- 200g soft light brown sugar
- 150ml golden syrup
- 300g jumbo oats (we used Mornflake Scottish Gold)
- 250g superfast oats

YOU'LL ALSO NEED...

- 20cm square baking tin lined with non-stick baking paper
- 1 Heat the oven to 180°C/160°C fan/ gas 4. Melt the butter and sugar with the golden syrup in a large saucepan, then stir in the oats until combined.

2 Spoon the mix into the prepared tin, then press firmly to the edges with the back of a wooden spoon. Bake for 20 minutes until lightly golden and just set but still feeling squidgy. They will firm up as they cool. 3 Run a knife around the edge of the tin and mark into 36 even squares. Leave in the tin on a wire rack until completely cool, then slice. PER FLAPJACK 143kcals, 6.9g fat (3.8g saturated), 1.7g protein, 17.7g carbs (8.7g sugars), 0.1g salt, 1.4a fibre

* Cheesy oat biscuits

MAKES 30. HANDS-ON TIME 30 MIN. OVEN TIME 16 MIN, PLUS CHILLING



Make the dough up to 48 hours ahead, wrap in cling film and chill. Freeze the

finished biscuits in a freezer bag, then warm in the oven to crisp up.

- 200g fine oatmeal
- 100g oatbran
- 80g wholewheat flour, plus extra
- 100g unsalted butter, softened
- 1/4 tsp salt
- 60g gruyère, finely grated ©
- 1/4 tsp cayenne pepper
- Plain flour to dust

1 Heat the oven to 180°C/160°C fan/ gas 4. Put the oatmeal, oatbran, flour and butter in a bowl and rub together with your fingertips to get a crumblike texture. Add the salt, gruyère, cayenne and 175ml cold water, then knead for 2 minutes to work it into a dough. Shape into a disc, wrap in cling film and chill for 30 minutes. 2 Roll out on a lightly floured surface to a 24cm x 30cm rectangle (2mm thick). Use a sharp knife to cut 30 x 3cm x 8cm biscuits and put on a baking sheet lined with non-stick baking paper. Bake for 16 minutes until pale, golden and smelling biscuity. Cool on a wire rack. Serve or store in a sealed container. PER BISCUIT 76kcals, 4.2g fat (2.3g saturated), 2.1g protein, 6.5g carbs (0.2g sugars), 0.1g salt, 2.2g fibre For more ways to use gruyère,

see Loose Ends →



save our heritage.

Speedy cheddar & onion soda bread O

MAKES 1 LOAF (16 SLICES). HANDS-ON TIME 50 MIN, OVEN TIME 60 MIN



This bread is best eaten TEAM'S on the day it's baked - or eat it toasted the next day.

- · Vegetable oil for frying
- · 2 onions, finely sliced
- 2 tsp soft light brown sugar
- 400g plain flour, plus extra for dusting
- 150g wholemeal plain flour
- 100g jumbo oats, plus extra to sprinkle
- 11/2 tsp bicarbonate of soda
- 1 tsp salt
- 160g mature cheddar, grated
- · 450g full fat greek yogurt
- Squeeze lemon juice

1 Heat oven to 200°C/180°C fan/ gas 6. In a large frying pan, heat a large glug of oil and add the onions. Fry for 30 minutes on a lowmedium heat, stirring now and then, until soft and lightly caramelised. Add the sugar and cook for 10 minutes. Turn off the heat and cool for 5 minutes. 2 Meanwhile, in a large mixing bowl, mix the flours, oats, bicarb, salt and 100g of the cheddar. 3 Stir the still-warm onions into the yogurt and add a squeeze of lemon. Using a wooden spoon, stir the yogurt mixture into the flour/ oats, then bring the dough together with your hands. 4 Shape into a round loaf, then slice a cross on top of the dough using a sharp knife. Sprinkle a few oats on top, then bake in the oven for 45 minutes. Remove from the oven and top with the remaining cheese, then bake for 15 minutes more until the cheese is golden and melted. You might need to cover the loaf for the last 5 minutes. Cool on a wire rack. Serve with butter and salt. PER SLICE 250kcals, 8.8g fat (4.4g saturated), 8.6g protein, 32.6g carbs (3.3g sugars), 0.8g salt, 2.9g fibre **a**





CHEERS!

New wave vodkas, plus drinks editor Susy Atkins' best buys this month

GRAB A BARGAIN

 Côté Mas Vermentino 2015. Pays d'Oc. France (£8.49, down to £6.79 until 21 March. Waitrose) Pears and lime sing out in

a well-made dry but not thin white. Try it with white fish and tarragon.

 Antony's Yard 2014, Graham Beck, Western Cape. South Africa (£8.99, or £6.99 mixed six offer, Majestic)

A soft, rich and smooth red blend aged in oak barrels – just right with a rich beef pasta sauce.

• Taste the Difference Barrihuelo Rioja Crianza 2012, Spain (£7 down to £6 from 15 March to 4 April, Sainsbury's) A good rioja with ripe strawberry and plum fruit. Pair with lamb or



MIDWEEK TREAT



 Jordi Miró Garnacha Blanca 2015, Terra Alta. Spain (£9.50. Marks & Spencer)

Modern Spanish white from south of Barcelona. all orange zest and yellow plums. Crack open for a spring vegetable risotto.

Douro 2014, Portugal (£8, Sainsbury's) An appealing full-bodied

• Taste the Difference

northern Portuguese red, bristling with forest fruit and blueberries. Perfect for roast lamb.

 Waitrose Foundation Chenin Blanc 2016, Cederberg, South Africa (£8.99)

The juicy, ripe apple flavour of this chenin blanc is spot on for a classic Sunday lunch of roast pork.

FRIDAY NIGHT SPECIAL

• Seresin Rachel Pinot Noir 2012. Marlborough. New Zealand (from £28, Booths, fieldandfawcett. co.uk and independents) This silky, premium pinot has plum and black cherry flavours - and dazzles with lamb or duck. Champagne Veuve

Devanlay Brut Rosé NV,

France (£22 down to £15

until 7 March. Morrisons) Hurry to grab this dry pink

fizz while on offer. It's a celebratory champagne that tastes of red berries and voung rhubarb.

• Errázuriz Wild Ferment Chardonnay 2015, Casablanca Valley. Chile (£10.99, or £9.99 mixed six offer until 27 March, Maiestic)

A big-hearted, ripe and generous wine, packed with citrus and fabulous with roast chicken.





WHAT'S HOT Premium vodka

odka is no longer just a cocktail base to be drowned in fruit juice. Now premium plain vodkas are savoured slowly, neat or on the rocks. Some are revered for their creamy softness, others for a crisp white pepper twist. Serve your vodka ice-cold from the freezer and don't overlook its versatility with food: it goes down a treat with all kinds of pickled, cured and smoked fish.

Widely available brands to go for include **Grey Goose** and Ketel One, and do try Black Cow Vodka (from £26, Majestic, M&S and Sainsbury's), which is made in Dorset from cow's milk and does taste creamy. Reyka (£26, Waitrose) is filtered through lava rock in Iceland and tastes crisp with mineral hints, while Finland's Koskenkorva (£22, Marks & **Spencer)** is smooth with a light, fragrant note of vanilla.

A GOOD POUR

Every wine lover should use a decanter to soften the flavours and open up the aromas of rich red wines and ports. I love the Riedel range, from the value Merlot (£30) to the handmade Black Tie Touch (right, £175), which pours beautifully and makes a great gift. riedel.co.uk d

DID WE REALLY EAT THAT?

Spam fritters, piped mashed potato, boil-in-the-bag curry... The culinary past is littered with best-forgotten dishes. In a flashback that's more brain-freeze than madeleine moment, food writer Guy Dimond recalls some of the most ill-judged – and asks which modern trend we're most likely to regret in decades to come

ALL IN GOOD TASTE?
Influential TV
chefs Marguerite
Patten (below)
and Fanny
Cradock (far
right) led the
way in helping
home cooks
keep up with the
culinary trends,
questionable
though they
may sometimes
have been

he contemporary food scene isn't immune to culinary bad taste (you can add chai lattes and cronuts to the list opposite) but a quick flick through my old recipe cards or back issues of magazines reveals decades of *much* more embarrassing ingredient combinations, lurid food colourings, florid garnishes and other fashion disasters we lived through. I mean, did we really eat *that*?

My grandmother's favourite treat for me was Spam fritters served with instant mashed potato, fresh from a packet. We were country folk, so real produce from the farms next door was just too mundane. Boil-in-the-bag rice with sultana-rich curry was a schoolday treat. Imagine my surprise when, as an adult, I lived in India yet didn't encounter a sultana once. Yet the dodgy convenience food of the 1970s was considered

modern and worldly at the time. Every decade had its trends that are now faux pas, and they're not just confined to flares or shoulder pads. Here are some that you might just recall – with fondness or otherwise:

1950s DEUFS EN GELÉE AND MEAT IN A TIN

Wartime food rationing ended in 1954 after more than a decade of dried eggs, milk powder and tinned meats had done their damage to a demob-happy population: the British had grown to like such ersatz foods. A generation regarded tinned goods as the apogee of convenience and safety. Cookbooks of the time made much of 'home economy', with the wonderful Marguerite Patten (the first TV chef) championing new and nutritious recipes for the 'housewife' to try. It was thanks to Patten that most modern homes

acquired a pressure cooker.

Other enduring culinary fashions predated the war years. Jellies were still in vogue for savoury dishes, a trend popularised by the legendary French food writer and chef Auguste Escoffier (1846-1935) – dishes 'en gelée' were still the height of fine dining chic.

1960s SPAGHETTI BOLOGNESE AND RICE RINGS

Post-rationing, rich food was in vogue; eggs, butter and cream became the mainstays of dinner party food. Marguerite Patten's ground-breaking book *Cookery in Colour* was published by Paul Hamlyn in 1960. Previously, cookbooks would have black and white photographs or line drawings. Vivid colours now drew attention to aspirational recipes such as ham and pineapple loaf with garlic bread,





Later, the camp factor ramped up once Fanny Cradock splayed herself across our screens. She wore ballgowns while cooking, used food dye liberally, and a piping bag and food rings were always to hand. Her outlandish dishes were for show first, consumption second.

1970s AVOCADOS AND PRAWN COCKTAIL

The clichés of 1970s food – prawn cocktail, quiche lorraine, cheese and pineapple on sticks, black forest gateau, baked alaska - were all true. This is the food I grew up on, as did Nigel Slater, who perfectly captures the era in his memoir, Toast. Mostly I remember the garnishes: paper frills on crown roasts, twists of cucumber and unripe tomato on salmon, green olive slices that tasted of cheap oil, the jar of maraschino cherries that had been in our larder for a decade but that I ate for a dare.

'Ethnic' food meant Italian, unless you owned a fondue set. Vegetarianism was starting to gain credence beyond the realms of cranks (and veggie café chain Cranks), as carrot cake became a staple in right-on cafés across the land. Most 'good' restaurants still genuflected towards French cooking, while scampi in a basket became the dish of choice for nightclub revellers. And no home kitchen was complete without a chicken brick.

1980s FROM NOUVELLE CUISINE TO THE MED AND SUSHI

Restaurants looked to the Med for inspiration. 'Cal-Ital' (Californian-Italian) became a catchphrase, not long after nouvelle cuisine peaked and collapsed like an over-egged soufflé. But the biggest change was wrought not by chefs but by newspapers. When News International (publisher of *The* Sunday Times) adopted colour printing, others followed. And so the cookery column was given the biggest boost in its history. Food photography shaped the way we ate. Meanwhile, sushi became the choice of sophisticates.

In the 1980s nouvelle cuisine peaked and collapsed like an over-egged soufflé

1990s GASTROPUBS AND DELIA

The BBC's MasterChef drove the aspirational end of the market. But while some home storecupboards acquired balsamic vinegar and fridges filled up with bags of rocket, sales of microwaves soared and supermarket ready-meals became the new cooking. Formal dining was falling out of favour, and the term gastropub was coined.

...AND SOME SPURIOUS FOOD TRENDS FROM THE 21ST CENTURY

• CUPCAKES They look great on Instagram, but they're the boy bands of baking: no substance.

- SPIRALISING 'Spaghetti' made out of a courgette is not spaghetti.
- CHIA SEEDS They're nasty. Just say no.
- **SUPERFOODS** All food is super. Unless it's overpriced, hyped and there are better evervdav substitutes.
- BURGERS They're just meat patties in a bun; they're not a measure of how hipster you are.
- SMALL-PLATES MENUS Let me get this straight - the portions are tiny, but you still pay big prices?
- NOVELTY COFFEES Gross and full of sugar. Who needs a caramel frappuccino?
- POMEGRANATE SEEDS No, foods strewn with these clichés in-the-making are

pioneer called Donna Hay. Her recipes were shot with a shallow depth of field (in layman's terms, mostly out of focus). Food snappers soon no one could tell if the dish or tiramisu. Someone had to bring us back down to earth and tell us how to boil an egg. That person was Delia Smith, the Marguerite Patten of her day. Plus ça change...



not 'jewelled'.













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with seasonal dishes and kitchen know-how, it's the ideal cook's handbook. Plus, this month we'll also send you this charming apron and tea towel set. Made from 100% cotton and in a pretty blue colour, it will add a splash of springtime joy to your kitchen.

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KAREN BARNES, EDITOR

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Ready to try something new for breakfast? With Alpro the possibilities are endless

re you an early riser who loves nothing better than a leisurely breakfast? Or maybe an easy smoothie on the go is more your style? Whatever your preference in the morning, if you're ready to try something new (that doesn't take much effort), Alpro's great-tasting and healthy* plant-based range can help.

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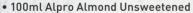
Alpro Oat Original drink with porridge, sliced apple, cinnamon and chopped walnuts. Or simply add a splash of deliciously healthy** Alpro Almond Unsweetened drink to granola topped with blueberries and slices of kiwi fruit.

Whichever way you like to have it, you can make your breakfast even more tasty with Alpro. Get started with this easy bircher muesli recipe – if you're a habitual office breakfaster, you can make it at home the night before, then take it to work with you in the morning.



Peach melba bircher muesli

SERVES 2. HANDS-ON TIME 5 MIN. PLUS OVERNIGHT CHILLING



- 80g Alpro Plain with Almond soya alternative to yogurt
- 1 tsp honey
- 80g jumbo oats
- · 30g almonds, roughly chopped
- Handful raspberries
- 1 peach, stoned and cut into chunks

1 Combine the Alpro Almond Unsweetened, Alpro Plain with Almond and the honey in a bowl. Stir through the oats and half the almonds, fold in the raspberries and peach chunks, taking care not to break up the fruit too much.

2 Divide the mixture between two jars, put the lids on and chill in the fridge overnight. In the morning, top with the remaining almonds, replace the lid to take with you until ready to eat.



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



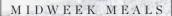
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7 WAYS TO SHAKE UP YOUR MIDWEEK

By adding a few clever twists and easy flavour flourishes, we've given family weeknight faves a new lease of life



Indian spiced vegetable frittata v

SERVES 4. HANDS-ON TIME 30 MIN



Curry spices and eggs have weblin a natural affinity. Adding mango chutney into the mix provides another layer of flavour.

- Vegetable oil for frying
- 2 red onions, finely sliced
- 1 garlic clove, crushed
- 1½ tbsp curry powder
- 2 tbsp mango chutney
- 150g savoy cabbage, finely shredded
- 8 medium free-range eggs
- 100ml milk
- Juice 1 lime
- Bunch fresh coriander, chopped, plus extra to garnish

YOU'LL ALSO NEED...

• 20cm deep ovenproof frying pan

1 Heat a glug of oil in a frying pan over a medium heat. Add the onions and fry for 5 minutes or until starting to soften. Add the garlic and curry powder and fry for 2-3 minutes. Stir in the mango chutney. 2 When the mixture is jammy, add the cabbage with a splash of water (the cabbage will fill the pan) and turn up the heat. Stir-fry until the cabbage wilts and fits the pan more easily (4-5 minutes). 3 In a large jug, beat the eggs with the milk, lime and coriander. Season, then pour the mixture evenly over the cabbage, filling in any gaps. Turn down the heat to low and simmer for 10 minutes. The egg should be set at the bottom but remain quite runny and liquid on top. Heat the grill to medium. 4 Put the pan under the grill for 3-4 minutes until the egg sets and is golden. Keep an eye on it so it doesn't overcook. Serve with extra coriander scattered over the top. PER SERVING 276kcals. 15.4g fat (3.8g saturated), 18.4g protein, 13.5g carbs (10.5g sugars),

0.8g salt, 4.9g fibre

Ultimate open steak sandwich

SERVES 4. HANDS-ON TIME 30 MIN



We squeezed in one of your five-a-day and added flavour with pesto-pepped peppers.

- 2 tbsp olive oil, plus
- 2 red peppers, seeds removed, thinly sliced

extra (optional)

- 2 garlic cloves, crushed
- 2 tbsp red pesto
- Juice 1/2 lemon
- 1/2 tbsp wholegrain mustard
- 4 x 100g minute steaks
- 4 thin slices sourdough bread
- 1 avocado, sliced
- 2 handfuls wild rocket

1 In a large frying pan, heat a glug of oil over a medium heat. When hot add the sliced peppers and fry for 5 minutes. Turn down the heat to low, then stir in the garlic and pesto. Cook for a further 5-8 minutes until the peppers are soft and charred.

2 Meanwhile, combine the lemon juice, mustard and 2 tbsp olive oil in a medium bowl. Season with salt and pepper, then set aside. 3 Heat a large griddle pan

oil over the base of the pan, then cook the steaks for 1 minute on each side for medium-rare (you may need to do this in batches). Set

to searing hot. Brush a little

aside to rest on a plate. 4 Toast the sourdough bread in the griddle pan for 1-2 minutes on each side until charred and crisp. You may need to add a little oil to stop it from burning. **5** Slice the rested steaks. Put the sourdough toasts on 4 plates, then top with the pesto peppers, steak and avocado. Toss the rocket in the mustard dressing, then scatter over the open sandwiches. Serve straightaway.

PER SERVING 434kcals. 23.6g fat (5.1g saturated), 29.8g protein, 23.1g carbs (4.9g sugars), 0.8g salt, 5.2g fibre \rightarrow



Thai-style prawn and noodle soup with broccoli

SERVES 4. HANDS-ON TIME 30 MIN



Instead of the usual WE DID Thai green curry, we've created this flavour-

packed soup instead. We've made it quick to prepare by using ready-made curry paste.

- · Vegetable oil for frying
- 2 onions, thinly sliced
- 3 tbsp Thai green curry paste
- 1 head broccoli, cut into small florets
- 1 litre chicken stock
- · 200g medium egg noodles
- 1 tbsp fish sauce
- Juice 3 limes
- · 400ml can light coconut milk
- 200g raw sustainable peeled king prawns

TO SERVE (OPTIONAL)

- Lime wedges, sriracha chilli sauce, fresh coriander leaves, toasted chopped peanuts, sliced green chilli
- 1 Heat a glug of oil in a large saucepan over a medium heat.

Fry the onions for 5-8 minutes until softening. Add the curry paste and broccoli, then stir-fry for 2-3 minutes. Pour in the stock and bring to a fast simmer, then cook for 5 minutes.

2 Meanwhile, boil a kettleful of water. Put the noodles in a large heatproof bowl, then pour over the boiling water. Leave to stand for 6-8 minutes until tender, then drain in a colander. Boil another kettleful of water. then pour over the noodles to rinse and refresh. Drain well. 3 Add the fish sauce, lime juice, coconut milk and prawns to the soup. Simmer for 4-5 minutes until the veg is tender and the prawns are cooked through. Stir the noodles into the soup. 4 Serve the soup garnished with lime wedges, sriracha chilli sauce, coriander, peanuts and sliced green chilli, if you like. PER SERVING 431kcals, 13.5g fat (7.8g saturated), 28g protein, 45.9g carbs (9.2g

sugars), 2.6g salt, 7.4g fibre





Spaghetti bolognese

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



We swapped beef WEDID mince for lean pork mince, and freshened

up the flavour with a splash of white wine. Adding milk helps to tenderise meat.



Much of the alcohol FOOD Much of the acconor TEAM'S in the wine is cooked off during simmering,

but swap it for chicken stock or vegetable stock if you like.

- Vegetable oil for frying
- 1 onion, finely chopped
- 3 carrots, cut into 1cm dice
- 50g British smoked pancetta cubes
- 500g lean (5% fat) British pork mince
- 3 tbsp tomato purée
- 200ml dry white wine (see tip)
- 3 tbsp Worcestershire sauce
- 150ml semi-skimmed milk
- 300g spaghetti

TO SERVE (OPTIONAL)

• Freshly grated parmesan

1 In a large saucepan, heat a glug of oil and add the onion. Fry for 5 minutes over a medium heat, then add the carrots and pancetta. Frv for another 5 minutes.

2 Add the pork mince and fry for 3-4 minutes until it starts to brown, breaking it up with a wooden spoon. Add the tomato purée and turn up the heat. Add the wine and bubble for 1 minute. Stir in the Worcestershire sauce and milk, then reduce the heat and simmer for 20 minutes. **3** Halfway through the sauce simmering time, cook the pasta in a large pan of boiling salted water for 8-10 minutes

4 Taste and season the sauce. Drain the pasta, then divide equally among 4 bowls. Spoon over the sauce and serve with freshly grated parmesan, if you like.

until al dente (still with bite), or according to the pack

instructions.

PER SERVING 650kcals, 15.7g fat (5.9g saturated), 46.9g protein, 69.7g carbs (14.1g sugars), 1.1g salt, 7.9g fibre

Spicy tomato and chorizo bake

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



The chorizo and chilli put a spicy Spanish spin on the classic

Italian pasta bake.

- 150g cooking chorizo, chopped
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp chilli flakes
- 200ml red wine
- 400g can chopped tomatoes
- 250g large pasta shells
- Bunch fresh basil leaves, roughly chopped
- 80g cooking mozzarella

YOU'LL ALSO NEED...

1 Heat the oven to 200°C/ pan of water to the boil. Heat another large pan over a medium-high heat, then fry the chorizo for 2-3 minutes until starting to colour.

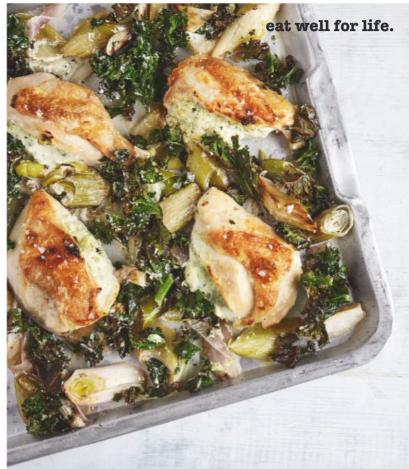
slotted spoon, leaving the oil. 2 Add the onion to the pan with the chorizo oil and cook for 5 minutes, then add the garlic and chilli and cook for another minute. Pour in the red wine and bubble for 2-3 minutes until reduced. Add the tomatoes and simmer for 10 minutes.

3 Meanwhile, cook the pasta

in the pan of boiling water for

10 minutes or until nearly cooked. Drain and rinse under cold running water, drain again, then return to the pan. 4 Stir the chorizo into the sauce with the basil. Taste and season with a little salt and pepper. Stir the sauce into the pasta, then tip the whole lot into a 1.5 litre ovenproof dish. Grate the bake for 20 minutes or until





One-tray roast chicken with pesto stuffing and greens

SERVES 4. HANDS-ON TIME 20 MIN. OVEN TIME 30-33 MIN



It's not your average tray bake: the roasting juices mingle with

the pesto stuffing to make a great-tasting sauce.

- 5 shallots, quartered
- 3 trimmed leeks, sliced diagonally 2cm thick
- · Olive oil for frying and drizzling
- 120g cream cheese
- 50g fresh green pesto
- 4 skin-on free-range chicken
- 250ml dry white wine
- · 100g kale, sliced
- Juice 1 lemon

TO SERVE (OPTIONAL)

· Steamed new potatoes

1 Heat the oven to 200°C/180°C fan/gas 6. Put the shallots and leeks in a medium roasting tray and drizzle with oil. Season,

then roast for 10 minutes.

2 Meanwhile, in a small bowl, mix the cream cheese and pesto with a little seasoning. Cut a slit along the side of each chicken breast, then spoon in the filling. Don't worry if a bit comes out - it helps to make the sauce in the pan.

3 Remove the roasting tray from the oven, then add the wine and chicken. Roast for 15 minutes or until the chicken is nearly cooked.

4 Remove the tray from the oven and scatter the kale over and around the chicken. Add a squeeze of lemon and a drizzle of oil, then return to the oven for 5-8 minutes until the kale is crisp and the chicken is cooked. Set aside to rest for 5 minutes, then serve with the pan juices drizzled over, with new potatoes, if you like.

PER SERVING 459kcals, 22.5g fat (7.3g saturated), 42.3g protein, 7.3g carbs (6.1g sugars), 0.8g salt, 6.1g fibre \rightarrow



Fishcakes with minty peas and spinach

SERVES 4. HANDS-ON TIME 30 MIN, OVEN TIME 10-15 MIN



We swapped traditional floury white potatoes for sweet potatoes.

- 700g sweet potatoes, peeled and chopped
- 500g sustainable skinless cod/haddock/pollock fillets
- Vegetable oil for frying/drizzling
- 2 tbsp capers, drained, chopped
- Grated zest and juice 2 lemons
- 6 medium free-range eggs
- 125g fresh breadcrumbs
- 250g frozen peas
- 200g spinach
- Bunch fresh mint, chopped

1 Heat the oven to 190°C/170°C fan/ gas 5. Boil the sweet potatoes in a large pan for 15-20 minutes until soft. Drain and put in a large bowl. 2 Meanwhile, put the fish in a baking tray, drizzle with oil, season and bake for 10-15 minutes until cooked. Pat dry with kitchen paper. 3 Flake the fish into the bowl with the sweet potatoes, then mix in the capers, the zest of 1 lemon and the juice of half. Season. Shape the mixture into 8 equal patties. 4 Beat 2 of the eggs in a shallow bowl. Put the breadcrumbs in a separate bowl. Dip each fishcake in the egg, then the breadcrumbs. Heat a glug of oil in a large frying pan, then fry the fishcakes in 2 batches for 5 minutes on each side until crisp. Set aside; keep warm. 5 Wipe the pan, then heat a little more oil. Fry the remaining eggs to your liking. Meanwhile, cook the peas in a pan with a splash of water for 1-2 minutes. Stir in the spinach to wilt, then add the rest of the lemon zest and juice, and the mint. Serve the fishcakes on top of the veg, with the fried eggs. PER SERVING 647kcals, 19.8g fat (3.6g saturated), 44.9g protein, 67g carbs (13.3g sugars), 1.3g salt, 10.3g fibre **@**





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TAKE A PACK OF... Chicken thighs

Easy to prepare, packed with taste and the perfect foil for strong flavours, this good-value ingredient has culinary versatility in spades

Chicken, lentil and spinach curry

SERVES 2. HANDS-ON TIME 25 MIN, SIMMERING TIME 20-25 MIN



Make up to 24 hours in advance, then cool and chill in an airtight container. Gently reheat in a saucepan on the hob until piping hot.

Heat a glug of sunflower oil in a large frying pan, then fry 1/2 finely sliced red onion over a medium heat for 5-6 minutes until starting to soften. Add 2 crushed garlic cloves and a grated thumb-size piece of fresh ginger, then fry for 1 minute. Add 21/2 tbsp Patak's Mild Curry Paste and fry for 3 minutes, then add 90g canned green lentils (drained and rinsed), 250ml cold water and 200ml reduced-fat coconut milk. Bring to a gentle simmer, then add 4 free-range skin-on chicken thighs. Cover and simmer gently for 20-25 minutes until the chicken is cooked through.

Remove the chicken, discard the skin and bones, then shred the meat into the curry. Add 100g frozen peas and 100g baby spinach, then heat. Taste, season, then stir in 1/2 small bunch roughly chopped fresh coriander. Serve in bowls, topped with a good spoonful of natural yogurt and a couple of lime wedges. PER SERVING 679kcals, 33.3g fat (10.7g saturated), 53.9 protein, 35.4g carbs (7.8g sugars), 1.1g salt, 11.2g fibre

Garlic and parsley roast chicken with crunchy purple sprouting broccoli

SERVES 2. HANDS-ON TIME 20 MIN. OVEN TIME 30 MIN

Heat the oven to 220°C/200°C fan/gas 7. In a small bowl, combine 40g softened unsalted butter with 3 crushed garlic cloves and half a small bunch of finely chopped fresh parsley. Season well. Take 4 free-range skin-on chicken thighs, loosen the skin a bit on each one and work some of the butter mix under, rubbing any leftover butter on top. Season well, then put in a roasting tray and roast for 30 minutes. After 15 minutes, trim 350g purple sprouting broccoli and toss with 1 tbsp olive oil and salt and pepper in a baking tray, then roast for 10 minutes.

Mix 20g fresh breadcrumbs with the zest of 1/2 lemon and 1/2 tbsp olive oil. Scatter over the broccoli and roast for 3 minutes more. Serve the roast chicken and broccoli with buttered new potatoes, steamed rice or pasta. PER SERVING 556kcals, 34.9g fat (14.2g saturated), 43.1g protein, 12.8g carbs (4.3g sugars), 0.5g salt, 8.9g fibre





Easy jerk chicken and coconut rice

SERVES 2. HANDS-ON TIME 20 MIN, OVEN TIME 30 MIN



Marinate the chicken for up to 24 hours. Keep covered in the fridge, then bring to room temperature before cooking.

Depending on the brand of jerk seasoning.



Depending on the brand of jerk seasoning, you may want to add a little extra chilli powder if you like your food spicy.

Heat the oven to 200°C/180°C fan/gas 6. Heat 1 tbsp olive oil in a large frying pan, then fry 4 seasoned free-range skin-on chicken thighs, skin-side down, for 5-6 minutes until golden. In a bowl, mix ½ tbsp soy sauce, 2 tbsp tomato ketchup and 1 tbsp jerk seasoning (see tip) with the juice of 1 lime. Coat the chicken in the marinade (see Make Ahead), then put in a baking tray and cook in the oven for 30 minutes, basting once.

Meanwhile, put 180ml cold water and 180ml coconut milk in a saucepan and bring to a simmer. Add 180g basmati rice and cook according to the pack instructions until the liquid has been absorbed. Season, then stir in 150g rinsed and drained canned kidney beans and ½ bunch finely chopped spring onions. Serve the chicken on top of the rice, with extra sliced spring onion and lime wedges to squeeze over. PER SERVING 883kcals, 29.8g fat (16.5g saturated), 50g protein, 98.7g carbs (12.2g sugars), 2g salt, 9.8g fibre

Chicken with baked pearl barley risotto

SERVES 2. HANDS-ON TIME 30 MIN. OVEN TIME 45 MIN



Add 2 tbsp grated parmesan to the risotto when you stir in the crème fraîche for a richer, even creamier finish.

Heat the oven to 200°C/180°C fan/gas 6. Heat 1 tbsp olive oil in a lidded ovenproof pan over a medium heat. Fry 1 sliced leek for 4-5 minutes until soft, then add 80g shredded savoy cabbage, 50g bacon lardons and 2 crushed garlic cloves. Stir-fry for 3-4 minutes. Turn up the heat, add 50ml dry white wine and bubble for 1 minute. Stir in 150g pearl barley, then add 375ml chicken stock, season and cover with the lid. Put in the oven and set the timer for 45 minutes.

Season 4 free-range skin-on chicken thighs. Heat a glug of olive oil in a pan, then fry skin-side down for 5-6 minutes until golden. When the risotto has been in for 15 minutes, add the chicken on top, skin-side up, then replace the lid and return to the oven. When 5 minutes remain on the timer, remove the chicken, put on a plate and keep warm. Stir 30g watercress and 2 tbsp crème fraîche into the risotto (see tip), then cook uncovered to finish. Scatter with chopped fresh parsley and serve with the chicken and lemon wedges. PER SERVING 743kcals, 26.7g fat (9.5g saturated), 53.7g protein, 65.4g carbs (4.5g sugars), 2g salt, 4.4g fibre 4







Rich mussel broth

SERVES 4. HANDS-ON TIME 55 MIN. SIMMERING TIME 25 MIN

66 This is a soupy moules marinières, full of flavour and perfect for an evening meal. Preparing the mussels takes a little time, but I promise you it's worth it. 99

Because mussels are quite FOOD salty we used a reducedsalt stock cube. For a step-by-step guide to preparing mussels, see delicious. Kitchen.

- 2kg fresh mussels
- 1 chicken stock cube (see tip)
- 75g butter, roughly chopped
- 1 large onion, finely chopped
- 150g turnips, peeled and cut into 1cm cubes
- 150g kohlrabi, peeled and cut into 1cm cubes
- 4 tbsp crème fraîche
- 2 tbsp fresh parsley leaves, finely chopped
- · 2 tbsp fresh chives, finely chopped
- Extra-virgin olive oil to serve

1 First clean the mussels. Discard any with broken shells and any open ones that don't close when you tap them firmly. Pull away the threadlike beards, then rinse the mussels thoroughly under cold water. 2 Pour 350ml water into a small

- saucepan, then crumble in the stock cube and bring to the boil.
- 3 Put a large pan that has a tightfitting lid over a high heat. Tip in the mussels, pour in the hot stock and cover with the lid. Cook for 3-5 minutes until the shells open.
- 4 Tip the mussels and stock into a muslin or cloth-lined colander over a bowl to strain the stock. Pick the mussels out of their shells and set aside; discard the shells and any that remain closed. Reserve the stock.
- 5 Melt the butter in a large pan over a low-medium heat. When it stops foaming, sauté the onion, turnips and kohlrabi for 15-20 minutes until soft, stirring from time to time.
- 6 Pour in the reserved stock, bring



to the boil and simmer for 20-25 minutes until reduced by half. Stir in the crème fraîche, then add the mussels and season with pepper to taste – it shouldn't need salt (see tip). Ladle into warm bowls, scatter over the herbs and finish with a trickle of olive oil.

PER SERVING 402kcals, 27.8g fat (14.9g saturated), 27.7g protein, 8.3g carbs (6.6g sugars), 1.4g salt, 4.1g fibre

Gammon steaks with fried duck eggs

SERVES 4. HANDS-ON TIME 25 MIN

66 Served with a hot gherkin gravy, this is a smartened-up version of the ham-and-egg teas of my childhood. You have to be a bit fast and furious to get it all ready at the same time, but it's not difficult as long as you have all the ingredients prepared before you start. Serve it with some lightly cooked greens or a crunchy slaw. 99



Make the gherkin gravy up to 12 hours ahead and reheat gently to serve.



If you can't find duck eggs, large hen's eggs will work just as well.

- 4 thick British free-range gammon steaks
- Vegetable oil for frying
- 4 duck eggs (see tip)
- 1/4 tsp chilli flakes
- Roughly chopped fresh dill to serve

FOR THE GHERKIN GRAVY

- 100g pancetta, diced
- 1 onion, finely chopped
- 1 garlic clove, grated
- 1/2 tsp chilli powder
- 1/4 tsp cayenne pepper
- 1/4 tsp smoked paprika
- 2 large dill pickles/gherkins, sliced into discs, plus 50ml of the pickle liquor
- 250ml chicken gravy (I make it with Bisto gravy granules)
- 60g pork scratchings, lightly crushed
- 1 For the gherkin gravy, cook the pancetta in a saucepan over a medium-high heat for a few minutes until it becomes crisp. Scoop it out with a slotted spoon and set aside on a plate lined with kitchen paper.



Add the onion to the pan and fry gently, stirring from time to time, for about 10 minutes until soft.

2 While the onion is cooking, heat the grill to hot. Put the gammon steaks onto a shallow roasting tray and grill for 3-4 minutes on each side, then turn the grill off and leave them inside to keep warm.

3 Once the onion has softened, add the garlic to the pan and cook, stirring, for a minute. Sprinkle in the chilli powder, cayenne and smoked paprika, then cook for 2-3 minutes. Add the pickle liquor and chicken gravy, then bring to the boil. Stir in the reserved crispy pancetta, sliced pickles and pork scratchings. Keep warm until required.

4 Heat a little oil in a non-stick frying pan and fry the duck eggs (see tip) until the whites are set (and a little crispy at the edges if you like). Season with salt, pepper and the chilli flakes.

5 Put the gammon steaks on warm plates and top with fried eggs. Spoon on the gravy and scatter over the dill. **PER SERVING** 611kcals, 38.3g fat (12.3g saturated), 61.3g protein, 4.4g carbs (3.3g sugars), 5g salt, 1.7g fibre

Roasted lamb rump with turnip fricassée

SERVES 4. HANDS-ON TIME 45 MIN, OVEN TIME 5-6 MIN

66 I love lamb well browned on the outside but still pink in the middle – it's great with peppery little turnips. When you're following a low-carb diet, turnips are a brilliant vegetable. They have a potatoey structure but are lighter in density with a more interesting flavour. The addition of the green turnip tops gives the fricassée a vibrant lift. If you can't get hold of them, use shredded kale or chopped spring greens instead. 99



If you can't find baby turnips, buy the smallest you can find and cut them into

quarters or smaller pieces.

Regular chicken stock cubes can be very salty. Use a reduced salt cube if you prefer.

- 2 tsp dried herbes de provence
- 2 tbsp olive oil
- 4 x 100g British lamb rump steaks
- Vegetable oil for cooking

FOR THE TURNIP FRICASSÉE

- 50g unsalted butter
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1 green pepper, cut into 1cm pieces
- 1 chicken stock cube
- 10 baby turnips (about 60g each), peeled and halved – see tips
- 100ml double cream
- 2 tbsp crème fraîche
- 100g turnip tops (or see Tom's introduction)
- 2 tbsp creamed horseradish

1 For the turnip fricassée, melt the butter in a large sauté or heavy-based frying pan over a low-medium heat. When it stops foaming, add the onions and garlic and fry gently for 10-15 minutes until softened, stirring from time to time.

2 Stir in the green pepper, crumble in the stock cube and pour in 250ml water. Add the turnips, turn up the heat and bring to the boil. Cook for about 10 minutes until the liquid has reduced. If the turnips aren't tender (it will depend on their size), add a little more water and cook until the turnips are glazed and tender. (Keep adding more water if required until the turnips are ready. This ->





BOOK OFFER

These recipes are adapted from Tom Kerridae's Dopamine Diet (RRP £20; Absolute Press). Readers can get a copy of the book for £16 at bloomsbury.com. Use the code GLR KP9 at the checkout

could take up to 30 minutes.) 3 Meanwhile, heat the oven to 180°C/160°C fan/gas 4. Mix the dried herbs and olive oil in a small bowl, then rub all over the lamb steaks. Season with salt and pepper. 4 Heat a large ovenproof frying pan over a medium-high heat and fry the lamb steaks for 11/2 minutes on each side until well browned all over (they'll release their own fat but you may need to add a little oil). 5 Put the pan with the lamb in the

oven and roast for 5-6 minutes until the steaks are medium-rare. Remove from the oven and leave to rest in the pan.

6 Add the cream and crème fraîche to the turnip pan, bring to the boil and let it bubble to reduce down slightly for 2-3 minutes. Stir in the turnip tops or other greens and the creamed horseradish, then cook for 1-2 minutes, just until the greens have wilted.

7 Slice the lamb rump steaks thickly, then arrange on warmed plates with a couple of spoonfuls of the turnip fricassée to serve. PER SERVING 592kcals, 45.1g fat (21.5g saturated), 25g protein, 17g carbs (14g sugars), 1.2g salt, 8.8g fibre

Sea bass with fennel and champagne & vanilla sauce

SERVES 4. HANDS-ON TIME 55 MIN

66 For a special meal, this elegant recipe hits the spot. 99



Coconut flour is made from dried, ground coconut flesh. It's gluten free. Buy in large supermarkets and health food shops. If you can't find it, use plain flour.



This is a rich dish, high in calories, so not one for every day - but it's great for

a special occasion, as Tom says. Leave out the vanilla if you prefer.

- 4 x 200g sustainable sea bass fillets, skin on, pin-boned
- Vegetable oil for frying
- 40g coconut flour
- 50g unsalted butter
- Juice 1 lemon

FOR THE FENNEL

- 40ml top quality extra-virgin olive oil, plus extra to finish
- 1 small onion, finely chopped
- 2 fennel bulbs, finely chopped
- 2 garlic cloves, crushed
- 1 tbsp mustard seeds, toasted in a dry frying pan until they pop

- 1 tsp dijon mustard
- Handful fresh dill, chopped

FOR THE CHAMPAGNE & VANILLA SAUCE

- Extra-virgin olive oil for frying
- 2 banana shallots, finely chopped
- 150ml champagne (or sparkling wine)
- 1 vanilla pod, split lengthways, seeds scraped out
- 100ml double cream
- 75g unsalted butter, chilled and cut into cubes
- Lemon juice to taste

1 For the fennel, warm the olive oil in a large saucepan over a low-medium heat. Add the onion, fennel and garlic, then gently fry for 12-15 minutes until softened. Remove from the heat and stir in the mustard seeds, mustard and dill. Season with salt and pepper. **2** To make the sauce, warm a splash of olive oil in a medium pan over a low-medium heat. Add the shallots and fry for 10 minutes until soft. Pour in the champagne and add the vanilla seeds and pod. Increase the heat, bring to the boil and reduce by three quarters. Add the cream and reduce by half. Turn the heat to low and whisk in the butter, a cube at a time, ensuring each is incorporated before adding the next. Remove the vanilla pod and season with salt, pepper and lemon juice to taste. Keep warm over a very low heat. 3 To cook the fish, put a large nonstick frying pan over a medium heat and add a little oil. Dust the skin of each fillet with the coconut flour, put the fish in the pan, skin-side down, then fry without moving for about 4 minutes until the skin is crisp and the fish is cooked about 80 per cent of the way through. Turn over, add the butter and lemon juice and spoon the hot lemony oil/butter over for 1-2 minutes until just cooked. Season well with salt and pepper. 4 Spoon the sauce onto warmed plates. Top with the fish and fennel and a drizzle of top quality olive oil. PER SERVING 878kcals, 70.2g fat (24.6g saturated), 44.1g protein, 9g carbs (5.9g sugars), 0.5g salt, 5g fibre 🖪

NEXT **MONTH** How to eat well on a 'fast day'

BEEF STROGANOFF

Our take on the 1970s supper is made with lean steak and a lighter, yet satisfyingly creamy sauce

* Lighter beef stroganoff

SERVES 4. HANDS-ON TIME 45 MIN, SIMMERING TIME 10 MIN

HOW WE DID IT

We boosted the flavour by using umami-rich dried mushrooms and smoked

paprika. We kept fat to a minimum by using just a touch of oil and butter to fry the onion, and just enough soured cream to give a rich flavour.

FOOD TEAM'S TIPS

To boost the flavour even more, add a glug of brandy to the fried onion (step 2)

and bubble for a minute or so. You need to stir in the soured cream off the heat (step 5) as the low fat content makes it liable to curdle.

- 10g dried mixed wild mushrooms ©
- 1 tsp light olive oil
- 1 tsp butter
- 1 onion, finely sliced
- 2 x 200g lean sirloin/rump steaks
- 1 tbsp sweet smoked paprika
- 1 tbsp tomato purée
- 300ml fresh beef stock
- 2 tbsp reduced-fat soured cream @
- Squeeze lemon juice
- Handful fresh flatleaf parsley, roughly chopped, to garnish

1 Soak the mushrooms in a small bowl of boiling water (about 100ml) for 10 minutes to rehydrate, then squeeze out the water and drain on kitchen paper. Reserve the liquid.

2 Meanwhile, heat the oil and butter in a non-stick frying pan and cook the onion over a low heat for 10 minutes or until softened and coloured. Add a splash of water now and again to prevent sticking.

3 Meanwhile, season the steaks. Heat a griddle pan until hot, then sear the steaks over a medium-high heat for 3-4 minutes on each side. Set

aside to rest, then slice into strips.

4 Stir the paprika, tomato purée and the drained mushrooms into the onions and cook for 1-2 minutes. Add the mushroom soaking liquid along with the stock. Bring to the boil, then turn down the heat and simmer for 10 minutes. If you prefer your beef well done, add the steak to the sauce for the final 5 minutes of simmering time. If you like your beef rare, add at the end of the simmering time.

5 Take the pan off the heat and stir in the soured cream (see tips).

juice, then garnish with parsley.

• See Loose Ends for clever ways to use up dried mushrooms and soured cream.

NEXT MONTH A lighter take on stuffing

| TRADITIONAL VERSION | MAKEOVER VERSION | |
|------------------------------|------------------------------|--|
| 261kcals | 187kcals | |
| 17.8g fat (11g saturated) | 7.6g fat (3.3g saturated) | |
| 20.3g protein | 26.2g protein | |
| 4.4g carbs (3.7g sugars) | 2.8g carbs (2.3g sugars) | |
| 0.5g salt | 0.7g salt | |
| 1.1g fibre | 1.8g fibre | |







FIND MORE IDEAS ON THE delicious. WFRSITE

You can find an extensive collection of venetarian recipes online - visit delicious magazine.co.uk/ vegetarian

* Carrot, chilli and red lentil soup 0

SERVES 4-6. HANDS-ON TIME 30 MIN, SIMMERING TIME 45-60 MIN



Make up to 48 hours in advance and store in a sealed container in the

fridge. Reheat in a pan over a gentle heat. This makes more than needed for a starter but you can freeze any leftovers for up to 3 months in a sealed container.



If you like your food spicy hot, chop another ½ fresh chilli and add it to the pan,

with the seeds, in step 1.

Curry leaves are available fresh from some Asian grocers and dried from the spice section of large supermarkets.

- 1 tbsp olive oil
- 1 onion, roughly chopped
- 3 garlic cloves, finely chopped
- 2 tbsp grated fresh ginger
- 1 long red chilli, seeds removed, chopped (see tip)
- 11/2 tbsp mild curry powder
- 2 tbsp tomato purée
- 750g carrots, cut into rough 2cm pieces
- 100g dried red lentils, rinsed and drained
- 400g tin chopped tomatoes
- 1 litre vegetable stock
- Juice 1 lemon
- Fried curry leaves, fried garlic slices, fried shredded ginger, lime wedges and roti bread (optional) to serve

1 Heat the oil in a large saucepan with a lid over a medium heat. Add the onion, garlic, ginger and chilli, then cook, stirring, for 3-4 minutes until slightly softened. Add the curry powder and tomato purée, then cook for 1 minute more or until fragrant. 2 Add the carrots and lentils. Stir, then add the tomatoes, stock and 1 litre water. Season and bring to the boil, then turn down the heat to low and simmer, covered, for 45-60 minutes until the carrots are tender to the point of a knife. 3 Cool slightly, then blend using a

stick blender until smooth. Stir in the lemon juice. Serve the soup with curry leaves, garlic, ginger, lime wedges and roti, if you like.

PER SERVING (FOR 6) 166kcals. 3.4g fat (0.4g saturated), 7.3g protein, 22.7g carbs (12.1g sugars), 1.2q salt, 7.8q fibre

Cauliflower cheese tart 0

SERVES 6-8. HANDS-ON TIME 30 MIN. OVEN TIME 60-70 MIN, PLUS CHILLING AND COOLING



Make the tart up to 24 hours in advance and serve cold or reheat in a low oven

until warm throughout.



Store leftovers in a sealed container in the fridge for up to 3 days.

- 225g plain flour, plus extra to dust
- 140g cold unsalted butter, cubed, plus extra for greasing
- 3 medium free-range eggs, plus 1 extra volk
- 60ml cold water
- 1 small cauliflower, cut into small florets
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 300ml double cream
- Small pinch freshly grated nutmeg
- 175g strong cheddar, grated
- Mixed salad leaves to serve

YOU'LL ALSO NEED...

• 23cm loose-bottomed tart tin

1 Put the flour in a food processor with a pinch of salt. Add the butter and pulse until the mixture resembles fine breadcrumbs. Add the extra egg yolk and 60ml cold water, then pulse until the pastry comes together. Shape into a disc using your hands, then wrap in cling film. Chill for 30 minutes. 2 Heat the oven to 200°C/180°C fan/ gas 6. Roll out the pastry on a lightly floured surface until 3mm thick, then roll it up on a lightly floured rolling pin and unroll carefully into

the tart tin. Push it gently into the tin to line it, making sure it reaches right into the edges and flutes. Lightly prick the pastry base all over with a fork, then trim any excess. Chill the tart case for 30 minutes. 3 Line the tart case with non-stick baking paper and fill with baking beans or uncooked rice. Bake for 25-30 minutes until the bottom of the tart looks mostly dry. Remove the baking beans/rice and paper, then bake for 5-6 minutes more or until dry and golden. Turn the oven down to 180°C/160°C fan/gas 4. 4 Meanwhile, put the cauliflower in a pan of cold salted water and bring to the boil over a high heat. Reduce the heat to low-medium and cook for 5 minutes or until just tender. Drain and set aside to cool slightly. **5** Heat the oil in a frying pan over a low heat. Fry the onion for 6-7 minutes until softened, then remove from the heat. In a medium mixing bowl, beat the 3 eggs, cream and nutmeg, then season well. 6 Scatter the onion over the base of the tart, then scatter over the cauliflower and half the cheese. Pour over the egg mixture and scatter with the remaining cheese.

PER SERVING (FOR 8) 592kcals. 47.6g fat (27.9g saturated), 13.9g protein, 25.8g carbs (3.3g sugars), 0.5g salt, 2.5g fibre

Bake for 30 minutes or until golden.

Cool for about 30 minutes, then

serve with a green salad.

SUSY ATKINS' WINE PICKS

Vegetarians may want to ensure their wine hasn't been made using animal products. The Co-operative labels its wines with all ingredients used. You could also use a mail order specialist such as Vintage Roots (vintageroots.co.uk), which flags up vegan/vegetarian wines.

For the soup, pick a zesty, dry white, such as a South African chenin blanc. A softer, slightly creamier white burgundy is the best choice for the cauliflower cheese, and a sweet orange muscat from Australia would be a treat with the mousse.

NEXT MONTH Quick vegan food dished up in 15 minutes



THE SANE VIEW

Can the right foods boost your metabolism?

A magic bullet for weight loss... Now wouldn't that be a great thing? But can any single food help our body burn calories more quickly, or is the notion just a gimmick? Sue Quinn investigates

t's the Holy Grail of weight loss: a way to eat yourself thin with foods that melt away fat by boosting your metabolism. Green tea, spices, chilli and coffee are all claimed to contain compounds that kick-start your body into shedding fat. But is it true?

Celebrities such as Gwyneth Paltrow, a well-known fan of green tea, seem to think so, as do millions of people keen to find a shortcut to losing weight. A search for the terms 'weight loss' and 'teenager' and 'green tea' on YouTube, for example, throws up an incredible (and worrying) 27,000 results – many of which are promotional videos for green tea brands. At the same time, media reports and health and wellbeing websites depict 'metabolic enhancers' such

as green tea and chillies as an easy way to fight flab. "Turn up your body's fat burn with these healthy foods," urges one website. "Chilli peppers can boost metabolic rate by as much as 50 per cent," declares the headline in a popular national newspaper.

But leading metabolism scientists say the claims simply aren't true. While there is some evidence to show certain foods contain compounds that boost metabolism, the experts say the effect of consuming these foods is too small to cause weight loss.

THE SCIENCE BIT

So what is metabolism? According to Professor James Timmons, a metabolism expert from Loughborough University's School of Sport, Exercise and Health Sciences, it describes all the chemical processes in our bodies that keep us functioning, such as breathing and digestion. The minimum amount of energy we need for this is called our basal metabolic rate (BMR). "A 'slow metabolism' is more accurately described as a low BMR," Professor Timmons explains on the NHS Choices website.

BMR accounts for 40-70 per cent of our body's energy needs and varies according to age, gender, body size, genes and lifestyle. For example, BMR tends to decrease with age because muscles use up more energy than fat, and we generally lose muscle as we get older. This doesn't mean a slow metabolism is to blame for being overweight. "In fact, the opposite appears to be true," Professor Timmons says. "Overweight people may actually have a faster metabolism than their leaner counterparts, as a larger body size requires more energy to keep it running."

Some crash diets can slow down BMR by forcing the body to break down muscle to use for energy – which makes it easier to pile on the pounds after resuming normal eating. But nothing we eat can do the reverse and speed up our

TOO GOOD TO BE TRUE

News media and the internet are awash with claims that specific foods have magical fat-busting powers. Here are just a few wild claims that have no basis in fact:

- **X** "Calcium-rich foods have slimming superpowers"
- \boldsymbol{x} "The good news is there are specific foods loaded with quality calories that can be the perfect answer to melting fat away from your mid-section permanently"
- \boldsymbol{x} "Drinking one or two glasses of green vegetable juices daily helps melt away fat. It may not make sense to you, but it works!"
- \pmb{x} "Tea can reset your internal thermometer to increase fat burn by up to 10 per cent without exercising or dieting"
- ✗ "Seven metabolism-boosting foods to snack yourself SKINNY"



slimming down. "There are no foods that, when eaten in excess, help you to lose weight," says Naveed Sattar, professor of metabolic medicine at the University of 66 There is no

Glasgow.

HOLLOW PROMISES

There is evidence that certain foods can boost metabolism to some extent, says Dr Thomas Barber, associate professor in

clinical endocrinology and lead researcher at the Human Metabolism Research Unit, run by University Hospitals Coventry, Warwickshire NHS Trust and Warwick Medical School, All food 'boosts' our metabolism for two to three hours after we eat it, and some foods have a bigger effect than others. "It is known that chilli-based food can have a more pronounced effect on metabolism after a meal than other foods due to molecules chillies contain called capsaicins," says Dr Barber. But utilising that metabolic effect to lose weight? "It's unlikely," he says. "To make it even remotely possible you'd have to consume large

which wouldn't be advisable."

There is also some evidence that green tea can boost metabolism by activating what's known as brown adipose tissue – the type

evidence to prove

that what you eat

or drink can speed

up metabolism to

the point of

slimming down 99

of body fat that burns calories rather than storing them. But again, Dr Barber savs the effect of that metabolic boost is minimal: "I don't believe it's significant enough to lead to weight loss." And what about the claims that

drinking lots of caffeine can help melt away pounds? "You absolutely shouldn't use caffeine as a means of boosting your metabolism," he says emphatically. "Caffeine can stimulate the cardiovascular system and increase heart rate – in excess, it can lead to palpitations and heart arrhythmias... Caffeine can never be advocated for weight loss."

WHAT'S THE VERDICT?

Many factors affect weight and metabolism, from genetic disposition to thyroid function. But there's no solid evidence to prove anything you eat or drink can speed up metabolism to the point of helping you slim down. According to

TRUE OR FALSE?

Some foods have a more pronounced effect on our metabolism after eating than others TRUE - FALSE

No food can boost metabolism to the point of helping you slim down TRUE - FALSE

Consuming high levels of caffeine to speed up metabolism is safe TRUE FALSE

Green tea is proven to aid weight loss TRUE FALSE

A slow metabolism is the cause of being overweight

TRUE FALSE

Professor Sattar, a high quality, balanced diet containing lots of fibre is the only way to manage your weight. Emerging evidence indicates that insoluble fibre (found in wholemeal bread, bran, cereals, nuts and seeds) is particularly effective for weight management. Still, there's no quick fix. "If there was a magic food solution for weight loss, we'd know it by now – but there isn't," he says.

NEXT MONTH Are probiotics actually good for you?



LOOSE ENDS

Don't let this month's special ingredients linger in your kitchen make the most of them with these smart and easy ideas



CHICKEN STOCK

QUICK QUINOA

FROM SIX HOUR

Frv a sliced onion until soft, then add a crushed garlic

clove and 250g quinoa. Fry for 3-4 minutes, add stock to cover by 1cm, then simmer until the guinoa is tender (top up with water if it dries out too early). Season, then stir in spinach and any chopped leftover meat/veg.

EGG-FRIED RICE

Heat a knob of butter, then fry a sliced onion. In a bowl, beat a couple of eggs with a splash of milk. Add cooked rice to the onion with a glug of chicken stock, then cook for 5 minutes or until the rice is hot. Add the eggs and stir-fry until set. Sprinkle with chopped spring onion, coriander and soy sauce.

GRUYÈRE

FROM CHEESY OAT BISCUITS **CHEESY PASTRY**

Grate 50g gruyère, then gently knead into a simple

shortcrust pastry recipe before chilling (search delicious magazine.co.uk). Use to top pies or as a base for quiche.

SAVOURY CROISSANTS

Heat the oven to 200°C/ 180°C fan/gas 6. Halve day-old croissants lengthways, stuff with thin slices of gruyère and a few pieces of ham, then bake for 8-10 minutes until warm and the cheese has melted.

CROUTONS FOR SOUP

Heat the oven to 220°C/200°C fan/gas 7. Tear large pieces of sourdough and put on a baking sheet. Spread a little red onion chutney on each piece of bread, then top with grated gruyère. Bake for 4-5 minutes until golden. Serve on top of soup.

DRIED WILD MUSHROOMS

FROM BEEF STROGANOFF **MUSHROOM** MIREPOIX

Soak dried wild mushrooms in boiling water for

15 minutes, then drain and finely chop. Add to a mirepoix (finely

diced onion, carrot and celery) when cooking dishes such as bolognese sauce or casseroles.

QUICK MUSHROOM PASTA

Soak dried wild mushrooms in boiling water for 15 minutes, then drain (reserving a cupful of the liquid) and finely chop. Heat a glug of oil in a frying pan, then fry 2 sliced garlic cloves over a low-medium heat for 3-4 minutes, adding the mushrooms for the last minute. Toss with cooked spaghetti and the reserved mushroom liquid and 1 tbsp crème fraîche. Serve with a squeeze of lemon, chopped parsley and grated parmesan.

FLAKED ALMONDS

ITALIAN SULTANAAND RICOTTA TORTE

ALMONDY **SCONES**

Mix and shape a classic scone recipe (search

deliciousmagazine.co.uk). Brush milk over the scones and sprinkle with flaked almonds and brown sugar before baking.

ALMOND AND HERB SALSA

Toast a large handful of flaked

almonds in a dry frying pan. Put in a mini chopper with a bunch each of fresh parsley and basil. Add grated parmesan, a pinch of salt and some lemon juice, then whizz. With the motor running, drizzle in olive oil to make a pesto. Serve with fish or pasta.

FETA

FROM SPICED LAMB AND HERBY QUINOA CRUMBLE

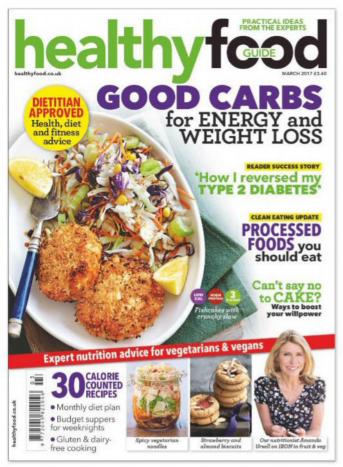
BAKED FETA

Heat the oven to 200°C/180°C fan/ gas 6. Put feta on a piece of foil,

then add 1 tbsp chilli jam, a rosemary sprig and a drizzle of honey. Crumple the foil around the feta, not quite covering it, then bake for 10 minutes or until the feta starts to colour. Serve with crusty bread.

FETA AND SAGE PORK CHOPS

Heat the oven to 200°C/180°C fan/gas 6. Sear pork chops in a hot pan for 3-4 minutes on each side, then put in a roasting tray. Scatter with crumbled feta and chopped sage, then roast for 15-20 minutes until the pork is cooked and the feta golden. d



THE EASY WAY to EAT WELL & FEEL BETTER

Pick up your copy of March's Healthy Food Guide magazine, packed with the latest expert diet and nutrition advice, plus low-calorie recipes

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↑ PREPARING FRESH MUSSELS p112

Find out how to deal with this versatile shellfish, with guidance from the experts at Institut Paul Bocuse

←THE CHALLENGE: JOINT A CHICKEN & MAKE COQ AU VIN p115

Learn an essential butchery skill, then use the poultry pieces to make the classic French recipe

← PASTRY: THE SECRETS EVERY CHEF SHOULD KNOW p114

Michelin-starred chef and cookery tutor John Campbell explains how to make perfect pastry – every time

THIS MONTH IN THE delicious. KITCHEN...

While the delicious, food team are testing recipes, they're often debating the best ways to do things, as well as answer everybody else's cookery questions, such as (this month) "What are all the different oats for?" and "Isn't it easier just to let the person eating the food add the salt?" Here they've collected the best know-how together with a helping hand from a friendly specialist or two. It's the kind of information you won't find anywhere else and it will take your cooking to the next level.



To remove the seeds from a pomegranate, cut the fruit in half, then cut through the papery segments. Hold each half over a bowl, then hit the back with a rolling pin and the seeds will drop out into the bowl.



CELERY LEAVES

All too often, these flavour-packed leaves end up unused. Chop and use to flavour stocks or...

- Toss with herbs and stir into Middle Eastern bulgur salads
- Stir into mayonnaise and serve with cold chicken
- Scatter like a herb over stews, soups. risottos and sauces
- Dry in a low oven, then whizz with salt to make celery salt
- Use tiny leafy stalks to stir bloody marys

WHICH FOODS FREEZE BEST?

Items with little structure and a high water content – soups and stews – freeze well, as do pasta bakes and pies that are high in fat, and you can freeze bread if it's going to be toasted or warmed in the oven.

For best results, wrap things well, excluding as much air as you can before freezing. Use frozen meat/fish within 3 months; frozen eggs and bread within 6 months.

FRUIT & VEG

DO FREEZE... Soft fruit such as strawberries and gooseberries can be frozen, but the defrosted fruit will be best in purées, pies, crumbles and sauces, as the berries collapse a bit on thawing. Vegetables such as green beans or broccoli benefit from being briefly blanched in boiling water before freezing to fix the colour and destroy the enzymes that can cause decay. DON'T FREEZE... Tender fruit and veg that you want to keep intact (lettuce, cucumber, celery, tomatoes and whole herbs), as they turn to mush when they're defrosted.

MEAT. FISH & SHELLFISH

DO FREEZE... Meat and fish freeze well although the process will damage the cell structure slightly. Large fish should be frozen as fillets; small fish can be frozen whole after cleaning. Wrap in airtight packaging, then use the fast-freeze section if you have one. This helps prevent freezer burn, which is caused when moisture evaporates into an air gap from the surface. Breaded/fried

food also freezes well. **Shellfish** freeze less well than

fish fillets. Scallops,
mussels, oysters, squid,
prawns and crab can be
frozen for up to three months,
as long as the temperature is
kept below -18°C, but it can
alter the texture and flavour.



DAIRY FOOD

DO FREEZE... Butter, double cream, clotted cream and grated hard cheese - high-fat, low-moisture products freeze well. Uncooked pastry also has a high proportion of fat so it freezes well. DON'T FREEZE... Yogurt, soured cream, single cream Lower-fat dairy will separate when it's defrosted after freezing. The same is true of milk, although its thinner consistency makes the separation less noticeable so it's okay to use - although it might not look its best in tea and coffee. **Emulsified sauces** such as mayo or hollandaise sauce will separate in the freezer, so avoid freezing them.

EGGS

DO FREEZE... Leftover raw egg whites freeze well, although they don't whisk quite as well afterwards they won't be so voluminous. Raw egg yolks Frozen raw yolks on their own may turn gummy when thawed, but it helps if you stir in a little salt (or sugar) before freezing (remember to label the quantity of yolks and the date, though). Passing the yolks through a fine sieve after thawing gets rid of unwanted lumps. Hard-boiled eggs The whites of hard-boiled eggs turn rubbery if you freeze them - worth bearing in mind if you want to put a fish pie made with eggs in the freezer. Why do we look down on frozen food?

Read more on deliciousmagazine.co.uk



We often say you should add some of the pasta cooking water to a pasta sauce (see pl11). But did you know you can also use the water from cooking potatoes to give body to gravy instead of flour or cornflour?

THE KNOWLEDGE

TRY A NEW VINEGAR

There's more to vinegars than the everyday malt and wine varieties CIDER VINEGAR Can be used in dressings and mayo like red and white wine vinegars. Use it... in fish and meat sauces and to add complexity to fruit (especially apple) puds. Use to deglaze the pan after cooking pork as the base for a sauce or gravy. SHERRY VINEGAR (VINAGRE DE JEREZ) Made using grape must from sherry production. Use it... in dressings and sauces with rich autumnal flavours of bacon, mushrooms. beetroot, walnuts and game. Use to deglaze pan-fried prawns, and splash into gazpacho or into Asian dishes with ginger and soy. BALSAMIC VINEGAR The proper stuff, labelled 'tradizionale', is an intense Italian grape vinegar; avoid balsamic dyed with caramel. **Use it...** to drizzle over tomatoes, roast veg or grilled meat and add a sweet-sharp note to tomato sauces - don't mix into dressings. RICE WINE VINEGAR Chinese rice vinegar has a sharper flavour than mellow Japanese versions, though both are quite low in acidity. Use it... Japanese vinegar is used for sushi rice. Japanese and Chinese vinegars are used in marinades, pickles, stir fries and dressings with chilli, soy and fish sauces. →



TECHNIQUES

Cleaning & opening live mussels

Mussels are plentiful in UK waters and very nutritious. Preparing them is easy, with guidance from the experts at Institut Paul Bocuse

Discard any broken and wide-open mussels. Tap any part-open mussels and discard those that don't immediately close. Scrape the mussel shells with a blunt knife, removing any barnacles. Tear out the string-like 'beards' by pulling up towards the point of the mussel.

 Wash in plenty of water, moving the mussels around well and making several changes of water until it remains clear.

They're now ready for Tom Kerridge's mussel recipe, p96



Preparing mussels for stuffing with garlic butter

Protecting your gripping hand with a folded cloth, hold the mussel pointed-end up. Hold the mussel firmly as you insert the knife (an oyster knife is good) into the right-hand side near the hinge.

Make a sweeping motion with $\stackrel{\textstyle \sim}{}$ the blade to cut through the muscle in the hollow of the upper half of the shell. Turn the knife towards the point of the shell and cut through the second muscle at the hinge.

 Lift the upper shell and work it free to remove it.

Mash butter with finely chopped parsley, crushed garlic, lemon juice, breadcrumbs and black pepper. Add a tsp butter to each shell, then cook under a hot grill for 2-3 minutes until bubbling.

Photographs by Francois Fleury. From Institut Paul Bocuse Gastronomique: the definitive step-by-step guide to culinary excellence. Published by Hamlyn, £60; octopusbooks.co.uk



The resourceful cook

FINDS FOR FORAGERS

As spring arrives, nature fills its larder. This month, keep an eye out for the treasures below, but avoid picking near roads and areas popular with dogs; if you're worried about identification, carry a good foraging guide such as Hedgerow by John Wright (£14.99; Bloomsbury)

WILD GARLIC (Allium ursinum; ramsons)

WHAT TO LOOK FOR The spear-shaped leaves grow in large clusters on damp ground. Though the leaves look similar to lily of the valley (which is poisonous), the whiff of garlic, even at a distance, makes the wild garlic easy to find. If in doubt, scrunch one of the leaves and sniff. Found across Britain, especially in the west. HOW TO USE IT Whizz to make pesto, shred thinly

to use in omelettes and add to potato soups and salads (use in place of chives), or soften in lots of butter and use in spaghetti or mashed potato. The white, star-like flowers are also edible. NAVELWORT (Umbilicus rupestris; pennywort)

WHAT TO LOOK FOR Found growing in cracks on damp walls and banks, especially in the west of Britain, navelwort gets its name from the belly-button indentation in its scalloped round leaves. In early spring, while still only 2-4cm across, these have a fleshy texture and a pleasing pea pod and cucumber flavour.

HOW TO USE IT The leaves make a great addition to sandwiches and salads, particularly with cream cheese. Or sprinkle over smoked or cured fish or a springtime soup. Only harvest where it grows in abundance and never take more than a few leaves. Don't rip out the whole plant.

PRIMROSES (Primula vulgaris)

WHAT TO LOOK FOR Although you can eat the leaves, it's the flowers that are the real draw here. All primroses, from the wild yellow ones to exotic garden blooms, are edible.

HOW TO USE THEM They don't have much flavour but add colour to salads (savoury or fruit) and, sugared, they make pretty cake decorations. Beat 1 egg white with 1 tsp water, then brush onto each flower. Shake off the excess, then dip in caster sugar to coat. Leave to dry on kitchen paper, face down, for 24 hours.







Everyone loves a classic tomato sauce on their pasta – a tin of good quality tomatoes slowly simmered with olive oil, onion, garlic and basil, maybe a splash of red wine vinegar and a pinch of sugar. But sometimes that isn't quite enough...

Stir salted anchovies and a pinch of chilli flakes into olive oil as it heats in a pan, then fry the onions and garlic. Add some capers, kalamata olives, parsley and tomato passata, then simmer. Ecco. Puttanesca!

2 Fry chopped pancetta (or bacon lardons) with a pinch of chilli flakes before cooking the onions and garlic until softened, then add a splash of red wine before the tomatoes go in. Or spice things up with induja, sobrasada or chorizo instead.

When you mix the sauce with the pasta, toss through a couple of handfuls of rocket, plus something creamy: ricotta, crème fraîche, mascarpone, a splash of double cream – even garlic and herb cream cheese.

4 Sauté chopped courgettes with a pinch of chilli flakes in olive oil until soft, then stir into the tomato sauce for the last five minutes of cooking. Add torn buffalo mozzarella and plenty of fresh basil leaves when you combine the sauce with the pasta.

5 Simplest of all: when the sauce has finished cooking, whisk in small knobs of butter, off the heat. It will add a delicious silky richness – whisking some grated parmesan into the sauce will make it even better.

PS Whatever you do, slightly undercook your pasta, then finish it off coated in the sauce for the last few minutes, adding a splash of the cooking water. The pasta and sauce will bond in the most delicious way.

MAKE THE BOUNTY LAST

SWEDE

Not the sexiest of veg, the swede is a great brute of a root. But given a bit of TLC, the beast can be transformed into a beauty

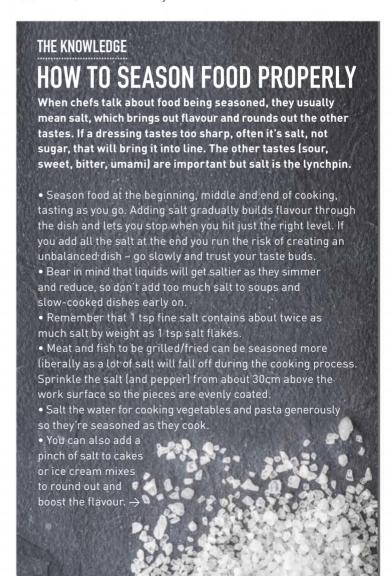
FREEZE Peel and slice, then freeze on trays before packing into bags. Cook from frozen.

Or peel, cut into chunks and boil in salted water, then drain and purée with lots of butter and pepper. Freeze in bags or plastic boxes. Defrost and heat in a pan or microwave to eat with grilled meat.

PRESERVE Swede pickled in mild rice wine vinegar is an elegant

delight. Wrap pieces in strips of parma ham and secure with cocktail sticks to make crunchy, piquant bundles – great with a glass of beer. HERE'S HOW Mix 1 tbsp salt, 1 tbsp sugar and 150ml rice wine vinegar, plus 1 tbsp mustard seeds. Slice 400g swede (no need to peel) 2mm thick, then across into fine matchsticks. Pack tightly into a jar and cover with the pickling vinegar for a day. Eat within a week or store in the fridge for up to 1 month.

For a video on how to sterilise jars, see deliciousmagazine.co.uk/videos/how-to-sterilise-jars







WHAT'S THE DIFFERENCE...

SWEATING VS BROWNING ONIONS

Many recipes start with the instruction to sweat or brown your onions. But what does that actually mean?

SWEATING involves gently cooking sliced onions (or other veg), so they sweeten and turn tender without browning. Heat a splash of oil or knob of butter in a pan over a low heat, add the onions and a pinch of salt (to help draw out the moisture), then cook gently, stirring every now and then, until the onions are soft and sweet. Cover with a disc of baking paper and a lid to help them sweat more effectively. Sweating onions takes 10-15 minutes. They should be soft enough to squeeze between your fingers. **BEST FOR...** Sweated alone or with other vegetables, such as carrots and celery, they're a great base for vegetable soups and sauces, risottos, casseroles and stews. **BROWNING** continues beyond sweating to add colour and intense flavour to the onions. As they cook and lose moisture, they become sweeter (the volatile compounds that make them taste harsh disappear, while the starches turn to sugar). Once the onions are soft, turn up the heat and they'll soon start to caramelise and turn brown, creating rich, deeply sweet and savoury flavours. **BEST FOR...** Browned onions are the ideal starting point for French onion soup, onion gravies and beef casseroles. COOK'S TIP Start with a medium-high heat until the onions

soften in the oil and start to release the oil they have absorbed. When this happens, they brown quickly, so you have to be careful not to burn them.





By John Campbell, owner and founder of The Woodspeen cookery school

To make great pastry that's consistent, it's important to understand what's happening as you're making it. Pastry is made by combining flour with fat and water (and sometimes egg)

However, for a crisp, light pastry, you need to prevent the gluten protein in the flour coming into contact with water, as this activates the glutens (gliadin and glutenin) and makes the pastry tough. The key technique is to first rub the fat properly into the flour to coat the gluten proteins with the fat, which will make them largely water resistant. If the gluten is activated by the water, any working of the pastry will develop the gluten proteins further - but once the fat is properly rubbed in, you can re-roll and use your pastry trimmings without them turning out tough.

THE KEY POINTS TO REMEMBER

FLOUR Flours have different levels of protein (such as gluten), so you need to choose the right flour for the right job. Bread derives structure from the protein, so high protein (strong) flour makes the best bread. Cakes and pastry don't require structure from gluten so you can use plain flour, which is lower in protein. FAT Butter is the usual choice for pastry as it offers great flavour and a rich finish - but it does contain water. Salted butter can contain up to 20 per cent water (good quality unsalted butter usually contains a bit less). Lard is a pure fat and makes great pastry because it contains no water, but it doesn't have such a good flavour. You'll often see recipes using a mix of lard and butter as the resulting pastry will have both flavour and texture. WATER It needs to be cold. The cooler the water/fat the better the pastry. Cool (not cold) pastry has the correct consistency for rolling – so, as long as you don't handle it too much, you don't need to worry about having hot hands.

• The Woodspeen (thewoodspeen.com) is a Michelin-starred restaurant and cookery school in Newbury, West Berkshire. John has written several cookery technique manuals and newspaper articles and has appeared on Saturday Kitchen and BBC MasterChef.



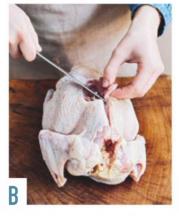
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Jointing the chicken

1 Before you start, remove any string that's been used to truss the chicken, check the cavity and remove any giblets, then put the bird on a large chopping board, secured underneath with a damp piece of kitchen paper. Snip off the wing tips using kitchen shears (reserve for the stock - see opposite). **2** Turn the bird onto its breast with the parson's nose (the fatty triangular tail) facing you. Feel for the backbone and make a cut through the thin layer of flesh from neck cavity to tail [A]. Halfway along, feel for the 'oysters', the round lumps of meat at the tops of the thighs that connect the legs to the body. Using the point of the knife, carefully cut each one out [B], cutting into the socket so you don't lose any meat. 3 Turn the chicken over and cut through the skin between leg and body [C], joining up with the cut on the back of the bird. The

leg should now be held on only by the joint. Pull the leg away from the body and, using your fingers, feel for the joint and cut through it [D]. The leg should come away easily from the body. Repeat with the other leg. **4** To remove the breast fillets, slice just to one side of the centre of the chicken breast [E]. Keeping the blade as close to the bone as you can, use sweeping motions to slice through the meat, little by little, and use your other hand to ease the breast away from the bone, cutting down along

the wishbone near the wing. Repeat with the other breast [F]. **5** Cut off the outer half of the wing through the joint [G], leaving the other part attached to the breast. Halve each breast at a slight angle [H], making the part with the wing slightly smaller. Separate the drumsticks from the thighs by feeling for the thigh joint of each leg, then cutting firmly down through it [I]. You now have 8 main pieces of meat [J], plus wings and oysters. The carcass (not shown) and wing tips can be used for making stock.

REBECCA'S TIPS FOR SUCCESS

- For boning a chicken, you need a sturdy, inflexible knife with a pointed end that can work round bones, and a thin blade for cutting flesh and sinews. We like the Victorinox Fibrox straight 15cm boning knife or the Sabatier Deglon rigid 15cm boning knife (both around £20 from nisbets.co.uk).
- For the best results, use a chicken that's still cold from the fridge - the flesh will be a little firmer and easier to cut.

* Brown chicken stock

MAKES AROUND 1 LITRE. HANDS-ON TIME 30 MIN, OVEN TIME 45 MIN, SIMMERING TIME 3-4 HOURS, PLUS 40-50 MIN REDUCING



Stock is a cornerstone of good cooking. It's not quick to make but it can bubble

on the hob while you get on with other things – and it freezes well. This recipe uses fewer ingredients than the classic method but still gives a flavourful stock. The key is to brown the carcass before it goes into the pot, to give a deeper flavour to the finished stock.

HOW TO MAKE IT

1 Heat the oven to 200°C/180°C fan/ gas 6. Roast 1 chicken carcass, including wing tips and neck/giblets (if you have them) in a roasting tin for 45 minutes until golden. Turn halfway through to crisp evenly. 2 Meanwhile, heat a splash of vegetable oil in a large saucepan and add 1 onion, 1 carrot and 1 leek, each roughly chopped, along with 2 bay leaves. Cook over a medium heat, stirring often, for 25-30 minutes until the vegetables are lightly golden. Don't let them burn or the stock will be bitter. Stir in 1 tbsp tomato purée with a small bundle of parsley stalks and 1 tbsp black peppercorns. Cook, stirring, for 3-4 minutes, being careful not to let the purée burn. Add the roasted carcass, wing tips and neck/giblets, cover with 4 litres cold water, bring to a simmer, then turn the heat right down and leave the stock to gently steam – there should be no more than the odd bubble breaking the surface – for 3-4 hours until reduced by half. Skim off any scum from the top with a large spoon. Line a sieve with a clean J-Cloth set over a large heatproof bowl and ladle the stock through it. Transfer the stock back into a clean pan and reduce over a low-medium heat for 40-50 minutes until halved again in volume. If the stock has a layer of fat you can spoon this off if you like. Your stock is now ready to use or cool, divide up into smaller portions and freeze.

* Cog au vin

SERVES 4. HANDS-ON TIME 1 HOUR. SIMMERING TIME 11/2-13/4 HOURS, PLUS AT LEAST 12 HOURS MARINATING



Keep the stew, covered, for MAKE AHEAD up to 3 days in the fridge – it helps the flavours develop;

or freeze for up to 1 month. Reheat until bubbling to serve.



Cog au vin is traditionally made with a cockerel (from packingtonfreerange.co.uk

and good butchers). They're big (3.5kg) so if you use one of these rather than a 2kg chicken you'll need to double the other ingredients and simmer it for 2-21/2 hours.

- 750ml red wine (preferably burgundy), plus an extra splash
- 1.8-2kg quality free-range chicken, jointed into 8-10 pieces
- 2 bay leaves
- 5 fresh thyme sprigs
- 30g unsalted butter
- 200g piece unsmoked pancetta or British free-range streaky bacon, cut into chunky lardons
- 12 small shallots, halved
- 2 fat garlic cloves, crushed
- 50ml brandy or cognac
- 250ml brown chicken stock (see left), plus extra if needed
- 200g small button mushrooms

YOU'LL ALSO NEED...

- Large, heavy-based casserole with a lid
- 1 Start the day before: pour the red wine into a large non-reactive (glass/ stainless steel/stoneware) mixing bowl, add the chicken and herbs, cover and marinate in the fridge for at least 12 hours (or up to 24). 2 The next day, heat the butter in the casserole over a low-medium heat. Add the pancetta/lardons and cook, stirring often, for 8-10 minutes until golden (don't burn the butter). Lift out with a slotted spoon and set aside. Remove the chicken pieces from the bowl, pat them dry and season with a little salt (reserve the marinade). Add the chicken to the casserole, skin-side down, then fry

for a few minutes until lightly golden. Turn, cook for a minute more, then set aside with the lardons.

3 Add the shallots to the casserole with a pinch of salt and fry, stirring

often, until golden. Turn down the heat,

let the pot cool (off the heat) for 3-4 minutes, then add the garlic. Return the pot to the heat and cook, stirring, for 2-3 minutes until fragrant. Return the lardons to the pot and add the chicken pieces, skin-side up. Remove from the heat, pour over the brandy/ cognac and light it using a long taper or match (it can flare up so be careful). Once the flames subside (you can put the lid on briefly to put them out), put the pot back over the heat and add the reserved marinade and 250ml stock. 4 Bring to a gentle simmer, add the mushrooms, then part-cover the pot and cook for 1½-1¾ hours, stirring occasionally, until the meat is tender and falling off the bone – the sauce will still be quite thin. If the liquid falls below two thirds up the chicken, add more stock, then continue as before. When ready, add the extra splash of wine, taste and adjust the seasoning, then serve with mash, steamed greens and a baquette to mop up the juices. PER SERVING 771kcals, 30.1g fat (12.2g saturated), 75.8g protein, 6.2 carbs (4.1q sugars), 2.7q salt, 1.8q fibre WINE EDITOR'S CHOICE A smooth red burgundy, as used in the dish. Gevrey-chambertin would be a treat. d

NEXT MONTH Create your very own homemade Easter eggs



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HOW TO FIND THE REAL FOOD OF SINGAPORE

There are international superchefs galore in the food-obsessed city-state, but the street food, which has been awarded Michelin stars, is some of the best in the world – even if it's not actually on the street... Jenny Linford trawls the shopping centres to track down the hottest Singaporean dishes in town



love night-time in the Tropics. The air is soft, warm and humid, and once the sun goes down, everyone's thoughts turn to the same thing: dinner. Being of Singaporean heritage, I have fond memories of my years living here as a child: visiting night markets, eating grilled satay or the infamously pungent durian fruit by the harbour. My time spent in this prosperous Southeast Asian city-state shaped my love of food and I'm sure led to me becoming a food writer.

I returned for a family visit, hungry to reacquaint myself with much-loved

childhood dishes. "Food is the national pastime. No, it's an obsession!" laughed one of my Singaporean cousins as we gathered round the dinner table. As you'd expect from a country with four national languages (Mandarin, Malaysian, Tamil and English), Singapore's food scene is gloriously diverse, reflecting its history as a major port and the communities who settled here. Hainanese chicken rice from China and Malaysian satay are both popular Singaporean dishes.

The city's restaurant scene is as international as London's, showcasing

chefs and cuisines from around the globe. For me though, a trip to Singapore is about enjoying the local food – and that means heading to the city's 'hawker food' centres.

PROPER STREET FOOD — AT A GREAT PRICE

Hawker food is the term given to the grub sold by formerly itinerant street vendors. This Singapore-style street food is served up in clean, well regulated markets (hawker centres). It's excellent value – and often amazingly high quality. The first Michelin Guide to Singapore, →







ABOVE Diners tuck in at Maxwell Road Centre; everybody loves Hainanese chicken; chilling with the papers; Singapore pau or steamed buns; tropical fruit at Tiong Bahru Market; buttery kaya toast at Killiney Kopitiam; chilli crab coming up at Chin Huat

CLOCKWISE FROM

published in 2016, recognised the quality of hawker food by awarding Michelin stars to two stalls: Hill Street Tai Hwa Pork Noodle in Crawford Lane and Hong Kong Soya Sauce Chicken Rice & Noodle in the Chinatown Complex. 'What's Your Favourite Hawker?' is a popular national sport among the food-obsessed populace, with much time spent in happy, heated discussion championing the merits of one stall's way with char kway teow (fried rice noodles) or the lightness of another's roti prata (layered flat bread).

Every shopping centre or grand hotel has a basement food court but it's worth visiting the bigger, famous hawker centres such as Newton Food Centre (Newton Circus) and Maxwell Road Centre (on the corner of Maxwell Road and South Bridge Road) for the bustle and dazzling choice of dishes. On a weekday lunchtime visit to Maxwell Road you'll find queues of neatly dressed office workers waiting patiently for freshly made dishes such as fried oyster omelette, fish

bee hoon (fish and noodle soup) or congee (rice porridge with a variety of savoury toppings). No pre-cut sandwiches here!

One of my favourite food places in Singapore is **Tiong Bahru Market** (30 Seng Poh Road) in a picturesque, low-rise neighbourhood that's undergoing regeneration. The food market has beautifully arranged piles of tropical fruit – mangosteens, rambutans, papayas – bunches of colourful orchids and counters of fresh meat and fish.

The upstairs hawker centre is a relaxed place popular with locals, from schoolchildren in uniforms to pensioners, who sit at communal Formica-topped tables. Part of the fun is walking around, checking out the menus and deciding what to eat – an enjoyable exercise in hungry anticipation. I ignored the steamed buns (pau) and headed to my favourite shui kueh stall for freshly cooked, moist rice cakes topped with pickled vegetables and a dollop of chilli sambal.

From another stall, I ordered freshly squeezed sugar cane juice,

a childhood favourite. Just as I did all those years ago, I enjoyed watching the canes being pressed in a mangle-like contraption and the grassy sweetness of the resulting green juice. A handy hint for hawker centre eating: bring tissues for wiping your hands, as the locals do.

THE MUST-TASTE LIST

There are certain, special dishes that a food-loving visitor mustn't miss. For a typical breakfast, my family and I headed to the original Killiney Kopitiam (67 Killiney Road), a small, white-tiled coffee shop, so popular it now has numerous branches in Singapore and around the world. We got our day off to a good start with kopi (coffee made with condensed milk), their famous kaya toast - two pieces of charcoal-grilled toast sandwiched with kaya (pandanflavoured egg and coconut curd) and a chunk of butter - and chee cheong fun (rice pasta rolls with sweet sauce and sambal).

For lunch, Hainanese chicken rice is a classic. When well made this

NEXT MONTH The best places in the UK to take an Easter break



simple combination of lightly poached chicken, stock-cooked rice, light broth and dipping sauces is Singaporean comfort food at its best. The **Tian Tian** stall at Maxwell Road Centre is noted for this dish; American chef Anthony Bourdain is a big fan so prepare to queue patiently. A more leisurely chicken rice experience is found at **YY Kafei Dian** (37 Beach Road) a pleasantly old-fashioned, open-sided Chinese restaurant where we sat at small marble-topped tables marvelling at the chef's cleaver skills.

My cousins had the insider intel on a finger-lickingly good place for chilli crab, another Singapore classic. We went inland to **Chin Huat Live Seafood Restaurant** (Block 105 Clementi St 12, 1-30), a family-run establishment hidden away on the ground level of a block of public housing flats. We chose from tanks of live seafood and tucked in, mopping up the piquant chilli sauce with fluffy mantou buns.

Fish head curry is also a national dish, giving a classic Chinese ingredient an Indian flavour. Eat it

off banana leaves at **Banana Leaf Apolo** (54 Race Course Road) in Little India or head, as I did, to leafy Dempsey Hill and **Samy's Curry** (Block 25, Dempsey Road), where the fish is delivered fresh daily and the curry is beautifully spiced.

Travelling to different parts of Singapore to try the best version of a particular dish is part of the fun of visiting the city. Laksa is a spicy seafood noodle coconut milk soup – another classic dish with lots of variations. I made my way east to the characterful Katong neighbourhood to visit local institution 328 Katong Laksa (216 East Coast Road) and slurped up a bowlful at a small outdoor table.

SINGAPORE'S 'FUSION' FOOD

A visit to Singapore also gives me a rare chance to sample Nonya cuisine, the food of the Peranakans or Straits Chinese. Wealthy Peranakans settled in Katong in the 1920s, giving the area its special identity, and some of the traditional pastel-coloured shop-houses remain. Strolling through the →

MEET THE PRODUCERS



THE POPIAH MAKER

• Kway Guan Huat Joo Chiat, 95 Joo Chiat Rd

A popiah is a kind of soft spring roll of yam beans, prawns, sweet sauce and lettuce inside a thin papery wrapper. Making proper popiah skins is a vanishing skill. I watched fascinated as the maker briefly touched the ball of soft, sticky dough onto a hot griddle to coat it. Seconds later he peeled off a fine, soft, round white pancake. The deft process is repeated until all the dough has been used, resulting in a pile of popiah skins. "This has been my family's business since 1938. I want to make sure the heritage carries on," says Michael Ker. "It takes time to learn this skill."



THE KUEH PRODUCER

• Bengawan Solo, numerous locations

This much-loved baking chain offers a range of excellent kueh, colourful Malaysian cakes and sweets. "The idea for my business came after making cakes from home for family and friends," says founder Mrs Anastasia Liew. Ingredients are key, she told me, so coconuts are grated/squeezed and pandan juice is extracted every day. Her pride was evident as she described the layering required for the lapis sagu (steamed rainbow kueh), so it has a soft, springy texture. "It takes more time to produce, but it's worth it!"

shady walkways, I admired the display of gaudy Nonya kuih (cakes) at Kim Choo Kueh Chang (109/111 East Coast Road) and browsed the tableware next door.

For a refined taste of this cuisine. I went to National Kitchen (1 St Andrew's Road), a restaurant set up by acclaimed Nonya food writer Violet Oon. Housed in Singapore's National Gallery, overlooking the open green space of the historic Padang, this is an elegant establishment, complete with dark wood, mirrors and chandeliers. We feasted on classic Nonya dishes, including ayam buah keluak, made from chicken cooked with distinctive, bitter-tasting, softtextured fermented black nuts.

Nonva dishes combine Chinese and Malay culinary traditions to great effect and are noted within Singapore and Malaysia for their intricate spicing and involved techniques. It seems apt in this rich melting pot of a country to find complex fusion food showcased in its historic heart. Singapore's rich food heritage continues to surprise and delight, rooting this city of skyscrapers firmly into its past. Jenny's latest cookbook is Garlic (Ryland, Peters, Small)

WHERE TO STAY

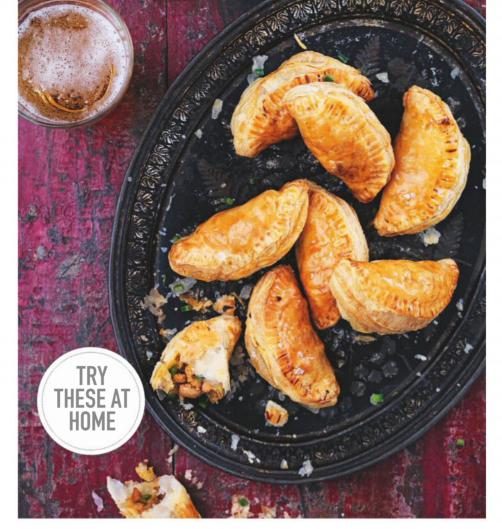
YWCA FORT **CANNING LODGE**

Pleasant, no-frills accommodation in a central location, with an outdoor swimming pool. Doubles from about £70. booking.ywcafclodge.org.sg



 WANDERLUST Quirky boutique 29-room hotel in atmospheric and lively Little India. Double rooms from

around £110-170. wanderlusthotel.com



*Angela's curry puffs

MAKES 10 PUFFS. HANDS-ON TIME 35 MIN, OVEN TIME 30 MIN

66 This is from Angela Aroozoo, my cousin's Chinese Singaporean wife. I call her my food sister as we love shopping and cooking together. 99



Make up to 24 hours in advance and keep chilled or freeze on a tray, then store in a freezer bag. Reheat in a low oven until piping hot throughout.



If you like your food spicy, taste the mix after step 2. If it's too mild, add another finely chopped green chilli.

- 1 tbsp vegetable oil
- 1 medium onion, finely chopped
- 80g boneless, skinless chicken breast, chopped to 0.5cm dice
- 1 green chilli, finely chopped (see tip)
- 2 tsp curry powder (such as madras)
- 60g waxy potatoes (2 small), finely diced
- 1/4 tsp sugar
- Juice 1/2 lemon
- 375g all-butter puff pastry
- Plain flour for dusting
- 1 medium free-range egg, beaten

1 Heat the oil in a heavy-based pan over a medium-high heat. Fry the onion for 6-7 minutes until softened but not browned. Add the chicken, chilli and curry powder, then fry for 3-4 minutes, stirring, until the chicken is cooked through.

2 Add 200ml cold water, bring to the boil, then mix in the potatoes. Simmer uncovered for 25-30 minutes until the potatoes are soft and the water has evaporated. Add the sugar, a good squeeze of lemon juice and a generous pinch of salt, then spoon into a medium mixing bowl. Set aside to cool. Heat the oven to 200°C/180°C fan/gas 6. 3 Roll out the pastry on a lightly floured surface to a 3mm thickness. Cut out 10 x 8cm circles (use a cup as a guide). Spoon about ½ tbsp chicken mixture onto one half of each circle, leaving a 1cm border. Brush the border with the egg, then fold the pastry over the filling, pressing the edges together to seal using a fork. Transfer the puffs to a baking sheet lined with non-stick baking paper. Brush with the beaten egg, then bake for 25-30 minutes until golden. Serve hot from the oven or at room temperature. PER CURRY PUFF 192kcals, 11.7g fat (5g

saturated), 5.8g protein, 14.9g carbs (1.6g sugars), 0.4g salt, 1.8g fibre 🖪





GREAT ESCAPES

The Felin Fach Griffin: home from home

WHY IT'S GREAT It's not often you walk into a pub and think, 'I'd like to live here.' So what does this Brecon inn have that others don't? Here's the recipe: roaring fire on a chilly day; leather sofas flanking the fireplace - the kind you sink into, rather than slide off; atmosphere warmed by decades of genial conversation. It's a bundle of park-yourself-here-andrelax messages that spark your brain, telling you the hours ahead are going to be good. Very good. THE FOODIE BIT Head chef Ben Ogden is bang on trend with his ingredients (farro, black sesame, ponzu). The dining space is a series of interlinked rooms – each like the cosy kitchen of an old farmhouse. There are set supper menus at £29 for three courses. Try delights such as warm cured salmon with duckegg mayonnaise and pickled cucumber, perfectly cooked venison with horseradish mash or beetroot

risotto with goat's curd. Look out for the once-a-season tasting dinners, too. The Griffin is still a drinking pub, and there are real ales, local apple juice and an award-winning wine list – each wine available by the carafe. There's a kitchen garden, so as much as possible is grown within feet of the kitchen door. Breakfast gets a gold star: I had Welsh rarebit with a runny poached egg on top (yes!). There's also a full Welsh with black pudding and local bacon, all beautifully cooked, plus pastries, fresh-baked breads and local jams. Welsh cakes are sold at the bar. **THE ROOMS** No TVs, big comfy beds and old-fashioned charm reminiscent of a stylish elderly aunt: the furniture has character, the art is eclectic and there are books everywhere to dip into. The showers are better than most aunts' houses, though. Oh, and dogs are welcome.

WHAT'S NOT SO GOOD The pub is just off a main road and you can hear the traffic – but only faintly, as the windows are double-glazed.

WHAT'S NEARBY You can pop to the Black Mountains Smokery (smoked-foods.co.uk), Brecon Estate vineyard (breconestate.com) or Ancre Hill vineyard (ancrehillestates.co.uk). Hay-on-Wye, of literary festival fame, is only a short hop away, with its treasure trove of bookshops, galleries, craft shops and the (good) Hay Deli. Abergavenny, home of the renowned September food festival, is half an hour away. Take your walking boots for the beautiful Brecon Beacons – all the better to work up an appetite.

THE COST B&B from £135 for two; dinner and B&B, £190 for two. Mention **delicious**. when booking and receive a free bottle of Ancre Hill sparkling wine with dinner on your first night.* *felinfachgriffin.co.uk* **1**

CLOCKWISE FROM
LEFT A roaring
fire invites
you in; the pub
is between the
Black Mountains
and Brecon
Beacons; Welsh
rarebit comes
with a poached
egg; beds are big
and comfy;
Head chef
Ben Ogden

COMING NEXT MONTH IN...

delicious.

Your special Easter issue

• Make-ahead Easter lunch, family quiz, best Easter bakes and DIY chocolate eggs

• Puddings inspired by old-school chocolate bars

• Mary Berry's scones

• Nathan Outlaw's irresistible pies

• Great Easter escapes

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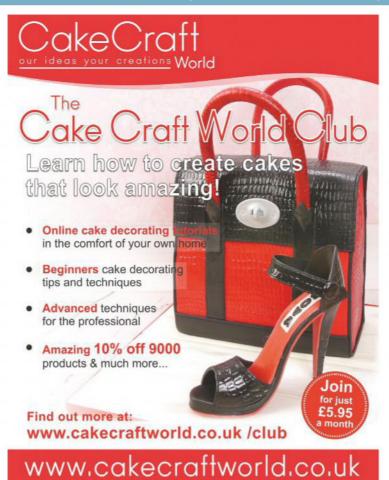
• 15-minute vegan ideas





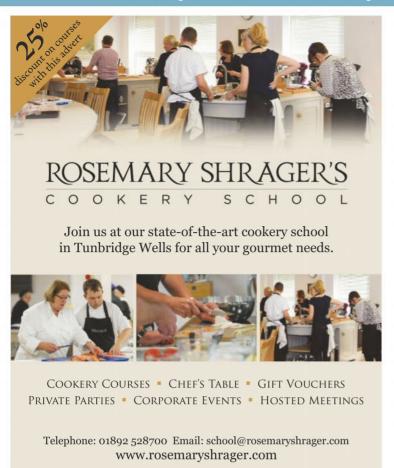
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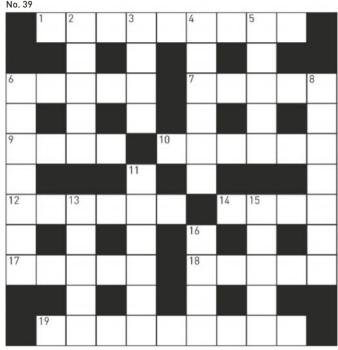
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FOOD LOVER'S CROSSWORD



See how much you really know about the world of food with Hugh Thompson's culinary conundrum. Answers next month

ACROSS

- 1 Vegetable straight from the oven that might be a problem (3,6)
- 6 Heat milk to near boiling deactivates protein for lighter bakes (5)
- 7 Traditional Greek vegetable bake (see delicious. May 2016) (5)
- 9 Meat used for saltimbocca, vitello tonnato and wiener schnitzel (4)
- 10 Miniature British beef cattle breed, usually black coated (6)
- 12 English goat's cheese; enjoyed by those with catholic tastes? (6)
- 14 Liquid from the mashing process of making beer or whisky (4)
- 17 18th-century cocktail of port, sugar, lemon and spices (5)
- 18 Tart said to have resulted from a mistake by two French sisters (5)
- 19 Chinese restaurant staple and a good way to use up leftovers (5,4)

DOWN

- 2 Foodie Japanese port known for takoyaki (octopus fritters) (5)
- 3 Turkish pizza often topped with lamb mince or salty cheese (4)
- 4 Scottish fudge-like confection but with a grainy texture (6)
- 5 A contamination or off-flavour in food or wine (5)
- 6 Rum-soaked brioche dessert named after French food writer (7)
- 8 Bay bug: a type of Australian slipper lobster (7)
- 11 Curly endive: attractive variety of chicory with a mild bitter taste (6)
- 13 Sweetener first brought to UK by Crusaders in the 11th century (5)
- 15 Clever wall-mounted spirit dispenser (5)
- 16 To agitate or mix with a spoon; can be used for 19 across (4)

Solution to no. 38 ACROSS: 1. Dandelion 6. Beans 7. Naans 9. Shin 10. Bishop 12. Almond 14. Kobe 17. Islay 18. Loire 19. Intestine DOWN: 2. Anari 3. Dosa 4. Lentil 5. Orach 6. Basmati 8. Supreme 11. Enzyme 13. Milan 15. Onion 16. Blet

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THIS MONTH WE ASKED What's your favourite sandwich?

Editor Karen Barnes Cheese & mango chutney on granary bread
Deputy editor Susan Low Aubergine parmigiana on a crusty roll
Editorial and features assistant Phoebe Stone Salt beef bagel, mustard & pickles
Food editor Rebecca Woollard Fish finger sandwich (with tomato ketchup)
Acting food editor (maternity cover) Jennifer Bedloe Crusty white roll with lots
of butter, ham, mustard & a few cornichons

Acting food lifestyle editor Lottie Covell Baguette, parma ham, tomatoes & rocket
Cookery assistant Ella Tarn Brie & grape (carbs + cheese are always a winner)

Art director Jocelyn Bowerman Overfilled salt beef sandwich, mustard & ketchup
Art editor Martine Tinney Fried chicken liver sandwich with tomato ketchup

Managing editor Les Dunn Cheese & onion cob in a Black Country pub with a pint of ale Deputy chief sub editor Hugh Thompson Stilton, bacon & watercress with pear butter Senior sub editor Rebecca Almond Roast beef, horser

Food consultant Debbie Major

Wine editor Susy Atkins Gadget tester Aggie MacKenzie Contributors James Ramsden, Lucas Hollweg, Xanthe Clay

Marketing director Julia Rich 020 7803 4129 Pret's Italian prosciutto baquette

Digital editor Rebecca Brett 020 7803 4130 Roast chicken, soft lettuce & lots of mayo Digital producer Isabella Bradford Fish finger sandwich with good bread and ketchup Digital producer Isabeau Brimeau Roast chicken, mayo, gherkins & red onion baguette

With thanks to: Rebecca Boast, Ella Bukbardis, Abigail Dodd, Georgie Hodgson, Jordan Stevens

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delicious. magazine is published under ticence from News Life Media by Eye to Eye Media Ltd,
Axe & Bottle Court, 70 Newcomen Street, London SE1 1YT. ISSN 1742-1586. Printed in the UK by
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All prices correct at time of going to press. UK basic annual subscription rate for 12 issues, E51.60;
Europe and Eire, £52; rest of the world, £64. Back issues cost £5. Member of the Audit Bureau of
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MARCH 2017

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Why it isn't always better to cook from scratch



Instead of insisting that we hand-craft all our own meals at the kitchen table, Anthony Warner says we should take a fresh look at the food that freed us from drudgery to lead more fulfilling lives

hen it comes to food and health, if there's one thing everyone seems to agree on it's that processed and manufactured foods should be avoided. If you want to eat healthily, the answer is simple. Cook from scratch using fresh ingredients, nourish your family with home-cooked meals and try to return to the values and ideals of our great-grandmothers, before the evil food manufacturers made us fat and sick.

This message unites celebrity chefs, self-appointed wellness gurus, nutritionists, even dietitians and medical doctors. 'Eat real food, not fake processed junk.' A simple message that will free us from the diseases of affluence that blight our modern lives. It's not fashionable to break from this widely held consensus without risking ridicule and accusations of being a shill for the manufacturers. As it happens, I do work for manufacturers, as a development chef – which is why I can confidently stand up for factory food.

Manufactured products aren't automatically unhealthy just because they've come from a factory. A meal's provenance doesn't magically make it healthy or unhealthy. It's perfectly possible to take some organic potatoes, cut them into chips and deep-fry them in lard

rendered from the finest rare breed pigs. They will be delicious, but they won't be healthy. If I choose a tin of soup, a pasta sauce, or even a packet of crisps, will that choice be less nutritious because it was made in a factory rather than a home? The way food affects our bodies depends not on its source but on its composition – the

66 To shun all convenience food is to reject the breathtaking advances of the modern world 99

complex mix of chemicals that comprises everything we eat. When those chemicals are swirling around inside us, our body cares nothing of where they came from.

Our desire to dismiss convenience food is driven more by a retrograde distaste for progress than a quest for perfect health. Plus it rejects the breathtaking advances of the modern world. By berating food manufacturers, we are harking back to an imagined paradise lost, when all was pure and uncontaminated by modernity. But ask yourself, would you really want to return to the dinner table of your greatgrandmother? A time when deficiency

diseases and gastro-intestinal disorders were rife and often fatal?

Those weren't exactly days of plenty. The lack of refrigeration meant that fruit, vegetables, milk and eggs were all but unavailable for large parts of the year. Your great-grandmother could expect to live barely half as many years as you (in 1891 average life expectancy was around 46 years), largely because you've benefited from advances in the safety and quality of our food and water supplies (yes, tap water is a 'processed' product too).

If we damn all processed foods, we pour scorn on the millions of people who happily consume them every day without harm. For many people there are more important things to do than craft lovely home-cooked meals. There are games to play, battles to fight, books to read, races to run. Convenience foods have set people free from domesticity, helping them to live full and rich lives. Used with sense and moderation, the best ready meal can form part of a healthy balanced diet and be an expression of parental love as rich and complete as any home-cooked meal. Anthony Warner is a development chef by day and blogs as The Angry Chef by night (angry-chef.com). Find him on Twitter @One_Angry_Chef. d

Do you think Anthony has a valid stance on this controversial issue, or do you take a different view? Tell us at info@deliciousmagazine.co.uk and we'll print the best replies.

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