

OLD-FASHIONED SHORTBREAD * PUMPKIN & GOAT'S CHEESE TART * BREADED TOFU
TANDOORI CAULIFLOWER * PEANUT BUTTER MACARONS * AUBERGINE PARMIGIANA

COOK VEGETARIAN

MEAT-FREE FOOD MADE EASY

It's Spring...

78 RECIPES TO
EAT NOW

Dig in!

ITALIAN RICOTTA
◀ EASTER TRIFLE

RECIPES FROM

LISA FAULKNER
ANJUM ANAND
BILL GRANGER
ROSE ELLIOT
XANTHE CLAY

**3 perfectly
dressed
salads** (P42)

**DELICIOUS
VEGAN DISHES
WITH BITE**

P94



WIN!
A YEAR OF
VEG BOXES
(WORTH
£975)

Mary Berry's
Veggie Classics

HOMELY MAKES

ULTIMATE LASAGNE + POTATO GRATIN & REBLOCHON BRUSCHETTES



V Bites[®]

Enjoy the PERFECT Pizza



Pizzas are available to purchase at www.vbitesfoods.com



NO artificial colours



NO artificial preservatives

NO GMOs

NO hydrogenated fats

NO hydrogenated oils

VBites Foods Limited : Redwood House : 60 Burkitt Road
Earlstrees Industrial Estate : Corby : Northants : NN17 4DT

T : 01536 400557 F: 01536 408878
info@vbitesfoods.com www.vbitesfoods.com

Welcome to Cook Vegetarian. This month, you'll find a free baking book packed full of inspiring recipes including puddings from Paul Hollywood because we say it's time for a pudding revival. (Any excuse...) Within the magazine we've got quick and scrumptious dinner ideas from Anjum Anand, fabulous classic dishes from Mary Berry and if you don't try the Italian recipes from Aussie chef Bill Granger, you'll be missing out. Plus, over 2,250 of you voted in our Veggie Awards! Turn to p50 to discover the hottest foods and your top veggie celebs and cookbooks. It makes for interesting reading.



Happy cooking,

Fae x

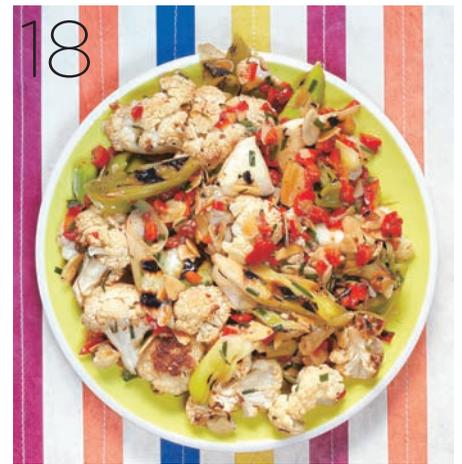
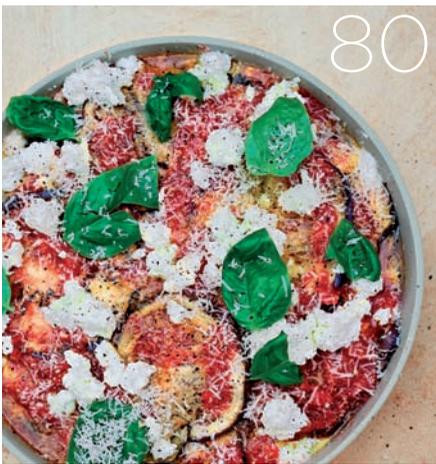
FAE GILFILLAN (FAE@COOKVEG.CO.UK)

This Month...

“If you only bake one thing this month, make it these **Choco-banana Muffins**. Fluffy, fruity and delicious, whoever you bake them for will love you for it”



Contents



SHOWSTOPPERS

13 SOMETHING QUICK AND EASY

Anjum Anand proves her culinary skills go much further than just curry with three delicious and fuss-free dinners

48 THE VEGGIE AWARDS

In its fifth year, for the first time ever, the biggest meat-free awards were entirely voted for you by you, *Cook Vegetarian* readers. Find out what's hot in your world today

98 THE BITE-SIZED VEGETARIAN

In the first of her columns, comedian Lucy Porter explains what pushed her to opt for a meat-free diet in the first place

IN SEASON

18 THE NEW KALE

This year is set to be the year of the cauliflower so fast-food chain Leon share three exceptional recipes using this much maligned veg

22 VEG BOX HERO

If you've found leeks in your weekly delivery of goodies, we've got all the inspiration you need right here

24 TIM MADDAMS FORAGES FOR...

In the first of a new series of columns, we set the ex-River Cottage chef the task of teaching us how to find free food in the countryside all around us

26 GROW IT, COOK IT

Our expert gardening page returns for the summer as we welcome back the editor of *Grow Your Own* magazine, Lucy Halsall

EVERYDAY

28 MADE FOR SHARING

Entertain in style effortlessly with these gorgeous ideas from the people behind King's Road deli and eatery, Megan's Restaurant

33 THE CONTENTED COOK

Xanthe Clay celebrates the joys of early spring food

34 AT HOME WITH MARY BERRY

Serve up dishes that will impress time and time again, with a little help from one of the UK's best loved cooks

39 RECIPE OF THE MONTH

If you only make one thing this week, make it our Italian take on a trifle

SYMBOLS IN COOK VEGETARIAN:



FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



NEW SKILLS

62 MAKE YOUR BEST EVER... GRAINS

Not only do we show you how to cook them, we'll explain how to sprout them at home too!

67 ASK ROSE...

We've put your top questions to Rose Elliot

68 MIND YOUR MANNERS

Learn about modern day eating etiquette

70 EAT YOUR GREENS

Get the most from vibrant early spring greens

59

IMPROVE YOUR SKILLS WITH COOK VEG

This month, discover how to make macarons (without the soggy bottoms), learn how to get more out of your freezer and find out how to use up your pomegranate molasses



36



28



40

EAT SMART

40 POWER DRESSING

Food writer Louise Pickford walks us through three very different salads with complementing dressings

44 CHECK YOUR OIL

Confused by the wealth of culinary oils on the market? Use our breakdown to find the one you need

"A salad simply isn't a salad without the perfect dressing alongside. Find our new favourites on page 38"

INDULGENCE

75 PURE INDULGENCE

TV chef and celebrity Masterchef winner Lisa Faulkner serves up classic desserts like Tarte aux Citron and Pear Tarte Tatin

80 BILL'S ITALIAN

Aussie chef Bill Granger turns his attention to Italian cuisine, with spectacular results

86 THE BEST ADVICE I WAS EVER GIVEN

Cookery is all about learning from others so we've asked top chefs for the guidance they've benefited most from

93 WILDLY DELICIOUS VEGAN

In the States, everyone's talking about vegan chef Isa Chandra Moskowitz so we asked her to provide us with some of her favourite dishes

WIN! EXCLUSIVE READER TREATS

Write to us and you could win this breadmaker from Lakeland worth £50! Turn to p10.

One lucky Cook Veg reader could win the chance to enjoy a fresh fruit and veg box from Abel and Cole every week, for a whole year! This prize is worth over £1,000! Find out how to apply on p78.



COVER ©CHARLOTTE TOLHURST/WOMAN/IPC+ SYNDICATION

Calorie and fat analysis provided by Nutracheck.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.

April'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!



Persian Courgette Omelette **71**
 Pesto Cauliflower Pasta with Breaded Tofu **94**
 Pumpkin, Goat's Cheese and Kale Tart **72**
 Ricotta-stuffed Aubergines in Tomato Sauce **16**
 Spanakopita with Chard & Leeks **23**

SWEETS & DESSERTS

Macaroons with Peanut Butter Caramel Crunch **59**
 Pear Tarte Tatin **77**
 Proper Old-fashioned Shortbread **77**
 Raspberry Cassata Trifle **41**
 Strawberry & Cream Bread Pudding **95**
 Tarte au Citron **77**

SIDES

Roast Head of Cauliflower **20**
 Tandoori Cauliflower **20**

OTHER

Flaky Pastry **77**
 Pizza Dough **60**
 Quick Tamarind Chutney **16**
 Tangy Coriander Chutney **16**



STARTERS & LIGHT BITES

Butternut Bisque with a Coconut Swirl **93**
 Bruschette with Reblochon & Roasted Vegetables **36**
 Chilli & Sesame Salad **44**
 Fruit & Nut Couscous with Fresh Herbs **31**
 Greek Oregano Salad **44**
 Mozzarella with Peperonata & Rosemary Ciabatta Croutons **31**
 Pearl Barley, Roast Pumpkin & Green Bean Salad **29**
 Perfectly Dressed Blue Cheese Salad **42**
 Quinoa & Roasted Cashew Pilau **61**
 Spelt, Fig & Pomegranate Salad **62**
 Super-healthy Sprouted Mung Chaat with Crispy Spinach **14**
 Wild Garlic Custard **71**
 Wheatberry Salad with Roasted Squash **22**



MAIN COURSES

Aubergine Parmigiana **81**
 Aubergine Pizza **35**
 Butternut Squash Lasagne **38**
 Cauliflower & Leeks with Red Pepper & Almond Dressing **20**
 Heavenly Potato Gratin **36**
 Indian Stir-fried Spring Veg **14**
 Vermicelli with Peanuts **14**
 Leek and Smoked Cheese Pithivier **22**
 Mozzarella, Roasted Pepper and Caper Pizza **82**
 Orecchiette, Sprouting Broccoli and Chilli **81**

COOK VEGETARIAN

GENERAL ENQUIRIES

☎ 01206 508627
 ✉ fae@cookveg.co.uk

SUBSCRIPTION ENQUIRIES

☎ 0844 856 0648
 ✉ cookvegetarian@servicehelpline.co.uk

www.cookveg.co.uk
 www.facebook.com/cookvegetarian
 www.twitter.com/cookveg

25 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

Publishing Director

Helen Tudor

Group Editor

Charlotte Smith
 charlotte.smith@aceville.co.uk

Group Advertising Manager

Simon Daniel
 01206 505939 info@cookveg.co.uk

Advertising Manager

Ben Berry
 01206 505490 ben.berry@cookveg.co.uk

Senior Sales Executive

Chris West
 01206 505928 chris.west@cookveg.co.uk

Art Editor

Matt Sumner

Designer

Fiona Palmer, Louise Abbott

Ad Production

Angela Scrivener

Photography

CliQQ Photography www.cliqq.co.uk

Promotions Manager

Liz Tuthill,
 01206 505927 liz.tuthill@aceville.co.uk

Licensing & Content Syndication

David Mason
 01206 505923 david.mason@aceville.com

Accounts

Joy Loveday 01206 505914

Subscriptions/Back Issues

Tel: 0844 856 0648
 Overseas: +44 (0) 1795 414906
 Email: cookvegetarian@servicehelpline.co.uk

Marketing Executive

Callum Burgess
 01206 508608 callum.burgess@aceville.co.uk

Design/Reprographics/Typesetting

19 Phoenix Court, Hawkins Road, Colchester

Publisher

Matthew Tudor

Published by:

Aceville Publications Ltd
 25 Phoenix Court,
 Hawkins Road,
 Colchester, CO2 8JY
 Tel: 01206 505900
 www.cookveg.co.uk

Secret Sausages™

Vegetables in Disguise

GLUTEN FREE



Vegetables in disguise...BRILLIANT!

Our fresh garden vegetables are harvested from local farmers and smuggled inside the vegetarian casing where they are introduced to some fabulous natural flavours and spices.

Available in 6 delicious flavours. Secret Sausages have 90% less fat, 50% fewer calories & 35% less salt than normal sausages. The unique casing makes them cook like a traditional sausage.

Can be grilled, fried, oven roasted, BBQ'd or even included in your favourite traditional sausage recipe!



For more information see www.secret-sausages.com or contact us on info@secret-sausages.com



In the news...

Welcome to our space for you to find out what's happening in the meat-free world



Choco-banana Muffins



Makes 6

Ready in 40 mins

130g plain flour
130g plain wholemeal flour
1 1/2 tsp baking powder
250g Alpro Vanilla alternative to yoghurt
40g dark chocolate, chopped into chunks
2 bananas, mashed
100ml agave syrup
150ml rapeseed oil
1 free-range egg

1 Preheat the oven to 180C/350F/ Gas 4. Add the plain and wholemeal flour, chocolate chunks and baking powder into a large bowl.

2 Add the Alpro Simply Vanilla, rapeseed oil, mashed banana, agave syrup and egg to a separate bowl and whisk together until smooth. Fold both mixture using a metal spoon.

3 Line a six-hole muffin tray with muffin cases. Scoop medium spoonfuls of the muffin mixture into the cases and bake in a preheated oven for 25-30 minutes. You can add a couple of slices of banana to the top of the muffins before baking for decoration if you like.

PER MUFFIN: 528 CALS, 30G FAT

SHOW YOUR KITCHEN SOME LOVE

This month, we've fallen head-over-heels for the new collection from Garden Trading and Joules. It will look just as good in your kitchen as it will spread out on a picnic blanket. Gorgeous and hard wearing. Pass us the catalogue...



FROM TOP LEFT; ENAMEL COFFEE POT £26; ENAMEL MUG £12.50; GLASS BOTTLE £4; BOTTLE CARRIER £16; STORAGE JAR £4; MILK PAN WITH WOODEN HANDLE £25; JUG/PITCHER £15; TIFFIN BOX £25, ALL WWW.GARDENTRADING.CO.UK



Music to cook to...

We're loving the new album from award-winning artist Loreen McKennitt, a retrospective called *The Journey So Far - The Best of Loreen McKennitt*. A fusion of celtic sounds and world beats, it's the perfect background to an indulgent Sunday spent in the kitchen. Available in CD, vinyl and digital versions.

IN DEMAND

THIS MONTH, YOU SEARCHED MOST FOR OUR TOMATO AND SMOKED PAPRIKA ROASTED AUBERGINES. FIND THIS AND MORE AT WWW.COOKVEG.CO.UK



IT SHOULDN'T BE VEGGIE...

EVERYTHING WE'VE FOUND THIS MONTH THAT'S SURPRISINGLY MEAT-FREE



Not only is this creamy **Char-Grilled Aubergine Pesto** (£2.19) from Sacla vegetarian (most pestos contain Parmesan), it's suitable for vegans too! With an intense umami flavour, it's addictive stuff!

If you're a long-time vegetarian, it probably won't shock you that Sainsbury's Bacon Crispies (£1) are suitable for veggies. But crumbled up, they're fantastic on top of macaroni cheese or even mixed into potato salad.



HOW TO USE UP...EGGS



- * Create a veggie Niçoise salad by boiling eggs, slicing them in half and serving alongside chopped Cos salad, lightly cooked green beans, steamed asparagus spears, sliced red onion and Kalamata olives. Dress in a mustardy and herby dressing.
- * Whip up a veggie carbonara by making a creamy cheese sauce using mascarpone, cream and garlic. Toss through cooked pasta with eggs and herbs.
- * Make your favourite curry sauce while boiling some eggs. Once cooked, fry them in a little oil before adding them to the curry. Finish with chopped fresh coriander on top.

Whats Cooking?

BOILING

Veggie hot dogs

Hot dogs have been big in the meat-eating world for some time but now Quorn have released their own versions, we veggies can get in on the action. Now the only questions are: Fried onions or crispy onions? American or wholegrain mustard? Baguette or soft bap?



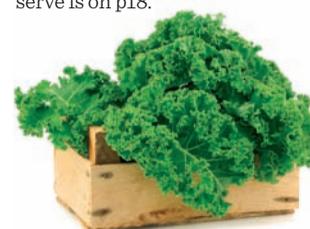
Yuzu Juice

Hailed as the next big thing last year, this juice made from an East Asian citrus fruit tastes somewhere between grapefruit and tangerines and is on sale in Waitrose. Try it in dressings, homemade lemonade with fresh mint or spike cocktails using it.



Kale

Last year this veg was all over restaurant menus but this year, its moment in the sun is over. Find out what the next hot vegetable to serve is on p18.



TEPID

@ EMAIL
yourtips@cookveg.co.uk

f FACEBOOK
www.facebook.com/
cookvegetarian

t TWITTER
@cookveg.co.uk

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

As an avid reader of and user of many of the recipes published throughout the years it feels time to contribute back.

One of my mid-morning snacks that help keep my energy levels up are Honey-roasted Sunflower and Pumpkin seeds. This is a very simple recipe best prepared at the weekend before a long week ahead. To make these you simply mix quarter of a cup of butter (approximately 55 grams) and a quarter of a cup of brown sugar, salt (as desired) and 1 cup of honey in a bowl. Add a cup of both pumpkin and sunflower seeds. Coat in the mixture and add to a thin layer to a baking tray. Pop in the oven for 10 minutes then turn and bake for a further 10 minutes till golden. You could add cranberries too and this mixture also makes a great crunchy topping for desserts.

Lee Kerby, Suffolk

Great recipe Lee. We love sharing recipes! Don't forget, you can upload yours to our website, at www.cookveg.co.uk.



LAKELAND

Dear Cook Veg

I live in Australia and each time I pop into the newsagent, I look out for your fabulous magazine. The recipes are great but I got to thinking the other day how I'd never seen a recipe for Hunza Pie featured in your magazine.

There are many variations on

the recipe but I religiously only use the one featured on New Zealand's Easiyo website.

I make it when I need something quick, simply and delicious (but most of all, easy!). As there are so many different versions, I thought you might like to look into it. Its adaptability is

great and I spice mine with 1/2 tsp curry powder and cheat using readymade puff pastry, but plenty of people cook wildly different ones. All my non-vegetarians love it too. You should print it in the magazine!

Keep up the good work,
Jane, Melbourne, Australia

Wow, we'd never heard of this recipe Jane but it sounds like a real fridge-clearer! We suppose our nearest recipe is Homity Pie. We'll certainly look into finding a recipe for the magazine.

WIN!

WRITE TO US AT COOK VEG AND WIN THIS BREADMAKER WORTH £50

There's nothing like the aroma of baking bread, and this dinky machine, designed expressly to be kept on your worktop, means you can wake up to a fresh 1lb loaf every day. Its compact shape means smaller kitchens need not go without their daily bread, and with 11 easy-to-use settings, you simply place the ingredients into the non-stick pan, make your selection and peek through the viewing window while it works its magic. Recipes included. For more information or to buy your own, visit www.lakeland.co.uk

What you're cooking this month...



@LOTTESKINNER is enjoying an Aubergine, Leek and Oyster Mushroom Orzo in a Creamy White Wine Sauce



@MATTYBUM is baking Banana, Coconut and Chocolate Cake



@LEXIFI is making a healthy Sweet Potato Couscous with a dollop of Sour Cream

“

THE BEST ONLINE COMMENT THIS MONTH...

Anna Blewett: I like black butter, where you have to use a cheap butter that's high in milk solids and then let them burn slightly in the pan. Adding red wine vinegar and capers turns disaster into triumph!

Via www.facebook.co.uk/cookvegetarian

”



Digital Spoon Scale and Thermometer



All in one hand-held weight, volume and temperature readings!



Measures weight

Less than a gram to 500grams, both dry and liquid ingredients

Narrow weighing spoon for spice jars

Metric and Imperial measurements



2 thermometer probes leave-in oven and pen thermometer

Pre-set cook temperatures safely and perfectly cook meat



10 fresh uses for Coconut Oil

The amazing properties of the coconut know no bounds...

1 Cooking



Organic Raw Coconut Oil is fabulous to replace butter and olive oil in everyday recipes.

Try it for yourself on your Sunday roast potatoes, or as part of this delicious **Coconut Curry**, rich in healthy fatty acids and a number of phytonutrient-rich spices.

Ingredients:

2 tablespoons Organic Raw Coconut Oil
1 can of coconut milk
1 tsp chopped garlic
2 pinches of sea salt
4 large potatoes, peeled and chopped
½ large cauliflower, chopped
2 large courgettes, chopped
2 tablespoons curry powder
½ tsp ground cumin
½ tsp ground nutmeg
½ tsp ground ginger

Method:

Combine curry powder, cumin, nutmeg and ginger in a bowl. Steam potatoes for twenty minutes; add cauliflower for the last five minutes. Heat coconut oil in a large saucepan. Add garlic and courgettes. Cook until courgettes soften a little. Add steamed potatoes and cauliflower to the saucepan. Add coconut milk. Stir in the spices and sea salt until spices are fully incorporated. Enjoy this rich and delicious coconut curry with rice or quinoa. Serves 4.



2 Sports nutrition

Organic Raw Coconut Oil is becoming increasingly popular in sports nutrition, as a source of medium-chain triglycerides (MCTs).

4 Lip balm

Protect your lips from winter chapping by rubbing a little Organic Raw Coconut Oil into them.



3 Stretch mark prevention

Organic Raw Coconut Oil can help with the appearance of stretch marks and can help prevent premature ageing of the skin. Coconut oil absorbs very readily into the skin and keeps it soft but not greasy. It can be used as an all-over body moisturiser.



5 Acne

Organic Raw Coconut Oil can be used as a skin moisturiser by people suffering from acne because coconut oil is naturally small in molecular structure which allows for easy absorption through the skin without blocking pores.

6 After shave

An ideal post-shave soothing balm. Organic Raw Coconut Oil is also a great natural skin moisturiser. Suitable for face, legs, armpits and sensitive areas.



7 Nappy balm

Organic Raw Coconut Oil creates a water-repellent barrier. The natural moisturising properties of coconut oil are perfect for baby's bottom.



8 Hair and scalp rejuvenation

Organic Raw Coconut Oil is wonderful to use as a hair conditioner as it softens the hair and conditions the scalp, leaving it smooth and frizz-free. Using the oil as a pre-wash conditioner can help combat dandruff. Coconut oil is famous for its ability to strengthen the structure of damaged, devitalised hair.

9 Body scrub

Add a little sea salt and your favourite essential oil into some Organic Raw Coconut Oil and you have a natural body scrub that will exfoliate and moisturise at the same time.

10 Make-up remover



Organic Raw Coconut Oil is an excellent make-up remover because it moisturises at the same time. Powerful at removing stubborn eye make-up such as eyeliner and mascara.

100% Organic Raw Coconut Oil

Simply the freshest, most fragrant and delicious coconut oil

For your nearest specialist health store visit viridian-nutrition.com



SOMETHING QUICK AND EASY

TV chef **Anjum Anand** shares her
top meals-in-minutes



SUPER-HEALTHY SPROUTED MUNG CHAAT WITH CRISPY SPINACH



Serves 2, or 4 as a side
Ready in 30 mins

2 handfuls baby spinach leaves, well washed, left to dry on kitchen paper
2-3 tbsp vegetable oil
salt
200g mixed sprouted beans
1 largish tomato, finely chopped
1 small red onion, finely chopped
large handful of chopped coriander leaves
6 tbsp Tangy Coriander Chutney (see Masterclass)
250g Greek yoghurt
1/3 tsp roasted ground cumin
120-135ml Tamarind Chutney (see Masterclass)
handful of roasted salted peanuts, chopped (optional)

“This is a surprisingly tasty salad that I serve to friends and eat by myself for a light meal, as it is so satisfying, almost in spite of being so nutritious! You can buy the tamarind chutney in Indian markets or online (I love the Maggi brand) and the coriander chutney whizzes together in seconds, but, if you don’t have the ingredients for that, just add a little lemon juice and a bit more coriander. I bake the spinach until crispy – and it is a revelation – but once mixed in a salad it needs to be eaten quickly or it becomes soggy. If baking the spinach is a step too far, just add some raw baby spinach to the salad, or leave it out”

1 Preheat the oven to 160C/325F/ Gas 3. Put the spinach leaves in a large bowl, add the oil and toss with your hands to coat all the leaves. Place on one or two large baking trays, as near as possible in a single layer. Season lightly with salt and bake for 25 minutes, or until the leaves are crisp. Take out of the oven and set aside.

2 Meanwhile, boil the sprouted beans in water for six to eight minutes, or until al dente but not crunchy. Drain. Add the tomato, onion, coriander and coriander chutney; taste and season with salt if you like.

3 Mix the yoghurt with the roasted ground cumin, taste and adjust the seasoning.

4 When you are ready to eat, spoon the yoghurt on to serving plates. Mound the sprouted bean mixture on top, drizzle well with the tamarind chutney, then arrange over the crisp spinach. Sprinkle over the peanuts (if using), then serve immediately.

PER SERVING (2 SERVINGS): 700 CALS, 49.86 FAT

2 tsp chana dal
14 fresh curry leaves
1 red onion, finely sliced
15g root ginger, peeled weight, finely shredded
salt and freshly ground black pepper
1/4 tsp turmeric
1 large carrot, cut into 7.5cm matchsticks
12 asparagus spears, tips cut whole on the diagonal, stalks finely sliced
2 spring onions, finely sliced on the diagonal
2 handfuls of edamame beans
300g packet fine rice noodles
2-3 tbsp lemon juice, to taste
small handful of finely chopped mint or coriander leaves
small handful of roasted salted peanuts, lightly crushed

1 Heat the oil in a large non-stick sauté pan. Add the chillies and mustard seeds and, once the popping dies down, the chana dal and curry leaves. Once the lentils start to colour, add the red onion, ginger and seasoning and sauté for three to four minutes before adding the turmeric. Fry for 20 seconds, stirring to mix well, then add the rest of the vegetables.

2 Stir-fry for two minutes, then add the rice noodles and lemon juice and continue to cook for another two minutes, or until the noodles are soft but the vegetables are still crunchy. Stir in the herbs and peanuts and serve hot or warm.

PER SERVING: 601 CALS, 30.16 FAT

INDIAN STIR-FRIED SPRING VEG VERMICELLI WITH PEANUTS



Serves 2
Ready in 25 mins

2-3 tbsp vegetable oil
2 dried red chillies
1 tsp brown mustard seeds





RICOTTA-STUFFED AUBERGINES IN TOMATO SAUCE



Serves 3–4
Ready in 40 mins

3 tomatoes, quartered and deseeded
salt and freshly ground black pepper
2 aubergines, cut into 1cm slices lengthways (you need about 12 slices in all)
3 tbsp vegetable oil, plus more for the aubergines
¾ tsp fennel seeds
1 largish onion, chopped
4 fat garlic cloves, grated
2 tsp tomato purée
½ fat red chilli, finely sliced
1 tsp ground coriander
caster sugar, if needed
225g ricotta cheese

*INCLUDES NON-VEGETARIAN CONTENT



BOOK SHELF

Recipes taken from *Anjum's Quick & Easy Indian* by Anjum Anand (£18.99, Quadrille). Photos ©Lisa Linder

½ small red onion, finely chopped
1 tbsp shredded mint leaves

1 Blend the tomatoes with a little water until smooth. Lightly season the aubergines.

2 Heat the oil in a large non-stick saucepan. Add the fennel seeds and cook for 10 seconds, then tip in the onion and cook until lightly browned on the edges. Add the garlic and cook for a minute or so. Add the blended tomatoes, tomato purée, chilli, coriander and seasoning. Cook over a moderate heat, stirring occasionally, until it thickens into a paste and releases oil, around 15 minutes. Taste, it should taste harmonious. Pour in 150ml of water, bring to the boil and simmer gently for four to five minutes, or until it all comes together into a creamy sauce. Taste and adjust the seasoning, adding a pinch of sugar if the tomatoes are too acidic.

3 Meanwhile, cook the aubergines; heat a good drizzle of oil in a large frying pan and add as many slices of aubergines as will fit in the pan; cook over a medium heat until golden brown on the underside, then turn over and repeat, it takes around three minutes a side. Remove and place on a plate. Repeat with the remaining slices until they are all cooked. (You can also cook these in an oven preheated to 180C/350F/Gas 4; brush liberally with oil, season and place on a baking tray, then cook for 15–20 minutes.)

4 Mix together the ricotta, red onion and mint and season. Place 1 tbsp of this on to each slice of aubergine, about 2.5cm from the edge. Carefully roll them up into fat short logs, patting in any escaping ricotta. Place the rolls seam-side down in the tomato sauce, spoon over some of the sauce and gently heat through for three or four minutes. Serve hot.

PER SERVING: 240 CALS, 17.66 FAT

“This dish is so absolutely delicious that once you make it, you feel like doing it again the following night. The combination of the meaty aubergines with the creamy ricotta is a real taste sensation. I often add in a couple of handfuls of spinach for some healthy greens. In the summer, use fresh tomatoes; in the winter, use a can. I serve this dish with salad and naan or crusty bread on the side”

Chutney

MASTERCLASS

WHY GO FOR STORE-BOUGHT WHEN YOU WHIP UP THESE BEAUTIES IN NO TIME?

TANGY CORIANDER CHUTNEY



Makes 200ml
Ready in 15 mins

50g coriander leaves and stalks
20g mint leaves
2 ¼–2 ½ tbsp lemon juice, or to taste
30g roasted shelled pistachios
½–1 green chilli
salt

1 Whiz everything together with 2 ½–3 tbsp of water until very smooth and homogenous. Taste and adjust the salt and lemon juice to taste.

PER 100ML: 1 CALS, 0.16 FAT

QUICK TAMARIND CHUTNEY



Serves 4, as a snack
Ready in 10 mins

2 ½ good tsp tamarind paste
40–50g jaggery, chopped up, or muscovado sugar
1 tsp roasted ground cumin
¼ tsp freshly ground black pepper
¼ tsp salt

1 Put everything in a small saucepan with 80ml of water, bring to the boil and simmer for four to five minutes or until it has thickened and is lightly syrupy. It will continue to thicken once cool.

2 Cool and serve, or keep in the fridge (it will be fine there for a couple of weeks).

PER SERVING: 74 CALS, 0.26 FAT

**Yorkshire's
ORIGINAL**

How good is yor Rapeseed oil

Yorkshire's Original Extra Virgin Cold Pressed Rapeseed Oil, grown, pressed and bottled in the heart of the Wharfe Valley.

- Lowest saturated fat content of any oil
- Contains 10 times more Omega 3 than olive oil
- Excellent for roasting and stir frying. Ideal for dips dressings, marinades
- All harvested without the use of chemicals



Our Spicy Red Chilli oil and our Oak Smoked Oil to add that little extra to your dish.

01937 572084

www.yorkshiresoriginal.co.uk

email: info@wharfevalleyfarms.co.uk

The New KALE

Cauliflower is set to be the big vegetable of 2014 but if you're unsure about the veg, allow editor **Fae Gilfillan** to persuade you, with a little help from recipes by visionary fast-food chain **Leon**

Poor old cauliflower. In 2010 sales reached an all time low, falling by 35 per cent compared to just ten years before that. Many cooks see it as hard to prepare, less healthy than its dark green relatives and not terribly versatile but this year, all that's set to change. Cauliflower is tipped as the vegetable for 2014. If kale was all over our cookery shows, recipe books and menus last year, this year kale is out and cauli is in. And I can't wait...

Spice sponge

When I was a young teenager, my uncle came to stay. He was a keen gardener and brought with him a cauliflower from his allotment. He boiled it (but not for long) before plonking it in a serving dish and seasoning with black pepper. It was nothing like the insipid and

limp florets I'd been served at school. This cauli was flavourful, crisp and clung onto anything you seasoned it with.

Purely medicinal

At university, cauliflower was cheap, and with a simple cheese sauce and a dollop of Dijon mustard, Cauliflower Cheese became a staple of my student comfort food canon. It was so easy to cook; remove the outer leaves, trim the florets off the main stalk (which you discard) and pop in boiling water and cook for five to eight minutes while you make the cheese sauce. Talk about dinner-in-a-dash.

Soon, as I became more proficient in curries, my favourite vegetable bulked out every nutritious (and hangover-curing) Indian meal I made at university. No matter what the ailment, a good home-cooked curry packed with this gorgeous veg would fix it.

Health food

And no wonder it was such a cure-all. Cauliflower is very, very good for you. It is low in fat and carbohydrates but high in dietary fibre, folate and vitamin C. A lot of its goodness is lost through long boiling times so shredding it and stir-frying it, blanching and

microwaving it are best for clinging onto its nutrients.

Expert know-how

My love affair with this vegetable was finally sealed in June of last year when I interviewed Loyd Grossman for *Cook Vegetarian*.

He let me in on a little secret. Most of the time, he eats vegetarian food simply because he prefers it. His favourite dish? "It's got to be some sort of pasta," he explained. "For example, yesterday, I was feeling very virtuous and I'd been watching a lot of Nigel Slater so I decided to use up a cauliflower that had been lurking in the fridge, so I roasted the cauliflower with a little garlic and truffle oil. I tossed it through some cooked pasta and finished with a little Parmesan-style cheese. It was fantastic."

It sounded so simple so on the way home, I picked up a head of cauliflower and cooked it as Loyd suggested, and he was right. It was absolutely incredible. Roasting it was a revelation and now when I hear that people don't like this wonderful ingredient, I demand they try it roasted before writing it off forever. Because Loyd got it spot on. "Boiled cauliflower is boring," he said. "But roasted is just delicious!"





CAULIFLOWER & LEEKS
WITH RED PEPPER &
ALMOND DRESSING



“To stay ahead of the game, you can prepare the first two steps of this recipe the day before. The cauliflower will also have extra marinating time”

TANDOORI CAULIFLOWER



Serves 4

Ready in 30 mins

1 large cauliflower, cut into florets

For the paste

2 tbsp ready-made tandoori paste

150ml natural yoghurt

1 garlic clove, crushed

4cm piece of fresh ginger, grated

1 red chilli, chopped

1 tbsp chopped fresh coriander

salt and freshly ground black pepper

1 Mix together all the paste ingredients in a small bowl and season well.

2 Bring a large pan of salted water to the boil. Add the cauliflower florets and blanch for three minutes, then refresh in cold water and drain. Put the cauliflower into a bowl, add the paste, and set aside to marinate for at least 15 minutes.

3 When ready to cook, heat the oven to 180C/350F/Gas 4. Put the cauliflower into a roasting tray and pop it into the oven for 15-20 minutes, or until it is tender.

PER SERVING: 94 CALS, 3.4G FAT

CAULIFLOWER & LEEKS WITH RED PEPPER & ALMOND DRESSING



Serves 4

Ready in 40 mins

1 cauliflower, broken into florets

1/2 tsp smoked paprika

4 tbsp olive oil

salt and freshly ground

black pepper

4 leeks

100g piquillo peppers (or other

peeled red peppers), chopped

70g almonds, toasted

1 tbsp balsamic vinegar

1 tbsp honey

1 tbsp chopped chives

1 Preheat the oven to 180C/350F/Gas 4. Put the cauliflower florets into a bowl and toss with the smoked paprika and one tablespoon of the olive oil. Season well, then transfer to a baking tray and put into the oven for 15-20 minutes, until golden brown and tender.

2 Wash and trim the leeks, then cut them in half lengthways down as far as the root but without cutting through it. Bring a large pan of salted water to the boil, then add the leeks and blanch for five minutes. Drain and pat dry. Toss in a little more of the olive oil.

3 Heat a griddle pan over a high heat (or use a barbecue). Split the leeks in half and grill for a minute on each side. Cut each half across into 2cm pieces and keep them warm.

4 Put the remaining olive oil into a serving bowl with the rest of the ingredients and whisk together to make the dressing, seasoning well.

5 When the cauli comes out of the oven, add it to the bowl and toss it with the dressing, then fold in the leeks. Season well and serve.

PER SERVING: 323 CALS, 25.3G FAT

ROAST HEAD OF CAULIFLOWER



Serves 6

Ready in 45 mins

1 head of cauliflower

40g butter, softened

1/2 tsp smoked paprika

grated nutmeg

1 garlic clove, crushed

salt and freshly ground

black pepper

For the dressing

2 tbsp golden raisins

2 tbsp capers

1 tbsp olive oil

1 tbsp sherry vinegar

1 tbsp chopped fresh flat-leaf

parsley

1 Preheat the oven to 220C/425F/Gas 7. Take a large sheet of kitchen foil, big enough to wrap round the cauliflower, and place it on a baking tray. Trim the base of the cauliflower and place it on the foil.

2 Put the softened butter into a bowl and mix in the spices and garlic. Rub the spiced butter all over the cauliflower and season well. Bring the sides of the foil up and wrap round the cauliflower, then bake in the oven for 20 minutes.

COOK'S TIP

To speed up the cooking, the cauliflower can be cut up into quarters and roasted but you will lose the impressive presentation of serving the cauliflower whole.

3 To make the dressing, put the raisins into a small bowl and cover with very hot water. Set aside for 30 minutes, then drain, retaining some of the soaking liquid. Rinse the capers very well in cold water. Heat the olive oil in a small pan, add the drained raisins and the capers and cook quickly for a few minutes. Add the sherry vinegar, parsley and a little of the soaking liquid and season well.

4 After the cauliflower has been in the oven for 20 minutes, take it out and fold back the foil round the sides. Baste the cauli with the melted butter in the bottom of the foil, then return it to the oven for another 10-15 minutes, or until tender.

5 To serve, place the whole cauliflower in a serving dish and pour the dressing over the top.

PER SERVING: 128 CALS, 8.6G FAT

ROAST HEAD OF
CAULIFLOWER

READER OFFER

Recipes taken from Jane Baxter & Henry Dimbleby's *Leon Fast Vegetarian* (£25, Conran). *Cook Veg* readers can get a copy for the special price of £17.50, plus free UK p&p. To order, call 01903 828503 quoting, 'Vegetarian/CON544'. Offer subject to availability, please allow seven days for delivery.



LUSCIOUS LEEKS

If you find leeks in your veg box this month, try these sensational ideas

WHEATBERRY SALAD WITH ROASTED SQUASH



Serves 4
Ready in 1hr 5 mins

- 400g wheatberries or use spelt, farro or barley
- 1 large or 2 small butternut squash, peeled and diced
- olive oil
- 2 tbsp fresh thyme leaves, chopped
- small knob of butter
- 4 leeks, finely sliced
- 2 garlic cloves, finely chopped
- 200g mushrooms, sliced
- 4 sage leaves, shredded

- 100ml vegetable stock
- 2 small or 1 large carrot, peeled and grated
- large handful parsley, chopped

1 Preheat the oven to 200C/400F/Gas 6. Bring a pan of water to the boil. Add the wheatberries and cook for 45 minutes or so, until tender but still chewy. Toss the diced squash in enough oil to coat, with half the thyme leaves. Season with salt and pepper. Roast for 35-40 minutes, until tender.

2 Heat the butter and 2 tbsp oil in a large pan. Fry the leeks for five minutes. Add the garlic and fry for two minutes. Add the mushrooms, the rest of the thyme and the sage. Season. Fry until the liquid from the mushrooms evaporates. Add the vegetable stock. Stir for two minutes. Drain the wheatberries and toss into the mix with the squash, grated carrot and parsley. Check the seasoning and serve.

PER SERVING: 493 CALS, 8.4G FAT

“This warm salad works well on its own as a vegetarian main course. You can add all sorts of odds and ends; try tossing with roasted chopped nuts or some seeds”

LEEK AND SMOKED CHEESE PITHIVIER



Serves 4-6
Ready in 45 mins

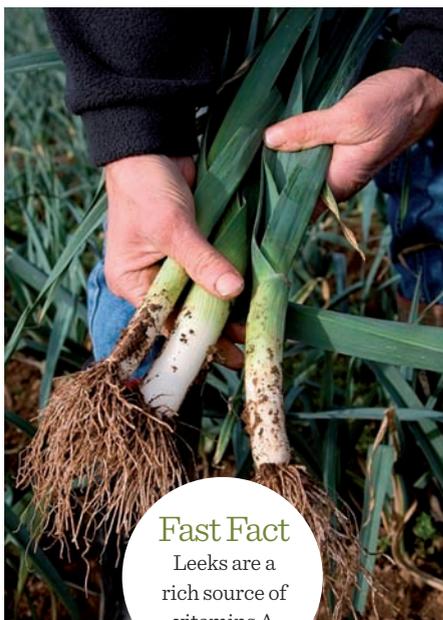
- knob of butter
- 1kg leeks, finely shredded
- 100g cream cheese
- sea salt and ground black pepper
- 80g smoked vegetarian Cheddar cheese, grated
- 2 tbsp chopped chives
- 2 sheets ready rolled all-butter puff pastry (you need about 600g if making your own or rolling out a block; roll to about ½-¾cm)
- 1 free-range egg yolk, mixed with a splash of milk

Add the cream cheese and stir until melted. Season well. Turn off the heat and stir in the cheddar and chives. Leave to cool completely. Roll out one piece of the pastry on a lightly floured work surface and use a dinner plate as a template to cut around to make a circle.

2 Spread over the leek mixture, leaving a gap of 5cm all the way around the pastry circle. Roll out the other half of the pastry and lay over the top. Press the edges down to seal. Trim the edges. Brush with eggwash. Use a sharp knife to score curved lines on top of the pie and the edges. Bake at 180C/350F/Gas 4 for about 30 mins, until the top is golden brown and the pastry cooked through. Serve warm.

PER SERVING: 567 CALS, 37.1G FAT

1 Melt the butter in a large pan. Add the leeks and cook gently for about 10 minutes until soft.



Fast Fact

Leeks are a rich source of vitamins A and K





The man that grows... Leeks

Here, Ed Scott, the assistant harvest manager at Riverford Organic, reveals the joys of growing leeks.

If planted in good conditions, leeks are fairly trouble-free, but they don't compete well with weeds, particularly when young, so regular hoeing in the early stages is essential. 'Ridging up' the crop will encourage a longer shank.

Spraying with a seaweed solution encourages healthy leaves and helps prevent the onset of rust, a fungal disease that won't usually kill the plant but inhibits growth and makes the leaves wrinkled and unsightly (well-drained soil and good ventilation will also slow down the onset of rust). Leeks are a hardy crop and will 'hibernate' in winter (stop growing) with no harm, growing on again when the soil starts warming up again.

Super season

In Devon we plant out our seedlings in June and July to harvest between mid-September and mid-April; after that most of our varieties are beginning to bolt. Later varieties are available but are generally not as good a product, lacking in flavour; by this time we tend to be through the worst of the 'hungry gap' anyway and spring or summer vegetables start to become available.

Quality leeks

Pick ones that are too big! Once a leek gets to more than about 4cm in diameter, the quality rapidly deteriorates as it becomes more 'woody' and takes longer to cook. The base should be trimmed tight although leaving a little root on is not an issue. If trimmed too close you will see the rings of the individual layers of the leek and should avoid; it will dehydrate rapidly.

Make sure there is some flag (leaf) at the top and it is not limp; this signifies an old leek. A common trick is to trim all or most of the green away under the pretence of less wastage for the customer; this is often actually done to freshen up an old leek and the flag is still packed full of flavour, even if you just use it as part of a stock.

My favourite way to eat them is leek and potato soup – it may be simple but packed full of flavour and a great winter warmer. I also like the summer version – vichyssoise – it's basically exactly the same recipe but chilled down.

Fast Fact

It's traditional for soldiers in the Welsh regiments to eat a raw leek on St David's Day!



SPANAKOPITA WITH CHARD & LEEKS



Serves 4-6
Ready in 1hr 10 minutes

500g chard, tough stalks removed
2 tbsp oil, for frying
500g leeks, trimmed, sliced in half lengthways, then shredded
100g melted butter
3 garlic cloves, crushed
1 tsp dried mint
4 free-range eggs
200g vegetarian ricotta (or cottage cheese)
200g vegetarian feta
handful chopped parsley
handful chopped dill
250g packet filo pastry
2 tbsp poppy seeds

1 Bring a large pan of water to the boil and blanch the chard leaves for two minutes. Drain,

plunge into cold water to stop the cooking and keep the colour, then drain again. When cool enough to handle, squeeze out any excess liquid with your hands, then roughly chop the leaves.

2 Heat the oil and fry the leeks for six minutes. Add the garlic and mint and fry for two minutes. Leave to cool, then mix in the chopped chard. Preheat the oven to 180C/350F/Gas 4. Whisk the eggs in a large bowl. Stir in the ricotta, crumble in the feta, then add the veg and herbs and stir gently to combine. Season with salt and pepper. Remove the filo from the packet and lay it out. Cover with a clean, slightly damp tea towel to stop it drying out. Brush the bottom of the dish with a little butter. Lay out a sheet of filo on your work surface and brush with a little melted butter. Lay inside the baking dish; you want some overhanging.
3 Repeat with half the filo, buttering each layer as you go. Spoon in the filling and even it out. Lay over the rest of pastry, brushing each sheet as before. Tuck in the edges and brush with butter to seal. Sprinkle with the poppy seeds. Bake for approximately 40 minutes, depending on your oven, until golden and crispy.

PER SERVING (6 SERVINGS): 512 CALS, 37.26 FAT

TIM FORAGES FOR...

As part of a new series, ex-River Cottage chef **Tim Maddams** shows us how to find food for free, and now is the time to seek sorrel



This time of year brings with it that familiar, springtime urge for fresh greens but, as yet, there's no sign of the asparagus that will herald the start of all the green joys of early summer. So, what's the answer? Simply, it's time to go wild, so come with me on a little ramble round the fields and hedgerows and let's see what we can find as the weeks drift by.

A free lunch

Free food is a wonderful thing and the fact you get to go outside and wander round in glorious nature has its own rewards for the soul, as well as the stomach. It needn't be too hard either. A simple introduction to the wild harvest is as easy as a, b, c. You can learn to identify wild garlic and stinging nettles in a mere moment, but what of the next step? Mushrooms are way too scary for beginners and it's the wrong end of the year anyway; pig nuts are laborious, and not everyone lives near the sea for the easy benefits of sea beet or alexanders...

Allow me, then, to introduce you to sheep's sorrel, or wild sorrel, as it's also known. Once you know what this plant looks like (miniature sorrel) and where to find it (meadowland just about everywhere), there's no stopping you. Plus, it's a great accompaniment to all sorts of lovely veggie dishes and has the zingy green apple or citrus flavour common to all sorrels (a product of the oxalic acid contained within).

The uses for wild sorrel are best kept to garnish, as it's a little too strong to use as a salad leaf. That

said, a handful mixed through a nice leaf salad will certainly enhance your eating experience. Go mad with this wonderful plant; it's so easy to come by that you won't struggle to find more if you run out. It's a really useful freshener; you can use it in place of other chopped green herbs to finish a sauce, or add it to some other wild leaves – like wild garlic or nettles – to make a punchy, wild salsa verde.

Trespassers not welcome

Make sure when you're harvesting this cheeky little number that you have permission from the landowner and be careful not to uproot the plant. There is plenty of legal info out there for would-be foragers, so I won't bore you with it here, but it's good to include a few wild greens in your diet... apart from anything else, it just feels right.

The flavour can also be used well in some unexpected places. I love to chop some and add it to strawberries later in the year, along with a little sugar, to give them a different twist, or you can cook it like spinach, or flavour an omelette with it. Don't worry that it loses its green and goes a funny grey olive colour; it always does that, but the flavour will still be excellent.

Well, I don't know about you but I'm off to get some right now, then back to the kitchen for a tasty treat – oh, and I sometimes flavour a martini with it... vodka or gin I will leave up to your good taste to decide.



THREE WAYS WITH SHEEP'S SORREL...

SHEEPS' SORREL SCRAMBLED EGGS

Beat a few very good eggs and warm far more butter than is good for you in a frying pan. Season the eggs and add them to the pan. Cook on a high heat for a minute or two until the egg is half set, then turn off the heat and begin to move it all around a little. Serve on toast when just cooked and sprinkle over

plenty of washed and chopped wild sorrel.

SHEEP'S SORREL GREMOLATA

Chop some of your sorrel along with a little parsley, add some grated garlic and lemon zest, mix with a little olive oil and use as a dressing for roasted roots or simply to improve a quick cheese on toast. Whatever you

like really; it's your lunch after all!

RHUBARB AND SHEEP'S SORREL

Wash some glorious pink forced rhubarb and pop in a tray with plenty of sugar. Cook slowly in the oven until tender. Once cooled, sprinkle over plenty of wild sorrel leaf and serve with some clotted cream and crumble topping.



LOVE

Martin Miller knows a thing or two about Love.
 He should, he's been married three times. "Love conquers all," he'll tell you.
 But can love overcome Obsession? Tame Madness? Martin thinks so.
 He's been making his gin that way since 1999.
 Marrying his obsession with crafting the perfect English Gin to the inspired Madness
 of blending it to strength using the gentle magic of pure Icelandic spring water.
 So here's proof, if you need it, that there's always some Madness in Love,
 but also some reason in Madness.



MARTIN MILLER'S GIN

BORN OF LOVE, OBSESSION AND SOME DEGREE OF MADNESS

TO FIND OUT MORE ABOUT MARTIN MILLER'S GIN VISIT:
www.martinmillersgin.com
 TO RECEIVE A FREE HARBACK BOOK ABOUT THE BRAND



GROW IT, COOK IT

Veggie gardening inspiration, news and ideas, plus advice from our experts



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....

THE SEASON'S START

This is a great month to get your veg patch on the go, but where do you start? If you're feeling bewildered, the best beginning is to make a list of all the crops that you and your family like to eat. Then cross off those that are cheap to buy, such as jacket spuds or bulb onions, and focus instead on those that are expensive in the shops, have a short season, or don't travel well.

WHAT TO GROW

For example, it's tricky to buy fresh, good quality broad beans, but sowings made now will provide you

with delicious pods, picked in their prime. Ditto, while maincrop carrots are cheap to buy and take up lots of time and room on your plot, you might want to sow a forcing variety for pulling as baby roots, which quickly spoil and dehydrate in the shops. A windowbox could provide you with gourmet salad leaves, minutes from plot to plate.

Once you've decided what to grow, sow small batches so that you don't feel overwhelmed by lots of delicate seedlings jostling for your attention. Some crops, such as chillies and tomatoes, need lots of heat and light to generate strong plants, so you might prefer to buy these as hassle-free plug plants

later in the season. Others, like spinach and radish, grow so easily from seed that beginners and experienced growers alike will feel happy sowing them.

■ **Limited space? Just sow veg that you enjoy eating and that are tricky to buy in the shops**

■ **Consider buying plug plants of slightly fussier seedlings, such as hot chillies**

■ **Salad leaves are a great starter crop for beginners; a small area creates ample harvests**

■ **Consider swapping plants with friends, so you end up growing a wider range of crops**

WHAT WE'RE PICKING AND EATING THIS MONTH...

BROCCOLI

Young, tender broccoli stalks are the tastiest, so pick them now while they're at their best. Eat them simply raw as crudités, or gently steamed in creamy, cheesy pasta sauces. They will keep in the fridge for a few days but don't freeze well, so try making into a soup before freezing.

RADISHES

Radishes like light soil that retains water, but be careful not to over-water them. Their leaves are delicious in salads or cooked, but they wilt quickly so eat them freshly picked. The radishes themselves will last for up to a fortnight in the fridge. Try them cooked lightly in stir-fries.

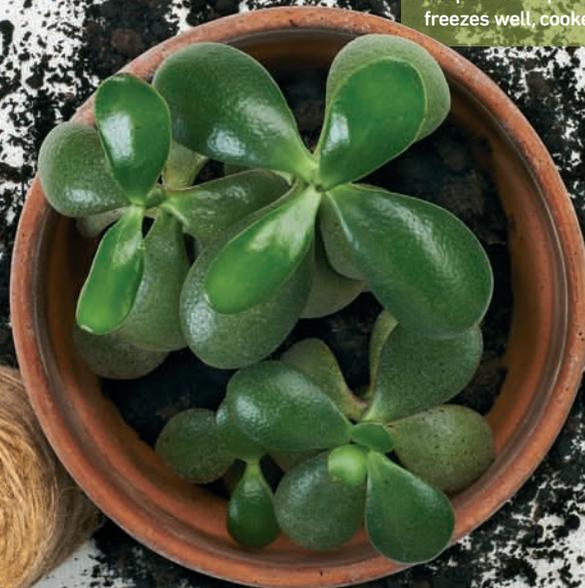
RHUBARB

Officially a veg, rhubarb is related to sorrel, and is fabulous in puddings. Thanks to its tartness, rhubarb needs generous sweetening, while ginger and orange zest will add zing to your crumble. Refrigerated, rhubarb will keep for a couple of weeks, and freezes well, cooked or raw.

NEWS

If you always grow more veg than you can eat, give Crop for the Shop a try. The brain child of Anthony Davison

(the creator of www.bigbarn.co.uk, the farm shop search engine), it allows growers to sell their produce at local outlets for 70% profit. Find your nearest Crop for the Shop partner at www.bigbarn.co.uk



COCONUT manna -isms

man-na /'manə/ noun
(in the Bible) The substance miraculously supplied as food to the Israelites in the wilderness (Exod. 16). An unexpected or gratuitous benefit: "the cakes were manna from heaven".



1 Assumes the identity of butter. Spread it straight on a cracker or toast.

2

Can take the place of starchy sauce thickeners, for a healthier, smooth thick superfood sauce or soup!

3

For BPA-free coconut milk, just add water!

4

Use in desserts for a dairy-free alternative

Use in desserts as a natural sweetener and sugar replacement.

5

6 Did we say dessert? Eat a spoon straight from the jar for a sweet sensation and satiation.

7

Bind your home-made granola with manna - beats the sugary syrup in the shop-bought product.

8

Manna-isms don't stop in the kitchen, use it in the bathroom place of your body butter. Straight up, or add your favourite essential oils for a nourishing skin treat that really is good enough to eat.





MADE FOR SHARING

Make more of your serving plates by preparing dishes that are made for many to enjoy

“Pearl barley is great in salads, as it manages to retain a bit of texture and is one of the rare white ingredients, which makes it very useful for improving your salad aesthetics.

“When it comes to green beans in salads, it is absolutely essential that they are cooked correctly. I still get school-canteen flashbacks whenever I see a limp, overcooked, or perhaps worst of all, sliced green bean. It’s a traumatic experience that, once seen, can’t be unseen. Don’t subject anyone to it!”

PEARL BARLEY, ROAST PUMPKIN & GREEN BEAN SALAD



Serves 4-6
Ready in 45 mins

500g pumpkin, peeled and cut into 3cm cubes
200g pearl barley
olive oil, for roasting
400g green beans, topped but not tailed
100g sundried tomatoes, roughly chopped
20 pitted black olives
1 tbsp capers
1 red onion, sliced
1 bunch fresh basil, roughly chopped
1 garlic clove, crushed
sea salt and freshly ground black pepper

1 Preheat the oven to 200C/400F/ Gas 6. Toss the pumpkin with a little olive oil and sea salt in a roasting pan. Roast for 20-25 minutes, until soft but not disintegrating.

2 In the meantime, bring a pan of salted water to the boil and cook the pearl barley for 20-30 minutes. It’s impossible to give a precise

cooking time, as each batch seems to be different (the same seems to apply to dried chickpeas, for some reason). You want the grains to be al dente, but not chalky or overly chewy. When they’re ready, drain them and set aside.

3 For the beans, bring another pan of salted water to the boil and prepare a bowl of iced water. Add the beans and cook for 3-5 minutes. Test them by giving them a bend; you want them to be flexible but still have a nice snap if you push them too far. Once cooked, drain them and drop them immediately into the iced water. This ‘refreshing’ process will halt the cooking process and help keep the beans perfectly cooked and vibrantly green.

4 To assemble the salad, mix the pearl barley with the sundried tomatoes, olives, capers, red onion, basil and garlic. Add this to the roast pumpkin and green beans and stir gently until well combined. Drizzle with a little olive oil and serve.

PER SERVING: 225 CALS, 6.3G FAT



"I can't quite explain why, but there's something about the look of this dish that really gets me going. The combination of creamy white mozzarella and robust, oily peperonata is a sight to behold. The only thing the combination lacks is crunch, which is where the ciabatta croutons come in. I sometimes break them up and scatter them over the whole of the dish, although you should only do that at the last minute or they'll get soggy"

MOZZARELLA WITH PEPERONATA & ROSEMARY CIABATTA CROUTONS



Serves 6-8
Ready in 30 mins

2 red peppers
2 yellow peppers
2 plum tomatoes
100ml olive oil
3 garlic cloves
1 red onion, sliced
2 bay leaves
1 tbsp red wine vinegar
1/2 tsp salt
1/2 tsp sugar
1 tbsp capers
a handful of cherry tomatoes, halved
a bunch of fresh basil
small ciabatta loaf
2 fresh rosemary sprigs, leaves finely chopped
4 vegetarian mozzarella balls, approximately 150g each, halved
sea salt and freshly ground black pepper
rocket leaves, to serve
a handful of toasted pine nuts, to serve

- 1 The peperonata takes a while to cook and is (arguably) best served at room temperature, so I suggest making it in advance.
- 2 Quarter the peppers and remove the stalk, seeds and any of the white pith. Slice them into



thin strips about 1 cm wide. Quarter the tomatoes, remove the seeds and chop them into small cubes.

- 3 Heat a deep frying pan over a medium heat. Add the olive oil and garlic. Fry the garlic on both sides until golden brown, then remove from the pan and set aside. Add the red onion and cook, stirring frequently, until it is pale and translucent but not yet brown. Add the peppers, fried garlic and bay leaves. Cover and cook for 15 minutes or so, until the peppers are soft but holding their shape.
- 4 Remove the lid and add the diced tomatoes, vinegar, salt and sugar. Cook, uncovered, for a further 10 minutes, then add the capers and cherry tomatoes and take off the heat. The residual heat in the peperonata will soften the cherry tomatoes, but not cook them to a mush. Leave to cool, then add the basil and season with salt and pepper if necessary.
- 5 For the rosemary ciabatta croutons, preheat the oven to

200C/400F/Gas 6. Slice the ciabatta on the diagonal as thinly as you can. Mix the rosemary with a little olive oil and brush it generously onto the ciabatta slices. You want the bread well coated in oil. Season with salt and bake on a wire rack for 5-8 minutes, until golden brown and crisp.

6 Serve the mozzarella on a bed of rocket and peperonata, with the ciabatta croutons and pine nuts scattered around.

PER SERVING: 582 CALS, 44.9G FAT

FRUIT & NUT COUSCOUS WITH FRESH HERBS



Serves 6-8
Ready in 20 mins

500g couscous
olive oil, for frying and drizzling
50g whole almonds
50g whole cashews
50g whole pecans
1 pomegranate
2 tbsp fresh flat leaf parsley, chopped
2 tbsp fresh mint, chopped
2 tbsp fresh basil, chopped
50g dried apricots, chopped
50g raisins
sea salt and freshly ground black pepper

- 1 Put the couscous in a serving bowl and add cold water until it is covered by about 2cm water. Leave until all the water is absorbed (about 10 minutes),

then fluff it up with your hands.

- 2 Put all the nuts in a pan with a splash of olive oil and toast over medium heat until they are nicely browned. Set aside to cool.
- 3 Remove the pomegranate seeds by cutting the fruit in half, holding it over a bowl and bashing the outside with the back of a wooden spoon so that the seeds fall into the bowl.
- 4 Stir the herbs, nuts, pomegranate seeds and dried apricots into the couscous. Add a little olive oil, season with salt and pepper and serve.

PER SERVING: 439 CALS, 17.26 FAT

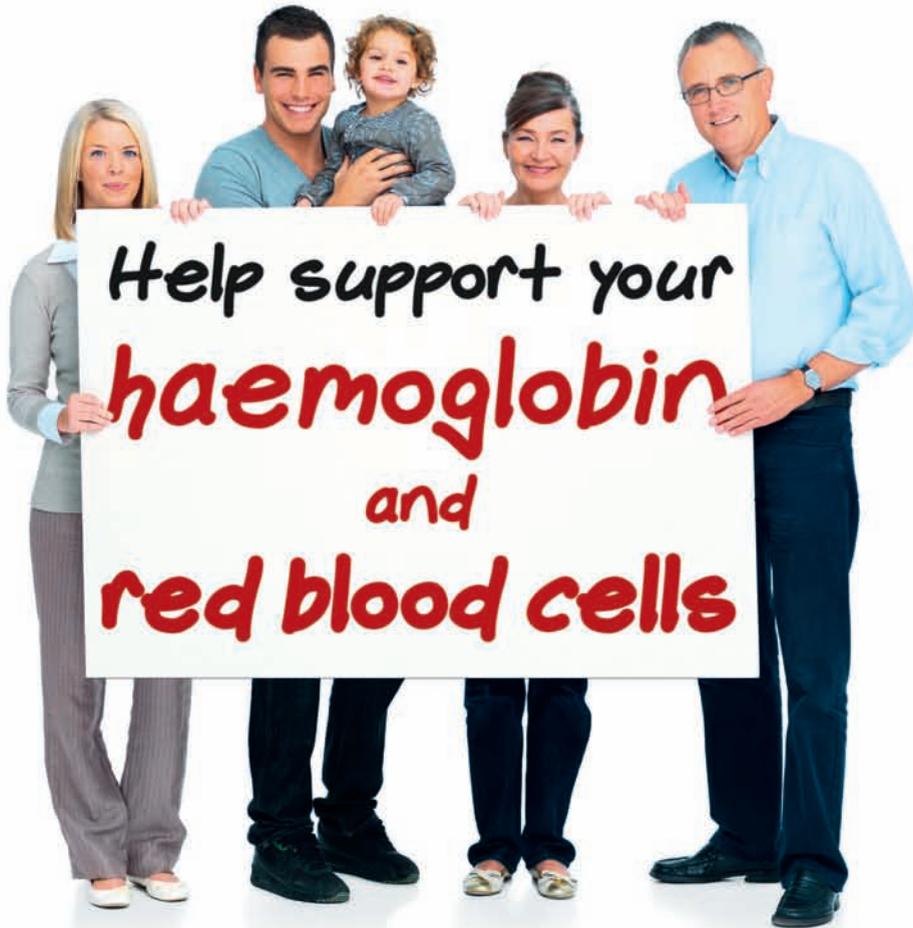


BOOK SHELF

Recipes taken from *Friends Around the Table** (£18.99, Ryland Peters and Small).
Recipes by Acland Geddes and Pedro da Silva of Megan's Restaurant and Deli. Photography by Kate Whitaker.

*INCLUDES NON-VEGETARIAN CONTENT

Is your family looking for IRON that's **gentle** and **great tasting**?



Help support your
haemoglobin
and
red blood cells

With busy lives, more of us are looking to support energy release and vitality, with an iron supplement that is easy on the stomach and tastes great too.

Feroglobin® Original is a gentle, liquid formula with iron which contributes to normal formation of red blood cells and haemoglobin. **Feroglobin® Plus liquid** provides all the benefits of the original, plus Siberian Ginseng, L-Carnitine, Green Tea and Q10. Both provide a great tasting blend of minerals, co-factors, honey and Swiss malt, with vitamins B2, B6 & B12 which contribute to normal energy release, and vitamin C which supports iron absorption.

✓ GENTLE FORMULA
✓ EXCELLENT TASTE



Includes IRON, FOLATE & B12 which can contribute to the **reduction of tiredness & fatigue**

Also available:
Feroglobin® Capsules
a slow release formula of organic-form iron with zinc, folic acid and B vitamins.

With Swiss Alpine malt



Original Liquid



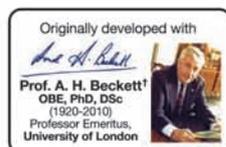
Plus Liquid

Available from



Superdrug, Holland & Barrett, GNC, chemists, health stores, supermarkets & www.vitabiotics.com

Vitamin supplements may benefit those with nutritionally inadequate diets. † Professor Beckett is not cited in the capacity of a health professional, but as a product inventor and former Chairman of Vitabiotics.



Britain's leading supplements for specific life stages



VITABIOTICS
SCIENCE OF HEALTHY LIVING

MAKE IT FOR MUM

THIS MOTHER'S DAY

Instead of picking up the standard box of chocolates or heading to the nearest florist this Mother's Day, why not make it more personal and get creative in the kitchen by rustling up a special sweet treat with a little help from **Borderfields**?

If you're looking for inspiration, try the indulgent carrot cake recipe below from Borderfields. Not everyone realises that rapeseed oil is the perfect healthy substitute for butter when baking cakes and it reduces the overall saturated fat intake. The substitution is straightforward too, and can be applied to all your favourite recipes – just use $\frac{3}{4}$ of a cup of rapeseed oil for every cup of butter.



CARROT CAKE

275ml Borderfields Cold Pressed Rapeseed Oil
350g caster sugar
250g plain flour
3 large free-range eggs
 $\frac{3}{4}$ tsp baking powder
 $\frac{3}{4}$ tsp bicarbonate of soda
 $\frac{3}{4}$ tsp powdered cinnamon
2250g grated raw carrot

For icing

175g vegetarian cream cheese
175g softened butter



AND FOR THE REAL ICING ON THE CAKE...

Make it inviting

Why not bring the experience of an elegant afternoon tea at a fancy restaurant into your very own living room? You could make an invitation, get the best china out and bake a whole selection of fine cakes. For more recipe inspiration, visit the www.borderfields.co.uk website.

Get the message

Personalised gifts always impress, so when it comes to decorating your chosen cake, buy some icing and a cake decorating pen from the baking range at your supermarket and write an extra special message on your creation.

Box clever

Presentation is everything: why not buy a beautiful cake tin, and make sure it's filled with her favourite cake? This way, when the cake has gone, your Mum is left with a useful gift from a memorable Mother's Day.

250g icing sugar, sieved
 $\frac{1}{2}$ tsp vanilla essence

1 Beat the Borderfields Cold Pressed Rapeseed Oil and sugar in a mixing bowl; beat the eggs in one by one very well. Sieve all the dry ingredients into the same bowl, stir in and add grated carrots; mix well.
2 Pour into a lined rectangle baking tin (30cm/12in) and bake for 40 minutes at 180C/350F/Gas 4 or until a skewer comes out clean
3 Cool in the tin, ready for icing when cold. To make the icing, beat together the ingredients and spread over the cake with a fork.



MAKE IT FOR MUM WITH BORDERFIELDS

Borderfields has teamed up with Cook Vegetarian to offer a year's supply of rapeseed oil and a limited edition Borderfields cake tin to one lucky reader. Simply 'like' the Borderfields Facebook page, click on the competition tab and upload an image of something delicious you've made for your mum, or your children have made for you. Then, get your family and friends to vote for you – the person who posts the image voted the tastiest looking by Borderfields' fans wins. Entries close on 4th April, 2014. Terms and conditions apply.



100% VEGAN Sheese® 100% DAIRY-FREE

CARE FOR ANIMALS - CARE FOR YOUR HEALTH



TRY OUT OUR MELTY CHEDDARS!



MELTY MILD CHEDDAR, MELTY RED CHEDDAR, plus **NEW MELTY STRONG CHEDDAR** and **NEW MELTY SMOKED CHEDDAR**. Perfect for using on pizzas or cheese toasties and a whole host of other exciting recipes. At last, a dairy-free cheese that really melts! Plus **NEW Spring Onion & Cracked Black Pepper Creamy Sheese** brings together a combination of two classic flavours with really tasty results! Be sure to try this exciting new variety - without a doubt, set to become a firm favourite for Sheese connoisseurs everywhere!



Also *Vegandeli*



7 DELICIOUS VARIETIES OF MEAT-FREE CONTINENTAL SLICING SAUSAGES!

Mock Ham, Mortadella, Smoked Mortadella, Italian Gourmet Mortadella, Mortadella with Sweet Peppers, Gourmet Morcilla, Smoked Chorizo.

They will totally wow your taste buds, giving favourite dishes a more authentic taste. Vegan deli can be eaten cold straight from the packet, ideal for making sandwiches more exciting. Pep up stews and pasta sauces with spicy Mortadella and Chorizo sausages. Try the fabulous Mock Ham or Morcilla Style, a very tasty alternative to traditional Spanish black pudding. They're also great barbecued in chunks on a skewer alongside peppers, onions, mushrooms and courgettes etc - delicious! So why not let your culinary skills run riot? This is a range you definitely need to try....don't deny yourself the experience. :)

ALL OUR PRODUCTS ARE EGG-FREE - DAIRY-FREE - LACTOSE-FREE

THE CONTENTED COOK

Spring is at last officially sprung - and if the weather doesn't always feel exactly balmy, nonetheless there's life in the fields, says food writer **Xanthe Clay**



The first of those new season vegetables to hit the greengrocers' shelves is traditionally purple sprouting broccoli. In fact, in the last decade, new varieties have been developed meaning that homegrown PSB, as chefs call it, is available for much of the year. But it still feels most special now, in its original season, and it is certainly more tender than the earlier crop.

Resist the temptation to trim off the stems – they are the best bit, nutty, juicy and mild. In fact, some smart restaurants like The Ledbury and The Hand and Flowers have been known to serve up the stems on their own, without the nubbly textured heads.

If they seem a bit stringy – the best way to check is to bite into one and see (they are good raw too) – then peel away any the outer skin with a potato peeler. Steam them until they are cooked through but not limp, then serve with butter laced with orange zest and garlic, or a dribble of olive and a scattering of capers (the ones in vinegar, rather than those preserved in salt – the hit of acidity is good here) and finely chopped shallots.

AUBERGINE PIZZA



Serves 4

Ready in 30 mins

300g prepared pizza dough (for recipe, see p61)

500ml tomato passata

1 medium aubergine

olive oil

1 bunch spring onions, thinly sliced flour, for dusting

50g vegetarian goat's cheese salt



1 Preheat the oven to 250C/475F/Gas 9 or as high as it will go. Have ready a large sheet of non-stick parchment or a pizza tray with holes in it that allows steam to escape so the base gets really crisp. If you are going the paper route, then put a large baking tray in the oven to get hot.

2 Put the passata into a small pan and simmer until it is as thick as Greek yoghurt. Leave to cool.

3 Slice the aubergine as thick as a coin and drizzle with olive oil. Mix the spring onions in a bowl with 3 tbsps olive oil.

4 Roll and stretch the dough out on a lightly floured surface to a circle about 35cm across. Lay it on the paper or pizza tray. Spread the tomato sauce to within a couple of centimetres of the edge. Arrange the

aubergine slices, overlapping, on top. Crumble over the goat's cheese and sprinkle with salt.

5 Transfer to the oven on to the hot baking tray (unless using a pizza tray) and bake for 10-15 minutes until the aubergine is starting to brown. Remove from the oven and spread the onions and olive oil on top. Transfer the pizza directly onto the oven shelf. Turn the heat down to 200C/400F/Gas 6 and bake for a further 10 minutes or until touched with gold.

PER SERVING: 535 CALS, 7.86 FAT

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

AT HOME WITH Mary Berry

The queen of traditional cuisine shows you how to rustle up a classic starter, side and main course

BRUSCHETTE WITH REBLOCHON AND ROASTED VEGETABLES



Serves 6

Ready in 1 hr 10 mins

2 yellow peppers, halved, deseeded and chopped into 2.5cm pieces
1 red onion, sliced into wedges
3 small courgettes, cut into 1cm slices
4 tbsp olive oil
salt and freshly ground black pepper
2 tsp balsamic vinegar
small bunch of basil, roughly chopped
1/2 ciabatta or white baguette
2 garlic cloves, crushed
200g vegetarian Reblochon de Savoie-style cheese
paprika, to dust

1 Preheat the oven to 220C/425F/ Gas 7. Mix the vegetables in a roasting tin, add half the oil, and season with salt and freshly ground black pepper. Toss together well, then roast for 30 minutes or until soft and tinged golden brown. Remove from the oven and stir in the vinegar and basil.

2 Meanwhile, cut the ciabatta or baguette into six slices. Mix the remaining oil with the garlic in a small bowl, then brush both sides of the bread with it. Place on a baking sheet and bake on a shelf under the



vegetables, turning them halfway through, for 10-12 minutes or until lightly golden and crisp. Cook extra vegetables if you can, they're a versatile ingredient to have handy.

3 Remove the crispy bruschette from the oven and top with the vegetables. Keeping the rind on, slice the cheese into six wedges, put one on top of each pile of vegetables, then dust lightly with paprika.

4 Return to the oven for 10-12 minutes or until the cheese has melted. If some runs off the sides of the bread, quickly scoop it back on top. Serve hot.

PER SERVING: 284 CALS, 19.46 FAT

IN THE AGA

Roast the vegetables on the floor of the roasting oven for 25 minutes. Cook the bruschette at the top of the roasting oven for 8-10 minutes, turning them halfway through. At step 4, slide on to the second set of runners in the roasting oven for 8-10 minutes.

PREPARE AHEAD

The ciabatta can be baked up to three days ahead. The vegetables can be roasted up to 8 hours ahead. Assemble up to the end of step three up to three hours ahead. Not suitable for freezing.

HEAVENLY POTATO GRATIN



Serves 6

Ready in 45 mins

900g even-sized waxy potatoes, such as Desiree

1 tsp salt
freshly ground black pepper
45g butter, melted, plus a little extra to grease
150ml single cream

You will also need:

1 lt shallow ovenproof dish, buttered

1 Preheat the oven to 220C/425F/ Gas 7. Rub off any excess dirt from the potatoes and put them unpeeled into a pan. Cover with cold water and add the salt. Cover with a lid, bring to the boil, and cook until just tender. The timing will depend on their size, but they should be soft around the edges and slightly firm in the centre. Set the potatoes aside for them to cool completely.

2 Peel the skins from the potatoes and discard. Using a coarse grater, grate the potatoes into the buttered dish, seasoning between the layers with salt and freshly ground black





pepper. Do not press down – they should be light and fluffy.

3 Pour over the melted butter and cream, then bake for 20–25 minutes or until crisp on top and golden brown.

PER SERVING: 217 CALS, 11.26 FAT

IN THE AGA

Bake on the second set of runners in the roasting oven for 20–25 minutes.

BUTTERNUT SQUASH LASAGNE



Serves 6

Ready in 1hr

1 tbsp olive oil
225g butternut squash, chopped into small cubes
1 red pepper, halved, deseeded and diced

COOK'S TIP

Make sure you use an ovenproof dish that's wide and shallow, so you get more of the delicious crispy golden crust.

1 onion, roughly chopped
2 garlic cloves, crushed
225g chestnut mushrooms, sliced
2 x 400g tins chopped tomatoes
1 tbsp tomato purée
2 tsp sugar
1 tbsp freshly chopped thyme
salt and freshly ground black pepper
100g spinach, chopped
6–8 sheets lasagne

For the white sauce

75g butter
75g plain flour
900ml hot milk

2 tsp Dijon mustard
100g vegetarian Gruyère-style cheese, grated
250g vegetarian mozzarella, chopped into small cubes

You'll also need:

2.4 lt shallow wide-based ovenproof dish

1 Heat the oil in a large deep frying pan. Add the squash, pepper, onion, and garlic and fry over a moderate heat for 4–5 minutes or until the onion is starting to soften. Add the mushrooms, tomatoes, tomato purée, sugar, thyme, and some salt and freshly ground black pepper. Cover with a lid and simmer over a low heat for 20–30 minutes or until the vegetables are tender. Add the spinach and toss together until just wilted.
2 Meanwhile, make the white sauce. Melt the butter in a saucepan, add the flour, and stir over the heat for one minute.

Slowly whisk in the hot milk until the sauce is smooth and thick. Season with salt and freshly ground black pepper, then stir in the mustard and half the vegetarian Gruyère-style cheese.
3 Spoon one-third of the tomato sauce over the base of the ovenproof dish, then spoon one-third of the white sauce on top. Arrange a single layer of lasagne over the white sauce and scatter over half the mozzarella. Spoon half the remaining tomato sauce on top, followed by half the remaining white sauce. Arrange another layer of lasagne on top and scatter over the remaining mozzarella. Spread the rest of the tomato sauce on top, followed by the rest of the white sauce, then sprinkle with the remaining vegetarian Gruyère-style cheese.

4 Transfer to the fridge for at least six hours or overnight so the lasagne starts to soften.

5 To serve, preheat the oven to 200C/400F/Gas 6, then bake the lasagne for 45 minutes or until golden brown and bubbling around the edges.

PER SERVING: 579 CALS, 336 FAT

IN THE AGA

Cook the tomato sauce in the simmering oven for 20–30 minutes. Bake the lasagne in the middle of the roasting oven for approximately 40–45 minutes.



BOOK SHELF

Recipes taken from *Mary Berry & Lucy Young Cook Up a Feast** (£14.99, DK Books)

*INCLUDES NON-VEGETARIAN CONTENT



“A lasagne with wow factor. Prepare the dish the day before if you can, so the lasagne sheets have time to soften in the sauce. Serve with salad and crusty bread”

Introducing your new secret ingredients...



Lakeland Natural Flavours. Only £3.99 each.

From melt-in-the-mouth coconut meringue kisses to delicious mini chocolate sandwich cakes with a hint of buttery caramel, the secret is just a few drops of our new natural flavours. Perfect for adding to ice cream, icing, desserts and sauces too, there are 9 flavours to choose from and the whole range is **Buy One, Get One Half Price**.

Find the recipes at lakeland.co.uk/tastytreats

Visit one of our 67 stores nationwide

Call 015394 88100 for our inspiring
free kitchenware catalogue



'Like' us on Facebook lakeland.co.uk/facebook



Recipe of the — THE MONTH —

Try this classic trifle makeover! It uses dessert wine instead of sherry, and ricotta cheese with a good dollop of vanilla bean paste instead of custard

RASPBERRY CASSATA TRIFLE



Serves 8
Ready in 25 mins,
plus chilling

375ml bottle dessert wine (try Brown Brothers Orange Muscat and Flora)
1 orange, finely grated zest and juice
150g sponge fingers or Savoiardi lady fingers
500g vegetarian ricotta

50g golden caster sugar
2 tbsp vanilla bean paste
50g cocktail cherries, drained and chopped
400g raspberries
4tbsp caster sugar
300ml double cream
100g dark chocolate with orange and spices (we used Green & Black's Maya Gold)

1 Put the wine into a pan with the orange zest and orange juice and simmer for 10 mins,

to reduce and become syrupy, then cool.

2 Arrange half the sponge fingers in the base of a glass bowl, breaking as necessary, to fit.

3 Put the ricotta into a bowl with the golden caster sugar and vanilla bean paste, stir to combine. Mix in the drained and chopped cocktail cherries.

4 Pour half the orange wine syrup over the sponge fingers. Top with half the raspberries, sprinkle over 2 tbsp caster sugar.

5 Spoon on the vanilla ricotta cheese mixture.

6 Arrange the rest of the sponge fingers in the bowl, breaking as needed to fit. Pour on the remaining orange wine syrup.

7 Whip the cream until softly peaking. Spoon large dollops of cream around the sides of the bowl. Pile the remaining raspberries in the centre and sprinkle with 2 tbsp caster sugar.
8 Grate the chocolate and sprinkle over the cream. Chill until needed.

PER SERVING: 418 CALS, 24G FAT



COOK'S TIP

You can make this dessert the day before and refrigerate it.

Power Dressing

A salad without a dressing would be no salad at all, says food writer, **Louise Pickford**

PERFECTLY DRESSED BLUE CHEESE SALAD



Makes 200ml
Ready in 15 mins

75ml sour cream
50g creamy vegetarian

blue cheese
1 tbsp white wine vinegar
2 tsp just-boiled water
2 tbsp extra virgin olive oil
1 tbsp fresh chives, chopped
salt and pepper

1 Place the sour cream, cheese, vinegar, water and a little salt and pepper in a blender and blend until fairly smooth. Add the oil and blend again. Stir in

the chives, adjust seasoning to taste and serve.

2 This creamy dressing, with its lovely tang of acidity from the blue cheese, is wonderful with cos or iceberg lettuce. It also works well with all green leaf salads, celery, apple, pear and mixed nuts.

PER 200ML: 599 CALS, 59.39G FAT

“A classic dressing for wedges of chilled cos or iceberg lettuce – you can experiment with different types of blue cheese to give you the flavour that works best for you. Here I have used a creamy St Agur, which has a milder taste than [non-vegetarian] Gorgonzola or Roquefort, but really it’s up to you”



GREEK OREGANO SALAD



Makes 75ml
Ready in 45 mins

6 tbsp Kalamata olive oil
1 tbsp red wine vinegar
2 tsp rigani or dried oregano
salt and pepper

1 Place all the ingredients in a screw top jar and shake well until amalgamated. Allow to rest for 30 minutes for the oregano to soften. Shake again and serve. Serve with a classic Greek salad of tomatoes, onion, green or black olives and vegetarian feta.

PER 75ML: 747 CALS, 82.5G FAT



“The beauty of traveling for me is to discover the tastes and flavours of other countries’ cuisines and Greece will forever be about simple everyday ingredients transformed by the sun – big juicy tomatoes and sweet sliced onions topped with brilliant white feta and a scattering of dried rigani, or Greek oregano. In full bloom, it reaches almost half a meter in height and has small white flowers. It is cut and dried in long stalks, with the flowers often still attached, and it is universally considered the king of oregano. You can buy packets of rigani in specialist food stores”

CHILLI AND SESAME SALAD



Makes 150ml
Ready in 10 mins

2 tsp caster sugar
1 tbsp rice wine vinegar
1/4 tsp salt
1 tbsp light soy sauce
2-3 tbsp peanut oil
1-2 tsp toasted sesame oil
1 large red chilli, seeded and finely chopped

1 Place the sugar, vinegar and salt in a small saucepan with 1 tbsp of cold water. Heat gently until the sugar dissolves, then increase the heat and simmer for two minutes. Remove from the heat, allow to go cold.

2 Place the cooled mixture in a jar with the remaining ingredients, seal the lid and shake well until evenly blended. Adjust seasoning to taste and serve. This is fab with a Chinese-style shredded rice noodle, vegetable and tofu salad.

PER 150ML: 439 CALS, 50G FAT

“The base of this dressing is a sweet and savoury syrup made with sugar and rice wine vinegar. The remaining ingredients are then whisked into the cooled syrup. You can use sunflower oil instead of peanut oil, if preferred”





BOOK SHELF

*INCLUDES NON-VEGETARIAN CONTENT



Recipes taken from Louise Pickford's *The Perfectly Dressed Salad** (£9.99, Ryland Peters and Small). Photography by Ian Wallace.

CHECK YOUR Oil

With so many culinary oils on the market these days, here's our roundup of what they are and what they're good for

CLEARSPRING ORGANIC TOASTED PUMPKIN SEED OIL

WHAT IS IT?

Oil made from toasted pumpkin seeds that tastes deliciously nutty.

HOW IS IT MADE?

It's naturally pressed in Austria using local Styrian Pumpkins. This variety of pumpkin is grown for its seeds, rather than its flesh and the seeds have no outer shell.

HOW IS IT GOOD FOR ME?

Styrian pumpkin seeds are packed full of vitamins and minerals including A, B1, B2, B6, C, D, E and K as well as calcium, zinc and omegas 3 and 6.

HOW SHOULD I USE IT?

Use it in dressings or to finish dishes. Try adding to orange juice and balsamic vinegar for a zingy dressing or drizzle it onto pumpkin soup.

FARRINGTON'S BRITISH COLD-PRESSED RAPESEED OIL

WHAT IS IT?

A luxurious oil made from rapeseed, the third most important crop for the UK after wheat and barley. Along with linseed oil, it is the only oil to be made in the UK.

HOW IS IT MADE?

It is cold pressed, which means the oil is gently squeezed from the seed at temperatures lower than 40C. Like extra virgin olive oil, it is only pressed once.

HOW IS IT GOOD FOR ME?

Rapeseed oil has half the saturated fat of olive oil and a great source of omega 3 and 6 as well as vitamin E.

HOW SHOULD I USE IT?

Hugh Fearnley Whittingstall likes to use it in his mayonnaise. Plus, our very own Rose Elliot thinks it's the best for roasting potatoes as it has a high smoke point.

ESSENCE OF EDEN 100% ORGANIC COCONUT OIL

WHAT IS IT?

It's an oil extracted from flesh of mature coconuts.

HOW IS IT MADE?

The coconut flesh is shredded or pressed (without heat) to expel the oil and water mixture which is then separated using a centrifuge.

HOW IS IT GOOD FOR ME?

It's a medium chain fatty acid which means it doesn't get stored as fat but instead goes straight to your liver to be converted into energy. Coconut oil is also rich in lauric acid, a saturated fat that enhances the immune system.

HOW SHOULD I USE IT?

Use it in your baking, frying, grilling, roasting, roasting, on toast or straight off the spoon. It's also a great moisturiser!

AVLAKI SINGLE ESTATE EXTRA VIRGIN OLIVE OIL

WHAT IS IT?

Olive oil is our most commonly used oil in home cooking and Avlaki's is of the highest artisanal quality.

HOW IS IT MADE?

Freshly picked olives are milled immediately and the organic oil is bottled in the UK, unadulterated and unfiltered.

HOW IS IT GOOD FOR ME?

Olive oil is a big part of the Mediterranean Diet, which many health experts recommend. Avlaki is exceptionally fresh so full of nutrients.

HOW SHOULD I USE IT?

A naturally fabulous companion to all Mediterranean food, as the flavour is so rich and powerful, we recommend using it in dressings, drizzled over finished meals and for dipping bread into.

CAROTINO HEALTHIER OIL FOR COOKING

WHAT IS IT?

Carotino is a unique blend of canola oil and red palm oil which are both derived from the fruit of the palm tree.

HOW IS IT MADE?

Red palm oil is obtained from the flesh of the oil palm fruit. It shouldn't be confused with palm kernel oil which comes from the kernel or seed of the palm fruit. They have very different chemical compositions.

HOW IS IT GOOD FOR ME?

It's full of antioxidants, vitamin A and E and omegas 3 and 6. Red palm fruit oil is the world's richest source of carotenes.

HOW SHOULD I USE IT?

It's ideal for all kinds of cooking, including frying, baking roasting and making salad dressings, sauces and marinades.

GRANOVITA ORGANIC HEMP OIL

WHAT IS IT?

It is the oil extracted from the seeds taken from a hemp plant.

HOW IS IT MADE?

It is cold-pressed which means the nutrients naturally found within the hemp seed are retained throughout the process.

HOW IS IT GOOD FOR ME?

Just one tablespoon a day provides you with all the essential fatty acids you'll need. It is low in saturated fats and it is known for alleviating the symptoms of eczema.

HOW SHOULD I USE IT?

Hemp oil has a relatively low smoke point and is not suitable for frying. Instead, drizzle it over cooked meals, use it to make dressings or add it to smoothies.

● **CLEARSPRING ORGANIC TOASTED PUMPKIN SEED OIL** (250ML) £7.99, WWW.CLEARSPRING.CO.UK

● **CAROTINO HEALTHIER OIL FOR COOKING** £2, SAINSBURY'S

● **AVLAKI SINGLE ESTATE EXTRA VIRGIN OLIVE OIL** £18, WWW.OLIVEOILAVLAKI.COM

● **ESSENCE OF EDEN 100% ORGANIC COCONUT OIL** FROM £10.50, WWW.ESSENCEOFEDEN.CO.UK

● **FARRINGTON'S BRITISH COLD-PRESSED RAPESEED OIL** (500ML) £4.30, SAINSBURY'S

● **GRANOVITA ORGANIC HEMP OIL** £6.74, WWW.GRANOVITA.CO.UK



Healthy Organic Oils Guide

Rich in
Omega 3



Organic Evening Primrose Oil:

• A rich and natural source of gamma linolenic acid (GLA)



Organic Omega Blend Oil:

- Ideal EFA (including Omega 3) ratio for the modern western diet
- A blend of...
 - Flax Oil
 - Hemp Oil
 - Sesame Oil
 - Pumpkin Oil
 - Evening Primrose Oil



Organic

Cold Pressed

Vegan & Vegetarian

Organic Pumpkin Oil:

- Rich source of zinc
- Contains both polyunsaturated & monounsaturated fatty acids



Organic Flax Oil:

- Rich in Omega 3 essential fatty acids (EFA's)
- Low in saturated fat
- A slightly sweet, strong nutty flavour



Organic Flaxseed Oil with Toasted Sesame:

- Rich in Omega 3 essential fatty acids (EFA's)
- Low in saturated fat
- A slightly sweet, and extra nutty flavour



Organic Omega Oil for Women:

- Rich in Omega 3
- A blend of...
 - Flax Oil
 - Sunflower Oil
 - Hemp Oil
 - Evening Primrose Oil
 - Avocado Oil
 - Toasted Sesame Oil
 - Rosemary Oil



Organic Hemp Oil:

- Over 80% essential fatty acids (EFAs)
- Ideal for the normal growth & development of children*
- Produced from organically grown hemp seed



*As part of a healthy & balanced lifestyle.



Follow us on Twitter: @granovitaUK
Find us on Facebook: granovita UK

www.shop.granovita.co.uk

www.granovita.co.uk

01933 273717

How can something so healthy taste so good?



granoVita



5 WAYS TO BOOST YOUR HEALTH TODAY!

Get healthier today by following our easy and practical advice

1 GO VEGGIE!

If you haven't already, embrace a meat-free diet, or at least more vegetarian meals. Meat is full of saturated fat which can lead to high cholesterol levels which increases the risk of coronary heart disease. One simple swap you can make is switching your pork bangers to Secret Sausages which have 90% less fat than their meat counterparts.



5 WATCH YOUR SALT

Eating too much salt can raise blood pressure, and having high blood pressure can increase your risk of a heart attack, so it's important not to eat too much each day. Salt is hidden in so many foods that we eat everyday, even breakfast cereals and bread! Secret Sausages contain 35% less salt than meat sausages and are a great way to start cutting down your salt today.



2 LEARN TO UNWIND...

Take 20 minutes each to remove yourself from daily distractions and enjoy a little 'me time'. Whether you spend that time reading a book, taking a walk or enjoying a nice relaxing bath, lowering your stress levels has been shown to be beneficial to health. It lowers your heart rate, reduces blood pressure and can even improve concentration levels. Plus, it's very enjoyable!



4 GET ACTIVE

Adults aged 19-64 should try to be active daily and include 2 hrs 30 mins of aerobic exercise and muscle strengthening a week to remain fit and healthy. It's much easier to build exercise into your routine: take a walk at lunch, go for a weekly swim with friends or ride your bike to the shops.

3 EAT YOUR 5+ A DAY



The NHS recommends that everyone aims to eat five portions of fruit or vegetables but some studies suggest we should be getting eight portions! Colourful fruits and vegetables contain an array of vitamins and minerals, as well as antioxidants which limit the damage that free radicals do to our cells. Three Secret Sausages count as one of your portions, and if you serve them with sweet potato fries (instead of normal potato) and a big salad, you've ticked off three portions in one easy dinner.



SECRET SAUSAGES

Secret Sausages come in six delicious flavours: Rosemary and Garlic; Honey Bee; Cumberland; Lincolnshire; Chilli and Coriander; and Cheese and Spring Onion. Get yours from Ocado for just £3.65, or find your nearest stockist at www.secret-sausages.com



COOK VEGETARIAN VEGGIE — AWARDS 2014 —

The Veggie Awards have become the most important accolades in the meat-free food industry and this year, you – our readers – chose the winners...

BEST NEW PRODUCT 2013/2014

New meat-free foods are launching onto the veggie market at a fantastic rate. Here's your pick of the best



QUORN HOTDOGS

Coming in handy packs of four, these hot dogs taste just like their meat equivalents. As they cook in two minutes, they make just as good a hearty snack as they do a light and tasty dinner.
www.quorn.co.uk

SECRET SAUSAGES

New kids on the block Secret Sausages did very well in the Veggies. They come in six delicious flavours, taste healthy and fresh and cook really easily too. If you haven't tried them yet, get some today!
www.secret-sausages.com

LINDA MCCARTNEY RED ONION AND ROSEMARY SAUSAGES

These bangers are always a hit with *Cook Veg* readers. They feature a succulent and juicy texture with a flavoursome seasoning, plus they cook perfectly every time too. We wouldn't mind serving these at Christmas.
www.lindamccartneyfoods.co.uk

BEST DAIRY FREE MILK BRAND

Whether you're vegan, a dairy-reducer or lactose intolerant, these days, you're spoilt for choice



2nd BLUE DIAMOND

It looks like almond milks are set to overtake soya milks and almond experts Blue Diamond has created a range of delicious milks (including a chocolate variety!) that are quenching thirsts up and down the UK.

www.bluediamondalmonds.co.uk



3rd RICE DREAM

Rice Dream is a popular choice as it's naturally low in fat and has a distinct taste. Plus, Rice Dream has branched out into other types of milks too, including oat, coconut and almond.

www.mydairyfreedream.com



1st ALPRO

With a range of drinks made from soya, hazelnut, almond and rice, which are all widely available, it's little wonder Alpro has worked its way into your hearts and your kitchens. If you haven't tried the almond version yet, it's well worth a trip to the supermarket.

www.alpro.com/uk

BEST VEGETARIAN RESTAURANT

There's nothing better than browsing a menu where nothing is off-limits, which is why special thanks has to go the meat-free eateries that work so hard for us, up and down the UK



tibits was started by three brothers in Switzerland (Christian, Daniel and Reto Frei), the idea of easy, healthy and delicious vegetarian buffet in beautiful surroundings is relished in the UK. "The tibits team are truly honoured to have won [this award]," says Reto. "We are passionate about producing delicious, healthy and imaginative food... and to have this recognised in this way is a real boost."



The only one of our winners to have more than one branch in the UK, the founder of **Bistro 1847** Damien Davenport is clearly set on world domination. And with his relaxed veggie fare, that changes from restaurant to restaurant (Manchester city centre, its suburb of Chorlton and Birmingham) we're sure he'll do it. Bistro 1847 is already searching for its next location. www.bistro1847.com



Greens of Didsbury was our longest established winner and is co-owned and run by TV chef Simon Rimmer. It's considered a bit of a Mecca by veggies, and a pilgrimage is well worth the trip. General Manager Caoilfhionn Chase said, "We are delighted to have won third place in such a prestigious competition judged by the people that really count – our customers!"

FAVOURITE VEGETARIAN CELEBRITY

With even Beyonce and Jay-Z trying 22-day vegan cleanses, it would appear that veggies and vegans are a little over represented in the land of celeb. Here are the stars you're particularly fond of...



This British comedian **Russell Brand** has been vegetarian since he was 14 but it was when he watched the infamous documentary *Forks over Knives* in 2011 that he went vegan, tweeting, 'I'm now vegan, goodbye eggs, hello Ellen' referencing famous American chat show host and vegan Ellen DeGeneres. Actor Brand said of winning Peta's Sexiest Vegetarian Celebrity in 2011, 'You shouldn't eat animals, it's mean to them.'



Anne Hathaway is most famous for her roles in *The Devil Wears Prada* and *Brokeback Mountain*. She used to describe herself as a "commitment-shy" vegetarian until she read *Eating Animals* by Jonathan Safran Foer and decided she could no longer eat fish. Since then, she went vegan to prepare for her role as Catwoman in *The Dark Knight Rises* and when she wants to indulge, Anne is a big fan of New York vegan bakery Babycakes.



Paul McCartney. The ex-Beatle went vegetarian with his wife Linda in early 1970s and has been one of the most vocal advocates for vegetarianism and animal rights. His wife Linda went on to launch Linda McCartney Foods and today, he and his daughters Mary and Stella now back Meat Free Monday to encourage everyone to eat less meat. Paul famously once said, "If slaughterhouses had glass walls,

BEST VEGETARIAN COOKBOOK

A good recipe book can feel like an old friend and when picking your favourites, you chose some excellent company

1st

RIVER COTTAGE VEG EVERY DAY BY HUGH FEARNLEY WHITTINSTALL

When Hugh Fearnley-Whittingstall became a meat reducer for the summer of 2011, it brought the issue of vegetarianism to the mainstream. *The River Cottage Veg Every Day* recipe book was the result and you loved it. Its use of simple ingredients and clear instruction brought a little of the River Cottage style to meat-free cooking, while the television show brought Tim Maddams from River Cottage HQ to *Cook Veg* HQ.

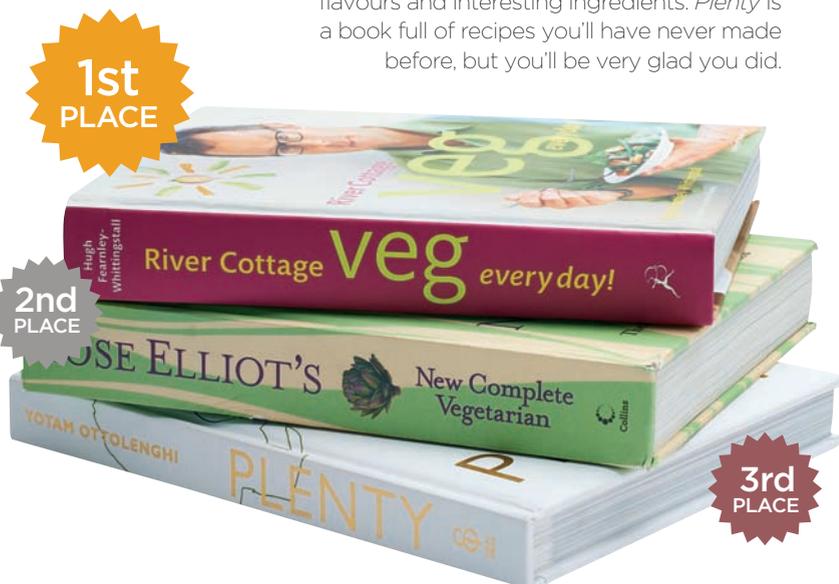
2nd

ROSE ELLIOT'S NEW COMPLETE VEGETARIAN

Here at *Cook Veg*, we think Rose Elliot is one of the most important people in vegetarianism. For years she has made meat-free cuisine simple, easy and delicious, but most importantly, her recipes work every time, making this book an essential with our readers. On winning, the *Cook Veg* columnist said, "I am very thrilled and touched to receive this award. Thank you so much for honouring my book in this way. *Cook Vegetarian* is a very special magazine, so friendly, inspiring and practical, and you, dear readers, are what makes it like that. It wouldn't be the same without you!"

1st
PLACE

2nd
PLACE



3rd

PLENTY BY YOTAM OTTOLENGHI

Ottolenghi has written The New Vegetarian column in The Guardian for years and while not a veggie himself, his Middle Eastern take on food brought to us recipes full of fresh flavours and interesting ingredients. *Plenty* is a book full of recipes you'll have never made before, but you'll be very glad you did.

3rd
PLACE

BEST HEALTH FOOD BRAND

Plenty of vegetarians enjoy living a healthy lifestyle and these brands help you to do just that

3rd

SUMA WHOLEFOODS

Suma is a great company. They make ethical foods and products for the home that are all fantastic quality and because they're a co-op, they pay all of their employees the same wage! We love their veggie pesto - make sure you add it to your first order.
www.suma.coop

1st

HOLLAND & BARRETT

With a huge line of quality nuts, seeds and dried fruits (which are essential for supporting any vegetarian diet) and stores in nearly every town, it's no wonder that H&B did so well in this category. Many of the shops have chiller sections too where you'll get to discover some veggie food brands you might not have tried. With friendly and knowledgeable staff, hats off to H&B for winning this prestigious award.
www.hollandandbarrett.com

3rd PLACE

1st PLACE

2nd PLACE



2nd

INNOCENT

With lots of real fruit and veg crammed into tiny bottles, innocent do something quite incredible; they make healthy drinks that are very, very enjoyable. With new flavours out all the time, plus their old favourites, it's very hard to get bored of this fun little food company.
www.innocentdrinks.co.uk

BEST VEGETARIAN WEBSITE

Whether it's recipes, advice or simply finding other like-minded people, the internet has been an incredible resource to people on restricted diets.



1st PLACE

www.cookveg.co.uk

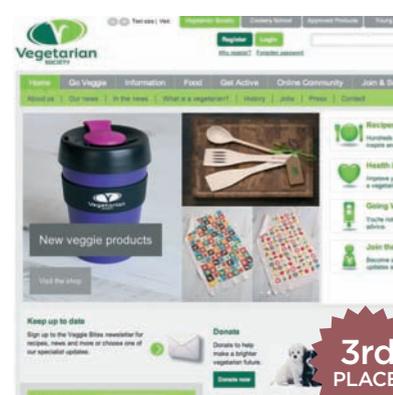
We promise, it's not a fix! With an ever-increasing number of recipes (872 at the time of going to print), we receive traffic from all over the world! Find recipes by your dietary requirement, ingredient, length of cooking and much more! Plus, exciting changes are afoot. Watch this space!



2nd PLACE

www.bbcgoodfood.com

It's little wonder this website came second. While it does contain meat recipes, its vegetarian section is large, full of inspiring recipes and easy to navigate. And with design and content this good, side stepping the meat recipes is well worth the effort.



3rd PLACE

www.vegsoc.org

An incredible resource for new and old veggies alike, here you'll find recipes, information (including ingredients to be wary of), a very active online community on its forums, information on joining the Vegetarian Society and much more.

BEST FREE-FROM BRAND

The free-from market is showing little sign of slowing down as we all get more aware of the foods our bodies struggle to cope with...



1st **Sainsbury's** has always worked hard with its free-from aise and they were the first supermarket to stock its own brand range back in 2002. Look out for its distinctive green and yellow packaging (and the Bakewell tarts, they're really good!).
www.sainsburys.co.uk

3rd PLACE

2nd PLACE

3rd **ASDA's** free-from line of foods is growing all the time and it'll soon be snapping on the heels of Sainsbury's. Their gluten-free range in particular, is amazing – especially their gluten-free couscous.
www.asda.com

2nd **Amy's Kitchen** is one of the largest vegetarian brands in the US which only came over to the UK in the last couple of years. While they're meat free, they're stocked in the free-from sections of supermarkets and here at Cook Veg, we're big fans.
www.amyskitchen.co.uk

BEST MEAT REPLACEMENT BRAND

Encompassing mince, banger, cutlets and more, here are your favourite meat replacement brands this year



1st It's little wonder that Quorn won your Best Meat Replacement brand. With a staggering range of products (from mince and chicken pieces to steak bakes and even Scotch eggs!), you'd be hard-pushed to find a meaty meal you couldn't make good with a little help from the orange-labelled veggie brand.
www.quorn.co.uk

2nd Linda McCartney came second this year and you love its gourmet adaptations of meat classics. While this range is a little smaller, it feels quite gourmet, with its Quarter Pounders with Mozzarella (sure to turn the most ardent meat fan) and Country Pies (think flaky pastry encasing savoury veggie mince in a delicious gravy).
www.lindamccartneyfoods.co.uk

3rd Luxury food experts Cauldron were your third choice and here at Cook Veg, we simply love their range of delicious tofu. From the marinated pieces to the smoked and herby varieties, Cauldron makes cooking with tofu easy and fun. Its range of falafel and sausages are great too. Find the largest range at Waitrose.
www.secret-sausages.com

BEST VEGETARIAN SUPPLEMENT

While a well balanced vegetarian diet is exceptionally healthy, taking a vitamin can act as a clever nutritional insurance for days when you're just too pushed to get all the vitamins you need

1st
PLACE



1st

HOLLAND & BARRETT

With fully trained staff who are able to advise you on which supplement is right for you, as well as a gigantic line of vitamins, minerals and extracts, Holland & Barrett was your top choice.

www.hollandandbarrett.com

3rd
PLACE



2nd
PLACE

2nd

SEVEN SEAS

Seven Seas make very good multivitamins specifically for vegetarians and vegans as well as this probiotic which is also suitable for veggies. Be careful though; lots have non-veggie ingredients and the packaging could be better labelled.

www.seven-seas.com

3rd

VEGANICITY

Now here's a range of supplements that is not only entirely veggie-friendly, but Vegan Society-approved too! The size of its product range can rival any of the big companies too.

www.veganicity.com

BEST HEALTHY OIL BRAND

We're all becoming more savvy to good and bad fats. Here is your roundup of the best on the market

2nd
PLACE

FRY LIGHT

With one calorie in every spray, the range of Fry Light cooking oils are a very low-fat alternative to other cooking oils. Available in olive oil, sunflower oil and butter.

www.frylight.co.uk

3rd
PLACE

GOOD OIL

Made from 100% cold pressed British hemp seed, GOOD Oil is richer in omega 3 than any other culinary oil - 25 times more olive oil with half the saturated fat.

www.goodwebsite.co.uk

2nd
PLACE

FLORA CUISINE

Perfect for frying, roasting and baking, this innovative product from the margarine experts is a blend of linseed, rapeseed and sunflower oils. It's lower in saturated fat than olive oil and high in omega 3 making it a very healthy option. Check out the website for baking conversions.

www.flora.com

1st
PLACE

BEST VEGETARIAN OR VEGAN CHEESE BRAND

Whether it's dairy or non-dairy, you guys are clearly fans of fromage

1st
PLACE



CATHEDRAL CITY

Mature Cheddar is currently the UK's favourite cheese and Cathedral City with its range of Mature, Extra Mature, Lighter and Mature Yet Mellow are great quality cheeses that are particularly good for cooking with.

www.cathedralcity.co.uk

2nd
PLACE



VBITES CHEEZLY

One of the most established vegan cheeses on the market, it comes in a whopping 10 different varieties, plus delicious breaded cheesy bites.

www.vbites.eu/food

3rd
PLACE

VEGUSTO

This Swiss company makes a range of vegetarian and vegan products but it's the dairy-free cheese that's really making waves. Definitely a brand to watch.

www.vegusto.co.uk

SUBSCRIBE TODAY

for your **FREE** Premier Housewares Condiment Set!

**RRP
£14.99!**



**Pay only
£9 every
3 months
saving
25%!**

The stylish Premier Housewares condiment set is a great addition to your dining table. The set includes a ceramic oil pourer, vinegar pourer and salt & pepper shakers. They are all contained on

a bamboo display stand with a chrome handle. Keep all of your condiments to hand with the practical and stylish storage set. For Stockists call Premier Housewares 0141 579 2000

3 EASY WAYS TO SUBSCRIBE...

 cookveg.co.uk/subscribe

 **0844 856 0648**
QUOTE CVE0414

 CVE, 800 Guillat Avenue, Kent
Science Park, Sittingbourne, ME9 8GU

Lines are open Monday-Friday 8am-8pm, Saturday 9am-1pm



Taste the goodness

OLIVADO Extra Virgin Avocado Oil



The story...

Olivado invented the process to make the world's first extra virgin avocado oil in New Zealand in 2000. Olivado is now the world's largest producer of extra virgin avocado oil, sold in supermarkets in more than 25 countries.

In 2007 Olivado set up an organic and fair trade programme in Kenya's Central Highlands, training small farmers in organic, sustainable techniques to help provide a market for their avocado crops. Olivado's Organic Fair Trade programme has increased the standard of living of more than 8000 people.

The taste...

The smooth, mild taste of ripe avocado. It's perfect for gentle heating in a frying pan as well as high heat of up to 255°C.

Use for:

- Panfrying and wok cooking
- Roasting, baking, grilling
- Drizzle over cooked vegetables for flavour and goodness
- Add a little lemon or vinegar for a simple salad dressing
- Dips, sauces and marinades

The goodness...

Avocado oil is one of the healthiest and most versatile cooking oils available.

- High in monounsaturated fat, vitamin E, lutein, Co Q10, plant sterols and glutathione, all essential for a healthy diet
- All natural, contains no trans fats, additives, preservatives or artificial ingredients
- Every 250ml bottle contains the oil of approximately 20 avocados



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

www.olivado.com

OLIVADO
Taste the goodness

COOKERY SCHOOL

This recipe from L'atelier des Chefs cookery school will have you churning perfect macarons every time



MASTER MACARONS

MACARONS WITH PEANUT BUTTER Caramel CRUNCH

€

Makes 12

Ready in 55 mins

• 350g icing sugar • 250g ground almonds • 215g free-range egg whites • 150g caster sugar • 40g chopped peanuts

For the filling

• 40g chopped peanuts • 125g caster sugar • 10g Lactofree Spreadable • 100ml Lactofree cream • 85g crunchy peanut butter • 55g Lactofree Spreadable

1 Preheat the oven to 150C/300F/ Gas 2. Toast the peanuts until golden, and set aside to cool.

2 Sift the almonds and the icing sugar together. Whisk the egg whites until fluffy. Add the caster sugar to the egg whites and continue whisking until you have stiff, glossy peaks.

3 Fold the ground almonds and icing sugar into the meringue mixture. Cut and fold the mixture with a spatula until all of the dry ingredients are incorporated and the mixture is smooth.

4 Spoon the mixture into a piping bag. Pipe 2cm circles in straight lines across a baking sheet lined with a silicone mat. Leave a 1cm gap between each macaron shell.

Drop the tray of macarons onto the work surface from about 30cm to remove any large air bubbles.

5 Sprinkle the cooled, chopped peanuts on top of each macron, and allow to rest at room temperature for 20 minutes or until the macaron shells are no longer sticky to touch.

6 Baking in the oven for 15 minutes. If you are baking lots of macarons, you may need to keep the oven door slightly ajar (with a spoon) to prevent steam building up in the oven. After 15 minutes, check the macarons are cooked by gently lifting a macaron at the edge of a tray. If the macaron does not stick, allow the tray of macarons to finish cooking on the tray as it cools. (See Cook's Tip.)

7 Now make the filling. In a dry, heavy-bottomed pan, melt the sugar until you have a medium-coloured caramel. Add 10g of the

Lactofree Spreadable to the caramel and stir in gently until completely absorbed.

8 Add the double cream and stir until incorporated. Remove the pan from the heat and stir in the crunchy peanut butter.

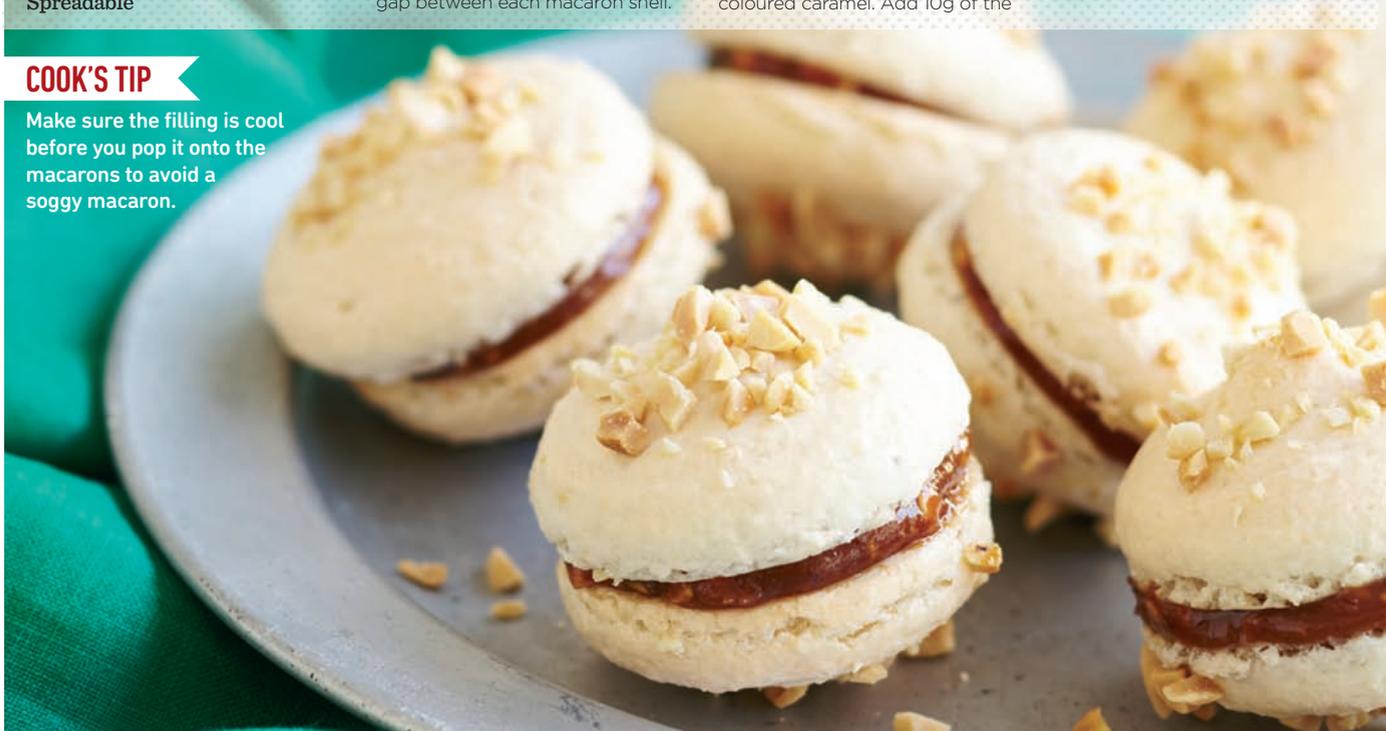
9 Pour the mixture into a mixing bowl and allow it to cool to room temperature. Once the caramel is cool, whisk in the rest of the Lactofree Spreadable by the spoonful until the mixture is glossy and smooth. Pour into a tray and refrigerate until the caramel is set.

10 Spoon the caramel into a piping bag and then pipe on the centre of half of the macaron shells. Top with a second macaron shell and twist gently to spread the mixture to the edges.

PER MACARON: 484 CALS, 25.16 FAT

COOK'S TIP

Make sure the filling is cool before you pop it onto the macarons to avoid a soggy macaron.



5 ways with...

POMEGRANATE MOLASSES

SELIN KIAZIM, HEAD CHEF OF TRIP KITCHEN & BAR (WWW.TRIPSPACE.CO.UK) SHARES HER FAVOURITE WAYS TO USE THIS INGREDIENT



1 ROASTED AUBERGINE & TOFU WITH CHILLI & GARLIC

Cut up 1 aubergine and 1 block firm tofu into big chunks. Coat with olive oil, chilli flakes and sliced garlic. Roast in the oven and when they are around 10 minutes off being ready, drizzle over some pomegranate molasses and pop back in the oven.

2 ROAST VEGETABLE SALAD WITH YOGHURT & MINT

Take a mix of vegetables like courgettes, red onions, peppers, butternut squash etc. Roast them all off, or even better, char-grill. While still warm add in a big dollop of Turkish yoghurt, shredded mint, crushed garlic and olive oil. Pop onto a plate and drizzle over some pomegranate molasses.

3 SWEET & SAVOURY POACHED FRUITS WITH CHILLI & RICOTTA

Make a syrup using water, sugar, a sliced chilli and pomegranate molasses. Add in a mix of dried fruits including dates, prunes and figs. Simmer for around 10 minutes. Serve with ricotta. Great for brunch piled on some thick cut toast!

4 GRILLED HALLOUMI, WILLIAM'S PEAR & TOASTED ALMOND SALAD

Toss together some salad leaves including rocket, sliced pear and toasted almonds with olive oil and pomegranate molasses. Serve with grilled halloumi for an intense burst of sweet, salty and sour flavours.

5 SPICED GRANOLA

If you are the granola making type, try using pomegranate molasses along with a little brown sugar, oil and a selection of your favourite spices to bind the granola. Bake in the oven until golden brown. If you like to buy your granola, sweeten it with pomegranate molasses and add a little yoghurt and icing sugar to taste.

THE RIGHT TOOL FOR THE JOB

Make breakfast an occasion with a few well selected pieces of tableware

EMERALD GREEN PANTONE 569 COFFEE MAKER £30, BERRY RED

The classic Italian coffee maker gets a makeover with this gorgeous colour from Pantone. It makes nine cups and comes beautifully boxed.



GREENGATE ZOE EGG CUP £4.50, DRIFT LIVING

There's no better way to start your day than a boiled egg with a little cracked egg with a little cracked black pepper. Serve yours in this blithe little stripy egg cup. Gorgeous!



SILVER HONEY BEE TOAST RACK £42.50 WHISKHAMBERS.CO.UK

Toast racks are making a come back and as most people don't own one yet, this silver one with its pretty little honey bee embellishment, would make a fantastic wedding gift.



HOW TO...

get more from your freezer



STOP WASTING FOOD AND GET TO GRIPS WITH HOW TO FREEZE FOOD INSTEAD, WITH A LITTLE HELP FROM THE BRITISH FROZEN FOOD FEDERATION

1 Freeze anything that comes in multiple portions in single or two portions. Separate pittas, veggie sausages and more in labelled freezer bags so you only defrost what you need.

2 Don't be afraid to cook from frozen. Lots of foods don't need to be defrosted before being popped in the oven, just check the label first. Most importantly, always cook vegetables from frozen as you'll lock in the nutrients.

3 Refreezing thawed foods is not advised. However, once cooked, frozen ingredients can be frozen again once they have cooled to room temperature.

4 If you love to keep your carbon footprint small, opt for frozen veggies and fruits when they're out of season. They're more likely to have been grown in the UK and simply frozen when they were at their best.

5 As a rule of thumb, most home freezers need to be kept at -18C or lower to ensure the best quality of frozen food. Luckily, new freezers require little or no defrosting but a good indicator that it is time to defrost is when you see around 1/2 inch, thickness of ice around the inside of the freezer.

New Skills

FROM THE
VEGETARIAN
COOKERY
SCHOOL

PHOTO BY ROB WICKS



COOKED TO PERFECTION

**THIS MONTH, RACHEL DEMUTH OF THE VEGETARIAN COOKERY SCHOOL TEACHES US TO HOW TO MASTER GRAINS**

At Demuths Vegetarian Cookery School, many students are mystified by how to cook grains, in particular quinoa and rice. Here are some essential tips on how to perfect your grain cooking.

KEEN QUINOA

Quinoa, (pronounced 'keenwa') is a pseudo grain from the Andes, where the Incas cultivated it. It's a relative of spinach rather than a 'true' grain.

It has a higher protein content than rice and has the added advantage over couscous in that it's gluten-free. Quinoa is now available in different colours; the red and black coloured varieties take longer to cook and absorb more water than the white so take care.

The key to cooking quinoa is to stir-fry in a little oil first, before adding the stock, then it cooks to beautiful fluffy spheres that keep their texture. Quinoa can be eaten in the style of a tabbouleh; try adding chopped tomatoes, cucumber and extra

parsley and mint or, for an exotic touch, opt for mango, lime, avocado, blueberry and fresh basil.

NICE RICE

Cooking rice depends on the type of rice; for long grain white Thai fragrant rice and basmati rice, rinse well, place in a saucepan, add cold water up to a finger knuckle, approx 2cm above the rice, cover with a tight fitting lid, bring to the boil and boil for one minute. Turn off the heat and leave to stand with the lid on for 10 minutes, then just fork through and serve at once. Add flavour to the rice with a few cardamom pods or star anise.

For wholegrain rice cook in plenty of water until the grains are tender, which takes 20 minutes.

Indonesian glutinous rice (known as sticky rice) needs to be soaked overnight before cooking. Then rinse the rice and place in a pan with five times the amount of water. Bring to the boil and then simmer, uncovered for one hour or until all the water has been absorbed. Black rice cooked with a vanilla pod and palm sugar and served with coconut cream makes a lovely vegan dessert.

**MAKE PIZZA DOUGH LIKE XANTHE CLAY****Enough for 2 x 35cm pizzas****Ready in 2 hrs**

* 450g strong white bread flour * 1 1/2 tsp easy-blend yeast * 1 tsp olive oil * pinch of salt and pinch of sugar

1 Put all the ingredients in a bowl with 250ml warm water. Mix to a soft dough (adding a little more water if it feels stiff) and knead for 10 minutes, pummelling it until it is smooth and stretchy. (If you have a table-top mixer with a dough hook, 45 seconds with that will be long enough.)

2 Put the dough in a bowl and cover with clingfilm. Leave to rise at room temperature for 1 1/2 hours until doubled in size, then knead again for a few seconds. Unless you intend to use the dough straight away, just give it a very brief knead every hour or so to return it to its original size.

PER PIZZAS: 841 CALS, 5.9G FAT**QUINOA AND ROASTED CASHEW PILAU**GF 

"Spicy quinoa and roasted cashew nuts combine in this delicious salad which is just as great for a work lunch as it is as part of a mezze or tapas spread. Perfect with a crisp green salad"

Serves 2**Ready in 40 mins**

- * 1 tbsp rapeseed oil
- * 100g quinoa, rinsed and drained
- * 225ml boiling water or vegetable stock
- * 1/2 lemon, zest and juice
- * 1/2 tsp paprika
- * 60g cashews, roasted
- * 20g pumpkin seeds, roasted
- * 2 tbsp parsley, roughly chopped

1 Heat the rapeseed oil in a saucepan and add the quinoa, stir, coating the grains in oil and fry for a minute until the grains smell nutty. Add to the quinoa the water or stock, spices, lemon juice and zest.

2 Simmer on a low heat, covered for 15 minutes, until all the liquid is absorbed and the quinoa grain has burst.

3 Turn the heat off, keeping the lid on; leave the quinoa to sit in the remaining steam, for 10 minutes to finish cooking. Then fluff up the quinoa with a fork.

4 Stir in the roasted cashews and pumpkin seeds and parsley. Taste for seasoning.

PER SERVING: 477 CALS, 29.8G FAT**CHECK OUT THE WIDE RANGE OF COOKERY COURSES:
WWW.VEGETARIANCOOKERYCOURSE.COM**

PHOTO BY ROB WICKS

Cook your Best Ever... Grains



GRAINS AND SPROUTED GRAINS ARE NUTRITIONAL POWERHOUSES SO HERE'S OUR GUIDE TO COOKING THEM

A wide variety of seeds, pulses and grains are suitable for sprouting, and can be eaten raw in salads (a mixture is good) or cooked. Grain sprouts like wheat, barley or rye can be used in breads or stir-fries.

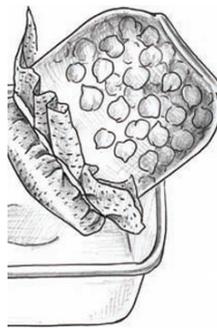
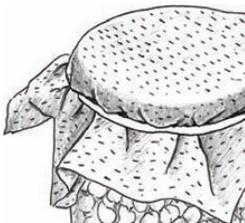


1 Soak your chosen seeds, pulses or grains overnight in plenty of cold water.



2 Rinse really well in a colander or fine sieve. Grains have to be especially well rinsed, as they will develop a gelatinous coating.

3 Place a couple of tablespoons of the rinsed seeds or 50g of the pulses or grains in a clean jam jar and cover with muslin (cheesecloth), securing the fabric tightly around the neck of the jar with a rubber band.

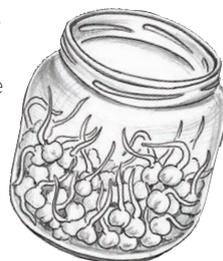


4 Set the jar at an angle in a small tray or bowl and leave out of direct sunlight.

5 Carefully rinse the jar and its contents twice a day to prevent mould from growing, replacing the fabric and returning the jar to its angled position each time.



6 Depending on what you are sprouting, you should start to see little shoots after 2-3 days, and they can keep growing for up to 8 days if you want the sprouts to be long. Once your sprouts are ready, you can keep them in a sealed container in the refrigerator for a couple of weeks.



SPELT, FIG AND POMEGRANATE SALAD



Serves 4
Ready in 45 mins

150g spelt
1 1/2 tbsp extra-virgin olive oil
2 tsp white balsamic vinegar
salt and freshly ground black pepper
1/4 small red onion, sliced wafer-thin
2 tbsp flat leaf parsley, roughly chopped
1 tbsp mint, chopped
8 fresh ripe figs, tips snipped off, halved or quartered depending on size
seeds from 1/2 pomegranate

1 Put the spelt into a saucepan and cover with plenty of cold water. Bring to the boil, reduce the heat and cook until tender, about 30 minutes. Drain and immediately mix with the olive oil, vinegar and salt and pepper. Stir in the onion and herbs. Season the cut side of each fig with salt and pepper and gently toss into the spelt. Add the pomegranate seeds just before serving as they tend to bleed their juice.

PER SERVING: 239 CALS, 6.86 FAT

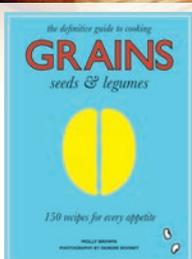
COOK'S TIP

If your figs aren't quite ripe, cook them in a chargrill pan and drizzle with a little honey before tossing into the salad



BOOK SHELF

Recipes taken from *Grains** by Molly Brown (Hardie Grant, £20.00) Photography by Deirdre Rooney and illustrations by Alice Chadwick.



*INCLUDES NON-VEGETARIAN CONTENT

CALLING ALL Chocoholics!

Online kitchen emporium **Cream Supplies** sells everything the curious chef could want, including this innovative range of cocoa products



MONIN SAUCE WHITE CHOCOLATE £3.99

With an intense and velvety cacao flavour, this white chocolate sauce is gorgeous drizzled over desserts or stirred into hot milk for an incredible mug of cocoa.

BOOJA BOOJA EASTER EGGS, FROM £8.99

These vegan and gluten-free Easter eggs are to die for. Oozing with luxury, the eggs come in papier-maché cases which are lovingly hand-painted.



KOKOA COLLECTION CHILLI SUGAR £2.99

Chilli pairs incredibly well with chocolate so for a fabulous hot chocolate, top with whipped cream and sprinkle with this spicy chilli sugar.



DRINK ME CHAI CHOCOLATE CHAI £2.29

This line of drinks is a delicious blend of sweetened tea, milk and spices, and in this version, chocolate too!

FRESHBURST CHOCOLATE PEARLS £7.99

Freshburst Pearls are delicately covered balls of liquid flavour that bring an exciting dimension to any meal.



SPECIAL INGREDIENTS CHOCOLATE POPPING CANDY £3.98

Popping candy tingles and fizzes in your mouth when it comes into contact with saliva, and is fantastic for injecting a little magic into your homemade chocolates, or sprinkled over homemade desserts.

FIND ALL THESE GREAT PRODUCTS AND MORE, AT WWW.CREAMSUPPLIES.CO.UK



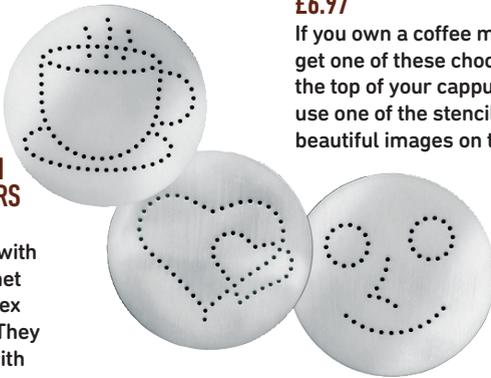
**THE BITTER TRUTH
CHOCOLATE BITTERS**
£13.99

Experiment more with your cocktail cabinet using these complex chocolate bitters. They work fabulously with darker spirits.



MOTTA CHOCOLATE SHAKER WITH STENCILS
£6.97

If you own a coffee machine, you simply have to get one of these chocolate shakers. Either dust the top of your cappuccino with fine cocoa, or use one of the stencils provided to create beautiful images on top of your frothy coffee.



**MONIN SYRUP
CHOCOLATE MINT**
£5.99

Use this premium syrup in cocktails, non-alcoholic drinks, desserts and more.



**JESSICA'S RAW
CHOCOLATE RECIPES**
£6.39

Raw chocolate contains many important vitamins and minerals that are otherwise lost during processing. This hardback book, written by a nutritionist, is packed with lots of beautifully photographed, quick-and-easy raw recipes. A guilt-free indulgence. (Cream Supplies will be stocking a range of raw chocolate very soon so keep an eye out for it on the website.)



**INSPIRAL ORGANIC RAW BITES
SUPERFOOD CHOCOLATEY** £1.19

The nuts, seeds, dried fruit and raw cacao in these nutritious balls give you sustained energy and leave you feeling fuller for longer.

**INSPIRAL ORGANIC RAW KALE CHIPS
CACAO AND CINNAMON** £1.99

Kale and cacao are very, very good for you and are even healthier when they're slowly dehydrated instead of cooked, as they are in this surprisingly moreish snack.

KOKOA HAITIAN £16.99 (1KG)

Simply pop a couple of these little 75% cocoa solids discs in your mug, and make yourself one of the most indulgent hot chocolates ever. The cocoa used in these is sourced from a Haitian co-operative and a contribution on all sales will be made to Hands of Hope, a charity set up to help the people of Haiti.



**SILIKOMART CUBO SILICONE
CHOCOLATE MOULD** £4.98

Making your own chocolates is easy. Just melt your favourite bars, add other flavours or nuts if you want to and chill to reset.

Thinking of going veggie?

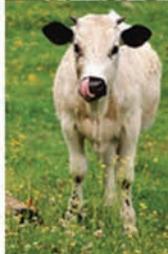
Let us help you by becoming a member today.

Join the Vegetarian Society and you will:

- **Be proud** to be part of the biggest vegetarian community in the country
- **Stay informed** with our quarterly members' magazine packed with recipes, news and tips
- **Save money** with hundreds of exclusive veggie-friendly discounts around the UK
- **Feel supported** by our dedicated staff and popular Mentor Scheme
- **Get involved** in forum discussions and volunteering opportunities

Join today by Direct Debit from just £1.75 a month and get three months membership free. Just quote CV0414 when joining.

www.vegsoc.org/join



Vegetarian
SOCIETY

Promoting the benefits of a vegetarian lifestyle thanks to your generous support

0161 925 2000

www.vegsoc.org

membership@vegsoc.org

Charity No. 259358

A World of Inspiration from



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.

Food that speaks for itself...

Meat Free Chicken Biryani with Fry's Meat Free Chicken Style Strips

Free from... meat, fish, eggs, dairy products, GM ingredients, hydrogenated fats, cholesterol, artificial colours & preservatives



Available on-line from Ocado and Goodness Direct

In the freezer cabinet of local health stores; selected products at Holland & Barrett

Also available to caterers through 3663 and Creed – who supply pubs, cafés, clubs, hotels, schools, colleges, universities, care homes, hospitals and leisure centres

Further details from Fry's Distribution 01489 574593
info@frysdistribution.co.uk www.frysvegetarian.co.uk

Ask ROSE

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



Q IS THERE NUTRITIONAL ADVANTAGE IN BUYING ORGANIC NUTS OR ARE THE CHEAP NON-ORGANIC NUTS JUST AS HEALTHY?

Lou Eifler, via Facebook

A In a perfect world, I'd always choose organic for any produce, including nuts, because I believe it to be healthier both for us, and for the planet. However, that's not always possible. One problem with nuts is that being fatty, they absorb poisons. On the other hand, we don't eat nuts in the large quantities we might eat, say, greens, spinach, carrots, or potatoes, all of which I buy

organic if possible, also apples, strawberries, cantaloupe melons, milk, bread, and butter, coffee, tea and bananas as research has shown these are the most sprayed.

When buying almonds, if they're not organic, avoid those from the USA as they're heat-treated, or 'pasteurised' so they don't sprout (because they're 'dead!') and thus last longer on the shelf. With any nuts, always buy the freshest you can find, keep them in the fridge, and use quickly!

Q WHAT CAN BE USED AS EGG SUBSTITUTE IN RECIPES REQUIRING EGGS?

Shilpa Joshi-Mulay, via Facebook

A It's surprising how many recipes that are traditionally made with eggs can be made perfectly well without. Sometimes you can just omit the eggs; other times, there are great alternatives that I prefer to bought 'egg substitutes'. Here's what I do...

Burgers, nut and pulse loaves:

Add less liquid to the mixture, and mash it so it holds together. You can also add cooked rice, breadcrumbs, or mashed potato to help bind it.

Quiches: Blend tofu until creamy, season and flavour with Dijon mustard, herbs, crushed garlic; put fried onions and cooked vegetables into a pastry case, pour over the tofu mixture and cook as you would a normal quiche.

To coat burgers, rissoles, instead of beaten egg: Mix cornflour and water to a thick, sticky paste. Dip your burger, pieces of vegetable etc in this, then into dry crumbs.

Cakes: Many cakes can be made without eggs. Try beating together 175g self-raising flour, 3 tsp baking powder, 75g caster sugar, 115g ground almonds, 6 tbsp oil, the grated rind of an orange and its juice made up to 300ml with water of soy milk. Divide between 2 sandwich tins, bake at 180C/350F/Gas 4 for about 20 minutes until springy, sandwich with jam when cool.

Pancakes: Make a thickish batter with chick pea flour and water. Shallow-fry spoonfuls on both sides in sizzling oil.

Q I OFTEN COOK VEG, STOCK AND LENTILS IN A POT, BUT I CAN'T SEEM TO SEASON IT PROPERLY! WHAT WOULD YOU DO?

@Moonshine, via Twitter

A Start by frying an onion and some garlic or ginger before adding the vegetables, rice, lentils, etc. This takes a little longer, but really adds to the flavour. I love ground cumin and coriander, and frequently add these, either at the beginning of cooking, with the onions or, if using dried beans and lentils, later, once they are nearly tender. If you add spices, salt or lemon juice before this, they may not soften.

Tasty stock is important – homemade if you've time, or a good bought one like Marigold bouillon. At the end of cooking, season with salt and pepper, and if the flavour needs perking up, try a squeeze of lemon juice, a dash of soy sauce, fresh chopped herbs, especially parsley and coriander. Or if it's very dull, which I hope it won't be if you follow these tips, you could always sizzle some chopped onion and garlic in a little oil and pour that over the top.

THE ETIQUETTE OF ETIQUETTE

“Manners maketh man” said William of Wykeham in 1404, and the phrase seems to have stuck. And although etiquette, and indeed, table manners have moved on greatly since the Knights of the Round Table, we are still conscious of ensuring we use the correct cutlery, as well as avoiding offending a fellow diner with our loud chewing, chomping or slurping.

But did you know that much of today’s etiquette was established in the French royal court during the 17th and 18th centuries? In between preening sessions and raucous parties, the nobles developed elaborate social customs to avoid boredom. They

drew up a list of what they deemed to be correct social behaviour and called it etiquette, a word from old French. This code of conduct spread like wildfire and was adopted by the upper classes throughout the Western world. And from here, table manners have evolved. For example, it is drummed into us from childhood that we must keep our elbows off the table, although recent etiquette experts have elaborated that this only applies to when we are actually eating. (You can dine out on that piece of trivia for months). And international etiquette is a whole other matter, with many fearing that World War III could break out over dinner...



WE NEED TO TALK ABOUT MANNERS

Pull up a seat and read on for our guide to dining etiquette in 2014

SOCIAL DINING CAN BE A MINEFIELD THESE DAYS. ARE ELBOWS ALLOWED ON THE TABLE NOW, OR IS IT STILL A HUGE FAUX PAS? IS IT CONSIDERED RUDE TO MOP UP YOUR LEFTOVERS WITH A SLICE OF BREAD? AND WHEN IS IT ACCEPTABLE TO TIP, AND HOW MUCH? LAURA ATRI GETS STUCK IN

TIPS ON TIPPING

Although not as tip-happy in the UK as our friends across the pond, it is still customary that a minimum 10% tip will be left when eating out; although being over-generous can be criticised, too. David

Cameron made the headlines in 2013 when he left a £50 tip in Pizza Express, for a meal that cost £45 – many claimed this was ostentatious. However, we think the waiting staff might disagree!

WHERE NOT TO TIP

Japan – it just isn’t done. The price is the price.

China – tipping has historically been illegal in China and still is in some parts.

Singapore – tips are discouraged in hotels and many tourist attractions.

TOP TIPS



WILLIAM HANSON, THE UK’S LEADING EXPERT IN PROTOCOL AND ETIQUETTE, ON TABLE MANNERS IN 2014

* In Western dining, good table manners are all about minimising others’ awareness that you are eating. Therefore, elbows in, mouths closed, wrists low, and the



food is brought to our mouths (not the other way round – despite what some may do!)

* If you are ever unsure about what to do in a specific situation, watch the hosts or the most learned guest. If they are doing it, then they will think it is correct – even if it isn't!

* I would define table manners as eating with style, grace and consideration for your dining companions and respect for the cook and the food.

TABLE MANNERS

Eating out in public can cause all manner of conundrums. You want to enjoy your meal, but equally, you must remember that you are in a public place and that rules have to be observed. Magdalena Marchwiany, Guest Relations Manager at restaurant Tibits in London, reveals, "We had a customer who brought her own food in. When we pointed out that this wasn't normal restaurant etiquette, she haughtily said that

there was nothing in writing in the restaurant to forbid it. Another time we had a customer bring in meat to accompany food, which as a vegetarian restaurant may not be the wisest idea. They were secretly adding slices of ham, which we later retrieved from the floor!" Magdalena concludes that, "We are informal, but basic etiquette still exists. There was one customer who ate our olives, but spat the pips out on the floor!" Charming.

INTERNATIONAL

It is interesting taking a peek at other traditions and cultures. If you are ever in Japan enjoying soup and noodles, it is good manners to slurp as loudly as you can to show your appreciation. However, never lick or cross your chopsticks or stick them vertically into rice – it's considered very rude. And while in the UK, burping will guarantee offence, it is seen as a sign of your satisfaction and a compliment to the chef in China. But, never ask for cheese in Italy, unless it has been offered to you. It is considered to be sacrilege to add extra cheese to your pizza, and could result in the chef chasing you out of the restaurant! Finally, never offer to half the bill in France – it is seen as the height of unsophistication – offer to pay the whole bill, or wait for someone else to offer.



Eat your *Greens*

Make greens the star of your dishes with these leafy treats from Darina Allen at Ballymaloe Cookery School



“This recipe comes from my brother Rory O’Connell. During the 5-6 weeks when wild garlic is in season, it is woven in and out of the menu at the School every day. There are two types of wild garlic; the wider-leafed *Allium ursinum*, which grows in shady places along the banks of streams and in undisturbed mossy woodland, and *Allium triquetrum*, with long thin leaves, which grows alongside roadsides and country lanes. The latter is also known as the three-cornered leek or snowbell because it resembles white bluebells”

WILD GARLIC CUSTARD



Serves 8

Ready in 1hr

melted butter, for greasing
250ml double cream
250ml milk
4 free-range organic egg yolks
100g vegetarian Parmesan-style cheese, finely grated
sea salt and freshly ground black pepper
pinch of cayenne pepper
3 tbsp wild garlic, finely chopped

To serve

wild garlic flowers, to decorate (optional)
fingers of plain toast or triangles of Melba toast

1 Preheat the oven to 150C/300F/ Gas 2 and brush the inside of eight deep ovenproof pots or ramekins (approx. 75ml) – we use deep shot glasses – with melted butter.

2 In a mixing bowl, whisk the cream and milk with the egg yolks and the finely grated cheese. Season with salt, freshly ground pepper and a pinch of cayenne pepper. Whisk again. Add the wild garlic to the custard at the last minute and immediately pour into the pots or ramekins.

3 Fill a roasting tin with hot water and put in the pots; the water should come about two-thirds of the way up the sides. Cover the tops with a sheet of greaseproof paper. Depending on the depth of the pots, bake for 30-45 minutes in the preheated oven or until the



mixture has just set. A skewer inserted into the centre should come out clean when they are perfectly cooked.

4 Serve decorated with some wild garlic flowers, if using, and a few fingers of plain toast or triangles of Melba toast.

PER SERVING: 248 CALS, 23.7G FAT

KUKU KADOO – PERSIAN COURGETTE OMELETTE



Serves 6-8

Ready in 45 mins

2 tbsp extra virgin olive oil, plus extra for greasing
450g onions, finely chopped
3 garlic cloves, peeled and crushed
1/4 tsp grated fresh root ginger
6 small courgettes, halved lengthways and cut into thin slices
8 organic free-range eggs
1 tsp ground turmeric
3 tbsp plain flour



1/2 tsp bicarbonate of soda
sea salt and freshly ground black pepper

To serve

flat-leaf parsley sprigs and sumac

1 Preheat the oven to 180C/350F/Gas 4 and grease a 25cm (10in) gratin dish with a little oil.

2 Heat the oil in a frying pan over a medium heat. Add the onion, garlic and ginger, cover with a lid and sweat for 6-8 minutes until soft but not coloured. Add the courgettes, season with salt and pepper and cook for 6-8 minutes, stirring constantly.

3 Whisk the eggs in a large mixing bowl with the turmeric, flour and bicarbonate of soda. Add the cooked courgette mixture to the eggs and stir well. Pour into the greased gratin dish and bake for 25-30 minutes until just set. Serve sprinkled with parsley sprigs and sumac.

PER SERVING: 182 CALS, 11.6G FAT



BOOK SHELF

Recipes taken from *30 Years at Ballymaloe* by Darina Allen (Kyle Books, £30) Photography by Laura Edwards.

INCLUDES: NON-VEGETARIAN CONTENT

“My mother always grew curly kale as a winter vegetable in the kitchen garden behind our house in Cullohill. She would wait for a couple of nights of frost before picking it, as she quite rightly felt that the frost sweetened the taste, turning the starches into sugars as it does for many winter vegetables. She served kale, as many people did at that time, in only a couple of ways – in colcannon or as a green vegetable. We now use it at the School in a huge variety of recipes and dishes from salads, quiches and savoury tarts to crisps and healthy, energy-boosting drinks.”

PUMPKIN, GOAT'S CHEESE AND KALE TART



Serves 8
Ready in 1hr

175g white flour, spelt or wholemeal flour
pinch of salt
75g cold butter
beaten organic free-range egg with a little water, to bind
beaten organic egg white, to glaze

For the filling

450g pumpkin or butternut squash
1 tbsp extra virgin olive oil, plus extra for drizzling
2 tsp fresh thyme leaves
110g kale, raw and stripped off the stalk or 50-110g coarsely chopped rocket
75g spring onions, chopped
2 organic eggs
3 organic egg yolks
200ml double cream
25g vegetarian Parmesan-style cheese, grated
50g vegetarian Gruyère-style cheese, grated
150g vegetarian goat's cheese sea salt and freshly ground black pepper



To serve

1 Preheat the oven to 200C/400F/Gas 6. First make the pastry. Sift the flour and salt into a large bowl. Cut the butter into cubes, toss in the flour and then rub in with your fingertips. Keep everything as cool as possible; if the fat is allowed to melt, the finished pastry may be tough. When the mixture looks like coarse breadcrumbs, stop.
2 Using a fork to stir, add just enough beaten egg to bring the pastry together. Shape the dough into a ball with your hands – this way, you can judge more accurately if you need a few more drops of egg wash. While rather damp pastry is easier to handle and roll out, the resulting crust can



be tough and may well shrink out of shape as the water evaporates in the oven. As a general rule, the drier and more difficult the pastry is to handle, the crisper and shorter the crust. Flatten the pastry into a round, wrap in clingfilm and set aside to rest in the fridge for at least 15 minutes. This will make the pastry less elastic and therefore easier to roll.
3 Meanwhile, peel the pumpkin or squash and cut into 2.5cm (1in) chunks. Arrange on a roasting tin and drizzle with extra virgin olive oil. Season with salt and sprinkle over half the thyme leaves. Roast in the preheated oven for approximately 30 minutes or until tender.
4 Bring a large pot of water to the boil, add the kale (if using) and

blanch for two minutes; drain and refresh under cold running water. If you are using the rocket, there is no need to blanch it.
5 Line a 23cm (9in) tart tin with the pastry and bake blind for about 25 minutes. The base should be almost fully cooked after this time. Remove the parchment paper and beans, brush the base with a little beaten egg white and return to the oven for a further 3-4 minutes. This will seal the base and prevent the 'soggy bottom' effect.
6 Reduce the oven temperature to 180C/350F/Gas 4. Heat 1 tbsp oil in a sauté pan, add the spring onion, cover with a lid and sweat gently over a low heat for approximately six minutes or until almost soft.
7 Meanwhile, whisk the eggs and



egg yolks in a medium bowl. Add the cream, vegetarian Parmesan-style cheese, vegetarian Gruyère-style cheese, remaining thyme leaves, cooled spring onion and kale or rocket. Mix well and season to taste; heat a frying pan, cook 1 tsp of the mixture over a gentle heat for 2-3 minutes until it coagulates, and then taste. Correct the seasoning if necessary.

8 Add the chunks of cooled roasted pumpkin to the filling and crumble in the goat's cheese. Pour the mixture into the pastry case and bake in the oven for 30-40 minutes or until the centre has just set. Serve warm with a freshly tossed green salad.

PER SERVING: 464 CALS, 34.4G FAT

COOK VEGETARIAN



Digital edition is now available
on the Apple Newsstand!

Purchase your favourite mag either as a single digital issue or a full digital subscription. Stored on your phone or tablet, it's ready to read on the go, in bed or wherever your day may take you!



A NEW WAY TO ENJOY YOUR FAVOURITE MAGAZINE!

OUT NOW!



Once downloaded, magazines are stored in your library forever, so you can read again and again with no internet connection required!

* Please note, digital subscriptions will not include subscription gifts, nor cover-mounted gifts.



Pure *Indulgence*

Lisa Faulkner provides sweet succour
with a few scrumptious treats

PROPER OLD-
FASHIONED
SHORTBREAD

PEAR
TÂTE
TATIN





“We have spent the past few New Years out in a beautiful gîte in Normandy. Unfortunately Sarah, the owner, is selling it, but we will keep such lovely memories of our times there, most of them having

something to do with food. Sarah makes the most delicious pear tarte tatin – the first year we tried it we all took the recipe home and made it religiously for about six months, so I had to include it in this chapter. The pastry is flaky, not puff, and the trick is to just combine it and then leave it”

PEAR TARTE TATIN



Serves 6

Ready in 2 hrs

100g unsalted butter about 8 pears, peeled, cored and cut into quarters lengthways
100g caster sugar
1 vanilla pod
1 quantity chilled Flaky Pastry (see Masterclass)
ice cream or crème fraîche, to serve

1 Preheat the oven to 220C/425F/Gas 7. Melt the butter in a heavy-based frying pan over a medium heat and add the pears and the sugar. Split open the vanilla pod, scrape the seeds into the pan and drop in the empty pod. Stir so that the pears don't stick. Cook for about 20 minutes, then turn the heat up and cook for a further 10-15 minutes. You want the pears and sugary butter to go a lovely golden brown, all sticky and caramelised, but not burnt, so keep watching them and shake the pan to stop them from sticking. Pour the pears and juices into a 25cm (10in) pie dish, discarding the vanilla pod (or leave in the pan if it is ovenproof). **2** Roll out your chilled pastry on a floured surface to slightly larger than the pie dish. I keep it between the greaseproof paper and roll it



out that way, to about 1cm (½in) thick. Lay the pastry over the pears and tuck it in around the edges to form an upside-down tart. Bake in the preheated oven for about 30-40 minutes. Leave to one side to cool. **3** When cooled, place a large serving dish over the top of the pie dish or frying pan and carefully turn it over. Serve warm or at room temperature with ice cream or crème fraîche.
PER SERVING (NO ICE CREAM AND CRÈME FRAÎCHE): 399 CALS, 27.7G

TARTE AU CITRON



Serves 8

Ready in 1 hr 45 mins

For the Sweet Pastry
175g plain flour
20g icing sugar
100g butter

1 free-range egg yolk
1 tbsp water

For the filling
juice of 4 good-sized lemons
100g caster sugar
125ml crème fraîche
5 free-range eggs

1 Put the flour, icing sugar and butter into a food processor and pulse until the mixture resembles coarse breadcrumbs. **2** Add the egg yolk and water and pulse again, just until the mixture holds together. Tip the mix on to greaseproof paper and flatten to a disc. Cover with another sheet of greaseproof paper and carefully transfer to the fridge to chill for 30 minutes to firm up. Meanwhile, preheat the oven to 200C/400F/Gas 6. **3** Remove the dough from the fridge and, leaving it between the two pieces of greaseproof paper, roll out the disc to a slightly larger circle than a 23cm (9in) tart tin. Use the pastry to line the tin and then bake blind in the preheated oven for 12-15 minutes. **4** Remove the baking beans from the pastry and return the tart to the oven for a further 5-10 minutes. Leave to cool before filling. Reduce the oven temperature to 190C/375F/Gas 5. **5** While the pastry is cooling, make the filling. Using a wire whisk, whisk the lemon juice, sugar and crème fraîche together in a bowl. Whisk in the eggs one at a time. **6** Pour the lemon cream into the cooled tart shell and bake for 15-20 minutes until firm.
PER SERVING: 333 CALS, 19.9G FAT

PROPER OLD-FASHIONED SHORTBREAD



Makes 8-12 slices
Ready in 40 mins

175g plain flour
125g butter, cubed and at room temperature
50g caster sugar, plus extra for sprinkling
a good pinch of salt
1 vanilla pod, seeds scraped

1 Preheat the oven to 190C/375F/Gas 5 and grease a 23cm (9in) tart tin. **2** Put all the ingredients into a food processor and pulse until it forms a dough. Alternatively, mix by hand in a bowl. Roll out to a circle that fits the tin, taking care not to over-handle the shortbread. Press the mixture into the tin and fork the edges. **3** Bake in the preheated oven for 30-35 minutes until golden. As soon as the shortbread is out of the oven, cut it into 8-12 segments and fork holes in the top. Leave to cool in the tin. When cool, sprinkle with sugar.
PER SERVINGS (12 SERVINGS): 143 CALS, 8.8G

..... Flaky Pastry MASTERCLASS

SHOP BOUGHT MIGHT BE EASY BUT MAKING YOUR OWN IS SO SATISFYING!

FLAKY PASTRY



Makes enough for a 23cm (9in) pie
Ready in 10 mins

150g plain flour
a pinch of salt
100g unsalted butter, chilled and cubed
3 tbsps iced water

1 Tip the flour, salt and cubed butter into a food processor and pulse until you get a coarse breadcrumb mixture. Add the water and pulse again until the mixture just comes together – but before it forms a ball. **2** Turn the dough out on to some greaseproof paper and flatten into a disc. Put another sheet of greaseproof over the top and use a rolling pin to roll it a little flatter. Scrunch up the sides of the paper to seal the dough inside and then leave it to rest in the fridge for at least an hour before rolling out and using a for baking a pie or tart.

GIVEAWAYS

To enter this month's giveaways, visit www.cookveg.co.uk/giveaways or send a postcard to Chloe Hunt, Cook Vegetarian, 25 Phoenix Court, Hawkins Road, Colchester, CO2 8JY. Always state the prize you want to win



MEET COLIN

Abel & Cole work with small, independent family farms to bring the best veg into people's kitchens. This is Colin Andrews, who sends Abel & Cole a lot of his kale and cavolo nero. Kale is going down a storm this year (and those storms certainly rained down on the kale in January). Along with its weekly veg boxes, Abel & Cole send out recipes and tips to help their veg boxes use what they've got that week.



Kalespresso juice, a juicy alternative to coffee made from kale and apples, has been a recent favourite. Abel & Cole even made a step-by-step video guide, which you can see at www.abelandcole.co.uk/recipes (just search for kale in the recipe finder).

READER OFFER

GET A FREE COOKBOOK, FREE VEG AND FREE OLIVE OIL

Give Abel & Cole a whirl and you'll get a free cookbook on your 1st veg box, your 4th seasonal veg box free and a free bottle of extra virgin olive oil on your 4th delivery. Just go to www.abelandcole.co.uk and enter the code COOKVEG14 at the checkout.

TERMS & CONDITIONS

This competition is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each competition cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be on the coupon provided (or whichever means of entry form provided). It cannot be exchanged for cash, or replaced if lost or damaged. Illegible entries and those that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 28th March 2014. Winners will be notified by 23rd May 2014, a list of winners will be available in writing on request from Andrea Dickson, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

WIN A WEEKLY FRUIT & VEG BOX FOR A WHOLE YEAR

Cook Vegetarian has partnered up with Abel & Cole to offer you the chance to win a Medium Fruit & Veg Box for a whole year (once a week over 52 weeks). This pretty amazing prize, worth £975, means you'll be kept well stocked in potatoes, carrots, swedes, tomatoes, cabbages, aubergines...

A weekly veg box is a healthy habit that actually makes your life easier. Abel & Cole should know, the company has been delivering them for over 26 years. It's really easy. You go out, do your thing, and all those fantastic vegetables wait at home so you don't have to. Cooking from scratch with a weekly organic box is affordable and fun.



IN THE BEGINNING THERE WERE POTATOES...

Keith, as in Keith Abel, convinced his mum and two friends Paul Cole and Jules Allen to get up very, very early one morning and come with him to New Covent Garden Market. Before long they were in possession of an enormous load of potatoes, divvying them into 10lb bags. The question remained, would the kind people of Catford buy spuds from "a posh git with a suntan, still dragging his mother around with him?" (Keith's words.) They did. And they had a right laugh meeting them all.

It was when Keith met Bernard Govier, an organic farmer (he convinced Keith to try his potatoes) that he began to see the organic light. Keith says, "When I saw a shed full (literally) of chemicals with skull and



crossbone symbols all over them, it just didn't feel right."

Before long the only spuds Keith delivered were from an organic, agro-chemical-free farm. Soon, his loyal customers started wondering if they might have a more varied diet. The new weekly essential organic veg box extraordinaire was born. 26 years later, you can add other things to your veg box too (like bread, milk, cakes and some of the weirder looking veg as well).

DATA PROTECTION

Your details will be processed by Aceville Publications (publishers of *Cook Vegetarian*) in full accordance with data protection legislation. All entries become the property of Aceville Publications, publishers of *Cook Vegetarian*, Aceville Publications Ltd. and sister companies may wish to contact you with information of other services and publications we provide which may be of interest. Please tick here if you DO NOT wish to receive such information by Post Phone Email SMS . From time to time Aceville Publications will share details with other reputable companies who provide products and services that maybe of interest to you. Please tick here if you DO NOT wish to receive such information by Post Phone Email SMS .



Authentic, wholesome, easy-to-prepare and great tasting organic Japanese foods for optimum nutrition. Produced to traditional recipes using the finest ingredients without compromising on quality, flavour or ethics.



Japanese Miso

Sea Vegetables

Japanese Specialities

Japanese Noodles



Japanese Teas

Japanese Seasonings

Japanese Sushi

Japanese Snacks

www.clearspring.co.uk



QUALITY FOOD AWARDS 2013
FINALIST

Soil Association Organic Food Awards 2013 GOLD

Five Awards to date in blind tasting sessions for our centrifuged 100% Organic Coconut Oil 300g RRP £10.50

New for 2014:

Our 100% Organic cold press coconut oil RRP £7.50

Available: Independent health food stores, ReVital Stores, direct online at www.essenceofeden.co.uk via wholesalers: Tree of life & Infinity Food Coop.

Healthier cooking in a bottle!

Carotino Healthier Cooking Oil is packed with essential nutrients to give your diet a healthy boost!

- ✓ Pro-Vitamin A
- ✓ Vitamin E
- ✓ Omega 3 & 6
- ✓ Co-Enzyme Q10
- ✓ 100% natural

Available from:

TESCO
Every little helps

ASDA

Sainsbury's

M

Try something new today **MORRISONS**

Contains natural Antioxidants Vitamins A & E Omega 3 & 6

MILD & LIGHT WITH THE GOODNESS OF RED PALM FRUIT

Use a third less than other oils!

Vegetarian Society APPROVED



WIN
A DREAM HOLIDAY IN MALAYSIA

www.carotino.co.uk

Bill's ITALIAN

Make authentic Italian meals with
expertise from **Bill Granger**



“For parmigiana the aubergine is traditionally fried, which does give it a certain silkiness. I prefer to grill mine, leaving it with a touch of bite, as I find the cheese makes this dish rich enough”



AUBERGINE PARMIGIANA



Serves 4
Ready in 1hr

3 large aubergines, cut into 1cm rounds
2 tbsp olive oil
220g vegetarian fontina-style cheese, sliced
3 tbsp vegetarian Parmesan-style cheese, freshly grated
85g vegetarian ricotta cheese, crumbled
handful basil leaves for the tomato sauce
600g tinned diced tomatoes
2 garlic cloves, crushed
1 tbsp olive oil
pomegranate and flatbreads

1 To make the tomato sauce, simmer the tomatoes in a saucepan for two minutes. Remove from the heat and stir in the garlic and olive oil. Season with sea salt and set aside.

2 Heat the grill to medium. Place the aubergine onto lightly greased baking trays, drizzle with the olive oil and sprinkle with sea salt and freshly ground black pepper. Grill for 2-3 minutes on each side, or until golden and softening. Loosely cover with clingfilm and leave to cool on the trays. Preheat the oven to 200C/400F/Gas 6. To assemble the parmigiana, ladle a spoonful of the tomato sauce into the base of a 30cm round ovenproof dish.
3 Layer one-third of the aubergine on top, add half the fontina and a light covering of vegetarian Parmesan-style cheese. Repeat. Top with the remaining tomato sauce and aubergine, and finish with the ricotta, basil and a generous sprinkling of vegetarian Parmesan-style cheese. Cover with foil and bake for 20 minutes, then remove the foil and bake for a further 30 minutes, or until golden and bubbling. Leave to stand for a few minutes before serving.

PER SERVING: 355 CALS, 26.7G FAT



ORECCHIETTE, SPROUTING BROCCOLI AND CHILLI



Serves 4
Ready in 20 mins

350g dried orecchiette
350g sprouting broccoli, roughly chopped
30g butter
5 tbsp olive oil
½ tsp dried chilli flakes
2 garlic cloves, crushed
90g fine fresh breadcrumbs
freshly grated vegetarian Parmesan-style cheese, to serve

1 Bring a large saucepan of salted water to the boil. Tip in the orecchiette and broccoli and cook the pasta according to the instructions on the packet, until al dente. Drain.

2 While the pasta is cooking, heat the butter and 1 tbsp of the olive oil in a large frying pan over a medium heat. When the butter has melted and starts sizzling, stir in the chilli flakes and half the garlic. Tip in the breadcrumbs and fry, stirring, until golden. Transfer to a plate and return the pan to the heat.

3 Heat the remaining oil and garlic over a high heat. Stir for a few seconds, then add the drained pasta and toss until well coated, breaking up the broccoli. Serve scattered with the golden breadcrumbs and vegetarian Parmesan-style cheese.

PER SERVING (MINUS CHEESE): 647 CALS, 27.1G FAT

MOZZARELLA, ROASTED PEPPER AND CAPER PIZZA



Makes 4 pizzas
Ready in 30 mins

polenta, for dusting
plain flour, for dusting
basic pizza dough (see below)
4 tbsp passata
4 roasted red peppers in olive oil, drained
and cut into wide strips
2 x 125g balls vegetarian mozzarella
cheese, sliced
2 tbsp capers, drained
handful rocket leaves
extra virgin olive oil, to drizzle

1 Preheat the oven to 250C/480F/Gas 9 and dust four 30cm pizza trays or two large oven trays with polenta. Dust the work surface lightly with flour. Turn out the pizza dough and knead for one minute to knock back, then divide into four pieces. Cover with oiled clingfilm and leave to rest for 15 minutes.

2 Flatten out one piece of dough into a rough circle with the palm of your hand. Gently roll out to a 30cm circle and transfer to a prepared tray.

3 Spread 1 tbsp passata onto the pizza base with the back of a spoon and top with a quarter of each topping – the peppers, mozzarella and capers.

4 Bake for 8-10 minutes, until the base is coloured and crisp. Serve topped with rocket and a drizzle of olive oil.

PER SERVING: 288 CALS, 17.16 FAT

BASIC PIZZA DOUGH



Makes dough for 4 pizzas
Ready in 1hr

2 tsp dried instant yeast
1 tsp olive oil, plus extra for greasing
and brushing
1/2 tsp honey
375g strong white bread flour
1 tsp sea salt

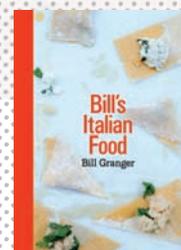
1 Pour 250-300ml tepid water into a small bowl, sprinkle in the yeast, add the olive oil and honey and whisk with a fork until dissolved. Set aside.

2 Mix the flour and salt together in a large bowl. Make a well in the centre and pour in the yeast mixture. Bring together to form a soft dough, then turn out onto a dusted work surface and knead well for 10 minutes, until smooth and elastic.



3 Place the dough in a lightly greased large bowl and brush the top with a little olive oil. Cover with oiled clingfilm and leave the dough to rise in a warm place for 45 minutes, or until doubled in size.

PER SERVING: 353 CALS, 2.76 FAT



BOOK SHELF

Recipes taken from Bill Granger's *Bill's Italian Food** (£20, Harper).

*INCLUDES NON-VEGETARIAN CONTENT

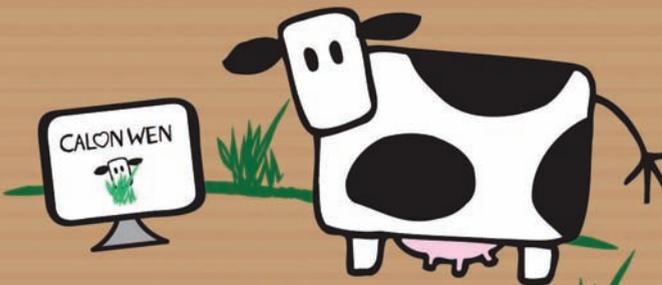
Flax Farm

Linseed Whole Foods

Delicious fresh cold-pressed linseed (flax seed) oil and lots of other lovely linseed-rich foods including our unique Flaxjacks, all naturally full of omega-3 and health-giving goodness.

Order UK-grown Linseed direct from the farm in Sussex: call 01403 268844 or online www.flaxfarm.co.uk

CALON WEN



BRAND NEW
WEBSITE & FARM SHOP

WITH DELIVERIES STRAIGHT TO YOUR DOOR!

WWW.CALONWEN-CYMRU.COM

Simply GOODER

Milk alternative



GOODwebsite.co.uk

50% of daily Omega3 in 1 glass

"When my son was turning 12m old I started to wean him onto whole cows milk, he hated it. I tried every trick in the book and he still hated it. We tried hemp milk and he really loves it! I also can't believe how many benefits there are with hemp milk. Thank you GOOD!" Faye

From Waitrose, Tesco, Ocado and Independent Health Stores.

Coming Next Month

IN YOUR MAY ISSUE OF

COOK VEGETARIAN

*Our
feel good
special*

*On sale
28th
March*

CAKES TO BRIGHTEN YOUR DAYS ☀

DINNERS THAT WILL GET YOUR FAMILY TOGETHER ☀

ASPARAGUS SEASON IS FINALLY HERE! ☀



PLUS ESSENTIAL COOKING ADVICE FROM MADHUR JAFFREY

vegetarian cookery school



Feel Good Healthy Food

Discover the best local produce, learn tips and be inspired by mouthwatering seasonal recipes.

Gift vouchers make perfect presents & are available from our website.

Demuths Vegetarian Cookery School
6 Terrace Walk
Bath BA1 1LN
Tel: 01225 427 938
info@vegetariancookeryschool.com
www.vegetariancookeryschool.com

The natural choice for wholesome, ethical vegetarian products



natural healthy wholefoods
organic vegetarian fairtrade
ethical Suma cooperative

Find our products in all good independent healthfood shops, wholefoods shops and groceries across the UK



Suma Wholefoods is a workers' cooperative specialising in fairly traded, organic and natural products. We are 100% vegetarian so you can rest assured our goods contain no animal products or derivatives.

Suma

Suma Wholefoods, HX5 9DB, Tel: +44 (0)1422 313840 www.suma.coop

My goodness!

With Mellow Yellow, we take every care to bring you the very best, so you can enjoy cooking delicious meals with our great tasting oil.

It's really healthy and brilliant for every kind of cooking. Oh, and it's perfect for stir frying!

*How will you
use your
Mellow Yellow
goodness?*



Half the saturated fat of olive oil

Home grown in harmony with nature

**FARRINGTON'S
MELLOW YELLOW**

www.farrington-oils.co.uk



TOM GORE

“The best advice I was ever given was from my mum. She’s a fantastic cook and inspired me to train to become a chef. She once told me that the best thing you can do with food is to have fun with it and enjoy yourself. I may have taken my culinary skills to a new level with regard to creativity and production, but I always create menus that are experimental, a bit of a challenge and, above all, fun. I love to play around with flavours, textures and presentation and I think my style of cooking has developed from the foundations of the advice my mum gave me.”

Tom Gore, executive chef at The Brewery

“Probably one of the most important things I’ve learnt over the years from the various kitchens I’ve worked in is to tidy as I go. If you wash up as you go and keep everything in order, and surfaces clean, it just makes for a more relaxing and enjoyable cooking experience. What I always do if I’m peeling veg or doing prep is to place a Tupperware next to my chopping board to put all the peelings and waste in, it saves a lot of time. Cooking is like anything, ‘tidy desk, tidy mind’ and that idea has always stood me in good stead.”



DHRUV BAKER

Dhruv Baker, Masterchef winner 2010 and author of *Spice – Layers of Flavour available to buy from 3rd July 2014 (£25/ eBook £12.99, by Weidenfeld & Nicolson).**

INCLUDES NON-VEGETARIAN CONTENT

The Best Advice I WAS EVER GIVEN...

In our quest to become better cooks, we are bombarded with tips and know-how every day, but what advice did the experts follow when they were learning the ropes? **Nicola Whiteford** quizzes some top chefs on their own cooking inspiration



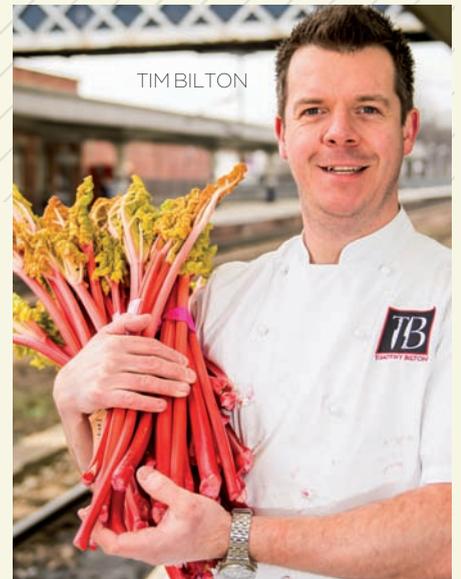
EDDIE SHEPHERD

“Some advice I was given that had a big effect on how I cook and opened up a lot of culinary possibilities for me came from a chef a few years ago who suggested I should look into sous-vide (low temperature, vacuum-packed cooking) for my vegetarian cooking. At the time this was a technique that was predominantly used by chefs for cooking meat and fish but on this recommendation I explored it further for vegetarian options and ended up finding it provided a variety of benefits. For instance, I can infuse flavours under vacuum, cook vegetables sealed so they retain all their delicious flavours (no flavour is lost in the cooking water), and I can precisely control the texture of ingredients. I’ve used sous-vide to cook eggs, vegetables, cheeses and even caramelize chocolate over a period of hours at very low temperatures. It’s been a really important cooking method for me over the past couple of years and as the price of the equipment comes down it’s something I think we will see in most households over the next ten years.”

Eddie Shepherd, modern vegetarian chef and author

“I spent two inspiring years training as a chef at Raymond Blanc’s Le Manoir aux Quat’ Saisons, and the most important piece of advice Raymond ever gave me was to ‘Taste everything. Taste it from the start, during the middle, the middle-of-the-middle, and again at the end’. His words have stayed with me throughout my career and have been instrumental in my development and success as a chef. Working with Raymond also encouraged me to champion seasonal local produce, and use it in my cooking wherever I can.”

Tim Bilton, The Spiced Pear at Hepworth, West Yorkshire



TIM BILTON

MARIA
ELLA

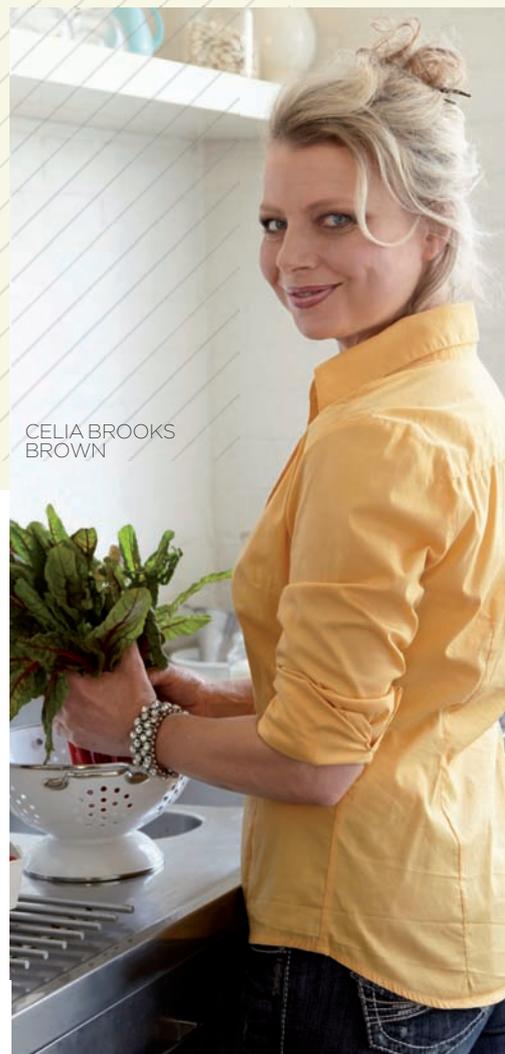
"I think the most important advice I was ever given was when I first started my training as a chef and that was to taste! Taste everything you make as you go. As a chef there's no way you can ever

serve/cook a dish you haven't tasted and checked for seasoning. It sounds obvious, but not everyone does it. Moving on from that is my experience at El Bulli, which taught me to 'think outside the box'. After my time at El Bulli I started to look at ingredients with an open mind. I cooked with products that complemented for example adding an ingredient for flavour, rather than because it was customary. I let my taste buds decide what was best. This helped me to relax and I discovered a new 'me' in the kitchen. It was an exciting transition and I've never looked back. I'd encourage anyone to experiment with flavours, there is no rule book when it comes to taste, so if you don't try, you'll never know!"

Maria Ella, chef and author

"My original mentor was artist Christiane Kubrick, wife of film director Stanley Kubrick. I learned to cook in their home kitchen and worked as their private chef for several years. Christiane introduced me to this miraculous combo: mayonnaise, dark soy sauce and freshly toasted sesame seeds. It results in an incredibly delicious sauce or dip that goes well with just about anything, especially eggs, potatoes and crudités – perfect for emergency entertaining! I use it all the time, usually with half yoghurt/half mayo or all yoghurt. It was a lovely beginner's lesson on how three ingredients can add up to more than the sum of their parts."

Celia Brooks Brown, cook and food writer

CELIA BROOKS
BROWN

"Very early on, some of the best advice I got was from the wholesale market. When I opened Greens I went to the market every day to learn about produce. There was one old guy who used to be on the stalls and I got know him well and the best advice he gave me was to never stop looking, respecting and feeling ingredients. When we start cooking we tend to overcomplicate things and use too many ingredients, but when you get it into your head that every ingredient you use should be respected, it makes such a difference to your cooking."

Simon Rimmer, TV chef, restaurateur and author of *Men Love Pies, Girls Like Hummus (£16.99, Mitchell Beazley).**



SIMON RIMMER

"My overall culinary knowledge was inspired by both my parents: Mum for letting me into the kitchen at a very young age and showing me things with her simplistic style which have always stayed with me. And Dad with whom I always looked forward to our weekend market visits to do the week's shopping. I learnt very early from him how to check ingredients to see if the freshness had been camouflaged and never to argue but move on if you are not happy. He would meticulously feel the vegetables before selecting. They were always good two hours plus shopping trips and I've never forgotten those lessons I learnt. They have held me in good stead."

Cyrus Todiwala, Chef Patron Cafe Spice Namaste and TV chef

CYRUS
TODIWALANATALIE
COLEMAN

"One thing I learnt recently, which really surprised me, was that when you make ice cream and custard, you need to cook the custard base to 80°C to get perfect results. It makes such a difference to the taste and consistency."

Natalie Coleman, *Masterchef* winner 2013

VEGFEST UK BRIGHTON

MARCH 29TH 30TH 2014

LOVE
VEGFEST UK

NEIL ROBINSON (EX-EVERTON FC)

JOHN ROBB (GOLDBLADE)

PASQUALE AMICO (AMICO BIO)

JANE EASTON (VIVA!)

SASKIA FRASER (RAW FREEDOM)

GARETH ZEAL TEEN VGN

**11AM-6PM
BOTH DAYS**

**AT THE HOVE
CENTRE
(BN3 4AH)**

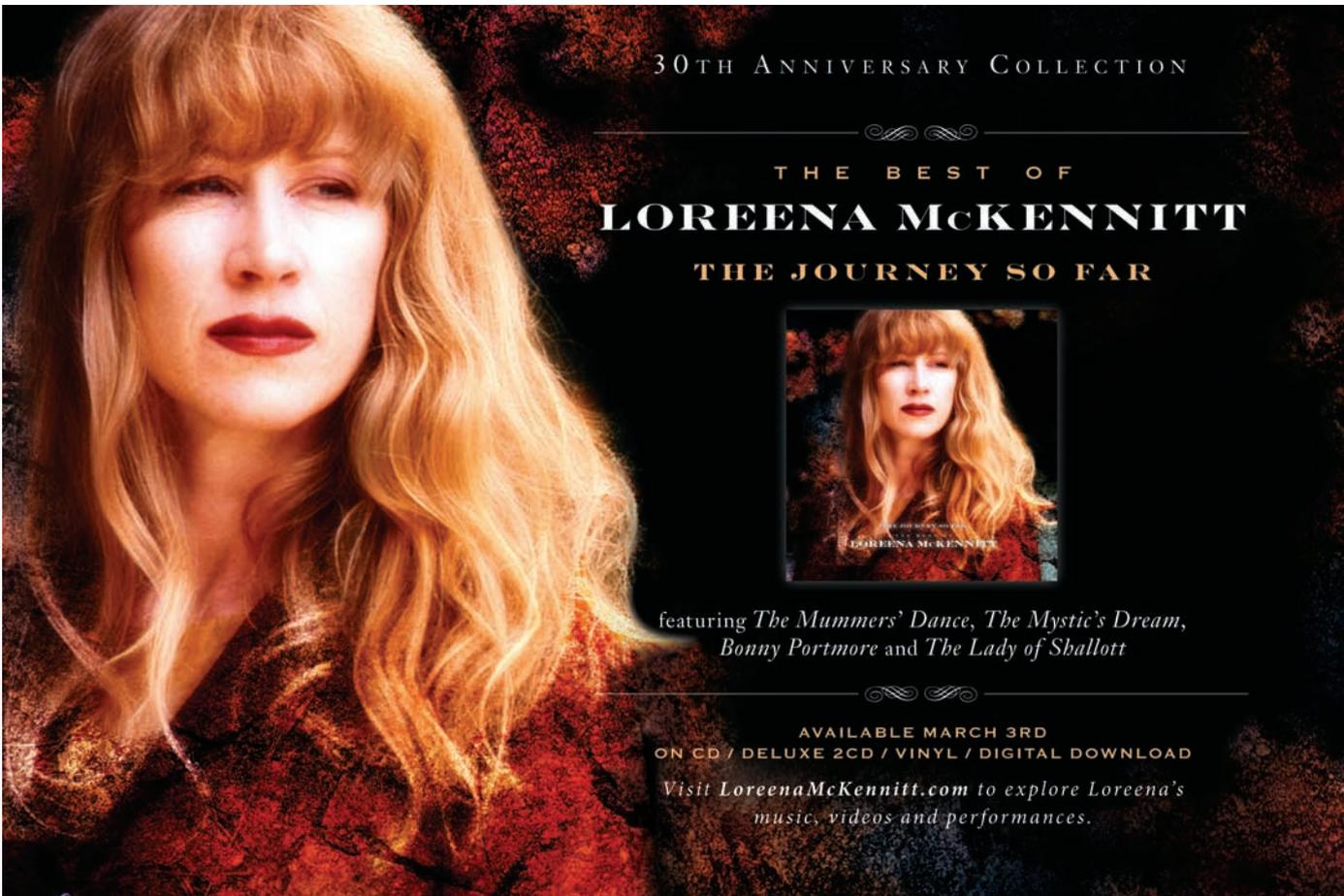
**135 STALLS - COOKERY DEMOS - TALKS - PERFORMANCES - WORKSHOPS - SPEED-DATING SESSION
BODYBUILDING COMPETITION - COMEDY - CINEMA - CATERERS - KIDS AREA
ALL FOOD + DRINKS 100% VEGAN - ADMISSION £2 ADULTS, KIDS UNDER 16 FREE**



WWW.VEGFEST.CO.UK

BRISTOL
MAY 23RD 24TH 25TH

LONDON
SEPTEMBER 27TH 28TH



30TH ANNIVERSARY COLLECTION

THE BEST OF
LOREENA MCKENNITT
THE JOURNEY SO FAR



featuring *The Mummers' Dance*, *The Mystic's Dream*,
Bonny Portmore and *The Lady of Shallott*

AVAILABLE MARCH 3RD
ON CD / DELUXE 2CD / VINYL / DIGITAL DOWNLOAD

Visit LoreenaMcKennitt.com to explore Loreena's
music, videos and performances.

GET INVOLVED

7 WAYS TO STAY

CONNECTED!

GET MORE FROM COOK VEGETARIAN

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. 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....

PIZZA PARTY

We love Vbites range of vegetarian (and vegan!) pizzas. Try its Meatless Feast, Ham-style and Pineapple or go simply for Cheezly and Tomato and load it with your own delicious toppings.

Try making your own with Vbites gorgeous Tempeh Rashers, Chorizo-style Chunks or simply extra Vbites Cheezly Mozzarella-style.

Find all these products and more, at www.vbites.eu

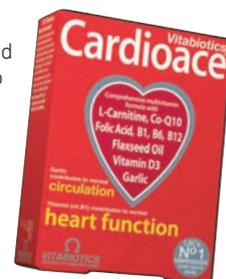


HEALTHY HEART

Vitabiotics Cardioace tablets have been scientifically developed to safeguard your diet, to help support all round health and vitality with specific nutrients to support heart health. The comprehensive formula is suitable for vegetarians and combines garlic and flaxseed oil with nine essential vitamins, plus trace minerals and antioxidants.

Cardioace includes magnesium, which contributes to normal muscle function and thiamin (vitamin B1), which contributes to the normal functioning of the heart. In addition, garlic extract is included which is known to contribute to normal circulation. Vitamins B6, B12 and folate contribute to the maintenance of normal red blood cell formulation.

Buy yours for £7.45, available from Boots, pharmacies and www.cardioace.com



OIL CHANGE

Cold-pressed linseed oil is a nature's richest source of Omega 3 which is particularly important for vegetarians and vegans.

These essential fatty acids have anti-inflammatory effects, help support a healthy heart by lowering cholesterol, eases joints and helps improve skin. Flax Farm's linseed oil has a subtle taste and is great used in just the same way you would olive oil.

Get yours today from £8.50, www.flaxfarm.co.uk



HANDLE WITH CONFIDENCE

Handling hot items should always be done with caution. You need to be certain of safety, with adequate protection and a secure grip. The new kitchen textiles range from Judge delivers on all fronts.

Made from soft, quilted cotton coated in fantastically malleable but robust silicone, the new Judge range is heat resistant up to 240C and allows for a firm, non-slip grip on pots and pans, protecting you against liquid, steam and dry burns.

Prices start at £3.38. For stockists, visit www.judgecookware.co.uk



DIARY DATE

VegfestUK – Europe's biggest and best veggie lifestyle shows – are back in the nation's veggie capital, Brighton on March 29th-30th at the Hove Centre. Join Ex-Everton footballer Neil Robinson, poet Dominic Berry and chef Tony Bishop-Weston for 135 stalls full of mouth-watering global cuisines, alongside fashion, cosmetics and bodycare, plus inspiring dietary tips from talks, cookery demos, workshops, films and kids' cookery classes, on top of a speed-dating session, a bodybuilders competition, as well as great live comedy, music and free food to try.

Admission is £2 for adults on the door and free for under 16s. For latest info www.vegfest.co.uk

SPECIALITY INGREDIENTS

Look out for Yors Extra Virgin Cold Pressed Rapeseed Oil next time you're shopping. Perfect for the approaching summer months, it's fabulous for making dips, drizzling over salads and in barbecue marinades. With a delightful flavour, Yors oil is not only great on the palate, it's fantastic for cooking at high temperatures, frying, roasting and baking, and it's also one of the healthiest oils on the market!

With half the saturated fats than other oils and 10 times the omega 3 it's an easy switch to make, without compromising on taste.

What will you do with Yors?

Pick up a bottle of Yors Extra Virgin Cold Pressed Rapeseed Oil from Waitrose. It's priced at £3.99.



FAIRLY-TRADED DAIRY

Calon Wen is a Welsh organic dairy co-operative owned by 25 family farms. The cows graze on Welsh organic grass and the milk is then used to produce natural, wholesome and tasty dairy products.

The company produces organic butter, Cheddar cheese and milk, which are available across Wales.



The ethical co-operative also makes sure any profits go back to the family farmers.

For more information, visit www.calonwen-cymru.com

TOP OF THE POTS

If you want to buy British but are keen on convenience, Bannisters' Farm Ready Baked potatoes will be right up your street.

Brought to you by the Bannisters family, whose farming roots in the Yorkshire Wolds go back over 100 years, these mouth-wateringly delicious jacket spuds are drizzled with extra virgin olive oil and can be microwaved and on the table in just six minutes.

For more information, visit www.bannistersfarm.co.uk



JUST WHOLEFOODS

Vegetarian and vegan food manufacturers Just Wholefoods' Organic World Falafel mix is such a convenient store cupboard favourite. Based on an authentic Middle Eastern wheat-free recipe which combines organic chickpeas with coriander, cumin and garlic, these falafel are easy to make and taste delicious either served hot in warm pitta bread or added to a vegetable stew and each 120g pack will make ten falafel balls. The entire Organic World range of mixes include Biryani, Chow Mein, Spiced Up Cous Cous and Houmous.

Just Wholefoods Organic World Falafel costs £1.29. Get yours from your local health food shop. Alternatively, order online from online supermarket www.goodnessdirect.co.uk.

For further information and to view the whole range, visit the website www.justwholefoods.co.uk



DAIRY-FREE MILK

GOOD HEMP milk is deliciously nutty milk alternative produced from hemp seeds in the UK. It's rich in Omega-3, with just one glass providing half of your daily requirement. It tastes delicious and can be used in hot drinks, over cereal, or simply on its own as a refreshing drink.

For more information, visit www.goodwebsite.co.uk





RESTAURANT, COFFEE HOUSE, EMPORIUM AND DELICATESSEN –
 Creating and serving exciting, irresistible vegetarian food and drink in Rugby for 25 years!
 Tasty main meals, scrumptious puddings, cakes and breads baked from fresh each day.
 Real food served with live jazz every Friday evening. Licensed for the sale of organic wine and beer.
 Open 7 days a week until 4.30pm. Friday nights until 9.00pm.
 A brand new delicatessen including artisan British cheeses and antipasta.
 Takeaway and outside catering a speciality;
 events catered for.

27 High Street and 4/5 Lawrence Sheriff Street Rugby.
 01788 543223 www.summersault.ltd.uk



THE EXCEPTIONAL TASTE OF FRESH OLIVE OIL

- 🕒 **THE OLIVES**
Picked & milled in December
- 🕒 **THE OILS**
Bottled unfiltered within weeks to capture the amazing aroma & taste of the new oil

AVLAKI
superb organic olive oils

07721 410974
www.oliveoilavlaki.com

OAK SMOKIES

Teas
Seaweeds
& savoury
essentials

OAK SMOKED
delights to
sprinkle, grind,
or use as
ingredients

MORE MASTERPIECES
By Uncle Roy

MORE THAN 350 OF OUR EXCITING PRODUCTS ARE AVAILABLE FROM INDEPENDENT STORES OR www.uncleroys.co.uk

WILDLY DELICIOUS Vegan

Looking to boost your vegan choices? Here, food writer **Isa Chandra Moskowitz** shows you how...

BUTTERNUT BISQUE WITH A COCONUT SWIRL



Serves 6-8

Ready in 1hr 15 mins

1 large butternut squash
vegetable oil, for brushing or spraying
1 tbsp refined coconut oil
1 medium yellow onion, diced
1/2 tsp salt, plus a pinch
3 garlic cloves, crushed
1 tbsp fresh ginger, grated
1/2 tsp chilli flakes, crushed
120ml vegan dry white wine
700ml vegan vegetable stock
230ml coconut milk, plus extra for
garnish (optional)
2 tbsp pure maple syrup
2 tbsp fresh lime juice

To serve

chilli flakes
spring onions

1 Preheat the oven to 220C/425F/Gas 7. Line a rimmed baking sheet with parchment paper. Using a large chef's knife, cut the round part of the butternut squash from the long part. Slice the round part in half and scoop out the seeds. Slice the long part in half as well, lengthwise. Brush or spray the parchment lightly with vegetable oil and place the squash pieces, cut side down, on the baking sheet. Roast for about 45 minutes, or until the squash is very tender. At this point, you can let the squash cool and refrigerate to use the following day, or proceed with the recipe.

2 Preheat a large saucepan over a medium heat and add the coconut oil. Sauté the onion in the oil with a pinch of salt for about seven minutes, until lightly caramelised. Add the garlic and ginger and sauté until fragrant, about 30 seconds.

3 Mix in the chilli flakes and the remaining 1/2 tsp salt. Add the white wine and deglaze the pan by scraping the bottom with a wooden spatula. Peel or scoop out the butternut squash





“The cauliflower florets are boiled in the pasta water, so everything comes together easily. The end result is a creamy, seductive sauce smothering succulent cauliflower and slurpy linguine, topped with homey, herby cubes of yumminess with a crisply beautiful exterior. It’s perfect any day of the week and any time of the year!”

- 1/2 tsp dried basil
- 1 tsp garlic powder
- 3 tbsps tamari or soy sauce
- 400g extra-firm tofu, cut into 1/2 inch cubes
- olive oil, for brushing
- 230g linguine
- 1 medium head cauliflower, chopped into 1/2 inch pieces
- 40g vegan pesto

- 1** Bring a 4 lt pot of salted water to a boil for the pasta and cauliflower.
 - 2** To prepare the tofu, preheat a large non-stick pan, preferably cast iron, over a medium-high heat. On a dinner plate, use your fingertips to mix together the breadcrumbs, thyme, rosemary, basil and garlic. Pour the tamari onto a separate plate.
 - 3** Place a handful of tofu cubes in the soy sauce and toss to coat. Then dredge them in the breadcrumbs, tossing to coat. (Use your dry hand to handle the tofu in the breadcrumbs; otherwise you’ll get a crumb mitten on your hand.) Put the coated tofu off to the side of the plate and continue until all the tofu is coated. Plate up the tofu, cooked spaghetti and cauliflower mixed with the pesto.
- PER SERVING: 479 CALS, 14.2G FAT

“Once upon a time I’d go above and beyond for breaded tofu. Dipping it in this and dredging it in that, marinating, frying and doing a little ritualistic dance that ensured the breading would remain in a perfectly crisp and even coat from beginning to end. And it got that when I asked John what he wanted to eat that night I would dread the inevitable reply; ‘Breaded tofu.’”

and add to the pan along with the broth. If a little of the butternut skin gets in, no big deal. Add the coconut milk, maple syrup, and lime juice and heat everything through.

4 Use a hand blender to blend the soup until smooth and creamy. If you don’t have a hand blender and need to use a food processor, remember that steam can build up in there and hurt you. So lift the lid every few seconds to let steam escape. Thin with a little water if necessary, taste for seasoning, and serve. If you like, swirl a little coconut milk into the top of each serving for extra prettiness. Sprinkle with a pinch of chilli flakes and chopped spring onions.

PER SERVING: 188 CALS, 8.8G FAT

PESTO CAULIFLOWER PASTA WITH BREADED TOFU



Serves 4
Ready in 40 mins

- 180g fine dry breadcrumbs
- 1/2 tsp dried thyme, crushed between your fingers
- 1/2 tsp dried rosemary, crushed between your fingers



STRAWBERRY & CREAM BREAD PUDDING



Serves 8
Ready in 1hr

450g day-old bread, cut into 1 in cubes
230ml almond milk
3 tbsp organic cornstarch
230ml coconut milk
120ml granulated sugar
2 tbsp fresh lemon juice
1 tsp pure vanilla extract
1/2 tsp ground cinnamon
460g strawberries, sliced 1cm thick

Optional glaze
230g icing sugar
1 tbsp almond milk
1/2 tsp pure vanilla extract
1 tbsp refined coconut oil, melted

“Sometimes I stare at my bakery-fresh bread with laser eyes, trying to make it a little bit stale so that I can make bread pudding. It doesn’t usually work. But there is no better use for day-old bread than bread pudding!”

1 Preheat the oven to 180C/350F/Gas 4. Lightly grease a 20cm (8in) square pan. Place the cubed bread in a large bowl. In another bowl, whisk together the almond milk with the cornstarch to dissolve. Mix in the coconut milk, sugar, lemon juice, vanilla and cinnamon. Pour over the cubed bread and stir to coat. Let sit for at least 15 minutes to let the liquid soak into the bread.

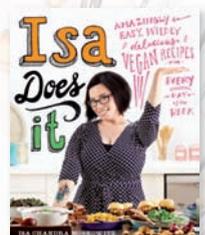
2 Fold in the strawberries, then pour into the pan and spread so that it’s relatively even. Bake for 30-35 minutes, until the top is lightly browned and feels firm to the touch. Allow to cool a bit on a cooling rack, then serve warm. Drizzle with glaze, if using.

3 To prepare the glaze, sift the icing sugar into a large bowl. Add the almond milk, vanilla, and coconut oil and stir until smooth.

PER SERVING: 420 CALS, 8.16 FAT

BOOK SHELF

Recipes taken from *Isa Does It* by Isa Chandra Moskowitz. (£20, Little Brown and Company.)



COOK VEGETARIAN

THE VEGGIE MARKET

Make your brand stand out from the crowd.
To advertise in the Veggie Market, please contact us on: ☎ 01206 505928 🌐 www.cookveg.co.uk
✉ info@cookveg.co.uk

Vegfam
EST. 1983 RCN 232208
"Feeds the hungry without exploiting animals"
Seeds, tools, water wells, fruit/nut trees. Saving people's lives. Please support our projects.
01550 721197
www.vegfamcharity.org.uk

South Square Vegetarian Cafe
Thornton, Bradford BD13 3LD
Tel: 01274 834928
www.southsquarecentre.co.uk

Scarthin Bookshop Cafe
Vegetarian & Vegan, GF Available - Cosy Tables & Secret Garden
Open 10-5.15pm Mon-Sat, Sun 12-5.15pm
Scarthin Promenade, Cromford, nr: Matlock, Derbyshire DE4 3QF 01629 823272
www.scarthinbooks.com

Culloden Farmhouse North Cornwall
Vegetarian/Vegan Bed & Breakfast
Tel: 01840 211128
www.cullodenfarmhouse.co.uk

Tomlins
Guest house, cookery school and sites
www.tomlinsfrance.com

23 Rue Du Fiej Gourmand, Chambon, 17290, FRANCE
+33 546 356 542

To advertise here, please call
BEN:
01206 505490
CHRIS:
01206 505928
SIMON:
01206 505939

Adopt a Goat!

We take into care those that have suffered from neglect, abuse and abandonment, providing a loving home for the rest of their days
Buttercups
Sanctuary for Goats
Visit our website at www.buttercups.org.uk
Boughton Monchelsea, Maidstone, Kent, ME17 4JU Telephone: 01622 746410
Registered Charity Number 1099627

Big Juice
Specialist in raw juicing since 2001
Detox, cleanse & feel rejuvenated
Raw, healthy juices delivered to your door
We create bespoke juices to suit your diet plan. Made using the finest, freshest fruit & vegetables (or simply choose from our popular menu). We then instantly freeze your juice to lock in the nutrients and deliver to you the very next day.

To discuss your personalised juice plan or place an order contact us at
www.bigjuiceltd.co.uk
0117 9244841
or email bigjuicebar@hotmail.com

Made by **Organic fanatics** for wine lovers

The UK's organic drinks specialist since 1986. We proudly offer over 300 organic wines suitable for vegetarians and vegans. We also list a wide choice of organic beers, ciders, spirits and juices.
Contact us to request a Wine List or visit our website to order and get details of special offers. All products are marked for suitability – we deliver nationwide. Tempt your taste buds with Vintage Roots.
VINTAGE ROOTS
The Organic Wine People
Decanter Specialist Independent Wine Merchant 2008


For more information please get in touch
0800 980 4992 vintageroots.co.uk



The Pampered Chef® invites you to join a virtual World Cup Food Fight!

Create a winning recipe representing a
World Cup country and upload to
www.worldcupfoodfight.co.uk

Your recipe will need to fight its way through the
four rounds of public voting:

🏆 **Group stages** 🏆 **Quarter finals** 🏆 **Semi-finals** 🏆 **Finals**

★★★★ WINNER'S TROPHY ★★★★★

A selection of Pampered Chef products and a gastronomic
experience for 2 at Heston Blumenthal's, **The Fat Duck** hosted by
Pastry Chef and Chocolatier, Will Torrent. Also an overnight stay
for 2 at the luxurious Oakley Court Hotel, Windsor.



The World Cup Food Fight kicks off on 31st March
www.worldcupfoodfight.co.uk

Let the foodie fun begin!

This competition is open to all residents in the UK over 16 years old.
Visit www.worldcupfoodfight.co.uk for full terms and conditions.

For more information about The Pampered Chef, visit www.pamperedchef.co.uk or call 0800 9 555 888.

Follow us  @UKPamperedChef  /ThePamperedChefUK

The *Bite-sized* VEGETARIAN

In the first of her new series of columns, comedian **Lucy Porter** explains how a dog called Boris helped her make the switch to a meat-free diet

It was a mongrel named Boris who convinced me to become vegetarian. He showed me that when you need to mend a broken heart, sometimes the best man for the job is a dog.

Compensation culture

Until my early twenties, I had very little time for animals. I was raised in a pet-free household because my dad insisted that pets were dirty, smelly and expensive. I think he felt the same way about children, but my mum put her foot down on that one.

My only early contact with animals was once a year at primary school, when they got a farmer to come in with a sheep or a cow. They would bring the poor things into the assembly hall, and show us how to shear or milk them. I guess they felt that because our school was in the middle of a South London council estate, we could do with learning some country skills. I don't know whether as a reciprocal gesture someone went into rural schools and teach them how to hotwire a Ford Fiesta.

At senior school I had friends who loved animals, and as teenagers many of them started to shun meat. I thought they were being silly and sentimental. I reasoned that we were at the top of the food chain for a reason, and that other beasts were there for our convenience. Eating meat was our compensation for having to fill in tax returns, make small-talk and have root canal work.

Hounds of love

This attitude persisted until my first really serious relationship disintegrated. We'd been living together, so I was homeless as well as heartbroken. My friend Anne took me in. She had a penchant for adopting strays, and shared her house with a scruffy black and white rescue dog.

This was Boris, and we bonded immediately. I spent night after night crying into his fur, as he whimpered back sympathetically and nuzzled me with a nose that was wet from my tears as well as his healthy mucous. Ew, sorry.

The healing power of pets came as a revelation. I hadn't really considered the fact that animals had emotions too, and for the first time it occurred to me that maybe eating sentient beings was a little bit cruel. What I had regarded as sentimentality now seemed like common sense – why cause suffering in the world when it's not strictly necessary? Also, vegetables taste amazing and you can eat babies absolutely guilt-free if they're aubergines.

Admittedly my commitment to vegetarianism has waxed and waned over the years, and I've lapsed occasionally. When that's happened I've always tried to eat organic, free-range 'happy' meat, but that's just made me feel worse because I think maybe that animal had more to live for than a sad battery chicken.

Trading places

Luckily, as I get older I think my convictions are strengthening. For example, becoming a mother has made me consider veganism. Much as I enjoyed breastfeeding my own children, I wouldn't have been keen on doing it on an industrial scale every day for the rest of my life. Not to mention being wheeled out in South London primary schools so that urban children could have a go on my udders. Again, ew, sorry.

I try my best to live a cruelty-free life these days, and if I am tempted to stray back to meat, I think of Boris. He showed me that animals can feel empathy, so instead of eating that pig, maybe I'll just tell it my problems instead.



Plamil®

it's the egg that came first



dairy free • gluten free • no nuts •
ethically produced • made using renewable energy

www.plamilfoods.co.uk



Plamil vegan chocolate;- family & snack bars, premium bars,
flakes, spreads, seasonal, food service.

No added sugar - organic - Fairtrade



Mornflake SUPERFAST

*Just add cold water
it turns into milk*



Serving suggestion

IN A RUSH FOR BREAKFAST?
INTRODUCE A SPLASH OF MAGIC WITH MORNFLAKE SUPERFAST



Can you see the magic?

Visit www.mornflake.com



Follow us @MornflakeCereal



Find us on Facebook