

BAKE SALE CAKES \* ROSEMARY SHRAGER'S LEMON & LIME MERINGUE PIE

# COOK VEGETARIAN

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## Stay in and cook!

- \* JAMIE OLIVER'S SPEEDY MIDWEEK SUPPER
- \* MARIA ELIA'S FRESH SPRING LINGUINE
- \* ARTHUR POTTS DAWSON'S CAULIFLOWER GRATIN

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## Bank Holiday

# 10

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+ WE MEET

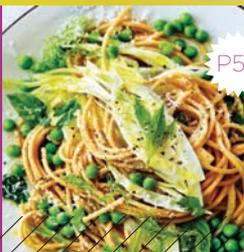
## Valentine Warner

AND HE'S GOT A LOT TO SAY ABOUT VEGETARIAN FOOD!



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**MADHUR JAFFREY'S FOODIE INSPIRATION**



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**DINNERS THAT WORK HARD FOR YOUR HEALTH**



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**ROSE ELLIOT "TRY MY BEST EVER COTTAGE PIE"**

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**Welcome to Cook Vegetarian.** This month, top chefs are helping us celebrate National Vegetarian Week by providing us with their favourite meat-free recipes – turn to p13 to discover Jamie Oliver’s top dish. Also, learn how to make fresh pasta in our masterclass with Gennaro Contaldo on p74, and we catch up with Valentine Warner who has a lot to say on the state of vegetarian food in restaurants on p50. Plus, if you’re looking to improve your diet, Dale Pinnock serves up some incredibly healthy and tasty dinners on p56, while we turn our attention to breakfast smoothies on p62. They’re sure to put a spring in your step!



*Fae x*

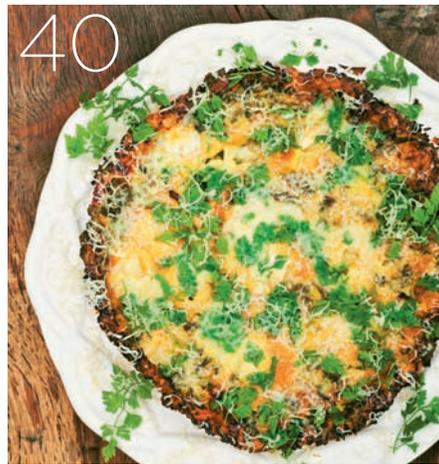
FAE GILFILLAN (FAE@COOKVEG.CO.UK)

# This Month...

“Spring requires fresh and vibrant **flavours** and this **berry** parfait with its pretty **floral** decoration is just the ticket”



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## SYMBOLS IN COOK VEGETARIAN:



FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



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**IMPROVE YOUR SKILLS WITH COOK VEG**

This month, get more from your aubergines, get to grips with egg-free pasta and use herbs to their full effect

**NEW SKILLS**

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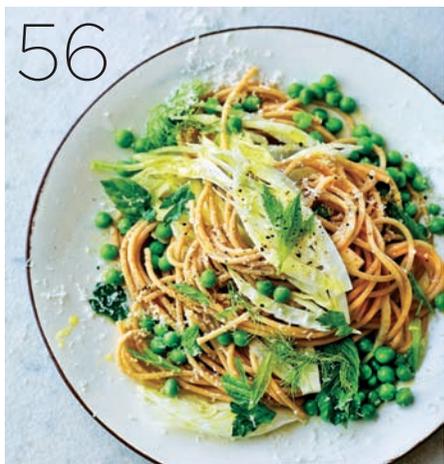
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**WIN!**  
**EXCLUSIVE READER TREATS**

Write to us and you could win a fabulous baking set from OXO Good Grips. Turn to p10.

Also, win tickets to a fantastic food festival, a gorgeous cookware set from Portmeirion or one of ten flavourful cooking sets! Head to p91.



COVER ©CHARLOTTE TOLHURST/WOMAN/IPC+ SYNDICATION

Calorie and fat analysis provided by Nutraceck.co.uk UK's largest online calorie counter, over 100,000 foods. Download the App - search for 'Nutracheck' in the App Store or Play Store.

# May's Recipes

All of the full-length recipes in this issue of *Cook Vegetarian* are listed here, but remember – there are lots more tips & recipe ideas throughout!



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# In the news...

The latest meat-free buys, current trends and events to make your cooking sublime



## Blackberry and Coconut Parfait



**Serves 6**

**Ready in 30 mins (plus at least 6 hrs chilling)**

### For the granola base

• 40g butter • 40g flaked almonds, roughly crushed • 40g pistachio nuts, roughly chopped • 1 tbsp caster sugar

### For the parfait

• 400g tin full fat coconut milk • 2 limes • 4 tbsp honey • 75g caster sugar • 450g Greek style yoghurt • 225g blackberries • viola flowers

**1** To make the granola, heat the butter in a frying pan, stir in the almonds for 2-3 minutes, stirring until just beginning to colour. Mix in the pistachio nuts and sugar and cook until the sugar has dissolved.

**2** For the parfait, pour the coconut milk into a bowl, add the lime rind and juice, honey and sugar and whisk together. Add the yoghurt and whisk again.

**3** Pour one third of the parfait mix into the base of a lined tin. Crumble some blackberries over the top, then spoon over half the remaining parfait mix and repeat the process.

**4** Level the surface and spoon over the cooled granola in an even layer. Freeze for six hours, covering the top with clingfilm as soon as it is hard.

PER SERVING: 437 CALS, 31G FAT

## EASTER CHEESE

A family gathering isn't a party without a cheeseboard. Here are our picks...

**NORTHUMBERLAND NETTLE CHEESE** £7.50 (PER TRUCKLE), [WWW.NORTHUMBERLAND-CHEESE.CO.UK](http://WWW.NORTHUMBERLAND-CHEESE.CO.UK) THIS UNUSUAL PICK HAS A CREAMY TEXTURE AND THE SUBTLE HINT OF NETTLE ADDS A DEPTH TO THE TASTE.

**QUICKES TRADITIONAL HARD GOAT'S CHEESE** £27 (PER KG), AVAILABLE FROM [WAITROSE](http://WAITROSE) IF YOU LIKE YOUR GOAT'S CHEESE REALLY GOATY, THIS IS FOR YOU! THE FLAVOUR KEEPS ON DEVELOPING AND ISN'T TOO SALTY, WHICH IS WHERE SOME HARD CHEESES GET IT WRONG.

**COLSTON BASSETT STILTON** £17 (PER KG) [WWW.FINECHEESE.CO.UK](http://WWW.FINECHEESE.CO.UK) AN ARTISAN BUY THAT'S WORTH THE PRICE TAG. IT MELTS IN THE MOUTH AND WILL WOW EVEN THE MOST DISCERNING CHEESE FIEND.

**PILGRIM'S CHOICE VINTAGE MATURE CHEDDAR** £4.49, [SAINSBURY'S](http://SAINSBURY'S) NO CHEESEBOARD IS COMPLETE WITHOUT A DECENT MATURE CHEDDAR AND THIS OPTION FROM PILGRIM'S CHOICE IS VERY GOOD FOR ITS PRICE POINT. EXPECT CROWDS TO BE PLEASED.



## Best buy of the month

We're having a lot of fun with these Special Ingredients Essential Oils, £5.95 from Cream Supplies. They impart a clean and sharp taste to your dishes and offer great value for money and shelf life. Simply add a couple of drops to your sweet or savoury cooking for an explosion of flavour.



## HAPPY NATIONAL VEGETARIAN WEEK!

THIS YEAR, NATIONAL VEGETARIAN WEEK (NVW), FALLS ON 19TH-25TH MAY AND IS A GREAT CHANCE TO GO VEGGIE IF YOU AREN'T ALREADY. OR CHALLENGE FRIENDS AND CO-WORKERS TO JOIN YOU IN A WEEK OF DELICIOUS MEAT-FREE MEALS.

THE VEGETARIAN SOCIETY HAS EVERYTHING YOU NEED TO GET STARTED TOO, FROM RECIPES AND MEAL IDEAS, TO SHOPPING ADVICE AND SUPPORT. VISIT

[WWW.NATIONALVEGETARIANWEEK.ORG](http://WWW.NATIONALVEGETARIANWEEK.ORG)

PLUS YOU CAN SIGN UP TO THE NEWSLETTER TO FIND OUT ABOUT ALL THE EVENTS AND PROMOTIONS GOING ON THAT WEEK, OR FOLLOW @NVW2014 ON TWITTER. WE'D LOVE TO HEAR WHAT YOU'RE UP FOR THE WEEK, TWEET US @COOKVEG OR WRITE TO US USING THE ADDRESS ON P6.



## What's Cooking?

### BOILING

#### Gin with a twist

Bar tenders will tell you gin is nothing more than flavoured vodka but these flavourings, or botanicals, are getting more interesting by the day. Plant extracts inspired by Japan or Africa are working their way onto the market, with spectacular results.



#### Here to stay

Foodie snobs are already over Middle Eastern food, turning their attention to the next big thing – Brazilian food! But with its zesty flavours and protein-packed pulses, our love affair with Middle Eastern food is set to continue.

## EASTER PICKS

OUR FAVOURITE DAIRY-FREE CHOCOLATEY TREATS



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**MOO FREE SCRUMMY ORGANIC DAIRY FREE EGG, £3.99**  
[WWW.ALOTOFCHOCOLATES.CO.UK](http://WWW.ALOTOFCHOCOLATES.CO.UK)

If you're vegan or lactose intolerant, you can still enjoy the festivities this bank holiday with Moo Free's tasty dairy-free Easter egg.



### HOW TO USE UP... MILK



- Who said pancakes are only a once a year treat? They're easy to make, delicious and a great way to use up your excess milk. Top with cheese and red onion for a light, mid-week dinner.
- Homemade custard uses a lot of the white stuff and is a million times better than shop bought varieties. Try infusing yours with a little rosemary, cardamom pods and cinnamon.
- For a lollipop everyone will love, simply mix milk, caster sugar, vanilla extract and passion fruit pulp, and freeze – yum!



#### Stop snapping!

Two chefs in France have banned patrons taking pics of their food. Photographing pics of your own creations is still good form though. Tag your tweets @cookveg and we might feature them on our letters page (see overleaf).



### TEPID

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# Over to you

We'd love to hear your news and views, favourite recipes and comments on anything you've read in *Cook Veg*, and you could win a fantastic prize

STAR  
LETTER



Dear Cook Veg

I just wanted to share my appreciation of your dedication to including only truly vegetarian foods in your magazine. Far too frequently I've bought another food mag, only to find that they've included a cheese made with animal rennet in a recipe or promoted an ethically-questionable supplement. I'm open-minded about vegetarianism and understand that different people like to adopt different levels of the cause, but really do respect the responsibility you've taken on this matter. When in doubt, I use *Cook Veg* as my guide!

Heather Williams, Ilkley

Thank you Heather – we go to great lengths to seek out vegetarian versions of cheeses, often with the help of our Twitter community. Recently, we're enjoying Asda's mascarpone (vegetarian, and great quality for its price point) and also the fabulous Tesco Everyday Value Italian Hard Cheese.



## WIN!

WRITE IN TO US AT COOK VEG AND WIN THIS BAKING SET FROM OXO GOOD GRIPS WORTH £50!

The next star letter prize winner will receive this 3-in-1 egg separator (which you can crack eggs on and separate the yolks or whites), this flour sifter (which you can also store flour in using the nifty top and bottom lids), as well as the 4-piece mini measuring beaker (ideal for gauging small amounts with precision).

Dear Cook Veg

As you know, vegetarian cooking involves lots of peeling, slicing, chopping and squashing. I was wondering if *Cook Veg* could possibly provide an article on knife skills? I often see top chefs on the television polishing

off an onion in seconds or all the chopping for a whole recipe in minutes. I am sure that like me, lots of your readers would like a masterclass in how to do it that quickly. Also, which knives are best and how many different ones are necessary. What is the best

way to take care of knives?

What do you think?

**Rosemary Brown**, via email  
PS May I add, on the subject of minimising accidents, that I have bought a great pair of protective gloves on Amazon. I use them practically every day.

Thanks for your wonderful email Rosemary. We've followed your advice and on p76 you'll find a feature on which knives you need (and which you don't) as well as safety tips so you can chop faster. Plus you've inspired us to create a series of skills features which will start next month. Each one will look at a certain culinary art and seek advice from top chefs for how we can all improve upon our own. If you'd like to see any specific features in *Cook Vegetarian*, drop a line to our new deputy editor – hannah@cookveg.co.uk

## What you're cooking this month...



@WESSELKAMPERC is cooking tofu, quinoa, black beans, spinach, onion, mushroom and garlic, and is serving it with focaccia



@THEFLEXITARIAN was inspired by our cauliflower recipes last issue and made this roasted cauliflower with creamy dhal.



@COOKVEG Meanwhile, we've whipped up a Vietnamese noodle salad with a mint, chilli, soy sauce and lime juice dressing.

“

### THE BEST ONLINE COMMENT THIS MONTH...

**Ann Atkinson:** To save time, I buy a packet of fresh pasta; it cooks in 4 minutes then I can keep it in the fridge for two weeks and add different toppings depending on what I can throw together quickly.

Via [www.facebook.co.uk/cookvegetarian](http://www.facebook.co.uk/cookvegetarian)

”



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YOUR WEEK'S EATS...  
**Sorted!**

We've collaborated with our favourite chefs to bring you seven days of inspired meat-free dishes



**DONNA HAY**



**MARY BERRY**



**JAMIE OLIVER**



**MARIA ELIA**



## JAMIE'S

### *Pappa Al Zucchini* (COURGETTE & BREAD SOUP)

**Serves 4**

**Ready in 1 hr 35 mins**

2 onions  
2 garlic cloves  
4 courgettes  
olive oil  
1 vegetable stock cube  
1/2 a loaf of ciabatta or stale bread  
extra virgin olive oil  
bunch of fresh mint (15g)

**1** Peel and finely slice the onions and garlic, then trim the courgettes and halve lengthways, cut away the fluffy core and finely slice them. Put all these into a large pan on a medium-low heat with a lug of olive oil. Cook slowly for around 1 hr 15 mins, stirring occasionally and adding a splash of water, if needed – you want the courgettes and onions to really cook down, and get super-soft and caramelized – go gently, and in

return you get big flavour.

**2** Once the time's up, crumble in the stock cube and tear in the bread in quite rough chunks. Pour in 1 litre of boiling water, bring back to the boil, then simmer for a further 10 mins, or until thick and delicious. Season to perfection, add a good drizzle of extra virgin olive oil, then finely chop the mint leaves and stir into the soup. Divide between your bowls and tuck in.

\*INCLUDES NON-VEGETARIAN CONTENT



SAVE WITH JAMIE IS PUBLISHED BY  
MICHAEL JOSEPH, PENGUIN



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**EASY  
MIDWEEK  
DINNER**





# THE CHIAPPA SISTERS

*Aubergine & Mozzarella Bake*



\*INCLUDES NON-VEGETARIAN CONTENT

THE CHIAPPA SISTERS' SIMPLY ITALIAN\* (EZO, PENGUIN).

## The Chiappa Sisters say...

“For a healthier option, lightly brush the aubergine slices with oil and cook them on a griddle instead of frying them”

**Serves 6**

**Ready in 1 hr 40 mins**

1kg aubergine, sliced thinly lengthways  
 Fine salt  
 5 tbsp olive oil  
 1 x quantity classic tomato sauce  
 1/2 tsp cayenne pepper  
 400g freshly torn vegetarian mozzarella cheese  
 100g vegetarian Parmesan-style, freshly grated

### For the classic tomato sauce:

splash of olive oil  
 1 onion, peeled and finely chopped  
 1 garlic clove, crushed  
 400g tin chopped or whole tomatoes  
 pinch cayenne pepper  
 1 veggie stock cube

**1** Place a layer of aubergine slices on a plate. Sprinkle with salt and cover with kitchen paper. Continue layering the aubergine in this way,

finishing with kitchen paper. Weigh the aubergines down using something heavy, like a saucepan filled with water, and leave for 30 minutes so that the aubergine can release its bitter juices.

**2** Meanwhile make the classic tomato sauce. Heat a splash of olive oil in a pan over a medium high heat and add the chopped onion and garlic, sauté for a couple of minutes until beginning to soften then add the tomatoes, cayenne and crumble in the stock cube. Bubble away for 10 minutes or so, then turn off the heat.

**3** Preheat the oven to 180C/350F/Gas 4. Brush each aubergine slice with a little oil and heat a frying pan over a medium heat. Fry the aubergine, a few slices at a time, until cooked through and golden on

both sides. Add a little more oil to the pan if needed. Once cooked, place the aubergine on some kitchen paper to absorb any excess oil.

**4** Reheat the classic tomato sauce and stir through the cayenne pepper. Cover the bottom of a 30cmx20cm baking dish with two tablespoons of the sauce. Top with a layer of aubergine and lightly spread with four tablespoons of sauce. Sprinkle generously with mozzarella and hard cheese. Repeat these layers (aubergine sauce, mozzarella and Parmesan-style cheese) until you have used all the aubergine, finishing with a layer of sauce and Parmesan-style cheese (no mozzarella).

**5** Cook in the oven for 40 minutes, or until golden brown and cooked all the way through.



**DONNA HAY'S**

## Quinoa Crust Squash Pie

**Serves 4**

**Ready in 1 hr 30 mins**

1 1/2 cups cooked white quinoa  
 1 free-range egg white  
 sea salt and cracked black pepper

### For the pumpkin filling:

1kg butternut squash, peeled and chopped  
 2 small courgettes, chopped  
 8 sprigs of sage  
 sea salt and cracked black pepper  
 1 tablespoon vegetable oil  
 150g firm feta, sliced

**1** Preheat oven to 200C/400F/Gas 6. To make the roasted pumpkin filling, toss together the pumpkin, courgettes, sage, salt,



pepper and oil and place on a baking tray. Roast for 25 minutes or until the pumpkin is soft. Set to one side.

**2** Reduce heat to 160C/325F/Gas 3. Place the quinoa, egg white, salt and pepper in a bowl and mix well to combine. Press the mixture into a 20cm greased pie dish using the back of a spoon. Bake the pie shell

for 30 minutes or until golden and slightly crisp.

**3** Fill the pie shell with the pumpkin mixture and top with the feta. Bake for 15 minutes or until the vegetables are warmed through and the feta is golden. Serve warm in wedges.

**LAZY  
 SATURDAY  
 LUNCH**



## MARY BERRY'S

### Plum & Marzipan Tarte Tatin

#### Mary says...

"If your plums are very ripe you will get lots more juices, so tip the juices into a pan and boil rapidly, before pouring over the turned-out tarte"

**Serves 8**  
**Ready in 45 mins**

75g light muscovado sugar  
about 7-9 large firm plums,  
roughly 500g in total, halved,  
stones removed  
100g marzipan  
1 x 320g pack ready-rolled all-  
butter puff pastry

- 1** You will need a 23cm round, fixed-base cake tin, at least 5cm deep. Preheat the oven to 220C/425F/Gas 7.
- 2** Sprinkle the sugar over the base of the tin in an even layer. Arrange the plums on top of the sugar, cut-side down.
- 3** Roll out the marzipan to a round slightly smaller than the tin and place on top of the plums.
- 4** Roll out the pastry just a little bit bigger so that it's the width of the cake tin. Place the cake tin on top of the pastry. Using the tin as

- a guide, cut around the tin to make a circle, then lay the pastry over the plums and marzipan and tuck the edges of the pastry down around the fruit. Make a small cross in the top of the pastry to let the steam escape during baking.
- 5** Bake for 25-30 minutes until the pastry is crisp and golden and the plums are tender. Loosen the edges of the tarte then turn out onto a plate and serve.



EXTRACTED FROM *MARY BERRY COOKS* BY MARY BERRY (BBC BOOKS, HARDBACK, £20). PHOTOGRAPHY: GEORGIA GLYNN SMITH



\*INCLUDES NON-VEGETARIAN CONTENT

## *Fattoush Salad*

**Serves 4**

**Ready in 20 mins**

2 pitta breads, stale or fresh, halved lengthways, then cut into 2cm ribbons widthways  
 4 tablespoons olive oil  
 2 big grabbing handfuls of pea tops, or 2 baby gem lettuces, shredded  
 2 good ripe medium tomatoes, roughly chopped, or 16 good cherry tomatoes, halved  
 6 radishes, very thinly sliced  
 2 medium carrots, very finely sliced or cut into matchsticks  
 ½ medium red onion, halved again, then very thinly sliced  
 ½ large cucumber, peeled and diced a little smaller than sugar lumps  
 10 leaves of fresh mint, stacked and cut into ribbons  
 1 small bunch of fresh dill, fronds picked from stalks (optional)  
 1 large handful of fresh parsley leaves  
 juice of ½-¾ lemon  
 flaked sea salt  
 a very small pinch of chilli powder  
 a good sprinkle of sumac

- 1** In a small frying plan, gently sauté the pitta pieces in one tablespoon of the oil over a medium heat for around 4-5 minutes, turning once, until crisp and golden. Drain on kitchen paper and leave to cool.
- 2** In a bowl combine all the salad, vegetables and herbs. Add the cooled pitta pieces.
- 3** Dress with the lemon juice, the remaining oil, some sea salt and chilli, then sprinkle with the sumac. Serve immediately.

WHAT TO EAT NEXT\* BY VALENTINE WARNER (£20, MITCHELL BEAZLEY).



SMASHING PLATES\* BY MARIA ELIA, (£19.99, KYLE BOOKS).

**EASY  
LATE-NIGHT  
DINNER**

\*INCLUDES NON-VEGETARIAN CONTENT



**MARIA ELIA'S**

*Courgette, Caper & Herb Linguine*

**Serves 4-6  
Ready in 15 minutes**

- 2 medium courgettes, trimmed
- 300g fresh linguine (dried is fine if it's all you have)
- a good glug of olive oil
- 50g salted capers, rinsed and dried
- 2 garlic cloves, finely chopped
- a pinch of chilli flakes (optional)
- 15g chopped mint
- 30g chopped fresh dill
- 15g chopped fresh flat-leaf parsley
- 100g butter, diced

120g vegetarian Parmesan-style cheese, freshly grated sea salt and freshly ground black pepper

- 1 Slice the courgettes lengthways as thinly as possible and cut into long shreds.
- 2 Cook the pasta in boiling, salted water according to the manufacturer's instructions then drain in a colander, reserving a little of the cooking water.
- 3 While the pasta is cooking, heat the olive oil in a large frying pan over a medium heat, add the capers and fry until crisp. Set aside, heat a little more oil in the pan and cook the courgettes, garlic and chilli, if using, until they are just tender. (You may need to cook the courgettes in two batches depending on the size of your pan.)
- 4 Toss the courgettes with the drained pasta, along with the capers and herbs. Season with salt and pepper. Add the butter, four tablespoons of the reserved cooking water and half the cheese and mix well. Serve immediately, sprinkled with the remaining Parmesan-style cheese.



**ROSE ELLIOT'S**

*Grilled Polenta with Roasted Tomatoes*

**Serves 4  
Ready in 1 hr 10 mins**

- 1.2 lts (2 pints) water
- 250g dry polenta
- 125g Parmesan-style cheese or strong Cheddar cheese, grated
- olive oil, for greasing and brushing
- salt and pepper

**For the roasted tomatoes:**  
1.1 kg tomatoes on the vine  
2 tbsp olive oil  
2 tbsp balsamic vinegar  
8-10 thyme sprigs

- 1 To make the polenta, bring the water to the boil in a large saucepan. Add the polenta to the water in a thin steady stream, stirring all the time. Leave it to simmer for 5-10 minutes, stirring from time to time, or until it's very thick and comes away from the sides of the pan.
- 2 Remove from the heat and stir in the Parmesan-style cheese or



THE BEST OF ROSE ELLIOT: THE ULTIMATE VEGETARIAN COLLECTION BY ROSE ELLIOT, (£20, HAMLYN).

- Cheddar and season with salt and pepper to taste. Turn the mixture on to a lightly oiled baking sheet or large plate, spreading and pressing it out to a depth of 5-7mm (1/3 in). Leave until completely cold and firm.
- 3 To roast the tomatoes, put them, complete with their vines, into a roasting tin. Drizzle with the olive oil and vinegar, scatter with a little

- salt and the thyme sprigs and place in the top of a preheated oven, 200C/400F/Gas 6, for 40-45 minutes.
- 4 Just before you want to serve the meal, cut the polenta into pieces, brush lightly with olive oil and cook under a preheated grill on both sides, until crisp and lightly charred. Serve at once, with the tomatoes.

# VEGGIE ESSENTIALS

Get your **National Vegetarian Week** off to a flying start with these storecupboard staples

## THE ROAST WITH THE MOST

Vbites' Cheatin' Beef Style Roast (£4.54, [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)) is perfect if you're looking forward to a Sunday lunch with all the trimmings this bank holiday weekend. Succulent and flavourful, it's really easy to prepare and cook leaving you more time to tend to your veggies. Plus it's GMO free, with no artificial colours or preservatives and it's suitable for vegans.



## RECLAIM DESSERT!

Most veggies know that we can't eat a lot of jellies and gelatinous desserts if they contain gelatine which is why we love VegeSet (£1.69, [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)). It's a vegetarian setting agent that sets clear and is perfect for use in both sweet and savoury flavours.



## THE WINE LIST

Online wine specialist Vinceremos sell wines, ciders, beers and spirits with vegetarian and vegan options clearly labelled. This Albarino Corsica Rias Baixas 2011 (£12.99, [www.vinceremos.co.uk](http://www.vinceremos.co.uk)) pairs with many vegetable-based meals beautifully thanks to its zesty notes and crisp acidity.

## TASTE SATISFACTION

Have you tried the Braai Sausages or the Curry Pies from veggie food experts Fry's? The sausages blend soya protein with coriander, nutmeg and cloves, while the pies are made from soya protein chunks and vegetables in a rich curry sauce. Plus, they're both suitable for vegans! (Braai Sausages £3.39 & Curry Pie £3.20, both [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk))



## DAIRY FREE DELIGHT

Sheese is a range of vegan cheeses that come in a range of flavours. With hard, melting and spreadable varieties, they cover all your cheese needs from slicing wedges for sandwiches to melting onto pizza. (From £2.35 each, [www.buteisland.com](http://www.buteisland.com))





# Excellent Easter Essentials



- Only the best ingredients
- No added sulphites
- No artificial additives
- Suitable for vegans and vegetarians

We started with a belief that food should only be grown as nature intended. Some people called us crazy but that didn't stop us. Today, lots of people share our beliefs and we continue to work with passionate people all over the world to produce some of the best organic food there is.

Crazy Jack brings taste and texture abound to your Easter baking fun!

Naturally sweet and deliciously chewy, our dried fruits make exciting additions to all kinds of baking including traditional Easter Hot Cross Buns and Simnel Cake.

Whole or chopped nuts will liven up your baking with a satisfying crunch! As the icing on the cake, embellish your baking with a scattering of sweet, creamy and fragrant Desiccated Coconut.

We're not crazy - just unshakably committed.

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[www.crazyjack.co.uk](http://www.crazyjack.co.uk)

Crazy Jack can be found in supermarkets including Tesco, Morrisons, Budgens and online from Ocado. A wider range of Crazy Jack snacking, baking and cooking foods are sold by independent health food shops online and in store.

# JUMP INTO SPRING!

Get ready for warmer weather with celebratory meals, beautiful bakes and plenty of fresh inspiration

## STRAWBERRY PAVLOVA

**Serves 8-10**

**Ready in 1 hr 50 mins**

- 4 large free-range egg whites
- 200g caster sugar, plus 1 tsp for marinating
- 500ml double cream
- 1 tbsp icing sugar plus extra for dusting
- 400g Viva strawberries
- 2 tsp rose water
- 1 pack chocolate mini eggs
- 1 tbsp grated chocolate

**1** Preheat oven to 130C/250F/Gas 1/2. Using an electric whisk, whip the egg whites until they turn frothy.

Gradually add a spoonful of sugar, whisking in between each spoonful, until all the sugar is combined, and the whites are stiff and glossy. Spoon the meringue onto a lined baking sheet and spread into a circle. Build up the sides so there will be a well in the centre for the cream.

**2** Place on the middle shelf for one hour. Slice the strawberries in half and mix with the rose water and one teaspoon of caster sugar.

**3** Once cooked, the meringue should be crisp but still soft in the middle. Leave to cool on the tray, before carefully sliding onto the serving plate. Spread the cream in the middle and top with the marinated strawberries, and a final dusting of icing sugar. Then sprinkle with the chocolate mini eggs and grated chocolate.

**PER SERVING (10 SERVINGS): 396 CALS, 26.66 FAT**

“Impress the family with this show-stopping dessert that’s perfect for Easter and reminds everybody that summer is just around the corner”



# Step outdoors!

The sun is shining so get outside and bring this picnic with you, from countryside cafe owners (and three sisters) **Linsey, Nichola and Gillian Reith**



“I discovered this moreish gingery treat in Australia. I spent weeks trying to perfect the recipe on my return to Scotland, to no avail. I was eventually put out of my misery when Gillian’s sister-in-law, Yvonne, visited with a batch of ginger crunch tasting just like the Australian treat I had been trying to recreate. Luckily, Yvonne was happy to share her recipe, which is now a staple cafe sweet treat – thanks Yvonne” **Nichola**



## GINGER CRUNCH



**Makes 16–20 bars**  
**Ready in 1 hr 30 mins**

### For the shortbread base

280g plain flour  
125g caster sugar  
1 tsp baking powder  
2 tsp ground ginger  
180g cold unsalted butter, cubed,  
plus extra for greasing

### For the fudgy ginger topping

180g unsalted butter  
100g golden syrup  
375g icing sugar  
2 tsp ground ginger

**You’ll also need:** 24×34cm  
(9×13in) baking tin

**1** Preheat the oven to 180C/350F/ Gas 4. Line the base of the baking tin with greaseproof (wax) paper and butter the sides.

**2** To make the shortbread base, place the flour, sugar, baking powder and ginger in a food processor and pulse briefly. Add the butter and pulse until the mixture resembles coarse breadcrumbs.

**3** Press the mixture firmly into the prepared tin, leveling it out using a spatula. Bake for 18 minutes, until the shortbread is golden brown. Remove the tin and set aside to cool.

**4** For the topping, place the butter and syrup in a pan and melt on a very low heat. Sift the icing sugar and ground ginger into the melted butter and syrup mix. Beat the mixture with an electric hand mixer until it is thick and fudgy looking.

**5** Pour the topping over the shortbread and spread it out evenly with a spatula. Allow to set before cutting into bars.

PER SERVING (20 SERVINGS): 296 CALS, 156 FAT

## BARLEY AND BLUEBERRY SALAD



**Serves 6–8**  
**Ready in 50 mins**

400g pearl barley  
1 medium butternut squash (or  
pumpkin), cut into quarters  
lengthways (skin on), seeds

removed and sliced into  
1cm pieces  
2 tbsp olive oil  
10 pieces of Tenderstem broccoli,  
base of stems removed  
75g pine nuts (pine kernels)  
100g blueberries (a small  
punnet), rinsed and drained on  
kitchen towel  
1 quantity of house dressing  
(see Masterclass)  
salt and freshly ground  
black pepper

**1** Preheat the oven to 180C/350F/ Gas 4. Cook the barley as per the packet instructions, then drain and set aside to cool.

**2** Place the squash pieces in a deep roasting tin, toss with the oil and season. Roast in the oven for 30 minutes or until the squash is tender, tossing the pieces halfway through the cooking time. Remove and set aside to cool.

**3** Meanwhile, steam or boil the broccoli stems for 3–4 minutes. Drain, if necessary, and set aside to cool.

**4** Place the pine nuts on a baking sheet. Bake in the oven for two minutes, remove and toss them, then return to the oven. Continue to bake for another five minutes, until the pine nuts are a light golden toasted colour. Set aside

to cool. In a big serving bowl, combine the cooked barley, butternut squash, broccoli, pine nuts and blueberries. Drizzle over the dressing. Mix thoroughly and serve immediately.

PER SERVING (6 SERVINGS): 725 CALS, 35.7G FAT

“I’m a massive fan of local produce and try to use it as much as possible in our menu. While most commonly found in the traditional Scotch Broth, I’ve given barley a contemporary twist in this bright, summery salad. Out of the soup pot, the it lends a lovely bite here, acting as a perfect backdrop for bold blueberries and butternut squash” **Linsey**



- 2 sprigs of thyme, leaves picked
- 2 large white potatoes, cut into rough chunks
- 2 x 400g tins of cherry tomatoes
- 150g feta cheese, crumbled
- 75g rocket (arugula) leaves
- 3 tbsp balsamic vinegar
- 3 tbsp soft brown sugar
- salt and black pepper, to taste

- 1 Preheat the oven to 180C/350F/Gas 4. Spread the tomato and onion quarters in a deep roasting tin and toss with oil. Sprinkle over the thyme. Roast for 35 minutes, checking and turning the veggies every 10 minutes or so. The onions should become nicely browned and the tomato skin should shrivel.
  - 2 Remove the veg from the oven and transfer to a large heavy-based pan. Add the potato along with the tinned tomatoes, filling one of the empty tomato tins with water and adding this too.
  - 3 Bring to the boil on a high heat, then turn the heat down and simmer, uncovered, for 20 minutes, until the potatoes are soft.
  - 4 Add the feta to the pan, along with the rocket, balsamic vinegar and sugar. Season, leave to cool slightly, then liquidize.
- PER SERVING: 238 CALS, 8.6G FAT

## MASTERCLASS

### HOUSE DRESSING

Makes 350ml  
Ready in 5 mins

- 125ml vegetable oil
- 125ml raspberry vinegar
- 115g caster sugar
- 1 tbsp clear honey
- a pinch of salt
- a pinch of ground black pepper

Put all the ingredients in a bowl and whisk thoroughly.

### TOMATO, ROCKET AND FETA SOUP



Serves 8  
Ready in 1 hr 10 mins

- 1.5kg vine tomatoes, quartered and hard cores removed
- 3 red onions, quartered
- 2 tbsp extra virgin olive oil



## BOOK SHELF

Recipes taken from *Three Sisters Bake*\* (£20, Hardie Grant). Photography by Helen Cathcart.

\*INCLUDES NON-VEGETARIAN CONTENT





“This is my favourite soup in the whole world! I first tried a variation of it made with goat’s cheese in a lovely soup cafe when I was living in Dublin. Any crumbly cheese works well and really adds a great flavour and texture to this simple tomato soup” **Gillian**

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FRESH FLAVOURS WITH  
**Rosemary  
Shrager**

Embrace all that spring has to offer the  
cook with these sublime recipes





*"I rarely find carrot cakes that I really love, but this one is special – a very soft, moist cake, sweetened with honey, dates and carrots. You don't have to include the icing and confit orange topping, but if you do you can serve the cake as a delicious pudding"*

## MASCARPONE ICING & CONFIT ORANGE CARROT CAKE



**Serves 6–8**

**Ready in 1hr 30 mins**

250g runny honey  
100g carrots, finely grated  
180g dried stoned dates, chopped  
1 tsp ground nutmeg  
2 tsp ground cinnamon  
100g unsalted butter, plus extra for greasing  
200ml water  
200g plain flour  
2 tsp bicarbonate of soda  
100g walnuts, roughly chopped  
3 free-range eggs

### For the icing

200g vegetarian mascarpone  
200g icing sugar  
1 tsp vanilla extract  
200g thick crème fraîche  
zest of 1 orange

### For the confit orange

zest of 3 oranges, cut into very fine strips  
150g granulated sugar  
200ml cold water

- Place the honey, carrots, dates, spices, butter and water in a saucepan and heat until the butter has melted. Simmer for 5–7 minutes, then set aside until it's lukewarm.
- Put the flour, bicarbonate of soda and walnuts into a large bowl. Beat the eggs into the honey mixture, then pour into the flour mixture and mix well.

**3** Butter a 20cm springform or loose-bottomed cake tin, then line the base with baking parchment. Pour in the cake mixture, level the top and bake in an oven preheated to 180C/350F/Gas 4 for 45 minutes, or until firm to the touch. Cool in the tin for 10 minutes, then transfer to a wire rack until cold.

**4** To make the icing, put the mascarpone in a bowl and sift in the icing sugar. Add the vanilla and beat until smooth. Fold in the crème fraîche and orange zest.

**5** To make the confit, place the orange zest in a heatproof bowl and cover with fresh boiling water. Leave for 30 seconds, then drain and refresh in cold water. Repeat twice more, using fresh boiling water each time. Put the sugar and cold water in a saucepan, bring slowly to the boil, then add the orange zest and simmer for 15–20 minutes, until translucent. Drain and leave to dry.

**6** To serve, spread the icing over the cake and garnish with the confit orange.

PER SERVING (8 SERVINGS): 829 CALS, 40.56 FAT

## LEMON & LIME MERINGUE PIE



**Serves 8**

**Ready in 1hr 10 mins**

5 free-range eggs, plus 1 large egg yolk  
200g caster sugar  
grated zest of 2 lemons and 65ml juice, strained  
grated zest of 1 lime and 65ml juice, strained  
175ml double cream  
1 blind-baked sweet shortcrust



pastry case (see Masterclass, to the right)

1 quantity of Italian meringue whisked with 1 tbsp lime juice (see Masterclass overleaf for Italian Meringue)

**1** Whisk the whole eggs, egg yolk and sugar in a large bowl, add the citrus zest and juice, then whisk in the cream. The mixture will be quite thin. Pour it into the cold sweet shortcrust pastry case and bake in an oven preheated to 140C/275F/Gas 1 for about 45 minutes, until just set – it should have a slight movement in the centre. Set it aside until it's completely cold.

**2** Spoon the meringue over the lime pie filling, making sure there are no gaps. (If there is any excess meringue left over you can freeze it for a later date.) This step must be done really carefully because the filling is very soft and it can fall apart. Next, blowtorch the top, or place under a hot grill, to add some colour.

PER SERVING: 666 CALS, 33.16 FAT

## MASTERCLASS

### SWEET SHORTCRUST PASTRY



75g caster sugar  
2 eggs, 1 separated  
1 tbsp cold water  
250g plain flour, plus extra for dusting  
125g soft unsalted butter, cut into small pieces, plus extra for greasing  
1 egg white, beaten, for glazing

**1** Butter a 22cm loose-bottomed tart tin.

**2** To make the pastry, place the sugar, whole egg, egg yolk and water in a bowl. Mix with a fork, then allow to stand for a couple of minutes.

**3** Put the flour in a heap on a work surface and sit the egg bowl on top to make a well.

**4** Next, place the butter in the well and firmly rub in with the flour using your fingertips until the mixture begins to resemble breadcrumbs in texture.

**5** Add the egg mixture and stir with a fork, then use your fingers and the palm of your hand to form a smooth dough. Be careful not to overwork it.

**6** Roll the dough into a log shape, wrap in clingfilm and place in the fridge for one hour before use.

**7** When ready to use, remove the clingfilm. On a lightly floured surface, roll the pastry into a circle.

**8** Use the pastry to line the prepared tin, leaving a small overhang, as the pastry will shrink during cooking. Place in the fridge for one hour.



*“Rather than hunt for fresh Morello cherries, it’s fine to use bottled ones – simply drain off the syrup and keep it for something else. Ripple ice creams look best if you can see distinct streaks, so don’t fold it in too much. This ice cream makes a great filling for an Arctic roll”*

## MASTERCLASS

### ITALIAN MERINGUE



**4 egg whites**  
**175g caster sugar**  
**3 tbsp water**

- 1 To make the meringue, put the egg whites in a freestanding electric mixer and set aside.
- 2 Meanwhile, put the sugar and water into a small pan.
- 3 Insert a sugar thermometer and place over a low heat until the sugar has melted.
- 4 When the sugar starts to crystallise, use a pastry brush dipped in water to brush the sides of the pan and stop the mixture from crystallising.

- 5 When the sugar has melted, boil for five minutes, until the temperature reaches 110C/225F.
- 6 Turn on the mixer and whisk the egg whites to soft peaks.
- 7 By the time they are ready, the sugar temperature should have reached 120C/250F. Remove the saucepan from the heat.
- 8 Carefully pour the sugar syrup in a steady stream into the egg whites, whisking constantly for about 10 minutes, until the mixture starts to cool.

### CHERRY RIPPLE ICE CREAM



**Serves 6**  
**Ready in 1 hr**

**500ml double cream**  
**175ml full-fat milk**

**1 vanilla pod, split open lengthways**  
**7 free-range egg yolks**  
**130g caster sugar**

#### For the cherry ripple

**250g bottled Morello cherries, drained and stoned**  
**100g caster sugar**  
**2 tbsp liquid glucose**  
**a pinch of fine sea salt**

- 1 Put the cream and milk into a saucepan, scrape in the vanilla seeds (reserving the pod for another time) and bring to a simmer, stirring constantly. Then set aside.
- 2 Meanwhile, put the egg yolks and sugar into a bowl and whisk with a balloon whisk until smooth and slightly paler. Gradually pour the hot cream and milk into the egg mixture, whisking constantly. Return to the pan, place over a low heat and cook gently, stirring from side to side with a wooden spoon, until the mixture thickens. It is ready when you can draw your finger across the back of the coated spoon and the channel stays clear and does not drip. Take off the heat and strain through a fine sieve. Cover with clingfilm, placing it directly on top of the custard to prevent a skin forming, and set aside to cool.
- 3 Transfer the mixture to an ice cream machine and churn according to the instructions.
- 4 Meanwhile, put all the ingredients for the ripple into a saucepan, bring to the boil and cook for about five minutes. Transfer to a blender, whiz to a purée, then strain through a fine sieve.
- 5 Transfer the frozen ice cream to the fridge. Clean the machine and churn the cherry purée in it according to the instructions for a sorbet.
- 6 Lightly fold the cherry sorbet into the slightly softened ice cream to create a ripple effect, then freeze again.

PER SERVING: 653 CALS, 47.66 FAT

# LAKELAND



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*Mary Berry*



  
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GLUTEN-FREE  
LEMON &  
RASPBERRY LOAVES

# Cafe Culture

The owners of Hampstead coffee shop Ginger and White – **Tonia George** and **Emma and Nicholas Scott** – share their favourite cake recipes so you can bring the cafe experience home

## GLUTEN-FREE LEMON & RASPBERRY LOAVES

GF

**Makes 12**  
**Ready in 45 mins**

250g caster sugar  
250g unsalted butter, softened, plus extra for greasing  
finely grated zest and juice of 1 lemon  
4 free-range eggs, beaten  
50g gluten-free self-raising flour, sifted  
125g fine polenta  
75g ground dried almonds or fresh raspberries, to decorate

**For the lemon icing**  
150g icing sugar  
lemon juice

**1** Preheat the oven to 180C/350F/ Gas 4. Grease 12 small loaf tins, or line a 900g tin with baking paper.

“Polenta adds a crunchy bite to cakes and is gluten-free. We make these cakes in mini loaf tins, but a large loaf tin can be used instead. Zigzag icing drizzled on top looks great, and, if serving immediately, fresh raspberries or strawberries give a summery twist”



allow to cool in the tin(s) for 15 minutes. Transfer to a wire rack and leave until completely cool.

**4** For the lemon icing, mix the icing sugar with a drop of lemon juice and stir energetically until smooth. The icing should be thin but should hold its own weight and drizzle in fluid lines. We test this on a saucer first. If it's too thick, add more juice. Using a spoon or a plastic bag snipped at one corner, zigzag the icing over the loaves. Sprinkle with the raspberries and serve.

PER SERVING: 409 CALS, 23.16 FAT

## GINGER & WHITE CARROT CAKE

E

**Serves 12**  
**Ready in 1hr 15 mins**

300ml sunflower oil, plus extra for greasing  
300g plain flour  
2 tsp baking powder  
1/2 tsp bicarbonate of soda  
1 tsp ground cinnamon  
1 tsp mixed spice  
1/4 tsp fine salt  
4 free-range eggs  
450g golden caster sugar  
300g carrots, grated  
100g sultanas  
100g walnuts, chopped, plus 12 walnut halves for decoration

### TRY THIS!

Imaginative Icing stocks the Renshaw's Sugarpaste range and Sugarflair paste colours. Visit [www.imaginativeicing.co.uk](http://www.imaginativeicing.co.uk) to get yours, as a great range of cake decorations and decorating equipment. You can even order showstopping premade cakes from them!





MINI GOOSEBERRY & ELDERFLOWER SPONGES



“We’re not going to lie; it took us months to nail this recipe. The perfect carrot cake is busy, but not so packed with nuts, currants and carrots that you can’t taste the delicious sponge. And as for the luscious icing – that’s why we always eat from the top down”

**For the icing**  
**260g unsalted butter, softened**  
**300g icing sugar**  
**600g vegetarian full-fat soft cheese**

- 1** Preheat the oven to 180C/350F/ Gas 4. Grease the sides of 2x23cm springform cake tins and line the bases with discs of nonstick baking paper.
- 2** Sift the flour, baking powder, bicarbonate of soda, cinnamon, mixed spice and salt into a large mixing bowl and stir together.
- 3** Separate two of the eggs. Break the remaining eggs into the bowl containing the separated yolks,

- add the sugar and 300ml oil and beat until combined. Stir in the carrots, then fold in the sultanas and walnuts. Lightly fold in the dry ingredients using a spatula.
- 4** Whisk the egg whites until softly peaking. Fold half of them into the flour mixture, then fold in the remainder.
  - 5** Divide the batter evenly between the prepared tins and bake for 45 minutes in the centre of the oven. When ready, a skewer inserted into the centre of the cakes should come out clean. Allow to cool in the tin, then turn out on a wire rack and leave to cool completely.
  - 6** To make the icing, put the butter into a bowl and beat until pale and

- fluffy. Sift in the icing sugar and beat again until smooth. Finally, beat in the cream cheese, but don’t overbeat it or it might become grainy.
- 7** Using a palette knife, spread icing on one half of the cake. Sit the other half on top, then ice the sides and top. Place the walnut halves in a circle on the icing to mark out the portions.
- PER SERVING: 916 CALS, 59.4G FAT

## MINI GOOSEBERRY & ELDERFLOWER SPONGES



**Makes 12**  
**Ready in 30 mins**

**sunflower oil, for greasing**  
**225g unsalted butter, softened**



200g caster sugar  
 4 free-range eggs  
 4 tbsp elderflower cordial  
 225g self-raising flour  
 1-2 tbsp milk (optional)  
 250g gooseberry jam  
 caster sugar, for dusting

**For the icing**

100g unsalted butter, softened  
 185g icing sugar  
 40g cream cheese

- 1 Preheat the oven to 200C/400F Gas 6 and place a shelf in the centre of it. Grease the muffin tin.
- 2 Put the butter and sugar into a bowl and beat until pale and fluffy. Beat in the eggs one at a time, then add the elderflower cordial. Sift in the flour and fold together using a large spoon. The mixture should drop off the end of the

spoon when tapped; if it doesn't, add enough of the milk until it does.

- 3 Spoon two tablespoons of the mixture into each hole of the prepared muffin tin. Bake for 10-15 minutes, until springy to the touch.
- 4 Meanwhile, make the icing. Beat the butter until pale and fluffy. Sift in the icing sugar and beat again until smooth, scraping down the sides with a spatula to make sure the mixture is thoroughly combined. Finally, fold in the cream cheese – don't overbeat the icing at this stage or it might become too soft.
- 5 Allow the cakes to cool in the trays then transfer to a wire rack and leave until completely cold.
- 6 To serve, cut each cake in half horizontally. Spread the icing on the bottom half and gooseberry jam on the top half. Sandwich together and dust with caster sugar.

PER SERVING: 518 CALS, 27G FAT



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# LUCY'S TOP SUMMER CROP

If you're looking to grow strawberries this year, Editor of Grow Your Own **Lucy Halsall**, has all the advice you need



LUCY HALSALL IS EDITOR OF GROW YOUR OWN MAGAZINE, OUR GREAT SISTER PUBLICATION FOR LOVERS OF VEGETABLES, FRUIT – AND THE GOOD LIFE! FIND OUT MORE AT [WWW.GROWFRUITANDVEG.CO.UK](http://WWW.GROWFRUITANDVEG.CO.UK)....

## GET SET FOR STRAWBERRIES

There aren't many of us who wouldn't fancy growing our own plump, delicious strawberries, and the great thing is, this dream can easily become a reality. These fruits really are one of the simplest to grow – give them sunshine and water, and you can expect harvest by the punnetful this summer. Now is the perfect time to think about adding some plants to your garden – here's what to do:

## HOW TO START

Garden centres will be bursting to the brim with vigorously potted young strawberry plants this month – some might even be in

bloom, which is a sure sign that crops are soon to follow! Half a dozen plants is a good number for starters – choose a range of varieties to stagger picking times (for example, 'Honeoye' strawberries are ready in early June, whereas 'Symphony' doesn't get going until July). Add a 'perpetual' variety and you'll get harvests well into October.

Once you get your plants home, afford them the sunniest spot you can (this ensures fruit sugar levels are boosted to the max, to deliver the tastiest berries). Strawberries are very happy in containers, and plants can be potted up into window boxes, traditional strawberry planters – even hanging baskets. Use a loam-based John

Innes No. 2 compost, and ensure your pots have ample drainage holes. Snip runners off as they appear, to focus the plants' energies into producing more delicious berries for you.

## KEYS TO SUCCESS:

- Keep plants in a sheltered position so that pollinating insects can access the blooms
- Water well to ensure continually moist, but not waterlogged compost
- Add a high-potash liquid fertiliser to your watering can, as directed on the packet
- Leave berries to ripen fully on the plant, then eat while they're still warm from the sun – yum!

## WHAT WE'RE COOKING AND EATING THIS MONTH...

### JERSEY ROYAL NEW POTATOES

Officially, these can only be called 'Jersey Royals' if grown in Jersey, but the spuds also thrive in light, well drained soil elsewhere in the UK. Let their sweet, delicate flavour do the talking by cooking them simply; boil until tender then toss in a honey, butter and mustard dressing, or try roasting whole.

### ROSEMARY

This 'perennial' will sprout year after year with minimal care. It's native to the Mediterranean, so why not take it back to its roots by pairing it with the flavours of the region, like tomatoes, olives and lemons? The herb is also best friends with Greek cheeses, like feta and halloumi.

### WILD GARLIC

Enjoy the foliage and leave the bulbs so they will sprout back up next year. Think of the leaves as a delicately garlicky version of spinach; they taste fabulous simply wilted with a little olive oil. Or, stir into a spring vegetable risotto at the end of cooking.

## SHOOTS

Looking to grow-your-own for the first time this year? We love this Mini Allotment starter kit (£31) from [www.seedpantry.co.uk](http://www.seedpantry.co.uk). Packed with eight gourmet veg and salad crop seeds, eco-friendly pots and compost, it would also make a lovely gift.



# SEASONAL *sensations*

Vegetable expert **Arthur Potts Dawson** walks you through this month's veg box heroes, prepare to be inspired!



## SEASONAL STAR!

Watercress is a semi-aquatic, fast-growing plant that's packed full of iron and calcium, and is also a great source of iodine and folic acid. It has a bold but not overpowering peppery flavour and adds a freshness to salads and sandwiches.

## SPICED ROCKET SOUP WITH WATERCRESS OIL



**Serves 4-6**

**Ready in 30 min**

4 tbsp olive oil  
3 shallots, finely chopped  
1 tsp dried red chilli flakes  
500g potatoes, cut into 2cm (3/4 in) cubes  
2 lt hot gluten-free vegetable stock  
750g spinach  
4 bunches of wild rocket, washed and patted dry  
200ml double cream  
salt and pepper

### For the watercress oil

1 bunch of watercress  
250ml olive oil  
salt and pepper

**1** Heat the olive oil in a large saucepan, add the shallots and fry gently for five minutes, stirring frequently. Season lightly with salt

“Rocket, watercress and chilli would give any cold a good spanking. If you don't have a cold, make the soup anyway – it is delicious. Adding the leaves to a soup base at the last minute keeps the colour a really bright green. If you cook spinach too long, it tends to look a little grey”

and pepper, add the chilli flakes, then stir in the potatoes and cook for three minutes, stirring frequently. Add the hot stock and bring the soup to the boil, then reduce to a simmer and cook for 12–14 minutes until the potatoes are just tender. Then remove from the heat.

**2** Stir in the spinach and rocket and blend immediately in batches, until smooth, adding the cream while you blend; if you wait around before blending, you will begin to lose the electric green colour of the vegetables and some of their goodness too. Return the soup to the pan, check the seasoning and reheat gently ready for serving.

**3** To make the watercress oil, wash and dry the watercress in a salad spinner. Transfer to a blender, pour in the olive oil and blend for 3–4 minutes for the maximum colour and flavour. Pour the oil through a very fine sieve or some muslin cloth. The oil will be a fantastic deep green colour. Serve the soup hot with a drizzle of the green watercress oil over the top and a rocket leaf or two as a garnish.

PER SERVING (6 SERVINGS): 700 CALS, 65.2G FAT





## SEASONAL STAR

Sorrel has a very bitter flavour and its name is derived from the word 'sour'. It also has lemon notes and shouldn't be consumed in large quantities as it contains oxalic acid, which is poisonous!

## SORREL FRITTATA



**Serves 4-6**

**Ready in 30 mins**

50ml olive oil  
 3 celery sticks, cut into 2cm cubes  
 1 white onion, cut into 2cm cubes  
 1 garlic clove, chopped  
 500g sorrel, tough stalks discarded  
 150g pine nuts  
 6 large free-range eggs  
 1 ball vegetarian mozzarella cheese  
 75g vegetarian Parmesan-style cheese, plus extra to serve  
 chervil sprigs, to garnish

**1** Heat the oil in a large pan, add the celery and onion and cook gently until the onion is translucent, stirring. Add the garlic and continue frying gently for three minutes. Add the sorrel and pine nuts, increase the heat, stirring and gently shaking the pan.

**2** Break the eggs into a bowl and whisk. Season. Pour the eggs into the pan, do not shake or stir, and reduce the heat to medium. Preheat the grill to high. As the eggs begin to set, use a spatula to loosen the frittata.

**3** When the frittata is nearly cooked, break up the mozzarella and scatter it over the top, then grate over the Parmesan-style cheese. Pop the pan under the grill. Grill for about four minutes, until it's cooked, then give the pan a good shake to release the frittata. Gently slide the frittata out onto a plate, then grate over a little extra cheese to serve, garnished with chervil.

PER SERVING (6 SERVINGS): 478 CALS, 41.96 FAT



## SEASONAL STAR

Loyal readers will already know that *Cook Vegetarian* is a big fan of cauliflower and that it's set to be the star vegetables of 2014. One of several veg in the brassica family, it comes in white, green, orange and purple colours. With a fantastic texture, it makes a great low-carb alternative to potatoes or rice.

"I put different types of brassica into this gratin, partnering some with Stilton and the other with Cheddar. This just has to be one of my favourite dishes"

## CAULIFLOWER & BROCCOLI CHEESE AU GRATIN



**Serves 4-6**  
**Ready in 40 mins**

1 cauliflower  
1 head of Romanesco broccoli  
1 head of regular broccoli  
100g vegetarian Stilton cheese,  
50g vegetarian Cheddar cheese,  
grated  
50g vegetarian Parmesan-style  
cheese, freshly grated

**For cheesy béchamel sauce**  
50g butter  
50g plain flour  
450ml milk

whole nutmeg, for grating  
150g vegetarian Cheddar  
cheese, grated  
50g vegetarian Parmesan-style  
cheese, freshly grated  
salt and pepper

**1** First make the sauce. Melt the butter in a saucepan until it foams. Mix in the flour and cook over a low heat, stirring, for 4-5 minutes without allowing the roux to colour. With the saucepan still on the heat, slowly and carefully whisk in half the milk, then increase the heat, bring to the boil and cook until thickened, whisking well to avoid lumps. Season lightly with salt but quite generously with pepper and nutmeg, then add the Cheddar and the Parmesan-style cheese. Cover the sauce to keep it warm while you begin to prepare the vegetables.

**2** Cut the cauliflower and the two broccolis into florets. Drop the florets into a large saucepan of salted boiling water and cook for 6-8 minutes, or until the florets are tender but still firm to the bite. Preheat the grill to medium. Drain the florets in a colander and allow the steam to rise and everything to dry off, which stops the dish becoming waterlogged.

**3** Arrange the cauliflower on one side of an ovenproof dish and the broccoli florets on the other. Pour the warm cheese sauce evenly over them and sprinkle the rest of the Cheddar and Parmesan-style cheese over the dish. Scatter the Stilton over the broccoli side of the dish and place under the grill for 12-15 minutes until the topping turns a deep golden colour. Serve straight from the dish.

PER SERVING (6 SERVINGS): 408 CALS, 26.8G FAT



## BOOK SHELF

Recipes taken from Arthur Potts Dawson's *Eat Your Veg\** (£25, Mitchell Beazley).

\*INCLUDES NON-VEGETARIAN CONTENT

# WONDERFUL WATER MINT

Ex-River Cottage chef **Tim Maddams** goes in search of free food



At this time of year everyone thinks of foraging for wild garlic, or ramsons, as they are also known. But I would like to be a little different, so let me introduce you to a favourite of mine; water mint. It's around at about the same time as the wild garlic but, if anything, is easier to identify. It looks like mint, it smells like mint and it grows near water. Hence the imaginative name water mint, though with its proper name, *Mentha aquatica*, it's a fair translation. What this mundane name fails to convey, though, is the superb and most exhilarating flavour of this hardy plant. The best thing is, it's so easy to find and identify. You can pick it safely and in large quantities without having to trek into the wilderness or climb any vertiginous cliffs.

## Hide and seek

You will find this water mint along the river bank and in water meadows as the name suggests, though I've never seen it by an estuary, so head a little further inland if you live right on the coast. Identified by its minty look, smell and taste, it can have a very dark reddish tinge to it. Do be a little careful when picking; it wouldn't be the first time I've ended up waist-deep in a freezing river when my enthusiasm for foraging has momentarily overtaken my usually cautious nature. Basically, remember to look where you're going!

Although I can't think of any poisonous plants you could possibly mistake for this one, remember that one of the deadliest plants is

also out and about on the river bank and in the wetter fields at this time of year; the dreaded hemlock water-dropwort, or *Oenanthe crocata*. Unfortunately, it's abundant and everywhere, and you will almost certainly be rubbing shoulders with this flatleaf parsley lookalike as you go about your mint-gathering business. Just don't eat any! Do, however, keep your eyes open for a spot of wild garlic or nettles while you're there.

## Full of flavour

Water mint has the most wonderful, spearmint-type flavour, and so you have to be a little careful where you put it on the menu and what you team it with. It makes a great addition to spring salads and one of the best cordials out there. If you like a tippie or two from time to time then try a G&T spruced up with a nice sprig of water mint, or use rum for a mojito feel. It's equally at home in savoury dishes and lends a zingy freshness that no cultivated mint can quite match.

Whatever you do – or don't do – with it, enjoy your time out there in nature, reaping the wild harvest. Make sure you're careful not to break the law by trespassing or annoy anyone while you're at it. Unless, of course, they're the type that needs annoying, just a little, from time to time...



## THREE FORAGED IDEAS

ONCE YOU'RE BACK IN THE KITCHEN WITH YOUR CROP, TRY THESE DELICIOUS TREATS...

### MINT CORDIAL

Place a handful of water mint stalks and leaves into a pan with the juice of one lemon and half a cup of white sugar. Cover the mint with fresh water. Bring to a simmer and cook for a few minutes, then leave to steep for an hour. Strain off and you've got yourself a refreshing summer drink.

### GOAT'S CURD, ONIONS, SOURDOUGH AND WATER MINT

Toast some good sourdough bread and spread liberally with fresh curds. You can always rub the toast with a little wild garlic if you like. Add a few caramelised onions and top off with dressed water mint leaves. Drizzle with a little of your

favourite oil if you like, and remember to season everything, of course.

### WATER MINT YOGHURT

This is a so simple, yet so good! You can add it to your spicy dish of choice. Just wash, chop, stir into yoghurt and serve with the next curry you make. Enjoy.

# Booja-Booja Handpainted Eggs

Handmade by artists in Kashmir, these exquisite, papier-mâché shells are filled with award-winning, organic, dairy-free chocolate truffles, 3 in the small and 12 in the large. This lasting Easter gift will delight all the senses while helping to support a community of artists in a region suffering from decades of war.

Check our website for our full range of Booja-Booja truffles.



## Raw Snacks

Our organic, raw snack selection tastes good and definitely does you good! Perfect for lunch boxes, between-meal-treats or as a nibble with your gin & tonic!



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## Fairtrade Jams & Pickles

These delicious chutneys & jams are made in Swaziland by a community based project which supports more than 2000 street children & young people and operates youth projects.



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## 15 MINUTES WITH...

## Madhur Jaffrey

The Indian cuisine expert on the country with the best veggie dishes in the world and her long-standing love affair with food

**Eating and appreciating food has certainly been a big part of my life, since I was a little child.** From the time of my birth, onwards, food has felt like an important part of everything. I sometimes think I remember being given honey the moment I was born, but of course I don't! It's a custom in our family. We were all, at that time, born at home, and my grandmother would come into the room with this little jar of honey and put her little finger in the jar and put it right on the newborn's tongue. I guess it's a way of welcoming them into the world. My mother always said that I licked my lips and opened my mouth for more.

**What I cook day-to-day depends on my mood, but it can very often be a simple dhal and rice.** I love the combination of a nicely made dhal with chickpeas, plain rice, vegetables, and lots of little chutneys on the side.

**In India we have the best vegetarian food in the world!**

Having travelled around a lot I think I can say that quite safely. There's no country where vegetarian cuisine is as vast and as fulfilling... there's nothing like it in any part of the world. I had a meal in one place in India that was literally \$1 for 20 to 30 dishes, and it was superb. So you can eat really cheaply or you can eat expensively, there's such variation.

**I always look in people's lunchboxes at what they're eating.** It's such a lovely insight into what people really eat on the go. It's the food of the farmers, the



food of the fishermen, the food of whoever it is that I'm looking at, so I found a lot of things that way. I went into remote areas where they live by foraging, and had amazing food made with mushrooms, really amazing things. There's a curry only made in one area of India, where they have four months of rainy season, and mushrooms grow in their wild forests. They make gorgeous dishes of grilled mushrooms, curried mushrooms, all kinds of things.

When it comes to shopping at home there are farmers' markets

that I like to visit. I also shop in Indian stores, for when you need your Indian ingredients and vegetables which you don't always get elsewhere.

**For some ingredients I can't find I will go online.**

I think for people who are sitting at home thinking, 'This particular ingredient, I can't get it' – of course you can – and so easily! So I think people should have a look online.

I use a lot of ingredients that one associates with true Indian vegetarian food which I'd never put in a cookbook previously

because I've thought people will never be able to get it. I don't worry about that anymore as they can just go online and find it.

**When it comes to my career, I didn't choose food really, it chose me in some way.** I was just an actress moving along on my path studying at RADA (The Royal Academy of Dramatic Art) in London and I had come from India, where I had eaten wonderful food. I hadn't cooked it myself yet, so my mother sent me letters with recipes that I'd asked for – no real measurements or anything like that – and I improvised with that, and really, in a way, taught myself how to cook. I haven't had any lessons in food, and it's not a career I chose like people can do today. I came to America, where I live now, and I was looking for acting work and not always finding it, so I started writing about food. And that sort of took off and had a life of its own. I did a cookbook, then the BBC heard about me, and I did a cookery series. That's how it all started.

**When the director of *Jadoo* sent me the script I thought it was such a sweet, lovely story, and the part had been written for me.** It's a very small part and I play myself – I absolutely loved filming. A great part of it was all of the lovely restaurants in Leicester – there's one road and they're all along that road, so we had a very good time eating out and filming. I can't think of a better combination!

WATCH MADHUR IN THE FILM *JADOO* RELEASED BY METROHOME. IT'S AVAILABLE ON DVD NOW. MADHUR'S NEW BOOK WILL BE OUT LATER IN THE YEAR.

NEW



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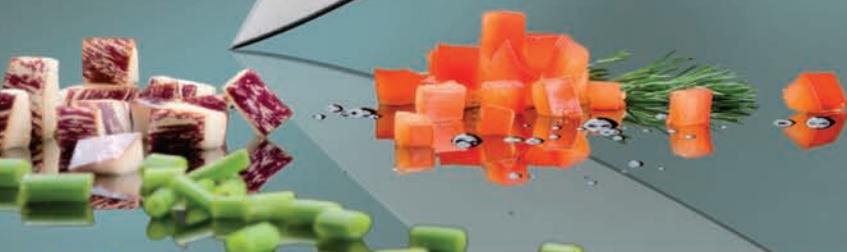
**KITCHENSURFING** cooking with inspiration!  
The salad is missing its final touch. Perhaps a few slices of onions or some more pieces of apple? And some finely chopped herbs. Great idea! Who wants to try it? Cooking with friends is fun. And good knives are part of the experience! They allow you to cut fine slices and the smallest cubes in no time at all.

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# THE CONTENTED COOK

This month **Xanthe** dusts down her work surface and turns her attention to baking



In spring a cook's mind turns to... baking. Maybe the new shoots give us an urge to be creative, or maybe it's because we need a little sweet comfort to keep us going through what are traditionally the 'hungry months', when the harvest stored from last autumn is nearly finished and the new crop not quite ready. Whatever the reason, happily the weather is still cool enough to glad of a hot oven in the kitchen, and who needs an excuse to produce some treats? Especially when they are a tray of warm, tender madeleines which take minutes to whip up, and can be devoured hot from the oven with nothing more than a cup of tea.

As for the new crop of vegetables, the longer days are ramping the plants back to life. And I mean ramping – ramps, aka wild garlic, are starting to sprout and before long the banks and hedgerows will be positively pongy with the stuff. Snaffle handfuls and use them in soups or whiz with butter to make the best – and most vibrant green – garlic butter ever. Once they start to flower, the leaves tend to coarseness but the pretty star shaped blooms have a mild garlic flavour and a delicate crunch in the fleshy base. Perfect, and pretty, scattered over green salads or starters.

## OLIVE OIL MADELEINES



Makes 12-14  
Ready in 25 mins

1 large free-range egg  
50g caster sugar  
50g self-raising white flour  
3 tbsp olive oil, plus extra for oiling  
a little orange zest or a few drops of vanilla extract or rosewater  
icing sugar, for dusting



*“These dainty little biscuits are tres chic but so simple to make. Whip up a batch before your next coffee morning and be sure to buy a madeleine tray - it's a good investment”*

- 1 Preheat the oven to 190C/375F/Gas 5. Oil 14 madeleine moulds or bun tins with olive oil.
- 2 Whisk the egg and sugar until the mixture is very thick and mousse-like, and the beaters leave a clear trail.
- 3 Sift the flour on to the egg mixture and fold in gently. Then fold in the oil and orange zest or flavouring.
- 4 Put about one tablespoon mixture in each

Madeleine shell (if you use the same spoon you measured the oil with, the mixture will slide off easily) and bake for 10 minutes, until golden. Turn out onto a cooling rack. Dust with icing sugar when cool, and serve.  
**PER MADELEINE (14 MADELEINES): 63 CALS, 3.76 FAT**

**Recipe taken from Xanthe Clay's *The Contented Cook*\* (£19.99, Kyle Books).  
Photography by Tara Fisher.**



# “ I LOVE VEGETARIANS!”

Fae Gilfillan discovers that **Valentine Warner** understands veggies better than she could have ever imagined...

**TV CHEF VALENTINE WARNER MAKES NO SECRET OF HIS FEELINGS TOWARDS VEGGIES. “I LOVE VEGETARIANS!” HE EXCLAIMS, “AND I’VE GOT A LOT TO SAY ON THE BRITISH CONCEPT OF VEGETARIANISM.”**

We’re only ten seconds into our chat with the seasonal chef and already he’s reprimanding the small-minded chefs up and down the UK that feed us veggies and vegans so poorly. “Chefs in restaurants whinge about vegetarians too much. Every time you veggies eat out, it’s the same old squash risotto or worse, the dreaded mushroom risotto.”

It’s not often a meat-cooking chef understands the boredom we feel when it comes to a mushroom risotto and Valentine’s words are music to our ears. “If you travel around the world and go to places like India or Italy (Liguria in particular), you can see how good vegetarian food can be. It’s a very British mentality that everything has to be next to a piece of meat or

fish. So many of the world’s best dishes are vegetarian! And it’s just our take on it that is so dismal because when it comes to meat-free ingredients, we’re spoilt for choice.” There. How about that?

## Inherited skills

Valentine has said all this before we’ve even managed to ask our first question. He’s clearly very enthusiastic about food and vegetables, and this passion for cooking seems to have stemmed from his parents who were both great cooks and avid travellers. “My parents taught me to cook. And growing up, I understood the world by biting things. As a child, I went round biting everything – even table legs! I think even then, [my parents] could tell I would end up in food.”

Food for Valentine, is linked with family and love, and that’s what he likes to cook today; food cooked with love. “My friend Steve describes my style of cooking as ‘International Grandmother’ because while I love the world of

Michelin stars, it’s not my go-to cooking. My kind of cooking is food with roots and history that you don’t feel the need to complicate. Alistair Little, one of the great chefs of this country (who is sadly no longer with us) always said, ‘If you don’t cook with love, it’s hate on a plate.’” And it was this eagerness for culinary simplicity that spawned his new cookbook *What to Eat Next*.

## Slow and steady

“I get the feeling that my publishers (whom I love) would have liked me to write a cookery book on express cooking, but that’s not something I agree with. I know everyone’s busy but we all have the time to cook. So, I thought back to my mother’s cooking and her food never took more than an hour to prepare. Instead of shortcut cooking, I’ve focused on simple but delicious dishes that don’t use too many unusual ingredients.”

But his mother isn’t his only inspiration. Valentine loves the food from the late Jeremy Round. He was the food writer for *The Independent*

and published the seminal book *The Independent Cook* before his untimely death in 1989. “His dishes are so bonkers,” says Valentine. “Not because they’re weird as such, but simply because they existed when they did. Jeremy was the first person to say that baby broad beans should be cooked and eaten in their shells. Don’t pod them, simply stew the whole thing with onions in olive



oil and serve it with dill, yoghurt and garlic. It's one of the most amazing recipes in the world." Now there's a veggie option we can get on board with...

Try these recipes are from Valentine's latest book *What to Eat Next*. While they're not the quickest recipes, they're easy to put together and don't require standing over a pot. Enjoy!

*"Having delayed homecoming with a pint or two I really didn't have time for, then trying to cook, clear up the house, lay the table, bath, change and look calm, I inevitably call on this pudding. I'll probably have to dash to the shops for the cake, having not picked it up after the pub. It always goes down a treat with guests – I just have to remember which ones I have given it to already!"*



## CHEAT'S GINGER PUDDING



**Serves 4**  
**Ready in 45 mins**

1 large handful of raisins  
or sultanas  
grated zest and juice of 1 large  
unwaxed orange  
100ml whisky or Stone's  
ginger wine  
1 McVitie's Jamaican  
Ginger Cake  
40g unsalted butter  
2 tbsp honey  
clotted cream, to serve

**1** Put the raisins or sultanas into a saucepan with the orange zest and juice. Place over a medium heat and bring to a simmer, cooking the raisins until all the orange juice has evaporated or been absorbed and the fruit has swollen. Pour in the booze and leave to one side.

**2** Half an hour before you are ready to make the puddings, preheat the oven to 190C/375F/Gas 5.

**3** Peel back the paper from the sides of the ginger cake but don't remove it. Place it on a baking sheet and use the point of a knife to puncture 10 holes in the top. Smear the butter all over the top of the cake, then drizzle over the honey.

**4** Bake the cake for approximately 15–18 minutes. When it comes out of the oven it should be beginning to burn on the top and within minutes of being removed will be all crispy and caramelized.

**5** Serve with clotted cream, and the raisins or sultanas in a bowl.  
PER SERVING (WITHOUT CREAM): 374 CALS, 136 FAT

*“I came to proper polenta late in my life, but better late than never. 10 years ago, on holiday on the Italian-Swiss border, our hostess boiled some water and tipped in a golden rush of dried polenta. Ninety minutes later, she returned to beat in some Fontina cheese. It was one of the most rewarding, and deliciously simple things I have ever eaten”*

## POLENTA WITH KALE & PORCINI



**Serves 2**  
**Ready in 1 hr**

875ml–1.1lt cold water  
100g fine polenta (not instant)  
20g dried porcini mushrooms  
100g curly kale, stalks removed  
80g unsalted butter  
50g vegetarian Parmesan-style cheese, finely grated  
a little full-fat milk (optional)  
1 garlic clove, sliced paper thin  
juice of  $\frac{1}{4}$ – $\frac{1}{2}$  lemon  
flaked sea salt  
ground black pepper

**1** Bring the water to the boil in a large saucepan, add a generous pinch of sea salt and pour in the polenta. Cook on a very low simmer for approximately one and a half hours, stirring often with a whisk to prevent the polenta sticking to the bottom of the pan. (You might like to place an upturned colander over the top of the pan, as this will prevent the



## BOOK SHELF

Recipes taken from Valentine Warner's *What to Eat Next*\* (£20, Mitchell Beazley).

Valentine Warner has teamed up with Philadelphia who have just won a Good Dairy Commendation. To find out more about this award, or to see the lovely range of recipes Valentine has created for Philadelphia, visit [www.philadelphia.co.uk](http://www.philadelphia.co.uk)

\*INCLUDES NON-VEGETARIAN CONTENT



polenta from splattering all over the work surface.)

**2** Towards the end of the cooking time, if the polenta appears a little thick and is bubbling like volcanic lava, add a splash more water. When cooked it should be the consistency of thickish porridge but with no grainy bite.

**3** In the meantime, place the porcini in a bowl with just enough hot water to cover them and leave

to soak for an hour or so.

**4** Heat a saucepan of water to boiling point and cook the kale until tender (five minutes or so). Drain in a colander, then press to squeeze out any excess liquid and set aside.

**5** Heat a frying pan and, when it is hot, tip in the porcini and the liquid they were soaked in. Reduce the liquid rapidly until all water has gone. Add 30g of the butter

and continue to fry until the mushrooms are nicely coloured, stirring often. Season with salt and pepper, and leave to one side.

**6** When the polenta is cooked, beat in the vegetarian Parmesan-style cheese and remaining butter with a whisk. Loosen the mixture with a little milk or water if it's too thick and claggy.

**7** Reheat the mushrooms in the pan and, when they are gently

## JAPANESE MISO-GLAZED GRILLED AUBERGINES



**Serves 1-2**

**Ready in 45 mins**

**1 small (by which I do not mean baby) aubergine, stalk left on sesame oil, for brushing**

**50ml mirin**

**2 tbsp soft brown sugar**

**2 tbsp red miso paste**

**15g piece of fresh ginger**

**2 tsp shoyu soy sauce**

**2 tsp toasted sesame seeds**

**1 large spring onion, finely sliced**

**1** Preheat the grill to high.

**2** Cut the aubergine in half lengthways through the flesh and stalk. Cut a criss-cross diamond pattern fairly deeply across the flat face of the aubergine flesh. (Take care not to cut into the purple skin, however, otherwise your aubergine will lose its shape.)

**3** Brush each aubergine half on the front and back with sesame oil and place under the grill. Cook, turning once, for about 15–20 minutes, or until totally tender and browned. Check while cooking to make sure that the aubergine is not so close to the element that it burns, but is not too far away to cook either.

**4** While the aubergine cooks, pour the mirin into a small saucepan,

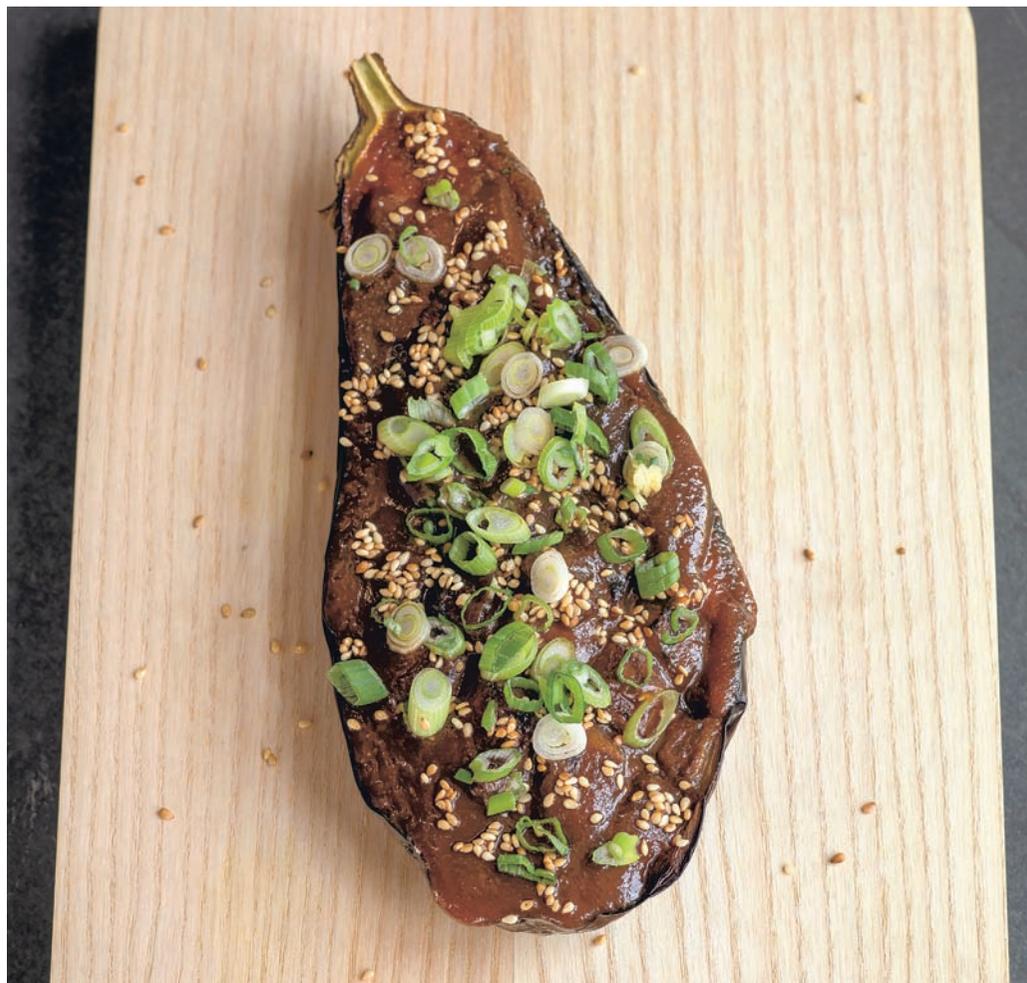
bring it up to a rapid simmer and cook for one and a half minutes. Stir in the sugar or honey, and the miso paste, then peel and grate the ginger and squeeze the juice into the pan but don't add the pulp. Cook the sauce over a very low heat for 30 seconds or so, then stir in the soy sauce.

**5** Divide the sauce between the two aubergine halves, spreading it over the flesh, then put the aubergines back under the grill and cook until the sauce is only just hot and bubbling.

**6** Remove from the grill and scatter over the toasted sesame seeds and spring onion. Serve immediately, with teaspoons.

PER SERVING (2 SERVINGS): 176 CALS, 4.3G FAT

*"I always order this in a Japanese restaurant if it's on offer. It's a truly superb thing to do with an aubergine and has a real umami blast-off. Lost for a simple lunch idea? Ditch the pasta salad and head for this!"*



sizzling, add the kale followed by the garlic. Toss everything together well. Add the lemon juice and check the seasoning one last time.

**8** To serve, spoon some of the polenta on to plates and put the kale and mushrooms on top.

**9** Any left over polenta can be chilled overnight, then sliced and fried until brown.

PER SERVING: 597 CALS, 43G FAT

# Recipe of the —THE MONTH—

This delicious cake is impressive and great value for money. The coconut cream is the secret ingredient – it pairs beautifully with the lemon curd and mascarpone filling



## LEMONCURD, COCONUT AND MASCARPONE SPONGE

£

**Serves 16**  
**Ready in 50 mins**

• 200g unsalted butter • 350g golden caster sugar • grated zest of 3 lemons plus juice of 1 • 160ml tin coconut cream • 6 medium free-range eggs • 350g self-raising flour, sifted •  $\frac{1}{8}$  tsp baking powder (no more!)

### For the Filling

• 400g mascarpone • 3 tbsp caster sugar • 1 tbsp lemon juice • 10 tbsp lemon curd

### To Decorate

• 1 tbsp icing sugar, sieved  
• primrose plant or sugar flowers

**1** Preheat the oven to 180C/350F /Gas 4. Grease and base-line two 20cm round tins.

**2** Cream the butter and sugar until soft. Add the lemon, coconut cream and eggs. Fold in the flour and baking powder.

**3** Divide the mixture between the tins and bake for 30 mins until pale golden. Set aside to cool.

**4** Mix the mascarpone, sugar and lemon juice together. Spread the lemon curd over one cake, flat side up, then spoon over the mascarpone mixture. Top with the other cake. Dust with icing sugar and add the flowers to decorate.

**PER SERVING: 463 CALS, 28G FAT**



*Taste the goodness*

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- Dips, sauces and marinades

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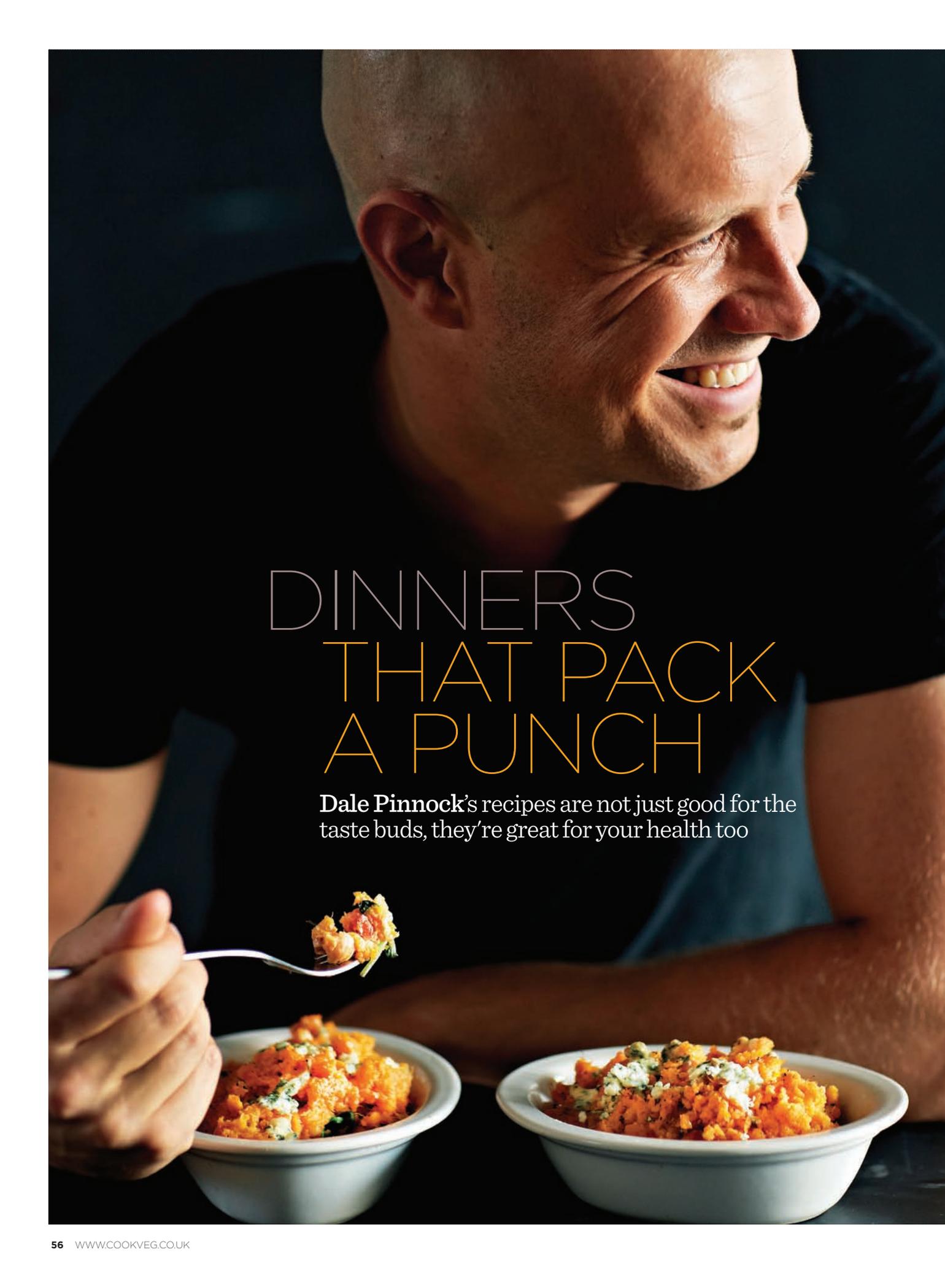


Available from all Sainsburys and Waitrose stores,  
and selected specialty stores

[www.olivado.com](http://www.olivado.com)



**OLIVADO**  
*Taste the goodness*

A close-up, profile view of a man with a shaved head, smiling warmly as he eats. He is holding a silver fork with a small portion of food on it. In front of him are two white ceramic bowls filled with a vibrant, orange-colored dish, likely a vegetable-based meal. The background is dark, making the man and the food stand out.

# DINNERS THAT PACK A PUNCH

Dale Pinnock's recipes are not just good for the taste buds, they're great for your health too

## BLOOMING BEAN BURGERS WITH RED CABBAGE & APPLE SLAW



Serves 4

Ready in 30 mins

2 x 400g tins mixed beans  
150g wholemeal breadcrumbs  
3 tsp Madras curry paste  
2 free-range eggs, lightly beaten  
large bunch fresh coriander, roughly chopped  
2 large apples, cored and grated  
1 small red cabbage, shredded  
300g probiotic yoghurt  
2 tsp mustard seeds  
4 wholemeal burger buns, toasted (optional)  
sea salt and black pepper

**1** Put the beans in a bowl and mash them coarsely with a potato masher or a firm fork. Add the breadcrumbs, curry paste, eggs and coriander, season with salt and pepper and stir well.  
**2** Preheat the grill to high and line a baking tray with kitchen foil. Shape the bean mixture into four burger patties, place them on the baking tray and under the hot grill. Grill for 10-15 minutes, turning frequently, until crisp and golden.  
**3** Meanwhile, make the slaw by mixing the apple and cabbage with the yoghurt and mustard seeds, and season with salt and pepper. Serve the burgers with the slaw, and toasted wholemeal burger buns, if you like.

PER SERVING: 564 CALS, 8.96 FAT

**STAR INGREDIENT:** Red cabbage is packed with anthocyanins, which are responsible for its purple colour, and have been shown to strengthen and encourage relaxation of blood vessel walls, reducing blood pressure. It's also rich in



BLOOMING BEAN BURGERS WITH RED CABBAGE AND APPLE SLAW

glucosinolates and, although I'm ultra-cautious about the supposed benefits of specific foods for fighting cancers, there is evidence that glucosinolates can offer protection against some forms.

**GOOD FOR:** High cholesterol and high blood pressure, healthy gut flora and digestive health.

## PASTA WITH PEAS, FENNEL, MINT & PARSLEY



Serves 1

Ready in 20 mins

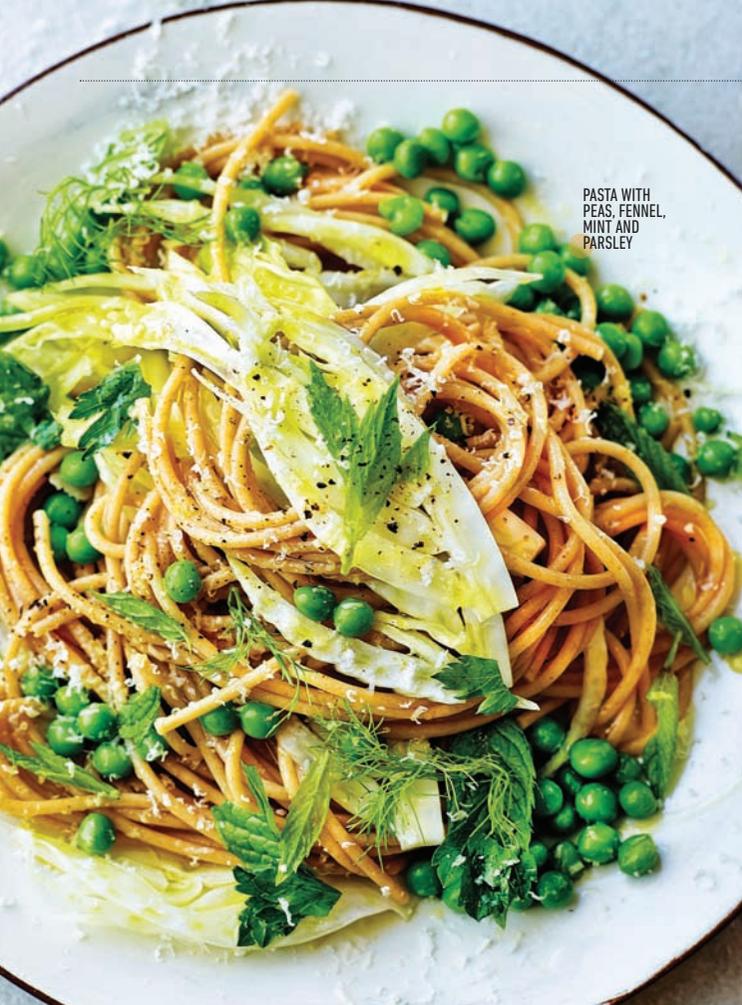
olive oil, for cooking  
1 small fennel bulb, finely sliced  
2 tbsp frozen peas  
75g wholemeal spaghetti  
6-7 fresh mint leaves, chopped

1 sprig fresh parsley, chopped  
2 tbsp grated vegetarian Parmesan-style cheese  
sea salt and black pepper

**1** Heat a little olive oil in a pan, add the sliced fennel and cook for 4-5 minutes, until softened. Add the peas and cook for another 1-2 minutes.  
**2** Bring a pan of salted water to the boil, add the pasta and cook for 8-9 minutes, or until al dente.  
**3** Drain well, add to the fennel and peas and stir thoroughly. Tear in the mint and parsley leaves and one tablespoon of the Parmesan-style cheese, season with salt and pepper, and stir thoroughly again. Top with Parmesan-style cheese, and serve.

PER SERVING: 575 CALS, 26.66 FAT

**STAR INGREDIENT:** Fennel is an unsung hero. It contains several essential oils that ease bloating by relaxing the gut wall and



PASTA WITH PEAS, FENNEL, MINT AND PARSLEY

dispersing gas. It also contains a potent essential oil called anethol, which has anti-inflammatory properties.

**GOOD FOR:** Reducing bloating and water retention.

## CHICKPEAS, SPINACH AND CASHEWS WITH CUMIN & COCONUT



Serves 4

Ready in 25 mins

olive oil, for cooking  
 2 large onions, finely chopped  
 4 garlic cloves, finely chopped  
 600g baby spinach leaves  
 2 x 400g tins chickpeas, drained  
 300g raw cashew nuts  
 100g goji berries  
 1 tsp ground cumin  
 2 tbsp desiccated coconut  
 sea salt and black pepper

**1** Heat the olive oil in a pan, add the onions and garlic and cook until softened. Stir in the baby spinach and cook until it wilts.

**2** Add the chickpeas, cashew nuts,

*“These are a healthier version of the usual deep-fried falafel. They’re better for you as the oils aren’t kept at high temperatures so don’t turn into toxic trans fats”*



2 tbsp sliced almonds  
 25g fresh parsley, chopped  
 2 x 400g tins chickpeas  
 4 garlic cloves, crushed  
 2 tsp ground cumin  
 1 tsp ground coriander  
 1 red onion, finely chopped  
 2 free-range eggs, lightly beaten  
 2 tbsp wholemeal flour  
 1 tbsp olive oil, plus extra for frying  
 1 1/2 tbsp tahini  
 juice of 1 lemon  
 sea salt and black pepper

**1** Put the quinoa in a pan, cover with boiling water, add the bouillon powder and simmer for 20 minutes, until soft. Drain and stir in the cinnamon, raisins, almonds and half the parsley.

**2** Place the chickpeas, half the garlic, the remaining parsley, cumin and coriander in a food processor and blitz to a paste. Transfer to a bowl, add the onion, eggs and flour, season with salt and pepper and mix well to form a stiff mixture.

**3** Preheat the oven to 200C/400F/Gas 6 and line a baking tray with baking parchment. Shape into small patties and fry in a little olive oil for 2–3 minutes on each side, until starting to turn crispy. Transfer to the baking sheet and bake for 10–12 minutes.

**4** Meanwhile, make the dressing by whisking together the tahini, olive oil, remaining garlic and lemon juice, and season with salt and pepper. Serve the falafels with the quinoa and tahini dressing.

PER SERVING: 687 CALS, 24.5G FAT

**STAR INGREDIENT:** The double whammy of antiviral garlic and zinc-packed chickpeas makes this delicious dish great for immune health.

**GOOD FOR:** Acne and skin health, white blood cell function, type 2 diabetes, healthy gut flora.

goji berries and cumin, and cook for another three minutes. Season with salt and pepper. Heat another pan, add the coconut and toast for 1–2 minutes, until lightly golden. Sprinkle the toasted coconut over the chickpeas and serve hot. It’s great with a salad or sautéed green vegetables.

PER SERVING: 884 CALS, 50.8G FAT

**STAR INGREDIENT:** Cumin has been used in herbal medicine for centuries as a carminative, which means it can ease digestive discomfort. It also contains several anti-inflammatory and analgesic compounds, which may help relieve residual inflammation in the digestive tract.

## IMMUNO-FALAFELS WITH QUINOA & TAHINI



Serves 4

Ready in 50 mins

200g quinoa  
 4 tsp bouillon powder  
 1 tsp cinnamon  
 2 tbsp raisins

EAT SMART



IMMUNO-FALAFELS WITH QUINOA AND TAHINI

# Nutritional POWER COUPLES

One plus one equals more than the sum of its parts, so pair these foods together to supercharge their health benefits, says **Laura Coppock**

GREEN  
TEA

LEMON



**Defence boost** The vitamin C in citrus fruits helps your body absorb disease-fighting catechins, found in abundance in green tea.

ADZUKI  
BEANS

RASPBERRIES



**An antioxidant powerhouse** Munching this unlikely pair in one sitting is said to fire up each of their antioxidant qualities by as much as 45 percent. Try them sprinkled onto salads.

COOKED  
BROCCOLI

MUSTARD



**Fortified anti-cancer abilities** Cooking the cruciferous veg destroys some of its key enzymes that enable your system to soak up its cancer-fighting benefits. Mustard contains similar enzymes, so it acts as a replacement to those lost in the cooking process.

SPINACH



CHICKPEAS



**Improved mood** Leafy greens are packed with magnesium, which is a known anxiety zapper and happiness booster, and the B6 in chickpeas increases magnesium uptake in our bodies.

ORANGES



WATERCRESS



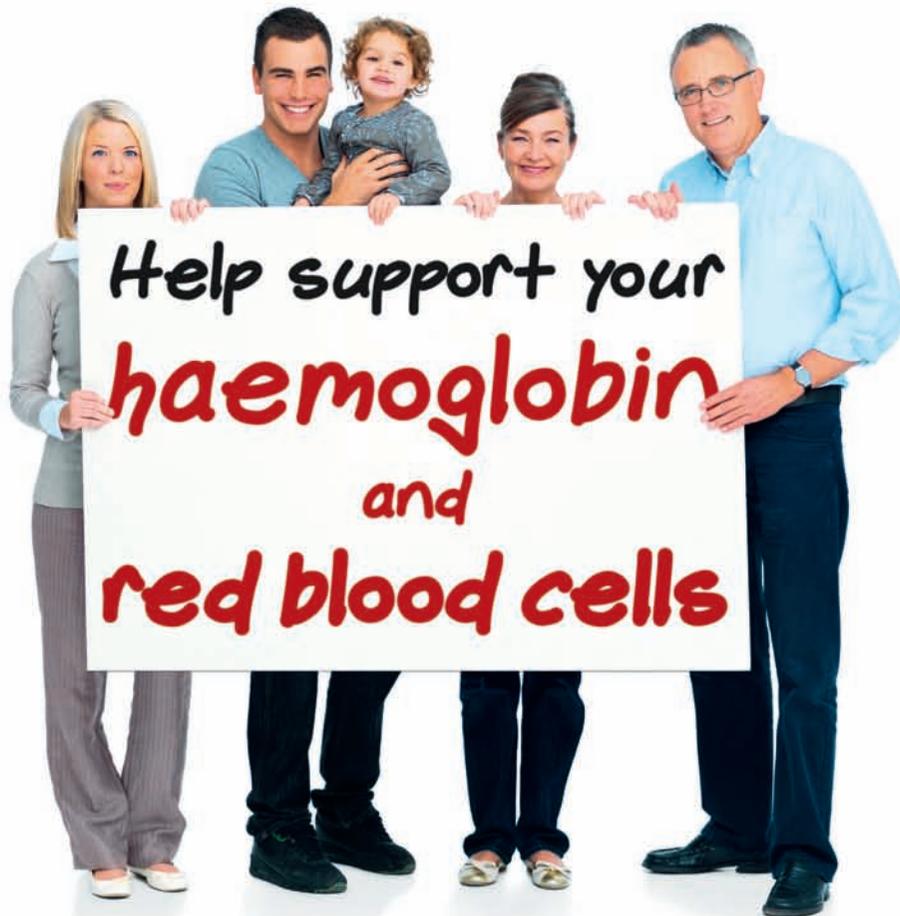
**An iron boost** The hefty vitamin C dose in oranges ups your body's ability to absorb iron, found in leafy greens. Bear in mind that tea, coffee and milk can hamper iron absorption, so avoid drinking these with your mineral-boosting bites.

## TRY THIS!



Ensure you get all the nutrients you need by taking a great quality multivitamin each day such as Veganicity's Multivitamin + Mineral (£7.75 for 60 tablets, [www.veganicity.com](http://www.veganicity.com)) which was voted the best independent vitamin supplement brand by *Cook Vegetarian* readers.

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Vitamin supplements may benefit those with nutritionally inadequate diets. \*IIRI value data. 52 w/e 2 Nov. 13.



# 4 ENERGISING *Smoothies*

Get up and go with these delicious  
wake-you-up smoothies

## GOOD MORNING



**Serves 2**  
**Ready in 10 mins**

2 large oranges, peeled  
and quartered  
2 medium uncooked beetroots,  
peeled and quartered  
2 medium carrots, peeled and

halved lengthways  
1 good handful of seedless  
black grapes  
1 tsp lemon juice  
2 tsp açai berries (see  
Inspiring Ingredients)  
1/4 tsp chia seeds (see  
Inspiring Ingredients)

**1** Juice the oranges, beetroot,  
carrots and grapes then stir in  
the lemon juice and açai powder.  
Sprinkle with the chia seeds.  
PER SERVING: 170 CALS, 0.9G FAT

## POPEYE SPECIAL



**Serves 2**  
**Ready in 10 mins**

6 medium oranges, peeled  
and quartered  
4 handfuls of spinach

4 handfuls of chopped  
pointed cabbage  
150ml green tea, cooled  
6 basil leaves, chopped  
1 tsp finely grated orange zest

**1** Juice the oranges, spinach  
and cabbage and stir in the  
cooled green tea and basil  
leaves. Serve sprinkled with  
orange zest.  
PER SERVING: 209 CALS, 1.4G FAT



## SUNRISE



**Serves 2**  
**Ready in 10 mins (plus overnight soaking)**

2 star anise  
 1 medium mango, peeled, pitted and chopped  
 juice of 1 large orange  
 1 medium carrot, peeled and coarsely grated  
 1 medium banana, peeled and chopped  
 2 tsp camu camu powder  
 ground nutmeg, for sprinkling

**1** Soak the star anise in 50ml just-boiled water, leave overnight. Discard the star anise and put the mango and soaking water in a blender with the orange juice, carrot, banana and camu camu powder then blend until smooth.

**2** Add pure or filtered water if too thick and sprinkle with nutmeg just before serving.

PER SERVING: 144 CALS, 0.76 FAT

## SWEET FRIEND



**Serves 2**  
**Ready in 10 mins**

1 medium sweet potato, peeled and cut into long wedges (see Inspiring Ingredients)  
 1 large red pepper, deseeded and cut into long wedges  
 1 medium uncooked beetroot, peeled and cut into wedges  
 2 pears, cored and quartered  
 2.5cm piece fresh root ginger, peeled and halved  
 1 tsp flaxseed oil  
 1–2 tsp spirulina powder (see Inspiring Ingredients)

**1** Juice the sweet potato, red pepper, beetroot, pears and ginger and stir in the flaxseed oil and spirulina.

PER SERVING: 200 CALS, 3.46 FAT

*“Flaxseed oil is one of the richest plant sources of omega-3 fatty acids. It also increases the uptake of beta carotene from the sweet potatoes, pepper and beetroot”*

## INSPIRING INGREDIENTS

## AÇAÍ BERRIES

Açaí berries are believed to aid weight loss by reducing cravings and boosting metabolism. They're also high in anti-ageing antioxidants. In powdered form, açai berries add both colour and a rich, slightly chocolatey flavour to smoothies.

## CAMU CAMU

The fruit from this South American plant is rich in vitamin C and has been shown to possess anti-inflammatory properties as well as an ability to boost the immune system. It also has a slightly caramel flavour, which is great for adding sweetness.

## CHIA SEEDS

For its size, the tiny black chia seed packs a powerful punch. Not only is it rich in omega-3, it is also a source of complete protein (perfect for us veggies), containing all the amino acids, fibre, antioxidants, vitamins and minerals. Some nutritionists recommend soaking the seeds in a little water before use to increase its bioavailability.

## SPIRULINA

This nutritious micro algae regenerates and cleanses the body. This is thanks to its chlorophyll content, which helps transport oxygen to every cell in the body; an all-round winning addition to your breakfast juice.

## SWEET POTATOES

Look for orange-fleshed sweet potatoes, which have a higher nutritional content than the white-fleshed variety. A rich source of antioxidants, beta carotene and vitamin C, sweet potatoes provide plentiful amounts of sustained energy and help to boost circulation. Plus, they taste amazing whizzed up.

## READER OFFER



Cook Veg readers can get Nicola Graimes' *Super Fresh Smoothies and Juices* (£16.99, Macmillan) for the special price of £11.99 (inc free p&p). Call 01256 302699 and quote ref GLR 9ML

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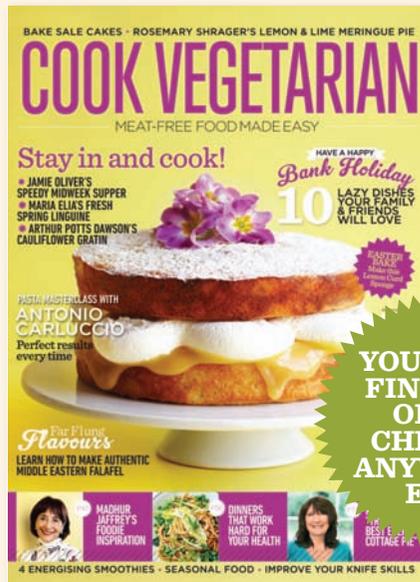
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# COOKERY SCHOOL



Perfect this quick-and-easy curry from presenter and DJ **Cerys Matthews**

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## THE BEST CURRY

### TOMATO AND POTATO BHAJI



**Serves 4, as a side**  
**Ready in 35 mins**

• 450g potatoes • 3 ripe tomatoes • 1 tbsp vegetable oil plus a knob of butter • 1 tsp

cumin seeds • 1 tsp black mustard seeds • 1/2 tsp ground turmeric • salt, to taste • lemon juice and a little sugar (optional)

**1** Preheat the oven to 200C/400F/Gas 6. Chop the tomatoes into quarters. Peel the potatoes and, if they are large, cut into equal size

chunks (not too small) and par boil. Drain but keep the potato water.

**2** Place an ovenproof dish on the hob; add the oil and butter and heat until smoking hot. Add the cumin seeds and mustard seeds until they pop – be careful, they can spit. Then add the chunked potatoes and quartered tomatoes along with the turmeric and a little of the potato water.

**3** Stir to coat the ingredients well and add salt to taste. Place the dish into the oven for 10-15 minutes. Check and, if necessary, add more of the potato water. Be careful to not add too much water, but do not let it dry out either.

**4** Leave in oven for a further 5-10 minutes. Taste and add lemon juice and sugar to your liking.

**PER SERVING: 453 CALS, 6.16 FAT**

# 5 ways with...

## ASPARAGUS

WITH THE BRITISH ASPARAGUS SEASON IN FULL SWING, WE'VE ROUNDED UP OUR TOP TIPS FOR MAKING THE MOST OF THIS HOME-GROWN DELICACY



**1** Don't avoid the thicker stalked asparagus, these ones are no less tender than their thin-stalked counterparts – they're simply different varieties. The thicker stalked asparagus is better used in pasta, risotto and roasted dishes though, as it's less likely to become overcooked.

**2** Asparagus is very quick to prepare – either pop a colander over boiling water, place the asparagus inside and cover with foil to steam, or simply griddle, turning, until charred on all sides. Serve simply with butter for a starter in seconds, or try with flavoured butters (see opposite for inspiration).

**3** Everyone thinks you should snap the stalks to remove the toughest part, but this can sometimes lead to wasting too much. Either be very, very careful when snapping, or locate the lowest bending point and trim with a knife.

**4** Wine can be notoriously tricky to pair with asparagus. Fruity wines tend not to go well with the green vegetable, and can end up tasting metallic. As a rule, avoid rosé or those with an oaky or tannic element. Instead, opt for wines that don't conflict with its 'green flavour' such as sauvignon blanc, pinot grigio, beaujolais or pinot noir.

**5** Traditionally, the British asparagus season begins on 1st May and runs for around seven-eight weeks, but it's very climate dependent (the soil must be 10C before it even starts growing). This year has seen a mild winter and spring though, so you can expect to see it in the shops from any time in April.

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### TYPHOON SALAD SHAKER FLASK £13, JOHN LEWIS

There's nothing better than a homemade dressing and this lab-inspired bottle is perfect for storing yours. Plus it features recipes on its side!



## HOW TO... make aubergines awesome



DEENA KAKAYA IS A FOOD WRITER. VISIT HER WEBSITE AT [WWW.DEENAKAKAYA.COM](http://WWW.DEENAKAKAYA.COM) OR FOLLOW HER ON TWITTER AT @DEENAKAKAYA



### GET THE BEST FROM YOUR EGGPLANTS WITH A LITTLE HELP FROM FOOD WRITER DEENA KAKAYA

Bulbous, mild and fleshy; these purple gems are versatile and add depth to many dishes.

However, if you get it wrong they can be bitter, soggy or chewy. Do them justice with these failsafe tips:

**1** Choose a firm, glossy and heavy example which will prove fresh and yield the most flesh.

**2** To avoid discolouration, only cut them just before you cook them.

**3** If you are planning to fry your aubergines, slice and salt it lightly and rest the slices on some kitchen paper to release the excess moisture.

Aubergines do act like sponges for oil, salting them

in this way will avoid a soggy and oily mess.

**4** They can take a while to cook in a stew, so give them 2-4 minutes in the microwave before cooking to speed the process up.

**5** No one likes a squishy or watery aubergine in their curry. You can avoid this dreaded texture by roasting them before adding them to your favourite dishes.

## Cook with... THE CORDON BLEU



THE FAMOUS COOKERY SCHOOL'S MASTER CHEF, CHEF REGINALD SHOWS YOU HOW TO PERFECT YOUR EGG-FREE PASTA RECIPE

"This vegan-friendly pasta recipe is so incredibly easy to make, and nothing beats

the taste of fresh, homemade pasta. In this recipe I use semolina in order to get a really firm texture, which helps the pasta to remain 'al dente' once cooked. 00 flour (available from Tesco) is a good alternative to semolina as it is low in gluten. If you are using plain flour you will need to add at least a quarter of semolina to prevent the dough becoming too elastic"

## EGG-FREE PASTA



**Serves 4**

**Ready in 45 mins**

• 400g semolina • 40ml good quality olive oil • 100ml water • salt

**You'll also need:** a pasta machine or rolling pin

- 1 Place the semolina into a large mixing bowl, make a well in the centre and carefully add the olive oil, water and salt. Mix together with a fork but ensure this is done very slowly. Continue mixing slowly while adding a little bit of flour at a time. The slow mixing will ensure that it remains smooth and thoroughly combined.
- 2 Once the mixture has formed a 'dough-like consistency', begin kneading on a floured surface. Continue kneading for approximately 10-15 minutes before wrapping in clingfilm to rest for half an hour.
- 3 Use a pasta machine to create whichever shape you prefer - tagliatelle is often the easiest.
- 4 To cook the pasta, bring a large pot of salted water to the boil, add the pasta and cook for 2-3 minutes. With fresh pasta it doesn't need any longer than this.

### COOK'S TIPS

- There is no need to add olive oil to the cooking water as it won't mix with the pasta, if you do wish to add oil, do so at the end of cooking when it will prevent the pasta from sticking.

- If you don't have a pasta machine at home, you can easily use a rolling pin to make a variety of pasta shapes, such as papardelle, linguine or orichiette.



## THE HERB FILES... WITH MARK SARGEANT



IN THE FIRST OF A MINI SERIES OF TIPS, TOP CHEF MARK SARGEANT EXPLAINS HOW TO GET THE MOST FROM FRESH HERBS

### PARSLEY

- Whether curly or flat, parsley is extremely versatile - add it to many a dish including soups, stews, sauces and salads, and you will get a lovely earthy flavour with a crunchy kick.

- Add fresh parsley and fresh mint to bulgur wheat to create tabbouleh.

- Parsley works particularly well with garlic and strong flavours like smoked paprika.

- An ideal partner with zesty flavours like lemon.

- Purée and try it with new potatoes, it's delicious.

### CORIANDER

- When cooking any Asian cuisine, be sure to use this herb, it will simply 'make' your dish.

- Works well in rice, just add finely chopped coriander once your rice is drained and ready to eat - easy and delicious.

- The stalks from coriander have amazing flavour so use these as well as the leaf, they make a good base for a curry.

- Try coriander with cooked rhubarb in a compote, it sounds strange but it really works.

- Out of herb? Try coriander instead, it makes a great replacement.

### BASIL

- Tomatoes and basil is the quinessential match of any herb with another ingredient.

- Its slightly sweet taste lends basil really well to desserts, try it with chocolate.

- Basil and fruit also go hand in hand, try it with strawberries, rhubarb and other astringent fruits.

- Make pesto: whiz basil with pine nuts, salt, pepper, vegetarian Parmesan-cheese and garlic before drizzling in enough olive oil to reach your desired consistency.



## HOMEMADE HERB BUTTER



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Get room softened butter (about half a block) and pop in a food processor.

Next, add crushed garlic, freshly ground black pepper, chilli flakes or fresh herbs, or a mixture of a few. (We love garlic, basil and black pepper.)

Then, roll into a sausage, wrap in clingfilm and freeze. When you're ready to use it, slice off rounds from your herb butter roll and either melt into baguettes or dot onto nearly roasted veggies.

*"Jazz up roasted veggies in an instant with this simple herb butter"*

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## LEAFY SALAD WITH POMEGRANATE DRESSING



**Serves 4, as a light meal**  
**Ready in 10 mins**

**For the dressing**

- 2 tbsp pomegranate molasses
- 3 tbsp extra virgin olive oil
- 1 tbsp lemon juice/sherry vinegar
- salt and pepper

**For the salad**

- 2 bags salad leaves – the one with grated beetroot looks really pretty
- 1 pack fresh pomegranate seeds
- 1 pack Great Food Moroccan or Mediterranean Falafel Bites

- 1 Put all the dressing ingredients in a jar and shake well to mix. Season with salt and pepper to taste.
- 2 Split the leaves between four bowls and dress them lightly. Sprinkle with pomegranate seeds.
- 3 Warm the falafel in the oven, break in half and divide between the bowls.

“This salad couldn't be simpler. If you've not tried it, pomegranate molasses is a tangy syrup made from pomegranates. You can buy it from many major supermarkets and it makes a fantastic salad dressing. We especially love this salad with Mediterranean or Moroccan Bites”



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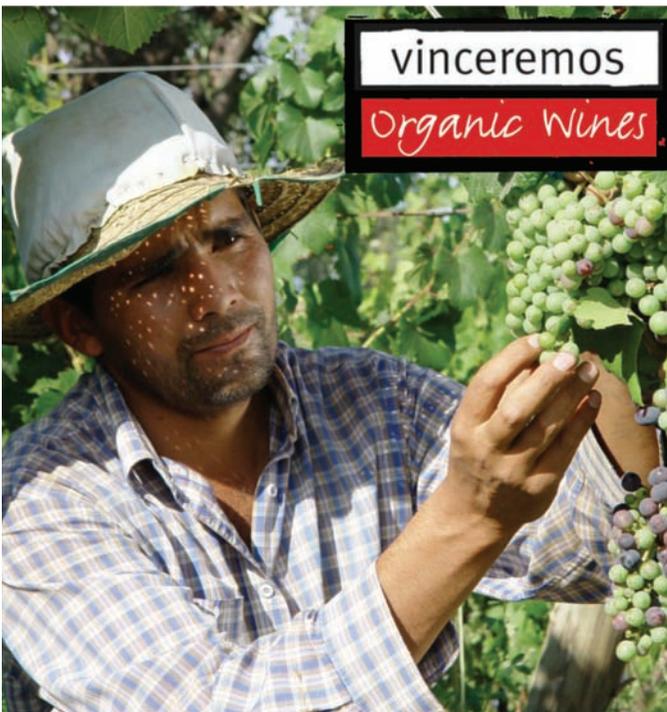
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### Meat Free Chicken Biryani

1 box Fry's Chicken Style Strips,  
Mixed Vegetables, 2 cups Rice,  
½ Onion chopped, 1 Tomato,  
Curry Leaves, Mint, Thyme,  
1 tablespoon Masala, 1 teaspoon Turmeric,  
Margarine, 2 Green Chillies, Oil

Braise the chopped onion and tomato in oil. Add the curry leaves, mint, thyme and masala. After a few minutes, add the mixed vegetables and Fry's Chicken Style Strips. Simmer until cooked through.

Steam the rice and strain it. Add it to the curry but do not mix in. Flatten it over and around the curry. Dig into each side with a fork and add the turmeric and a little margarine. Place in a medium heat oven for about fifteen minutes.

Remove from oven and mix curry and rice until it is yellow in colour. Serve with a salad.

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# Ask ROSE

Expert vegetarian cook **Rose Elliot** answers your culinary questions



**Q** HOW CAN I MAKE A GREAT VEGGIE COTTAGE PIE? I HAVE TRIED VARIOUS WAYS, BUT NOTHING THAT IMPRESSIVE.

Gina Ratchford, via Facebook

**A** Well I hope you will enjoy this one! It was invented by a friend of mine and contains several ingredients that I rarely use, but it's packed with flavour and always wows vegetarians and meat-eaters alike. Give it a try and see what you think. Fry 1 chopped onion in 2 tbsp olive oil in a large saucepan for about 5 minutes, stir in 1 grated carrot, 1 crushed garlic clove, 1 bay leaf and 1 tsp dried thyme and cook for 5 minutes. Add a 400g can chopped tomatoes, 150g dry dark TVP mince or Quorn (or you could use 2 tins of drained lentils) 1 tsp vegetable bouillon

powder or a stock cube, 3 tbsp Smoky Snaps and 2-3 tbsp Branston pickle – I know, but it works! Simmer for 10 minutes until the liquid has disappeared. Remove from the heat and add 125g each of frozen peas and sweetcorn. If you want it a bit thicker, add 1 tsp of vegetarian gravy powder, and stir over the heat for 1-2 minutes. Put into an oiled ovenproof dish, top with mashed potatoes, spreading to the edges, draw the prongs of a fork over, drizzle with a little oil, then bake at 200C/400F/Gas 6, for about 30 minutes, until golden brown. This will make about 6 dishes.

**Q** I LIKE TO ADD AN ANCHOVY OR TWO INTO PASTA SAUCES – PURELY FOR THAT UMAMI KICK. WHAT'S THE BEST VEGETARIAN ALTERNATIVE? MARMITE DOESN'T COME CLOSE!

Shilpa Joshi-Mulay, via Facebook

**A** My favourite flavour-enhancer for 'an umami kick' as you put it, is a really good dark soy sauce. One I tend to go for is Clearspring's Shoyu or Tamari. Another ingredient that I often use is Japanese Ume Plum Seasoning (also Clearspring – they don't pay me!) It's a salty pink liquid that really brings out the flavour of foods and you only need a few drops. Come to think of it – and I

haven't tried this yet as it has only just occurred to me – you could stir a little umeboshi plum paste (pink, piquant and salty, a bit like anchovies) into a dish too. That one is made by Clearspring too! In some dishes, a tiny squeeze of fresh lemon juice has a magical effect on the flavour, and in others, especially when you want a sort of 'meaty' taste, a teaspoon or two of toasted sesame oil gives the magic 'wow' factor.

**Q** I CAN NEVER MAKE A REALLY FLAVOURSOME VEGETABLE STOCK. HAVE YOU GOT A METHOD I CAN TRY?

Nicola Warren, via Facebook

**A** Yes, as a matter of fact, I have and it's delicious. Every time I make it, I think to myself 'why don't I always do this?'. It's not difficult and it also freezes well. Chop 3 each of onions, celery sticks and carrots, and the white part of 1 medium leek. Heat 2 tbsp olive oil in a large saucepan (I use the base of my pressure cooker – it holds 6l), add the vegetables and fry for about 5-10

minutes, then put in a whole head of garlic, halved, 2 bay leaves, 4l water, 2 tsp salt and a pinch of pepper if you want it seasoned. Simmer for about 45 minutes until all the vegetables are very tender. Strain the vegetables – and there is your beautiful clear golden broth. I sometime drink a cup of it right there and then, or even whizz some of the vegetables with a bit of the stock to make a light soup. Try it – you'll be addicted!

**Have you got a burning question to ask Rose?** Email [rose@cookveg.co.uk](mailto:rose@cookveg.co.uk) or find us on Twitter or Facebook

# MAKE YOUR BEST EVER...

# Pasta

If you've yet to conquer making fresh pasta from hand, follow our masterclass from **Antonio Carluccio**



## Making fresh pasta

Most people might think that making fresh pasta is a major task. Nothing could be further from the truth! Even the equipment can be reduced to an absolute minimum all you really need is a knife, a rolling pin, and a surface to work on. The time involved when making by hand is probably about 30 minutes at first, but you will get much quicker with practice. The ingredients you will need per person are 100g of Italian '00' flour, a free-range egg, and a little water if the egg is small. If making a non-egg pasta, like that from Puglia, you will need to use fine durum semolina flour and some water.

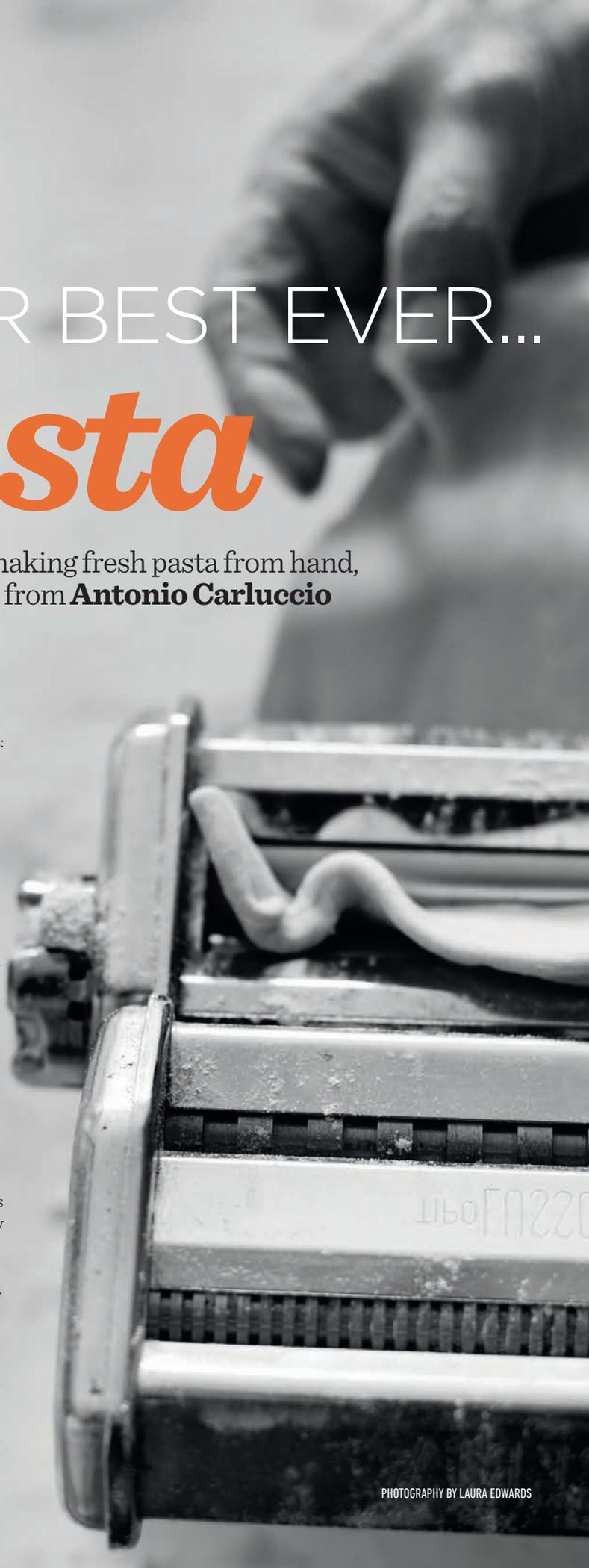
What you want to obtain is a soft dough, which will be rolled out with your rolling pin to the desired thickness – this varies, see below –

and then cut with a knife. The freshly made pasta is used to make all sort of pasta shapes and lengths: from capelli d'angelo, tagliolini, tagliatelle, maltagliati, stracci, to all sorts of stuffed pastas like cappelletti, tortellini, tortelli, ravioli, ravioloni, cannelloni, as well as lasagne, farfalle and any other regional shapes like passatelli or spaetzle.

You can vary your homemade pasta in a number of ways. You can mix spinach, beetroot, cocoa and powdered porcini into the fresh egg pasta to achieve whatever colour and flavour you may want. And you could make a chestnut pasta, or a gluten-free pasta; simply replace some or all of the flour with your chosen flour.

You can probably make enough of your own pasta to store some. Cut the pasta into whatever shapes you want, leave it to dry completely on a clean tea towel or a lightly floured surface, then pack it very carefully into an airtight container.

Wind long strands such as tagliatelle into nests while the pasta is still pliable: this will help protect them. The pasta will keep in the fridge for two to three days, or you can freeze it for up to six months. If freezing, wrap it in clingfilm or foil first, then defrost in the normal way.





## PASTA FRESCA ALL'UOVO FRESH EGG PASTA

This is the basic recipe, which will make enough pasta to feed about four people. I said earlier that you need roughly 100g flour and an egg per person, in which case you might think the recipe below would serve only three people. However, if you do your maths – the 300g flour plus three eggs (roughly 50g each) – it all adds up to 450g, which is plenty of pasta for four people.

You can vary this fresh egg pasta recipe by adding other colouring ingredients. When you add one of these, you will have to be careful to keep a balance – leave out an egg perhaps, or add more flour – just to keep the proportions even, and avoid too wet a mixture.

**Makes about 450g**  
**Ready in 30 mins**



**300g Italian '00' flour**  
**3 medium free-range eggs**  
**a pinch of salt**

### BY HAND

**1** Sift the flour on to a work surface, forming it into a volcano-shaped mound with a well in the centre {1}. Break the eggs into this well and add the salt {2}.

Incorporate the eggs into the flour with a fork and your hands, gradually drawing the flour into the egg mixture until it forms a coarse paste {3}. Add a little more flour if the mixture is too soft or sticky – or a little water if the mixture is too dry. Using your knife, scrape up any stray pieces of dough.

**2** Before kneading the dough clean your hands and the work surface. Lightly flour the work surface, and start to knead the dough with the heel of one hand as you might bread dough. Work the dough for 10-15 minutes until the consistency is smooth and elastic {4}. Wrap the dough in clingfilm or foil and leave it to rest for at least half an hour.

**3** When ready to (rock and) roll, lightly flour your work surface again, and your rolling pin. Gently roll the dough out from the middle of the dough, rolling away from you to take the thickness away from the centre, and rotating it in quarter turns {5}. As you roll, stretch the dough using the rolling pin, and turn the sheet of rolled

dough over every now and again in order to keep it all even.

**4** The thickness of your dough will depend on the pasta shape you are using: anything from 0.5mm to 3mm. In general the larger the shape, the thicker the rolled pasta: lasagne is generally quite thick, but then again manilli de sea, which can be as large in surface area as lasagne, has to be very thin indeed. The pasta for filled pastas has to be thin as well, because there is so much folding and sealing, you don't want great lumps of thick pasta; and the more delicate the filling, the thinner the pasta casing. You will have to practise, and use your common sense, and follow the recipes!

**5** Pasta can be quite tricky – but to encourage you, not all Italians know as much as you do now! If you are making filled pasta go straight ahead and incorporate the filling as in the chosen recipe, while the pasta dough is still malleable. This is better than leaving them for a while, when a moist filling might seep through the pasta or indeed perforate it.

**6** Dust the shapes with semolina flour to help prevent sticking. If you are making flat pasta or shapes, cut them out and leave on a clean tea towel to dry for about half an hour before cooking or storing. Coil long pasta into nests first, as this makes the pasta easier to handle once you come to cook it.

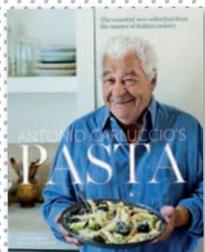
### BY MACHINE

**1** Blend all the ingredients together in a food processor. Lift out, and 'knead' the dough by putting it through your pasta machine. Divide the dough into pieces. Put one part of the dough through the steel rollers with a maximum aperture of about 1cm. Repeat this with the same piece of rolled dough, while reducing the size of the aperture between the two rollers. Being forced through a smaller gap, the pasta dough is worked more, becomes thinner, and more silky. The ultimate width of 1-2 mm produces a long band of pasta of about 15-18cm wide. Cut into lengths of about 30 cm.

**2** You then use the machine cutting tool to make lengths of tagliatelle, say (the widest cut), or tagliolini (the smallest cut). Mix in a little flour, roll the strands into nests, and spread out on a cloth to dry as before.

PER SERVING (4 SERVINGS): 311 CALS, 5.76 FAT

## BOOKSHELF



Recipe taken from Antonio Carluccio's *Pasta*\* (£20, Quadrille).

# CHOP TO IT

Brush up on your knife skills and slash your food prep time – **Laura Coppock** finds out how...



## MUST HAVES

Philip Taylor, co-owner and executive chef at top vegetarian restaurant *Terre à Terre* ([www.terreaterre.co.uk](http://www.terreaterre.co.uk)) recommends we veggie home cooks have the following:

- Chef's/cook's knife: large, heavy duty with at least a 25.5cm/10in blade.
- Utility knife: for fine chopping (15cm/6in blade). I like to use a Santoku Japanese knife for most chopping as vegetables sices don't stick to it.
- Paring knife: small; also good for chopping and peeling.
- Serrated slicer: great for tarts, quiches and pies, as well as bread.
- Palate knife: for lifting and turning.
- A knife sharpener is essential.

Knife-like tools have been around for as long as two million years, when pieces of stone were sharpened to cut up food. With the dazzling array of styles on offer for our modern kitchens, food prep blades have come on a long way from the ones our Stone Age ancestors used. Having said that, the basic design of the knife as we know it today – a blade with a handle – has changed

surprisingly little in the past 10,000 years. Yet, from ceramic to stainless steel, serrated to smooth, small to large, our choice of chopping devices today is seemingly endless.

For vegetarians and vegans, there's obviously a whole section of carving and filleting tools we don't need to worry about (meat cleaver anyone? Thought not). But the right blade and cutting technique can greatly reduce your time spent peeling and prepping

## Chef's trick!

*Place a damp tea towel under your chopping board to stop it slipping.*

for your meals. What's more, decent knife skills are central to good cooking. After all, if your chopping isn't consistent how can your food be cooked consistently? And who doesn't want to make like a top chef, slicing and dicing at speed? First, we must select the best tools for the job.

### It's got to work

When it comes to choosing your knives, function should always win over style. A beautiful designer knife block may look fabulous sitting on your kitchen surface, but if the tools themselves don't perform their jobs properly there is little point in having them.

Rather than buying a set, it's wise to purchase individual knives that you'll enjoy using regularly, and pick each one on its own merit. First thing's first: make sure they feel comfortable to hold.

Like chef Philip, Fatih Guven, raw and vegan consultant chef and creator of SAF Express ([www.saf-express.co.uk](http://www.saf-express.co.uk)), is a fan of Santoku knives. "The Santoku's blade and handle are designed to work in harmony by matching the blade's size to the weight of the handle," he explains.

You'll probably find that you'll have a favourite blade or two that you use for the majority of your cooking anyway, so go for quality over quantity. "Aim to purchase the best you can afford," Philip advises. "The better the quality of the steel, the sharper you can keep it and the longer you will have it." Despite ceramic blades proving popular in the shops, "the best material is stainless steel," agrees Fatih.

On the subject of materials, it's prudent to eschew glass and marble chopping boards as they can damage your knives. But no



## KNIFE FOLKLORE

Did you know that this kitchen essential is surrounded by superstition? Here, we take a look at the worldwide myths...

- Mixing your food with a knife is considered unlucky – according to some; "stir with a knife, stir up strife."
- Superstition states that giving a knife as a gift will sever your relationship with the receiver, unless you attach a penny to it, which they should give back to you as a form of 'payment'.
- If you drop a knife it means a man will come to visit, evidently!
- In China, long noodles represent long life, so if you chop up your noodles it means you're cutting your life short.
- Apparently, it's bad luck to cut a banana with a knife; you should break it up with your hands instead.

## Chef's trick!

*Kitchen scissors also require sharpening. It's easy to do – just fold a square of foil in four and snip again and again.*

matter how much you spend on your blades, they all need sharpening from time to time, unless they're serrated. How regularly we need to sharpen our knives depends on the amount they're used. "It's important to maintain sharpness at all times," says Philip. "Use a steel, whetstone or ceramic sharpener, just be

careful, and do each side of the blade equally," he adds. A ceramic waterwheel sharpener is a good option – especially if you're accident-prone – as it can take a bit of practise to perfect the art of using sharpening rods.

### Safety first

Speaking of accidents, what's the best technique for averting them while chopping? "To avoid slicing your fingertips, the key is to always hold the vegetable down with the tips of your fingers bent under, cutting parallel to your knuckles," Philip tells us. "Also, make sure your knife is really sharp." This might sound slightly counterintuitive, but a keen blade helps avoid slips and makes for smoother slicing.

Tomas Kowalski, chef at Brighton's vegetarian restaurant Food for Friends ([www.foodforfriends.com](http://www.foodforfriends.com)), has this piece of advice: "Keep the tip of the knife in contact with the cutting surface and slice in a rocking motion." Practise the technique slowly at first until it feels natural and, before you know it, you'll be chopping like a professional chef.

## GET KITTED OUT!

*These knives and accessories are our kitchen favourites*

**GLOBAL SAI VEGETABLE KNIFE (15CM) £129, [WWW.GLOBALKNIVES.UK.COM](http://WWW.GLOBALKNIVES.UK.COM)**

**STELLAR CHUNKY CHOPPING BOARD WITH KNIFE HONER £120, [WWW.HARTSOFSTUR.COM](http://WWW.HARTSOFSTUR.COM)**

**JUDGE SPADA BREAD KNIFE WITH SHEATH £16, [WWW.HARTSOFSTUR.COM](http://WWW.HARTSOFSTUR.COM)**



# Our favourite MISTAKES

Feel like a calamity in the kitchen? You might just be on track to inventing a world famous recipe, as **Naida Redgrave** discovers

IN MOST AREAS OF LIFE, ACCIDENTS ARE GENERALLY A BAD THING. THE LAMENTING PHRASE 'OH WELL, ACCIDENTS HAPPEN', IS RARELY FOLLOWED BY A SHRIEK OF GLEE, A CONGRATULATORY HIGH FIVE, OR AS IN

SOME OF THESE CASES, LIFE-LONG NOTORIETY AND APPRECIATION. HOWEVER, AS EINSTEIN FAMOUSLY SAID: "ANYONE WHO HAS NEVER MADE A MISTAKE HAS NEVER TRIED ANYTHING NEW." AND SOMETIMES, ONCE IN A BLUE MOON WHEN

THE STARS ALIGN, IT'S LITTLE ACCIDENTS IN THE KITCHEN THAT LEAD TO SOME BIG MISTAKES-TURN-DISCOVERIES. READ ON FOR SOME FAVOURITE 'MISTOVERIES' OVER THE CENTURIES, AND THE WEIRD AND WONDERFUL STORIES BEHIND THEM!



## Chocolate Chip Cookie

This breaktime favourite almost never was – or at least, wasn't intended to be. As the story goes, in the 1930s a restaurant owner in Massachusetts added pieces of chocolate to her cookie mixture, hoping they would melt and turn it brown. The chocolate, however, had other plans, remaining intact and adding contrasting chunks of cocoa deliciousness to the cookie's soft crumble. The rest, as they say, is history. Fortunately for us, the inventor must have missed her physics lesson when the rest of the class learnt that chocolate will only melt into a mixture with a boiling point matching, or higher, than its own.

## Tarte Tatin

This upside-down French dessert was stumbled upon in a hotel owned by two sisters in the 19th Century. When making an apple tart, one of the sisters accidentally over-cooked the apples. To rescue it and disguise the error, she popped the pastry over the top. Et voilà – a dessert favourite was born!



## Bakewell Tart

THIS SWEET TREAT WAS INVENTED BY ERROR IN THE DERBYSHIRE TOWN OF BAKEWELL, BY A MEMBER OF STAFF AT A LOCAL INN. WHEN A VISITING NOBLEMAN REQUESTED A JAM TART, THE INN'S COOK MADE A COMPLETE MESS OF THE RECIPE – BUT HIS GUEST WAS ABSOLUTELY DELIGHTED WITH THE RESULT, AND SO ARE WE!



## ICE LOLLY

One San Francisco day in 1905, 11-year-old Frank Epperson left a glass of powdered soda and water on his front porch, with a stirring stick still in it. After a chilly night, he noticed the next morning that the drink had frozen with the stick still in it. When he gave it a pull, the popsicle was born.



## Beer

10,000 years ago in ancient Mesopotamia, which is now known as the region around modern Iraq, eastern Syria, south-eastern Turkey, and south-west Iran, people stored their harvest grains in order to make bread. It is said that a certain batch got wet and fermented over time, and the owners decided to imbibe the frothy amber concoction, thus sampling the very first beer!



## Crisps

On receiving repeated complaints about his potatoes being too thick and soggy from a patron at the Moon's Lake House restaurant in 1853, chef George Crum decided to slice the potatoes so thinly that the customer wouldn't be able to eat them with a fork. Expecting to prove a point, Crum was astonished when the customer was ecstatic with what he'd done, and the recipe became a regular on the lodge's menu (and a world-famous snack).



## Sandwich

The first written record of the word 'sandwich' appeared in 1762, around the time that John Montague, the Fourth Earl of Sandwich, was a member of an exclusive gentleman's gaming club. Montague spent long hours gambling at the restaurant, often refusing to get up to eat. He ordered his valet to bring him his meal between two slices of bread, and others later requested 'the same as Sandwich'.



## Eton Mess

As the popular myth goes, Eton Mess, the creamy compound of cream, meringue and strawberries, was created when somebody at the school dropped a meringue dessert, and (perhaps adhering to the 'five-second rule') opted to serve it anyway.



## TOFU

WHILE IT'S IMPOSSIBLE TO PINPOINT IT PRECISELY, ONE POPULAR ORIGIN STORY OF TOFU CLAIMS THAT IN ANCIENT CHINA, BOILED, GROUND SOYA BEANS WERE ACCIDENTALLY MIXED WITH IMPURE SEA SALT CONTAINING CALCIUM AND MAGNESIUM SALTS, CAUSING THE GELATINOUS CREATION.

## OVER TO YOU

----CULINARY MISTAKES AREN'T JUST LIMITED TO HISTORY – IT LOOKS AS THOUGH YOU'VE HAD YOUR FAIR SHARE OF ACCIDENTAL DISCOVERIES TOO!

\*"I MAKE 'BLACK BUTTER,' WHERE YOU HAVE TO USE A CHEAP BUTTER THAT'S HIGH IN MILK SOLIDS AND THEN LET IT BURN SLIGHTLY IN THE PAN. ADDING RED WINE VINEGAR AND

CAPERS TURNS DISASTER INTO TRIUMPH!" ANNA BLEWETT, VIA FACEBOOK

\*"MY MOST RECENT MISTAKE-TURNED- PLEASANT SURPRISE IS GNOCCHI

RANCHEROS. A FATEFUL COMBINATION OF HUEVOS RANCHEROS AND GNOCCHI WHICH CAME ABOUT WHEN I REALISED I WAS MISSING THE 'HUEVOS'; IT HAS NOW BECOME A STAPLE." HOLLY SHACKLETON, VIA EMAIL

\*"I ONCE MADE A GINGER TIFFIN AFTER RUINING A GINGERBREAD HOUSE!" WE DON'T EAT ANYTHING WITH A FACE, VIA FACEBOOK



# 6 HEALTHY FOODS TO STOCK UP ON TODAY!

With these essential ingredients, you're sure to always feel your best



The stress and pressures of everyday life can often leave us feeling run down, so make sure your diet helps you stay well-nourished and full of energy. We've picked six healthy foods to stock your cupboards with, that will help keep you going all day long.

## 1. ALMONDS

Go nuts about almonds, because they are the best source of protein, fibre and vitamin E of all 'proper' nuts. Almonds are also high in calcium so are a top choice for those on dairy-free diets. If possible, choose whole almonds with the skin intact; they're full of flavonoids which help protect your heart. A great choice for mid-morning munchies, a portion of almonds a day is good for your bones, teeth, skin, eyes and immune system.

## 2. DRIED APRICOTS

The drying process concentrates nutrient levels, meaning dried is better than fresh for most nutrients! High in fibre, potassium and antioxidants, dried apricots are a natural source of iron and low in sodium. Crazy Jack's Apricots are free from sulphur

dioxide, so are naturally dark and have a sweet, rich taste without the tanginess of bright orange dried apricots. These delicious apricots have been eaten during cycle expeditions and on mountain treks, so are perfect as a pre- or post-workout snack.

## 3. DRIED DATES

Dates have been a staple food in the Middle East for thousands of years. Traditionally, Muslims break their fasts with them because they are nutritious and satiating. One of the sweetest fruits around, they are naturally low in sodium and fat, and high in vitamins, minerals and dietary fibre. Dates are eaten worldwide as an afternoon energy boost, or try them for breakfast with milk or yoghurt. They also make a delicious addition to cakes, breads and Moroccan tagines!

## 4. COUSCOUS

Easy to prepare in just a few minutes with hot water, couscous is a great time saver and alternative to rice or quinoa. Couscous takes the flavour of whatever you cook with it, so go ahead and add herbs, spices or cook in stock for delicious flavour. Very versatile, it can be eaten as a cereal, mixed into soups or eaten as

a salad with leftovers from the fridge. A good source of protein and fibre, couscous is also low in fat so perfect for light lunches or slimming dinners.

## 5. RED LENTILS

A great source of protein, fibre and naturally low fat, red lentils are a top choice for vegans and come recommended by nutritionists. Quick-cooking red lentils are considered to be tastier than other varieties and make hearty meals. Try a truly delicious Indian dal, served over brown rice or with any whole wheat bread.

## 6. CASHEWS

Cashews are a good source of protein and minerals iron, zinc and magnesium. A handful of cashews have almost a quarter of your daily magnesium needs, which is said to help memory and turn the food we eat into energy. They also have a lower fat content than most nuts, and make a deliciously crunchy addition to a stir-fry or blended into a spread to eat with your lunch. Definitely one to try!



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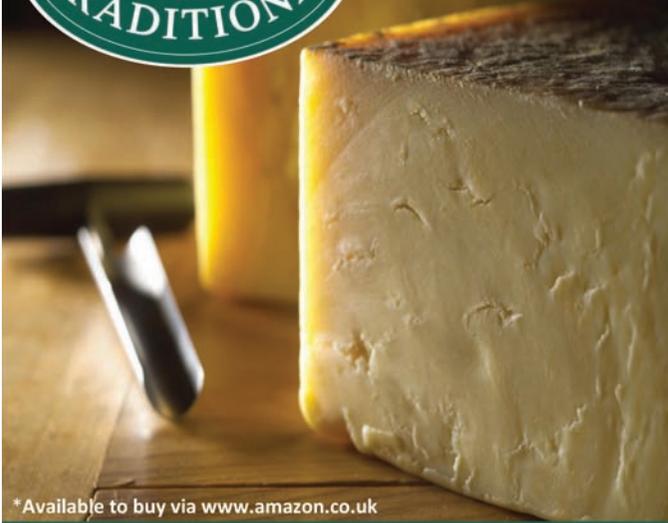
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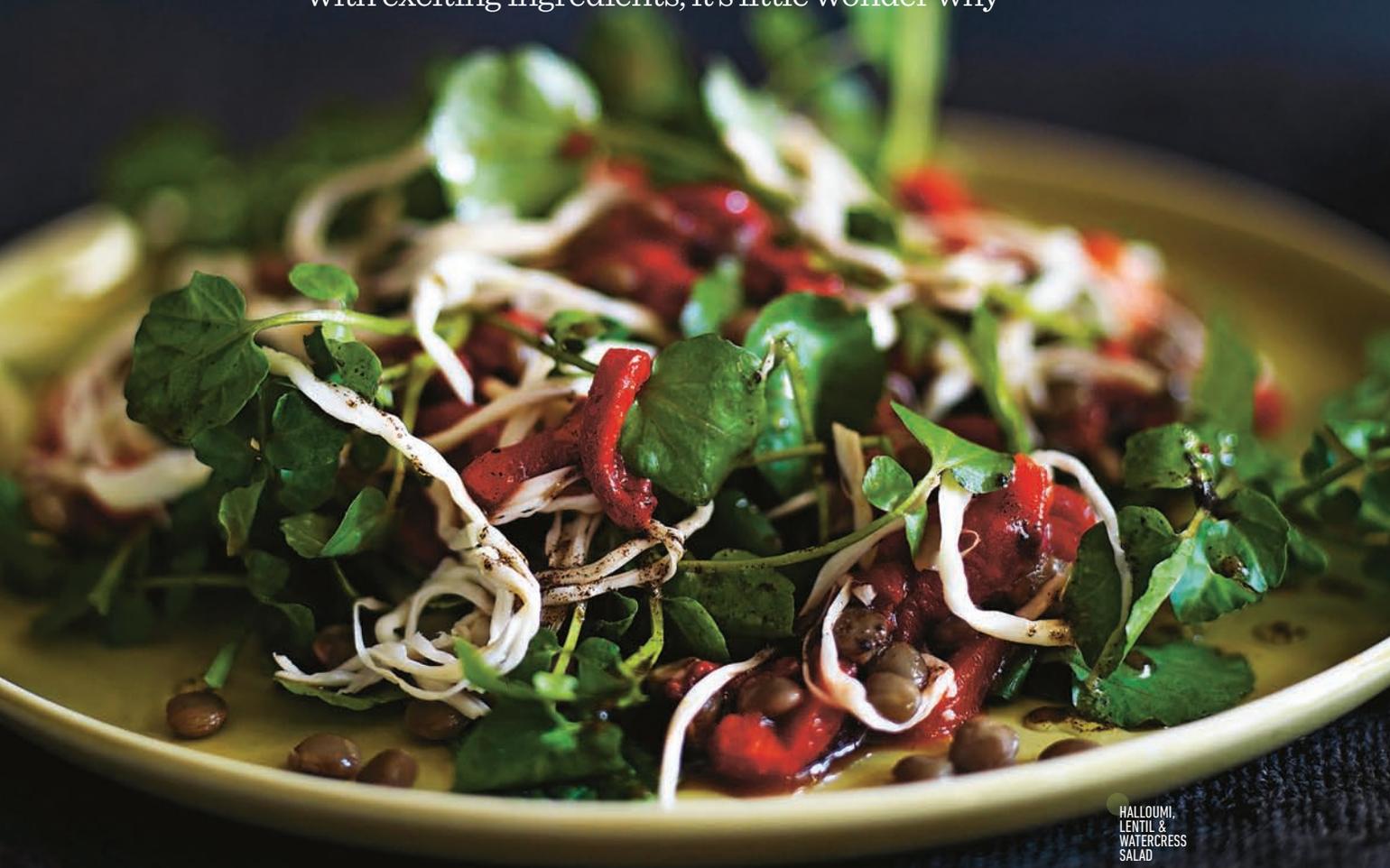
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# *Exotic* inspiration

The trend for Middle Eastern food is set to continue this year and with fresh lemony and herby flavours, teamed with exciting ingredients, it's little wonder why



HALLOUMI,  
LENTIL &  
WATERCRESS  
SALAD

## HALLOUMI, LENTIL & WATERCRESS SALAD



**Serves 4**  
**Ready in 30 mins**

1 red pepper  
50g green lentils  
3 large handfuls of watercress sprigs  
200g fresh halloumi  
3 tbsp mint leaves

### For the dressing

60ml extra virgin olive oil  
60ml lemon juice  
1 tsp salt flakes (optional)  
1 tsp freshly ground black pepper

**1** Place the whole pepper under a hot grill and cook, turning, until the skin is almost black. Remove from the grill and allow to cool completely. Pull the skin away from the flesh and remove the stalks and seeds, then cut the flesh lengthways into 3mm wide strips.

**2** Place the lentils in a small saucepan and cover with cold water. Bring to the boil over a high heat, then reduce the heat and simmer for about 10 minutes. To test if they are ready, crush one of them inbetween your fingers – it should be soft enough to press through. Drain and allow to cool.

**3** Wash the watercress sprigs and cut off any thick stalks. Set aside to dry, or use a salad spinner for a quick dry.  
**4** Rinse the halloumi under cold water and untwist the knotted ball



of cheese. The cheese may break when you do this, which is okay. Start from one end of the cheese by pulling off one strip at a time. The strips should be as thin as you can get them (2–3 mm), although you may end up with a couple of short, thicker pieces due to breakage. Continue to tear off strips until you have 200g. To make the dressing, place all the ingredients in a small bowl and mix together well. Depending on how salty your halloumi is, you may not need to add the salt.  
**5** Combine the pepper, lentils, watercress, halloumi and mint leaves in a bowl and pour the dressing over the top. Gently fold together using tongs.

PER SERVING: 317 CALS, 27.86 FAT

## AUBERGINE SALAD



**Serves 6**  
**Ready in 50 mins**

2 long, thin sweet potatoes, peeled and cut into 5mm thick slices

2 yellow or red peppers, seeds and membrane removed, cut in half,

then into 12 slices  
1 red onion, cut in half and thinly sliced  
60ml olive oil  
2 tbsp thyme leaves  
1 tsp salt flakes  
1 tsp freshly ground black pepper  
4 aubergines  
large handful of flat-leaf parsley, roughly chopped  
toasted Middle Eastern bread, to serve (optional)

### For the dressing

1 garlic clove, crushed  
60ml lemon juice  
60ml extra virgin olive oil  
1/2 tsp sweet paprika  
2 tsp salt flakes

**1** Preheat the oven to 200C/400F/ Gas 6. Place the sweet potato, pepper and onion on a baking tray, drizzle with the olive oil and sprinkle with the thyme leaves, salt and pepper. Toss lightly to coat, then roast for about 30 minutes or until the vegetables are tender. Remove and leave to cool slightly.

**2** Meanwhile, prick each aubergine four or five times with a fork. Using tongs, turn the aubergines over an open flame until they are charred all over and the skin is starting to crack. Alternatively, you can place the aubergines under a hot grill and cook until charred on all sides. Place the charred aubergines in a bowl of cold water to cool for about 10 minutes, then hold them under running water and remove the stalks and peel off the blackened skin.

**3** Open the aubergines and remove as many seeds as possible from the centre. You may not be able to take out every last seed, just do your best as this will help rid the aubergine of any bitterness. Once cleaned, place the aubergines in a colander to drain, then pull them apart by hand into larger bite-sized pieces.

**4** To make the dressing, place all the ingredients in a small bowl and mix together well.

**5** Combine the aubergine, roasted vegetables, parsley and dressing in a bowl and lightly toss. Serve immediately with toasted Middle Eastern bread, if liked.

PER SERVING (NO BREAD): 296 CALS, 20.26 FAT

*“Middle Eastern food was one of the biggest trends last year, spurred on by chefs like Yotam Ottolenghi and restaurants like Comptoir Libanais. It’s a fantastic cuisine for veggies too, thanks to its use of protein-packed chickpeas and seeds, all brought to life with flavoursome spices and fresh zingy herbs”*



## PUMPKIN KIBBEH



Makes about 20

Ready in 1hr 15 mins, plus 2 hrs

800g butternut squash, peeled and cut into large cubes  
1 onion  
300g fine white bulgur wheat  
1 tbsp salt flakes  
1 tsp freshly ground black pepper  
180g plain flour, plus extra if needed  
500ml vegetable or corn oil  
chopped mint or lemon juice  
stirred through natural yoghurt, to serve

#### For the stuffing

75g dried split chickpeas  
2 tbsp olive oil  
1 small onion, finely chopped  
1/4 red pepper, seeds and membrane removed, flesh diced  
1/2 small carrot, grated  
small handful of flat-leaf parsley, finely chopped  
50g roughly chopped walnuts  
2 tsp seven-spice mix

1 1/2 tsp freshly ground black pepper  
1 tsp salt flakes

- 1 To make the stuffing, soak the chickpeas in a large bowl of water overnight. Drain. They should be soft but still have a slight crunch.
- 2 Heat the olive oil in a large frying pan over medium heat, add the onion and cook until translucent. Stir in the chickpeas, pepper, carrot, parsley and walnuts, then add the spice mix and seasoning and fry for a few minutes. Remove from the heat and let the stuffing cool. It will sit happily in the fridge for a day or two until you are ready to make the kibbeh.
- 3 Place the pumpkin in a medium saucepan and cover with cold water. Bring to the boil over medium heat, then reduce the heat and simmer for 25–30 minutes or until nicely softened. Drain and set aside to cool for about 20 minutes.
- 4 Grate the onion and strain. Place it in a large bowl with the bulgur and add the salt, pepper, flour and pumpkin. Gently bring the mixture together – you are looking for a dough-like consistency, but it shouldn't be as thick and dry. Add

a little more flour if needed to create a more pliable dough, then taste and add more salt and pepper if liked. Place the pumpkin dough in the fridge for about two hours to chill and rest.

5 Fill a bowl with lukewarm water and set it to one side. Moisten your hands, then grab a golf ball-sized portion of dough and roll it into a smooth ball. With the index finger of one hand, poke a hole in it while cupping it with the other palm; gently move your index finger back and forth to form a long and narrow cavity inside the ball. Spoon in about one teaspoon of the stuffing, then close the opening by patching it and creating a point. Roll the kibbeh between your moist palms or on a hard surface to make it look smooth and elongated at the ends. Repeat with the remaining kibbeh mixture and stuffing.

6 When all the kibbeh have been formed, store them on a tray in the fridge while you get the oil ready.

The uncooked kibbeh can actually be stored in the freezer for about a month if you want to have some ready for another occasion.

7 Heat the vegetable or corn oil in a medium heavy-based saucepan to 170C/350F (or until a cube of bread browns in 20 seconds). Add three or four kibbeh at a time (so you don't overcrowd the pan) and cook for 3–4 minutes or until they are lightly golden and crisp. Remove with a slotted spoon and drain on paper towel.

8 Serve hot or at room temperature with mint or lemon yoghurt or simply with a squeeze of lemon juice.

PER SERVING: 259 CALS, 27.1G FAT



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# Expensive TASTES

We all enjoy the finer things in life, but there are some people willing to pay a small fortune to chow down on a real treat! **Nikki Whiteford** tracks down some of the world's poshest, and priciest, nosh

small, catlike animal called the Asian Palm Civet, which looks for the sweetest coffee cherries to swallow whole. The animal digests the fruit only, and the undigested coffee beans pass through. Then the beans are collected, cleaned, and roasted like regular beans. It is said that the enzymes in the civet's digestive tract make the beans less acidic, which dramatically improves the coffee's flavour, giving it an unrivalled smoothness. And, because only 225kg are produced each year, it's extremely rare and can fetch a pretty healthy £730 per kilo! I think I'll stick to my Nescafé...

## THE MOST EXPENSIVE: Water

Whoever said water was free clearly hasn't come across Kona Nigari, the world's most expensive thirst-quencher.

Desalinated seawater is collected from 2,000 feet below the surface of the ocean to produce a concentrate, which must first be mixed with regular drinking water before consuming. The

## THE MOST EXPENSIVE: Mushroom

Forget your bog standard chanterelles, because Italian white alba truffles are where it's really at. Originating in the Langhe area of the Piedmont region in northern Italy, these precious truffles, which can only be found by trained pigs or dogs, can grow to 12cm in diameter and fetch an eye-watering £10,000 for just 1kg! The record price for this truffle was in

December 2007, when Stanley Ho, the owner of the Macau casino, paid £165,000 for a 1.51kg truffle – hopefully he did more with it than just grate it over pasta!

## THE MOST EXPENSIVE: Coffee

There's little less appetising than a food product that's been excreted, and yet the world's most expensive coffee is literally produced in that exact way!

Hailing from the islands of Sumatra, Java, and Sulawesi in the Indonesian Archipelago, and the Philippines, Kopi Luwak coffee is the world's most expensive (and possibly the most disgusting sounding) cuppa in the world! Kopi Luwak is the product of a

*“The record price for this truffle was in December 2007, when Stanley Ho, the owner of the Macau casino, paid £165,000 for a 1.51kg truffle”*



concentrate is high in minerals and free of contaminants, and seemingly, aids weight loss. A single 60ml bottle costs £20 and 80,000 bottles of Kona Nigari are shipped to Japan every day. Clearly, turning on the tap just doesn't cut it.

## THE MOST EXPENSIVE: Watermelon

When it comes to watermelon, the majority of us will probably only ever have tasted the green variety. But for connoisseurs, it's black watermelons that are the real deal. Grown only on the island of Hokkaido in Japan, Densuke black watermelons are extremely rare and a harvest will typically yield only a few dozen fruits. Renowned for their perfect hardness and crispness, and just the right level of sweetness, people say their



taste is incomparable, which is just as well because a fruit that weighed 17lb once sold for \$6,100! I don't know about you, but I'm happy with the green type!

## THE MOST EXPENSIVE: Cocktail

Cocktails usually come with a hefty price tag, but you'll have a hard time finding one more expensive than Joel Heffernan's

The Winston, which sets punters back a whopping £8,200 a glass!

Spinning his bottles at the Crown Casino's Club 23 in Melbourne, Joel's cocktail is made using 60ml of Cognac Croizet 1858 Cuvee Leonie (a bottle of which recently sold at auction for AU\$151,000), Grand Marnier Quintessence, Chartreuse Vieillessement Exceptionnellement Prolonge, and a dash of Angostura Bitters and garnished with spun sugar and green chartreuse shaped

into a vine, with chocolate and nutmeg soil. This classy concoction takes 16 hours to prepare and must be ordered at least two days in advance.

## THE MOST EXPENSIVE: Cupcake

When it comes to cupcakes, there's indulgence and then there's the Decadence D'Or cupcake created by chef, Olivier Dubreuil at the Palazzo in Vegas. Selling for a crazy £500-a-pop, this luxurious cupcake is created from chocolate made from Venezuela's rare Porcelana Criollo bean, topped with Tahitian Gold Vanilla Caviar and edible gold flakes. It also includes Louis XIII de Remy Martin Cognac and comes in a hand blown sugar Fleur-de-Lis.



## A LITTLE BIT OF LUXURY

OKAY, SO WE MAY NOT BE ABLE TO AFFORD THESE HEFTY-PRICED TREATS, BUT WE CAN ALL ENJOY A TASTE OF THE FINER THINGS AT HOME. GIVE YOUR MEALS SOME MICHELIN STAR QUALITY WITH THESE POSH, BUT AFFORDABLE DELICIOUS PRODUCTS

### BLACK TRUFFLE

White truffle might be off the menu, but its black cousin is much more accessible and goes easier on the wallet. From oils, to pastes, or a whole truffle for grating, take a look at [www.finefoodspecialist.co.uk](http://www.finefoodspecialist.co.uk) for a range of truffle products,



sure to be worth its weight in, well, saffron!

### MACADAMIA NUTS

Ever wondered why Macadamia nuts are strangely absent from shop shelves? Well, that's because they're really expensive! It takes a Macadamia tree seven to ten years to produce nuts, and the nuts must be cracked before they are sold.

Their shells are so tough, they would break a standard home-use nutcracker. However, if you can get your hands on them it's well worth it, as their buttery and delicious flavour is perfect for puddings.

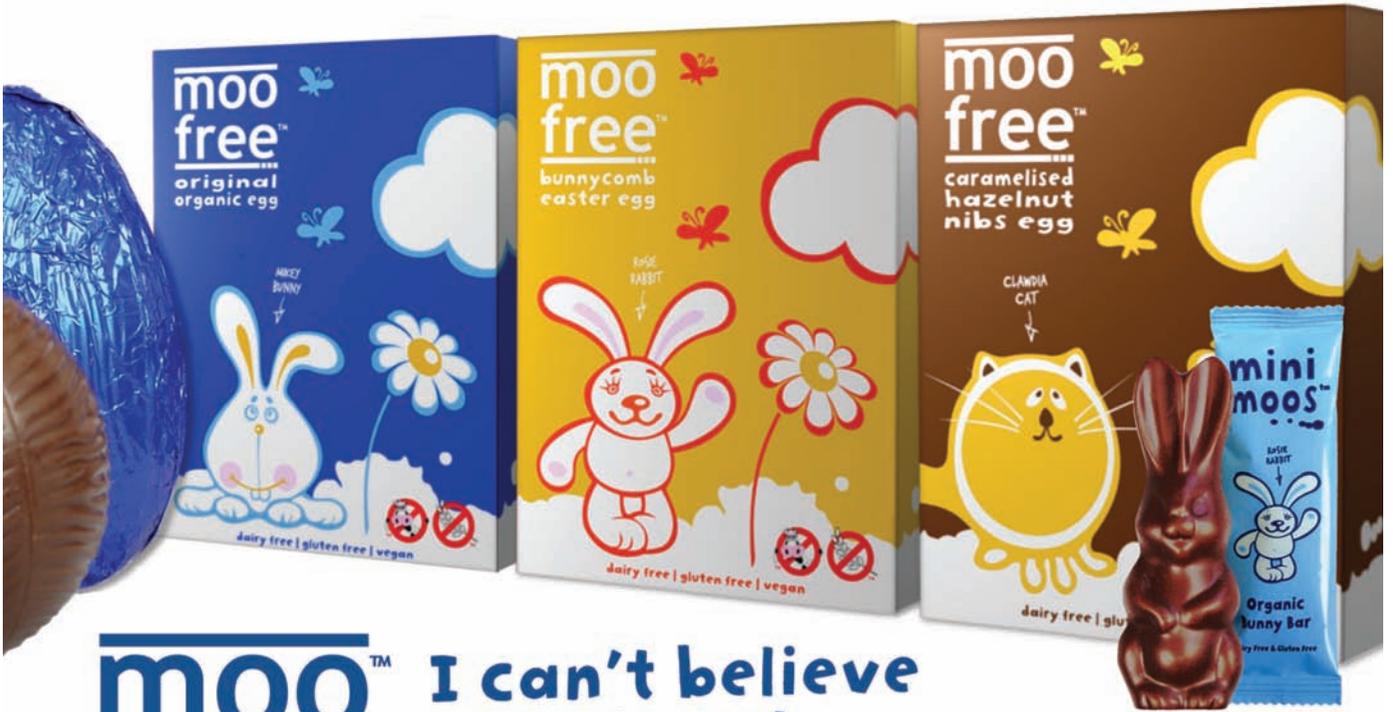


then wow your guests with them at your next dinner party!

### SAFFRON

Although it's said to be the world's most expensive spice, saffron is still affordable for most cooks. Perfect for adding colour and aroma to pasta and rice dishes, a little goes a long way so an investment in a small jar of high-quality saffron is

We'd love to hear about the most expensive ingredient in your cupboards. Get in touch via Twitter (@cookveg), Facebook, or email [fae@cookveg.co.uk](mailto:fae@cookveg.co.uk)



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# GIVEAWAYS

Win a luxury set of cookware, a food festival ticket and something for your taste buds!

## STYLISH BY DESIGN

We were so excited when top-quality homewares company Portmeirion, teamed up with author and cook Sophie Conran to develop a collection of ceramic-coated, cast aluminium cookware, as we knew it would lead to a winning combo of high-tech design and a beautiful-looking kit for our kitchen shelves! And, we've got a set up for grabs for one lucky *Cook Veg* reader.

The range, which features the latest non-stick coating technology with cast aluminium bodies for optimum heat distribution, has been a huge hit with kitchen connoisseurs.

Features which distinguish the Sophie Conran for Portmeirion cookware is the ceramic, non-stick coating which is free from plastics, PTFE and PFOA and does

not emit harmful fumes and toxins if accidentally overheated.

The high-quality coating inside and out ensures the range is hard wearing, scratch resistant and easy to clean. The cast aluminium body with integrated handles guarantees ease of handling as well as quick heat transfer and heat retention, making cooking up your favourite dishes fuss-free. It also has a heavy-gauge base which is oven safe up to temperatures of 200C/390F and eliminates those dreaded 'hot spots', giving an even spread of heat.

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For stockist and pricing information visit [www.portmeirion.co.uk](http://www.portmeirion.co.uk)

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## CULINARY INSPIRATION

When dining at home, it's easy to fall into the monotonous pattern of eating the same uninspired meals night after night. But with Our Little Secret you can send your taste buds on a journey around the world and discover the diverse array of indulgent flavours from Thailand to Morocco.

Indo European Foods has recently launched its latest brand, Our Little Secret, which is a range of meal kits and cook-in sauces that are inspired by world cuisine and include Indian, Oriental and Mediterranean dishes. Developed by a team of international foodies, Our Little

Secret prides itself on convenience without compromising on quality and authenticity.

To help celebrate the launch of this unique dine-in experience, Our Little Secret is offering 10 *Cook Vegetarian* readers the chance to win a selection of meal kits, cook-in sauces and micro-meals, with a value of over £30, to help them experience the finest tastes from around the world.

Our Little Secret is currently available nationwide in Morrisons. For more information, visit [www.ols.co.uk](http://www.ols.co.uk)



3  
TO GIVE  
AWAY!

## FEAST AT THE FESTIVAL

Doubling in size for 2014, The Shrewsbury Food Festival takes place in the picturesque Quarry Park, on 28th and 29th June.

Featuring more than 200 food producers, demonstrations from the region's best chefs, live music, talks, tastings, special children's events, crafts and Restaurant Safari – there will not be a shortage of foodie fun! Adult tickets are £5 and under 16s tickets are just £1.

Win one of three pairs of tickets and lunch for two at The Peach Tree Restaurant, situated directly opposite the historic Shrewsbury Abbey. The Peach Tree guarantees a relaxing contemporary, dining experience and a warm welcome.

Further details visit [www.shrewsburyfoodfestival.co.uk](http://www.shrewsburyfoodfestival.co.uk)



## HOW TO ENTER...

For your chance to win this month's fabulous prize draws get online today!

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### THE APP

No matter where you are in the world, you can access Cook Vegetarian via our app. It's already proving a hit with readers worldwide! Our handy app gives you access to the latest issues which are packed with super-quick makes for weekdays, artisan products, the latest kitchen gadgets and celeb chef advice to hone your cookery skills.

To download this useful app for just £2.99, head to the app store on your phone or tablet and search for Cook Vegetarian.



### WEBSITE

All of our online recipes are broken down into dietary requirements, so there are plenty of dairy-free, egg-free and vegan dishes to choose from.



### FORUM

Fancy a chat? Check out our forum which debates anything from the perfect veggie burger to top tofu tips. Get the next debate started!

### MAGAZINE

Cook Vegetarian is the UK's best-selling monthly vegetarian cookery magazine with around 100 new recipe ideas every single issue! It's an indispensable guide that we know you'll turn to again and again, whether you're vegetarian or not...



### FACEBOOK

Come and join us on [facebook.com/cookvegetarian](https://www.facebook.com/cookvegetarian). We regularly update it with the latest veggie news, recipes and our exclusive offers.



### TWITTER

Want to find out what's hot and what's not in the veggie food world? Then, follow us @cookveg.



### PINTEREST

We love beautiful food photography, and we want to share our stylish snaps with you! Head to our pinterest page and be inspired to make our favourite veggie dishes.

# COOK VEGETARIAN TOP PICKS

Here, you'll find an exciting selection of all the best veggie food, fab appliances and helpful gadgets that we've stumbled across this month....

## HEALTH BOOST

Echinacea is believed by many herbalists to assist with your body's natural defences and helps to fight off colds and the flu. Echinaforce make a range of products, using the plant extract, that come as drops, creams, tablets or throat sprays, to suit your needs.

**Prices start at £1.99 for the throat lozenges. For more information, visit [www.avogel.co.uk](http://www.avogel.co.uk)**



## SALAD DAYS

The latest addition to the Steve's Leaves range – Persian Cress & Luscious Herby Leaves – is utterly delicious. Full of flavoursome herbs, it comes in a handy 60g bag, so there won't be any leftover leaves wilting in the fridge!

**They go on sale in May - £1.40, Waitrose.**



## CLEAN HANDS

Carex Odour Defence is the perfect handwash to keep by your kitchen sink. Not only does it kill 99.9 percent of bacteria, it's dermatologically tested for skin kindness. But that's not the best bit; it helps cleanse hands of cooking odours like onion and garlic. How clever!

**Available for £1.80 from Sainsbury's and Tesco.**



## ADULTS ONLY

Creamy, delicious milkshakes are such a treat, which is why we're loving this new range from Mr Sherick. They come in a range of sophisticated flavours including Cookies & Cream and Strawberry Pavlova.

What's more, each flavour includes real bits!

**Get yours for £1.99 each, Waitrose.**



## HOT AND COLD

The new varieties of soup from Tideford Organics can be enjoyed hot or cold. Maybe you'll warm up the Beetroot with Crème Fraîche & Dill and enjoy it with a freshly baked baguette, or perhaps you'll opt for a chilled Pea and Mint Soup? They're great no matter what your mood!

**Both flavours are £2.79 each and available from Ocado.**

## THE LIGHT CHOICE

Cold pressed rapeseed oil is one of the healthiest oils you can enjoy. With a light flavour and a high smoke point, it's ideal for everything from baking and salad dressings to frying and roasting.

Farrington's Mellow Yellow rapeseed oil was the first ever 'seed to bottle' cold-pressed rapeseed oil and its quality shines through every drizzle, glug or spoonful.

**Farrington's Mellow Yellow Rapeseed Oil is £4.30 from Waitrose. Check out the other products in the range too including the delicious dressings and mayonnaises.**



## GET CREATIVE!

Want a fuss free way to shred your veg? The GEFU Cubico is so quick and easy, simply insert the ingredients, close the lid and turn the handle – that's it. The food is collected in the lidded container making storage easy and odour-free. This ingenious device seals the vegetables away, allowing tear-free dicing of onion, plus it's hardy enough to making light work of even the toughest root vegetables. Perfect for preparing coleslaw, stir-fries and salads. It's also dishwasher-safe.

**Get yours for £30 from [www.inthehaus.co.uk](http://www.inthehaus.co.uk)**

## QUICK LUNCH

Enjoy a speedy, nutritious and delicious lunch with a Soulful One Pot. We can't get enough of its Butternut, Lentil and Spinach variety with its tasty blend of veggies and seasoning, it's delicious. It's also Vegetarian Society-approved and lovingly handmade!

**Find them for £3.49 per pot from Ocado and other independent retailers.**



## SPUDS YOU'LL LOVE...

Whether you're looking for a light lunch, a speedy dinner for the children or the perfect side for a summer BBQ, Bannisters' Farm Littl'uns are a tasty addition to

any menu. Available in boxes of six, these British potatoes are each drizzled with olive oil and then baked so they are crispy on the outside with a soft, fluffy centre. Frozen immediately after picking to lock in the sumptuous baked flavours until you need them, they are nutritious and ready in as little as three minutes, promising an authentic-tasting oven-backed jacket every time.

**Find your nearest stockist at [www.bannistersfarm.co.uk](http://www.bannistersfarm.co.uk)**



## TILL YOU POP!

Here at Cook Veg, we've always enjoyed the new wave of premium popcorns but often the bags are too big or worse still, encourage food sharing!

Tyrrells, the quintessentially English snack maker, has saved the day by creating multipacks of its delicious popcorn, available in a Sea Salted, Sweet & Salty and Mature Cheddar pack or a Sweet & Salty pack. Great for taking on long journeys or to work.

**Find the multipacks in Tesco and Waitrose for £1.99 for a six-bag pack.**



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# The Bite-sized VEGETARIAN

In the second of her columns, comedian **Lucy Porter** takes a look back at some of her more memorable meals

I took my three-year-old daughter to a café this week, and as a treat I got a slice of red velvet cake for us to share. After she took her first mouthful Emily looked at me, her face the very picture of solemnity, and said 'Mum, I NEVER want to forget this cake'. Obviously I don't know if her devotion to that pudding will last – she seemed quite heavily infatuated with some jelly beans later that very same day – but it did make me think about my own memorable meals.

Like Emily, I was all about puddings in the early years – the Knickerbocker Glories at the local Wimpy, the Berni Inn's Black Forest Gateau, Ice Magic on an Arctic Roll (if you're under 40 just wiki them) – it was only as I got older that I started to appreciate more savoury fare.

## Birthday bliss

The first vegetarian dinner that lingers in my conscious brain was at a restaurant in South London. I was 16, and a meat eater at the time, but a gang of us made the long bus journey from Croydon to Streatham for Mary, our veggie friend, whose birthday it was.

We spent the afternoon trying to get off with boys at the ice rink nearby, then dragged our weary, skate-sore legs to Whole Foods Market. Whether it was the physical exercise or the hormonal excitement, something made the Homity Pie I had that night taste ambrosial. I've made it hundreds of times myself since, but have never managed to top that first taste. I should just go back to the restaurant and see if they still do it, but I'm terrified I'll sully the memory. Or see one of the boys I kissed.

Of course, meals can be memorable for bad reasons as well as good. On a two-week school trip to Russia in 1991 I opted not to eat meat. On the first night, as the carnivores were served plates of grey, stringy stew,

I chortled smugly to myself. The smile was wiped off my face when the 'vegetarian' dish arrived; an entire cucumber sliced thinly and suspended in a huge block of aspic. It looked stunning – like a really impressive paperweight. Vainly I tried to explain to the waitress that aspic wasn't strictly vegetarian given that it contained dead animals. In desperation I just picked out the soggy cucumber and had that.

## Spoil for choice

When I became a proper vegetarian in the mid 1990s, I was lucky enough to be living in Manchester. True to its radical, progressive reputation, that city had a good number of restaurants that catered to hessian-wearing tofu munchers like me. I practically lived in The 8th Day cafe and had many brilliant meals in Rusholme's 'curry mile'. The one night I will always treasure though, was at the posh Greens restaurant in fancy Didsbury. This was the first time I'd encountered a baked Camembert, at the first taste I was lost in its runny, pungent embrace.

In subsequent travels I have been bowled over by a chickpea tagine in Marrakech, tofu popcorn with coriander and cashew chutney in Los Angeles, and a deep-fried Mars bar in Edinburgh. I still get misty eyed when I think of the lentil, red cabbage and spinach stew from the Mary Ward Centre café in London, which remains my favourite place to eat in the world. I hope my kids get as much pleasure from food as I have over the years. I'd love to tell you whether Emily's red velvet cake was as magical as she said, but sadly I wasn't allowed to try any.





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