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bake-off advice

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PUDDINGS

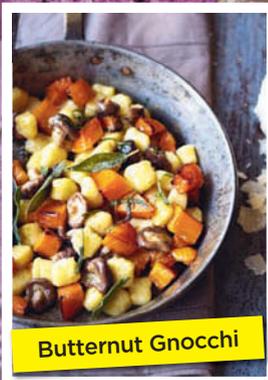
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APPLE  
CRUMBLE  
P.81

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T : 01536 400557 F: 01536 408878  
[info@vbitesfoods.com](mailto:info@vbitesfoods.com) [www.vbitesfoods.com](http://www.vbitesfoods.com)



EDITOR: FAE GILFILLAN  
FAE@COOKVEG.CO.UK



DEPUTY EDITOR:  
HANNAH TUDOR  
HANNAH@COOKVEG.CO.UK



ANJUM ANAND SHOWS US  
HER DIWALI RECIPES



WE CHAT TO MARY BERRY AS  
GBBO RETURNS



ROSE ELLIOT  
ANSWERS YOUR QUESTIONS



AINE CARLIN COOKS UP  
LUSCIOUS VEGAN RECIPES



XANTHE CLAY SINGS THE  
PRAISES OF SAGE



HUGH FW  
MAKES FRUITY PUDDINGS

**Welcome to Cook Vegetarian.** I love autumn and winter. There, I've said it. I know I'm in the minority, but hear me out; vegetarian food is excellent in winter. Rib-sticking gratins, homely stews and warming risottos – what's not to love?! So, as we turn our attention to autumn with Leiths' guide to the new season's ingredients (p19), five sensational soups (p26) and Mary Berry's baking (p12). I can't help but get a little bit excited. Elsewhere, whip up midweek meals in minutes (p54) and try our dishes that only require five ingredients or less (p62)! Here's to the new season – enjoy!

*Fae x*

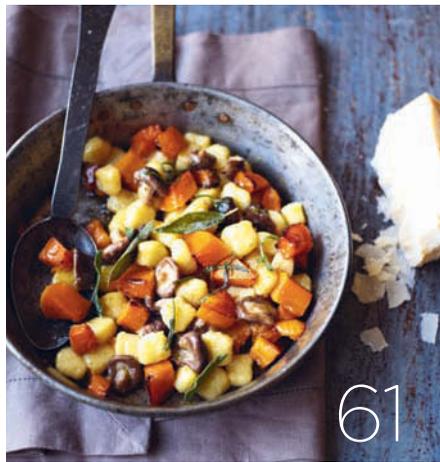
# This Month...

“This month, it's all about **cooking with fruit**. Try Hugh's advice on p24 or begin **simply** with this **Spiced Pear and Apricot Frangipane Tart**; it's gorgeous with a little **whipped cream**”



TURN TO P8 FOR THE RECIPE

# Contents



## AUTUMN'S FINEST

### 19 LEITHS' AUTUMN COOKBOOK

Discover how to cook the tastiest autumnal vegetables with a little help from the prestigious cookery school

### 24 FORBIDDEN FRUITS

Don't let the abundance of autumn pass you by, here's a little advice from Hugh Fearnley-Whittingstall on how to get the most from these fruits

### 30 DIWALI WITH ANJUM...

Bring a little of the twinkling magic of Diwali into your home with these delicious veggie recipes from TV cook Anjum Anand

### 81 RECIPE OF THE MONTH

Welcome autumn into your kitchen with this delicious and simple fruit crumble

## EAT IT NOW

### 59 GROW IT, COOK IT

For the last column in our series, Grow Your Own magazine deputy editor Sara Cork shows us to reap the rewards of winter squashes

### 61 "SAGE IS ENOUGH TO MAKE ME LOVE AUTUMN"

Food writer Xanthe Clay shows us how the right herbs can make masterpieces of your autumn cooking

## EVERYDAY

### 26 FIVE SENSATIONAL SOUPS

Here's a roundup of our favourite comforting soup recipes – perfect for when the weather gets cooler

### 54 MONDAY TO FRIDAY, SORTED

These inspiring veggie ideas are on the table in a flash!

### 62 TAKE FIVE

You only need five ingredients or less to make these easy meals from chef Sophie Wright

## SYMBOLS IN COOK VEGETARIAN:



FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



# 65

## COOKERY SCHOOL

This month, get to grips with garlic, master shortcrust pastry and make your own spiced onion chutney

# NEW SKILLS

## 69 ASK ROSE

The vegetarian culinary expert answers your kitchen dilemmas

## 78 EXPANDING HORIZONS

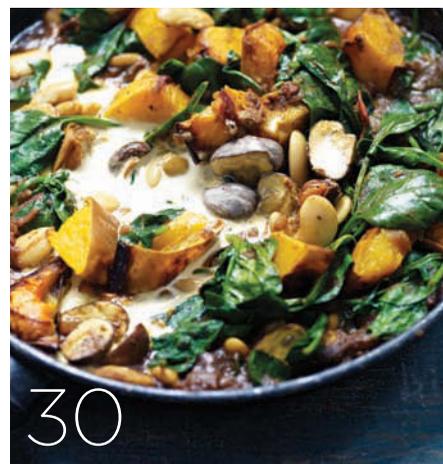
Do you find yourself always reaching for the same bottle of wine in the supermarket? If you're stuck in a rut, use our handy guide to find your next favourite tippie



86



12



30

## CLEAN FOOD

### 39 BALANCING ACT

We catch up with an inspirational blogger who reveals how switching to the alkaline diet changed her life

### 49 VIBRANT VEGAN

These delicious and fresh dishes make the transition from veggie to vegan effortless

### 73 EAT WELL, LIVE WELL

Follow our advice to feel better today!

### 86 LIGHT BITES

Keep it light and easy, with these easy and nutritious ideas

## WEEKEND COOKING

### 12 MARY'S STILL IN THE MIX

How did one woman from Bath come to be the very definition of good baking? We take a look back at her rise to fame

### 36 POT LUCK

These sweet little potted ideas from Rachel Khoo are fantastic for entertaining

### 70 TASTE THE MED

Our pick of Mediterranean foods, plus recipes to inspire

### 74 BOTTOMS UP!

These cocktail recipes are sure to make you the talk of the party circuit

## WIN!

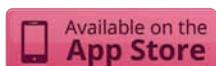
FAB PRIZES! PLUS A FREE LA TASCA DESSERT FOR EVERY READER...

Turn to p93 to claim your free La Tasca dessert, or enter giveaways to win a fabulous Breville blender and Provalme goodies, or a set of Anjum Anand's The Spice Tailor goodies, plus her veggie cookbook!



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

## DIGITAL EDITIONS ARE AVAILABLE FROM:



# October'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!



Sun-dried Tomatoes **54**  
 Red Onion Tart with Asparagus & Minted Pea **49**  
 Shallot Soup with Watercress Pesto **26**  
 Sweet Potato & Tomato Frittata **54**  
 Turkish Eggs **62**  
 Tuscan-style Vegetable Soup **26**  
 Veggie Sausage Casserole **54**  
 White Bean Mash with Leek, Lemon, Olive Oil & Salt **62**

## SWEETS & DESSERTS

Beetroot & Berry Cheesecake **39**  
 Blueberry & Apple Crumble **81**  
 Blueberry & Lemon Curd Scones **12**  
 Chocolate Ginger Fondant Puddings **12**  
 Double Crust Apple Pie **19**  
 Lemon & Blackberry Traybake **8**  
 Pear & Frangipane Toffee Tarts **24**  
 Pomegranate Soufflé with Rose & Raspberry Cream **30**  
 White Chocolate & Ginger Curd Cheesecake **12**  
 White Chocolate & Raspberry Whirl **36**

## OTHER

Braised Red Cabbage & Apple **19**  
 Khun Sompong's Thaijito **74**  
 Margarita **74**  
 Mushroom Stuffing **30**  
 Rum Ranch **74**  
 Shortcrust Pastry **65**  
 Spiced Onion Jam **67**  
 Super Green Smoothie **49**

## STARTERS & LIGHT BITES

Beetroot Hummus **36**  
 Beetroot, Orange, Hazelnut, Hazelnut Oil & Goat's Cheese Salad **62**  
 Carrot Hummus **36**  
 Classic Hummus **36**  
 Jason's Nachos **39**  
 Kale, Quinoa, Feta & Pomegranate Salad **62**  
 Mini Jacket Potatoes **86**  
 Minted Petits Pois Spread with Preserved Lemon **36**  
 Mushrooms on Sourdough Toast with Deep-fried Eggs **19**  
 Quinoa, Lemon, Kale & Sesame Beetroot Salad **39**  
 Ratatouille on a Stick **86**  
 Savoury Yoghurt Kebabs **30**  
 Sweetcorn & Chive Fritters **86**



Chestnut Tart **39**  
 Chickpea Biryani **30**  
 Chickpeas, Cauliflower, Spinach, & Tomatoes Stew **62**  
 Creamy Dolcelatte & Tenderstem Soup with Tomato & Herb Croutons **26**  
 Ginger & Carrot Soup with Lemon Herb Cream **26**  
 Gnocchi, Butternut Squash, Sage & Shiitake Mushrooms **61**  
 Halloumi, Cherry Tomatoes, Cannellini Beans, Olives & Peppers Roasted Veg **62**  
 Haricot bean, Celery, Carrot, Celeriac & Vegetarian Hard Cheese Soup **62**  
 Homemade Falafel **54**  
 Indian-spiced Tacos with Mango Salsa **49**  
 Minted Courgette Tortilla **86**  
 Pak choi, Tofu, Sesame & Ginger Buckwheat Noodles **62**  
 Paneer Kofta & Shiitake Mushroom Curry **30**  
 Puy Lentils with Aubergine &

## MAIN COURSES

Autumnal Squash, Butterbean & Mushroom Cobbler **30**  
 Baked Aubergine with Lemon-infused Couscous **49**  
 Beetroot Burgers **54**  
 Broccoli, Almonds, Chilli, Lemon & Garlic Stir-fry **62**  
 Butternut Squash Risotto **19**  
 Capers, Sun-blushed Tomatoes, Parsley Black Olives & Spaghetti **62**

# COOK VEGETARIAN

## GENERAL ENQUIRIES

☎ 01206 508627

✉ fae@cookveg.co.uk

## SUBSCRIPTION ENQUIRIES

☎ 0844 856 0648

✉ cookvegetarian@servicehelpline.co.uk

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

[www.facebook.com/cookvegetarian](https://www.facebook.com/cookvegetarian)

[www.twitter.com/cookveg](https://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](mailto:charlotte.smith@aceville.co.uk)

## Group Advertising Manager

Daniel Lodge

01206 505951 [daniel@aceville.co.uk](mailto:daniel@aceville.co.uk)

## Advertising Manager

Chris West

01206 505928 [chris.west@cookveg.co.uk](mailto:chris.west@cookveg.co.uk)

## Advertising Executive

Daniel Hewlett

01206 505490 [daniel.hewlett@cookveg.co.uk](mailto:daniel.hewlett@cookveg.co.uk)

## Art Editor

Matt Sumner

## Designers

Laura Robertson, Louise Abbott, Ami Williams

## Ad Production

Angela Scrivener

## Photography

cliQQ Photography [www.cliqq.co.uk](http://www.cliqq.co.uk)

## Promotions Manager

Liz Tuthill,

01206 505927 [liz.tuthill@aceville.co.uk](mailto:liz.tuthill@aceville.co.uk)

## Licensing & Content Syndication

David Mason

01206 505923 [david.mason@aceville.com](mailto: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](mailto:cookvegetarian@servicehelpline.co.uk)

## Marketing Executive

Callum Burgess

01206 508608 [callum.burgess@aceville.co.uk](mailto:callum.burgess@aceville.co.uk)

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# NEW HEINZ BEANZ AND PULSES



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# Kitchen notebook

Discover what's piping hot in the world of meat-free cooking!



## Spiced Pear and Apricot Jam Frangipane Cake



Serves 8-10

Ready in 40 mins

• 5 juniper berries, bruised with the back of a knife • 1 tsp ground cinnamon • 5 cloves • 4 tbsp Streamline Apricot jam • 3-4 pears depending on their size, peeled cored & sliced (we used Blush pears) • 150g unsalted butter • 150g caster sugar • 3 medium free-range eggs • 100g self-raising flour • 100g ground almonds • 1 tsp baking powder • crème fraîche, to serve

**1** Heat the oven to 180C/350F/Gas 4. Grease the bottom of a 9in spring form tin and line with greaseproof paper. Heat the juniper, cinnamon and cloves with the apricot jam in a pan then add the pear slices and cook for five minutes.

**2** Whisk the butter and sugar until fluffy, then whisk in the eggs one at a time. Use a metal spoon to fold in the almonds, flour and baking powder.

**4** Discard the spices from the pear juices. Arrange the pear slices in the bottom of the tin along with two tablespoons of the juices. Pour over the cake batter and bake in the oven for 30-35 minutes.

**5** Take out of the oven and cool for 15 minutes then turn out onto a serving plate and peel off the greaseproof paper. Reheat the remaining pear juices and drizzle over. Serve warm or cold with a dollop of crème fraîche.

PER SERVING: 319 CALS, 20.16 FAT



FIND DELICIOUS ONE-POT RECIPES ONLINE [WWW.COOKVEG.CO.UK](http://WWW.COOKVEG.CO.UK)

## EASY TO STEAL STYLE

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## CHING-HE HUANG'S REAL CHINESE

Take your stir-fry to the next level with Ching's know-how

- Use the Holy Trinity of Chinese cooking – ginger, chilli and garlic.
- Look after your wok by letting it cool down after use, if you submerge it in water straight away the metal can distort.
- Cutting on the diagonal exposes more of the vegetable's surface area to the heat, making it cook quickly and allowing it to absorb more of the sauces and seasonings.
- Make sure you choose the right oil. Oils with a high smoke point work best, such as sunflower, groundnut and vegetable oil.

Ching-He Huang is currently working with Amoy Sauces. For more information visit [www.amoy.co.uk](http://www.amoy.co.uk)

## FINGER ON THE PULSE

To celebrate the 100th birthday of its famous baked beans, Heinz has launched a new range of Beans and Pulses. In three delicious flavours (Heinz Fajita Beans, Heinz Tuscan Beans and Heinz Veg Chilli Beans – all £1.29), they're not only a fantastic source of veggie protein, but the perfect shortcut to a quick and tasty dinner.



## WASABI SALSA



Serves 8

Ready in 20 mins

### For the Tortilla Chips

- 8 soft flour tortillas • 2 tbsp olive oil
- sea salt

### For the Salsa

- 200g cherry tomatoes, chopped
- 1 ripe avocado, finely chopped • 1/2 red onion, finely chopped • a small bunch or fresh coriander, finely chopped
- 2 tbsp olive oil • 2 tbsp red wine vinegar • 2 tsp caster sugar • salt and freshly ground black pepper • 3-4 tsp freshly grated wasabi

**1** Preheat the oven to 180C/350F/Gas 4. Cut each tortilla into half, then quarters, then each quarter into half again, leaving you with eight triangular wedges. Spread out on baking trays and drizzle over olive oil. Season with a sea salt and toast in the oven for about five minutes. Set aside to cool.

**2** Make the salsa by mixing together all the ingredients except the wasabi. Season to taste with salt and black pepper. Set aside for the flavours to infuse at room temperature.

**3** When you are ready to eat, stir through freshly grated wasabi to taste. Serve in a bowl with the tortilla chips for dunking.

For more information visit [www.thewasabicompany.co.uk](http://www.thewasabicompany.co.uk)

SALSA WITH BITE!

## Cook's best friends

**AFFORDABLE BUT CHIC KITCHENALIA, A RECIPE BOX AND A MANDOLIN THAT WILL CUT YOUR TIME IN THE KITCHEN, WE'RE PRETTY IMPRESSED WITH OCTOBER'S LOT**

### 1 Slice away

This compact folding Chef'n Slek Slice Mandolin, £23.50, is perfect for slicing through hard or soft fruits and vegetables. Available from Sainsbury's.



### 2 Box it up

Hurrah! At last Riverford's veggie recipe boxes are available throughout the UK. Get the best seasonal produce delivered to your door. They include everything you need for three organic meals. For more info, visit [www.riverford.co.uk](http://www.riverford.co.uk)



### 3 Perfection on a plate

This Tazza Pasta Bowl, £5, and Serving Plate, £15, from Habitat caught our eye this month. They're perfect for salads or pasta dishes and will look effortless at an informal dinner party.



## LUNCH ON THE GO

LET'S FACE IT, SOME DAYS YOU JUST DON'T HAVE TIME TO STOP FOR LONG. THESE MEAL POTS SATISFY IN MINUTES.



### Flavour packed

The intense mix of herbs and spices make this Soulful Foods Mexican Bean and Sweet Potato with Quinoa, £3.49, a really delicious lunch time snack.



### Superfoods and more

Yorkshire Provender Mediterranean Vegetable and Halloumi, £3.29, is overloaded with superfoods and protein to keep you fuller for longer.



### Clean and lean

This moreish Innocent Noodle Pot Vietnamese Curry, £3.90, contains noodles, fresh veg and tasty sauce and is free from colourings, flavourings (and anything you wouldn't add yourself).

## HOW TO USE UP... LEFTOVER COUSCOUS

### Fresh salad

Throw in peppers, feta cheese, red onion, tomatoes and basil.

### Roast it up

Cook garlic, courgette, pumpkin and halved toms, and mix with couscous and olive oil.

### Crunchy galette

Add shallots, eggs and vegetarian cheese to couscous and grill.

@ EMAIL  
yourtips@cookveg.co.uk

f FACEBOOK  
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# Over to you

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



## Time savers

I really enjoyed 10 meals in 10 minutes with Sophie Wright last issue (October 2014). I love cooking but I have quite a hectic life and can't really spend as long as I'd like preparing dinner. I wonder if you could please write a feature on how to cut corners in the kitchen so I can still make nutritious and delicious dinners but in half the time?

Amy Goodall, by email

Thanks for your email Amy, we're glad you enjoyed the last issue. That's a great feature idea - watch this space!

## STAR LETTER



## Kiwi king

It's always good to get children to try out different fruits and vegetables from a young age.

As you can see

from my photograph, my six year-old Benjamin just adores kiwi fruit!

Lucy Travell, by email

We think Benjamin must be Cook Veg's youngest fan! Congratulations Lucy, you're this month's star letter.

## New vegan blogger

I am a fan of your magazine and have always been inspired by your recipes. I am interested in vegan cooking, and raising awareness of the importance of eating more healthily, and relying less on animal produce for what we eat. I have recently begun a vegan food blog, and it would really mean a lot to me if you could possibly take the time to look at it and some of the recipes I have created. Visit the website at [www.harrietemilysmith.blogspot.co.uk](http://www.harrietemilysmith.blogspot.co.uk)

Harriet Smith, by email

Keep up the good work Harriet! Your recipes look delicious and we hope our other readers enjoy your blog too.



## WIN A BOTTLE!

NEXT MONTH'S STAR LETTER WILL WIN THIS HIGHLAND PARK DARK ORIGINALS SINGLE MALT SCOTTISH WHISKY, WORTH £65.

This special addition uses twice as many first fill sherry casks than in the classic Highland Park, resulting in a naturally darker, more intense flavour. If you're not a whisky fan yourself, keep hold of this bottle for someone who is - you never know when it will come in handy.

OFFER ONLY OPEN TO OVER 18S

## Dinner for one

I got divorced last year and so have been cooking for myself and freezing leftovers. I've found that if you make sauces for pasta separately and freeze them - you can actually use the sauce for lots of other dinners such as with a jacket potato or rice. Also, I have discovered the convenience of frozen fruit and vegetables. They taste just as good and often haven't got as many air miles, so it's better for the environment too.

Keily Cooper, by email

Thanks for the tips Keily. Don't forget you can freeze milk and bread as well, which will help reduce waste.

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



@CHUBBYVEG  
has been BBQ'ing some tasty-looking marinated tofu



@TKWHISPERER  
is making us salivate with these spinach and cheese stuffed tomatoes



@LOVESTILTON  
is convincing us that Stilton on toast, rather than Cheddar, is the way to go!

## OUR FAVOURITE ONLINE COMMENT THIS MONTH...

@Karin Gilmore I bought your magazine for the first time recently and really enjoyed it. However, it gives a calorie count of 910 calories for the Tangy Sweet Potato Salad (August issue 2014). Please tell me that's a typo! We're afraid it's not a typo! There's a lot of olive oil in the salad. If you're worried about calories try halving the amount of oil used.



# Homemade Family Time

There's no better time than Pyrex National Baking Week to set yourself a baking challenge and spend some quality time with friends and family. 13 - 19 October is the week to whip out your mixing spoons and fire up your oven with Pyrex.



For exclusive recipes, baking tips and fantastic competitions visit

[www.pyrexuk.com/nationalbakingweek](http://www.pyrexuk.com/nationalbakingweek)



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# MARY'S STILL IN THE MIX

**Mary Berry's** rise to becoming a modern kitchen icon has come late in life. Indeed, now approaching octogenarian status, the writer and presenter should arguably be the recipient, not the creator, of some of the best baked items to emerge from the majesty of the oven. But with the start of **The Great British Bake Off**, the 79-year-old admits she's having the time of her life

**I**f there is one message Mary Berry has exemplified over the last few years, it is that age is no barrier to becoming a sweetheart of the nation.

Just like the perfect oven-baked Victoria Sponge, her rise to the very top of the bakery world has taken time, but it's been well worth the wait. "Well I've been doing cookery for a while, but never so much in the limelight. I've had a fantastic career, and I'm glad so many people have bought my cookery books, but working on *The Great British Bake Off* has been an altogether different thing, and such a pleasure."

Mary, alongside fellow baking Master of Arts Paul Hollywood, has given the skill a platform it never previously had. Its popularity is such that *Bake Off* effectively rivals gourmet sibling *MasterChef* as the lead food showcase on our screens.

## Secrets to success

"I think the secret comes in the accessibility of what we do," she continues. "Baking is one of the easiest things to master in the kitchen. Of course, you need to pay attention to what you do, but it's so accessible, and whether your final product is bread or cake or anything else, it's always tasty!"

To perhaps an older demographic than her current project targets, Mary can boast over five million cookery book sales, making the Bath-born baker an obvious choice to host the BBC flagship show. A recipe taster for PR companies in the mid-1960s, Berry wrote her first tome, *The Hamlyn All*

*Colour Cookbook*, in 1970 after being positioned as food editor of *Housewife* and *Ideal Home* magazines. It was while writing for *Home and Freezer Digest*, however, that Mary was first introduced to the television cookery.

"Well they used to call me the refrigeration queen!" she says with a laugh. "That was how I got my break on television. People started to think of me as a refrigeration expert, so I was asked to go on *Good Afternoon*, an old ITV show. I was there mainly to tell people it was fine to freeze food – it was still a new concept back then and people were genuinely worried about what it might do to their food. But yes, that was my first TV experience, and I loved every minute of it."

## Alright on the night

Age can sometimes come with uncertainty though, and Mary admits returning to the small screen in 2010 to host alongside Hollywood took some coverage. "Well I was nervous when we first started, definitely. And I think at first I let it get the better of me. But I grew in confidence as the shows progressed and I am certainly expressing myself these days. It's excellent working alongside Paul – we can be 'good cop, bad cop' at times, but are both very respectful of those who

come on the show, and rightly so, because we see so many fantastic creations.

"And that's the point – it is really all about the baking. That should be the only focus – the food must do the talking."

Mary admits it's that the show's inclusiveness – after all, so much of what's shown is vegetarian-friendly – that offers unique appeal.

"You can do anything with baking. So much of it is vegetarian, and you can extend that into vegan and healthy eating – even with the creamiest cakes or the tastiest bread and butter pudding. But similarly, try a meat filling to a pastry and you have completely reinvented similar ingredients."

## Carry on baking

And the future? "I don't see the need to stop what I am doing. Yes, I am philosophical; I can't go on forever, and I need to look after my interests away from *The Great British Bake Off*, such as family, friends and relaxing at home, but for my TV career to have moved on like it has over the last few years has been beyond my wildest dreams. And I'm not ready to hang up my oven gloves just yet!"

THE BBC GOOD FOOD SHOW VISITS GLASGOW FROM 17-19 OCTOBER - WWW.BBCGOODFOODSHOWSCOTLAND.COM

**"So much of baking is vegetarian, and you can extend that into vegan and healthy eating"**



AND NOW FOR THE

# Classics...

These baking staples are the perfect recipes to test your baking know-how. Can you make them all?

## BLUEBERRY AND LEMON CURD SCONES



Makes about 10  
Ready in 20 mins

300g self-raising flour  
1 tsp baking powder  
75g butter, cut into small squares  
50g caster sugar  
100g blueberries  
3 tbsp The English Provender Co. Luxury Lemon Curd  
150ml milk, plus extra for brushing

### To serve

clotted cream  
The English Provender Co. Luxury Lemon Curd

1 Preheat the oven to 200C/400F/



WHITE CHOCOLATE AND GINGER CURD CHEESECAKE

## PROFESSIONAL BAKING TIP

Handle the dough as little as possible or it will become tough. Any remaining scones can be stored in an airtight container for 2-3 days - just reheat in the oven. By reheating, you'll refresh any staleness that may be in the scones.

Gas 6. Sift the flour and baking powder into a bowl then rub in the butter, until the mixture resembles fine breadcrumbs.

2 Stir in the sugar and blueberries and mix well. Whisk together the milk and lemon curd and gently stir into the breadcrumb mixture, with a rounded knife until the mixture is a soft dough and comes together in a ball.

3 Gently knead on a lightly floured surface to remove any cracks. Roll out to 2cm thickness, then using a 6cm fluted pastry cutter, cut into rounds.

Gather up any spare bits of dough and knead lightly, roll out and make more.

4 Place on a baking tray, spacing them a little apart, brush the tops with milk and cook for 10-12 minutes, until risen and golden brown. Cool on a rack

5 Delicious served warm or cold, split in half and top with clotted cream and lemon curd.

PER SCORE: 205 CALS, 17.26 FAT

## WHITE CHOCOLATE AND GINGER CURD CHEESECAKE



Serves 8  
Ready in 30 mins, plus 1-2 hrs chilling time

“There’s nothing better than a batch of freshly made scones; they’re great for entertaining”





BLUEBERRY AND LEMON  
CURD SCONES



CHOCOLATE GINGER FONDANT PUDDINGS

“The filling of these puddings looks so impressive, but they’re easier than they look”

chocolate curls. Serve in slices.  
PER SERVING: 708 CALS, 52.76 FAT

## CHOCOLATE GINGER FONDANT PUDDINGS



**Serves 2**

**Ready in 25 mins**

1 tbsp cocoa powder  
50g good quality dark chocolate (about 70% cocoa solids), chopped  
50g butter  
50g caster sugar  
1 medium free-range egg and 1 egg yolk  
1 tbsp plain flour, sifted  
4 tsp The English Provender Co. Luxury Ginger Curd

**1** Butter 2 x 150ml pudding tins or ramekins, then dust the insides with the cocoa powder. Place the chocolate and butter in a bowl set over a saucepan of simmering water. Stir until smooth. Allow to cool ever so slightly.

**2** Place the sugar, egg and egg yolk in a bowl and whisk until pale and fluffy. Gently fold in the melted chocolate mixture, then the flour until well combined.

**3** Divide half the mixture between the dishes. Place two teaspoons of the ginger curd in the middle and top with the remaining chocolate mixture. Place on a baking sheet and bake in a preheated oven, 200C/400F/Gas 6, for 10 minutes. The outside will be cooked with a molten centre.

**4** Allow to stand for two minutes, then carefully turn out and serve immediately with a scoop of vanilla ice cream or crème fraîche.

PER SERVING: 567 CALS, 37.26 FAT

75g butter  
150g plain chocolate digestive biscuits, crushed  
200g good quality white chocolate  
500g vegetarian mascarpone cheese  
315g jar The English Provender Co. Luxury Ginger Curd  
grated white chocolate or chocolate curls, to decorate

**1** Melt the butter in a medium sized saucepan and stir in the biscuits. Press

into the base of a 20cm loose-bottomed round cake tin. Chill whilst preparing the filling.

**2** Place the chocolate in a bowl set over a pan of simmering water and heat gently, stirring occasionally until melted.

**3** Place the mascarpone in a bowl and whisk in the ginger curd until smooth. Whisk in the melted chocolate. Spoon over the base and chill for 1-2 hours.

**4** Carefully remove from the tin and decorate with grated chocolate or

# BAKING BONANZA!

Stock up on this collection of bakeware and ingredients to make baking even more pleasurable

**FOODIE FLAVOURS FROM £3.99, [WWW.FOODIEFLAVOURS.COM](http://WWW.FOODIEFLAVOURS.COM)**

Foodie Flavours sells natural flavourings that are perfect for baking. Suitable for vegetarians and gluten-free, they come in an amazing array of flavours, ideal for any recipe.



**PYREX ASIMETRIA CAKE PAN £7.99, [WWW.PYREXUK.COM](http://WWW.PYREXUK.COM)**

Pyrex's new range of bakeware – Asimetria – is a collection of non-stick metal bakeware with large grip handles. It's easy to clean and comes with a 10-year guarantee.



**KISSING SQUIRRELS DOUBLE OVEN GLOVE £15, ANORAK**

Check on your baked creations in style using this durable set of oven gloves that features an adorable squirrel design.



**MULU BUTTONS £1, [WWW.MULUCHOCOLATE.CO.UK](http://WWW.MULUCHOCOLATE.CO.UK),**

The perfect treat for your little ones and a versatile ingredient, Mulu Organic Raw Chocolate Buttons are the go-to product for dairy, soya and nut free catering. Melt and blend with coconut oil and icing sugar for sumptuous chocolate vegan 'buttercream' or grate over frozen banana and almond milk ice cream for a high-end dessert.

**THE INDULGENT ONE JAM, FROM £2.99 [WWW.THEPICKLEDVILLAGE.CO.UK](http://WWW.THEPICKLEDVILLAGE.CO.UK)**

Lift your jam tarts and Victoria sponges with an exceptional jam, such as this strawberry option from preserve experts The Pickled Village. Also available in The Bourbon Blues (blueberry) and The Plum Job (plum).



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 **LAKELAND**

# LEITHS' AUTUMN Cookbook

Embrace all the new season has to offer with these veggie classics from the prestigious cookery school



## MUSHROOMS ON SOURDOUGH TOAST WITH POACHED DUCK EGGS



**Serves 4**

**Ready in 30 mins**

400–500g wild mushrooms, washed  
 1 shallot, finely chopped  
 1 garlic clove, crushed  
 handful of flat-leaf parsley, chopped  
 4 free-range duck eggs  
 4–5 tbsp plain flour, seasoned with  
 4–5 tbsp panko breadcrumbs  
 1 free-range egg, beaten  
 oil, for deep-frying  
 50g butter  
 100ml double cream  
 squeeze of lemon juice  
 4 slices of sourdough bread  
 salt and freshly ground black pepper  
 truffle oil, to finish

- 1 Heat the oven to 120C/250F/ Gas ½.
  - 2 Poach the duck eggs, refresh in cold water and drain well. Put the seasoned flour and breadcrumbs on separate plates, and coat the poached duck eggs first in the flour, then dip into the beaten egg and coat in the breadcrumbs, then chill.
  - 3 Fill a saucepan one-third full with oil and heat gently to about 190C/ 375F, or until a small piece of bread browns in 30 seconds in it.
  - 4 Meanwhile, melt the butter in a frying pan and sauté the shallot and garlic for one minute. Increase the heat, add the mushrooms and sauté quickly for 3–4 minutes until they take on some colour. Season lightly.
  - 5 Deep-fry the coated eggs in the hot oil for 2–3 minutes until the panko crumbs are golden and crisp. Drain on kitchen paper and salt lightly.
  - 6 Lower the heat under the mushroom pan and stir through the cream, adding a splash of water if the cream thickens. Add a squeeze of lemon juice and the fresh parsley.
  - 7 Toast the sourdough bread and place one slice on each plate. Divide the mushrooms between the sourdough slices, pour over any remaining sauce and place a deep-fried duck egg on top. Drizzle the mushrooms with a few drops of truffle oil and serve.
- PER SERVING: 716 CALS, 46.3G FAT

## BUTTERNUT SQUASH RISOTTO



**Serves 4**

**Ready in 50 mins**

1 onion  
 100g unsalted butter  
 70g vegetarian Parmesan-style cheese, plus extra to serve (optional)  
 300g risotto rice (Arborio, Carnaroli or Vialone Nano)  
 150ml vegetarian dry white wine  
 1.5–2 lt vegetable stock  
 salt and freshly ground black pepper

- 1 Peel and deseed 1 large butternut squash. Grate one-third coarsely and set aside. Cut the rest into 2cm chunks and toss these in enough olive oil to coat. Season well, spread out on a baking sheet and bake in an oven preheated to 200C/400F/Gas 6 for 20–30 minutes, turning once.
- 2 Halve, peel and finely dice the onion. Melt 50g of butter in a large, shallow saucepan, add the onion and grated butternut squash and sweat over a low heat until completely soft but not coloured, at least 10 minutes. Meanwhile, grate the Parmesan-style cheese and set aside.
- 3 Add the rice to the pan and fry gently,

stirring until it has had a chance to heat up and every grain is coated in the butter. Add the wine and bring to the boil, then reduce the heat and cook, stirring, until the rice has absorbed all the wine.

- 4 Meanwhile, put the stock in a separate saucepan and bring to a gentle simmer, then reduce the heat to as low as possible.
- 5 Once the wine is absorbed, start adding the stock a small ladleful at a time, stirring constantly and gently, making sure each ladleful is absorbed before adding the next. Continue until the rice is just cooked, but still al dente, about 25 minutes. If the stock runs out before the rice is cooked, use a little boiling water.
- 6 Take the pan off the heat and stir in the remaining butter, the roasted squash and the Parmesan-style cheese. Season to taste with pepper, and salt if required. Allow the risotto to stand, covered, for five minutes before serving, with extra grated Parmesan-style cheese, if you like.

PER SERVING: 577 CALS, 27.6G FAT

### COOK'S TIP

A traditional Italian risotto has a loose, almost sloppy texture and should give a little when plated. When left to stand before serving, your risotto will absorb more liquid, so make sure it is fluid otherwise it will become thick and heavy.

## BRAISED RED CABBAGE AND APPLE



**Serves 4**

**Ready in 1 hr 20 mins**

1 red cabbage  
 1 red onion  
 2 dessert apples  
 75ml vegetarian red wine  
 45ml red wine vinegar  
 150ml water  
 2 tbsp soft dark brown sugar  
 1/4 tsp freshly ground nutmeg  
 1/4 tsp ground cinnamon  
 small pinch of ground cloves  
 40g butter  
 salt and freshly ground black pepper

**1** Remove the outer leaves from the cabbage. Cut into quarters through the stalk, remove and discard the core and shred the cabbage finely. Halve, peel and slice the onion.

**2** Peel, core and thinly slice the apples, and put them with the cabbage and onion into a heavy-based saucepan.

**3** Add the wine, wine vinegar, a little seasoning and the water and stir well. Bring to the boil, then turn down the

heat to low and cover with a lid. Simmer for one hour, stirring occasionally to make sure the cabbage does not burn on the bottom of the pan. Add a little more water if necessary.

**4** Add the sugar and spices, cover and continue to cook for a further 30 minutes, or until the cabbage is tender and the onion and apples have softened.

**5** Just before serving, taste and adjust the seasoning. Stir through the butter and allow it to melt and give the cabbage a shine.

PER SERVING: 217 CALS, 8.9G FAT

### COOK'S TIP

This can also be made by mixing all the ingredients together in a casserole, covering with a tight-fitting lid and cooking in an oven preheated to 150C/300F/Gas 2 for two hours.



## DOUBLE CRUST APPLE PIE



**Serves 6-8**

**Ready in 1 hr 45 mins**

2 x quantity sweet rich shorterust pastry (see Masterclass on p65) extra flour, to dust

### For the filling

- 1 Bramley apple
- 6 Golden Delicious apples
- 75 - 100g caster sugar
- 1/2 - 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 50g raisins
- 2 tbsp plain flour

**1** Cut the chilled pastry in half and reshape into two discs. Wrap one disc closely in clingfilm and place in the fridge. Roll the remaining disc on a lightly floured surface to a large circle, 2-3mm thick. Use to line a 24cm pie dish and carefully trim off the excess using a sharp knife. Save any

trimmings for decorating the top of the pie. Cover with clingfilm and place in the fridge to chill.

**2** Roll out the second disc into a large circle, big enough to cover the pie, about 2-3mm thick, and place on a baking sheet. Cover with clingfilm and place in the fridge to chill.

**3** To make the filling, peel, quarter and core all the apples and cut into 5mm thick slices. Place in a large bowl and sprinkle with the sugar, cinnamon and cloves. Stir through the raisins, sprinkle in the flour and toss together to mix.

**4** Heat the oven to 200C/400F/Gas 6. Place a flat baking sheet on a lower shelf in the oven to provide 'bottom heat'.

**5** Remove the pie case from the fridge and fill with the apple mixture, ensuring the pie case is generously filled.

**6** Remove the pastry lid from the fridge. Brush the rim of the pie case with a little water and place the pastry lid on top of the apples, pressing down a little on the edge of the pie dish to seal the pastry.

**7** Trim the pastry edges to neaten, then crimp the edge. Make a steam hole in the centre of the pie and decorate with pastry trimmings, if desired. The trimmings should be rolled very thinly, to about 1-2mm, and stuck to the top of the pie with a little water.

**8** Stand the pie dish on the hot baking sheet in the oven and bake for 30 minutes to cook the bottom pastry before the top browns too much. Lower the oven setting to 180C/350F/Gas 4, transfer the pie on its baking sheet to the top third of the oven and continue to cook until the pastry is golden and the filling hot (test with a skewer through the steam hole). Remove from the oven. Allow to cool slightly before serving, with custard, ice cream or pouring cream.

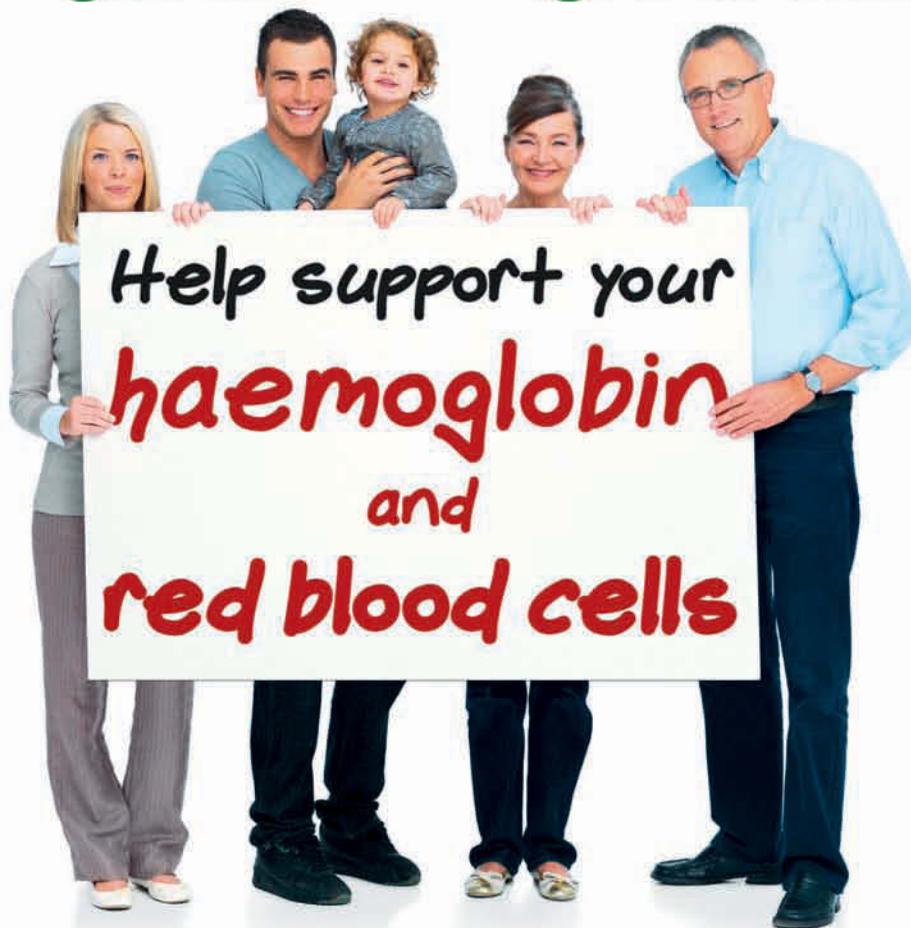
PER SERVING (8 SERVINGS): 184 CALS, 12.76 FAT

## BOOKSHELF

Recipes taken from *Leiths How to Cook\** (Quadrille, £30). Leading UK cookery school Leiths School of Food and Wine run an extensive range of professional and enthusiast courses. Upcoming vegetarian courses include Christmas Vegetarian with Hilary Cacchio (3 Dec), *Everyday Vegetarian* with Hilary Cacchio (12 Feb) and *A Vegetarian Taste of the Spice Route* (10 Sep/10 Jan). Visit [leiths.com](http://leiths.com) for further information.

\*INCLUDES NON-VEGETARIAN CONTENT

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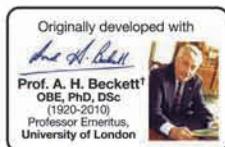
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Vitamin supplements may benefit those with nutritionally inadequate diets. † Professor Beckett is not cited in the capacity of a health professional, but as a product inventor and former Chairman of Vitabiotics.



  
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# Forbidden Fruits

Don't let fruit simply languish in the bowl, use our easy ideas and let your culinary inspiration take flight!



**F**ruit has evolved to be eaten, but in the UK, we rarely cook with it. We simply place it in a bowl to ripen and inevitably, to be chucked out. And what a shame that is, because so many of the varieties we grow in this country is some of the best in the world. So, let's reclaim these unsung kitchen heroes and get creative with some of the best ingredients in season now...!



## HUGH FEARNLEY-WHITTINGSTALL'S PEAR AND FRANGIPANE TOFFEE TARTS



**Serves 8-10**

**Ready in 1 hr 45 mins**

### For the sweet shortcrust pastry

250g plain flour  
25g icing sugar  
a pinch of salt  
150g cold unsalted butter, cut into cubes  
1 free-range egg yolk, beaten  
about 50ml cold milk (or water)

### For the pears

4 barely-ripe pears  
50g butter  
2 tbsp soft brown sugar  
1 tbsp demerara sugar  
1 tbsp flaked almonds

### For the frangipane

75g butter, softened  
75g caster sugar  
1 large free-range egg, lightly beaten  
20g plain flour  
75g ground almonds  
a dash of vanilla extract

**1** To make the pastry, put the flour, icing sugar and salt in a food processor and blitz briefly to combine. Add the butter and blitz until the mixture

resembles breadcrumbs. (Or you can rub the butter into the flour/icing sugar in a bowl, using your fingertips.) Add the egg yolk and enough milk to bring the dough together in large clumps. Tip on to a lightly floured surface and knead lightly into a ball. Wrap in clingfilm and chill for 30 minutes.

**2** Preheat the oven to 200C/400F/Gas 6 and grease a large baking tray or line with baking parchment.

**3** Peel, quarter and core the pears, then slice each quarter lengthways in two. Heat the butter and brown sugar together in a frying pan over a medium heat and, when bubbling, add the pears. Cook gently for a few minutes, until the pears are just tender and bubbling in a toffeeish sauce. Drain the pears in a sieve over a bowl, retaining all the sauce. Allow to cool. Set the sauce aside.

**4** For the frangipane, cream the butter and sugar together in a bowl until fluffy. Add the egg, flour, ground almonds and vanilla and beat well until evenly combined.

**5** Roll out the pastry into a rough rectangle, no thinner than 4mm, and trim to about 30x25cm. Place on the prepared baking tray. Spread the frangipane mixture over the pastry, leaving a slight border around the edge. Arrange the cooked pears over the frangipane, then sprinkle with the demerara sugar and flaked almonds. Bake for 20 minutes until the pastry is golden brown at the edges.

**6** Allow the tart to cool for 10 minutes or so before serving. Meanwhile, warm the toffee sauce through, stirring well to re-emulsify if it has separated slightly. Serve slices of the warm tart, with pouring cream and a generous trickle of the warm toffee sauce.

PER SERVING (10 SERVINGS): 455 CALS, 29.36 FAT

## FRUIT IN SEASON IN OCTOBER... AND SOME UNUSUAL PAIRINGS!

**APPLES** Thanks to the breadth of varieties available, apples pair well with sweet, salty and umami (or savoury) flavours. Try apple slices with a bubbling fondue, or drizzle salted caramel over your next apple tarte tatin.

**BLACKBERRIES** Apple and blackberry is a very classic pairing, but push the boat out with stewed blackberries over ice cream sprinkled with fresh basil or mint, or try mashing yours with goat's cheese before spreading onto bruschetta.

**FIGS** One of our favourite fruits, they go well with Middle Eastern flavours such as preserved lemons, sumac and feta cheese. Simply cut a cross  $\frac{2}{3}$  of the way down into the fruit before grilling under a hot grill. Serve on toasted pitta sprinkled with sumac and lemon zest over a bed of fresh spinach. Dress with oil and lemon juice.

**GRAPES** These little fruits go extraordinarily well with red onion. Finely dice a red onion before adding to sliced grapes, cooked Puy lentils and fresh parsley. Season with plenty of pepper and a dash of salt before dressing with a cider vinegar and Dijon mustard dressing.

**PEARS** Everyone knows pear goes great with chocolate but the addition of cardamom to this coupling really makes the flavours sing.

**PLUMS** Next time you're making a plum coulis, a little liquorice will go a long way to adding depth.



\*INCLUDES NON-VEGETARIAN CONTENT

## BOOKSHELF

Recipes taken from *River Cottage Fruit Every Day\** by Hugh Fearnley-Whittingstall (£25, Bloomsbury).

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# FIVE SENSATIONAL Soups

Editor **Fae Gifillan** shares her favourite  
meat-free soup recipes of all time



## VEGETABLE SOUP WITH MINT, CORIANDER AND PARSELY, SERVED WITH PITTA CRISPS



**Serves 4**

**Ready in 25 mins**

### For the pitta crisps

3 white pitta breads  
extra virgin olive oil  
sea salt and freshly ground  
black pepper

### For the soup

1 litre good quality vegetable stock  
(homemade is best)  
150g podded broad beans (approx  
300g unpodded)  
150g shelled peas (approx  
300g unshelled)  
150g green beans, sliced into  
2cm lengths  
1 bunch of each of mint, coriander and  
flat leaf parsley, roughly chopped  
2 spring onions, finely sliced  
juice of 1/2 a lemon  
salt and freshly ground black  
pepper, to taste

- 1 Prepare the pitta crisps first by slicing them into diagonal strips of about 2 cms wide. Open up each slice to make two pieces and arrange on a baking sheet.
- 2 Sprinkle with olive oil and season with salt and pepper and bake in the oven (200C/400F/Gas 6) for 15 minutes until crisp all over.
- 3 While the pitta crisps are in the oven heat the stock and season well with salt and freshly ground black pepper.
- 4 Add vegetables and simmer gently for 3-4 minutes until tender then remove from the heat.
- 5 Add the herbs, lemon juice and spring onion and serve piping hot with a few pitta crisps on top.

PER SERVING: 294 CALS, 6.26 FAT

“Is there anything more comforting on a brisk day than a bowl of warming soup? Soups are the food we turn to when we’re ill, or when we’ve been jostled by heavy rains or blustering gails. Soup is what we make for friends in times of crises. And, as they’re so simple to make, and packed full of healthy ingredients, it’s easy to see why...”



## TUSCAN-STYLE WINTER VEGETABLE SOUP



**Serves 4**

**Ready in 45 mins**

olive oil spray  
1 onion, roughly chopped  
1 large carrot, diced  
1 tsp fennel seeds, roughly crushed  
400g can Waitrose Chopped Tomatoes  
with Olive Oil &  
Chopped Garlic  
750ml vegetable stock  
3 sprigs fresh rosemary, leaves picked  
and chopped  
1 Savoy cabbage, halved and shredded

400g can essential Waitrose Borlotti  
Beans, drained and rinsed  
4 slices Waitrose LOVE Life Heyford  
Sliced Bloomer

- 1 Spritz the bottom of a large, heavy-based pan with olive oil spray. Add the onion and carrot and cook over a medium heat for 8–10 minutes. Add the fennel seeds and cook for a minute.
- 2 Pour in the tomatoes and stock and bring to a simmer. Stir in the rosemary and cabbage, cover and simmer for 15 minutes. Add the beans and simmer for a further five minutes.
- 3 Meanwhile, preheat a griddle pan until hot. Lay the slices of bread on it and cook for 1-2 minutes on each side. Ladle the soup into bowls and serve with the griddled bread.

PER SERVING: 267 CALS, 5.96 FAT

# GINGER AND CARROT SOUP WITH LEMON HERB CREAM



**Serves 4**

**Ready in 40 mins**

## **For the Carrot and Ginger Soup**

600g of carrots peeled and chopped  
2 medium onions, peeled and chopped  
1 garlic clove, peeled and crushed  
3 tbsp olive oil  
1 tsp powdered ginger  
1 tsp medium curry powder  
1 1/2 lt good vegetable stock  
sea salt and black pepper  
pared rind of 1 lemon

## **For the Lemon Herb Cream**

200g crème fraîche  
finely grated rind of one lemon  
2 tsp chopped parsley  
2 tsp chopped chives

**1** Heat the olive oil in a pan and add the onions and carrots, cook for several minutes, stirring. Then add the garlic, ginger and curry powder and cook for a further minute.

**2** Add the stock and lemon strips to the pan, half cover the pan with its lid, and simmer gently for 20 minutes until the carrots are tender.

**3** Cool slightly, then liquidise. Taste and season. Reheat to serve.

**4** Next, make the cream. Stir all the ingredients together gently, or the crème fraîche will go runny, and then spoon a dollop into the middle of each bowl of soup, garnish with chives or parsley if you wish. Serve with wholemeal crusty bread.

PER SERVING: 347 CALS, 27.96 FAT



## SHALLOT SOUP WITH WATERCRESS PESTO



**Serves 6 generously**

**Ready in 45 mins**

### For the Soup

1 kg shallots, chopped  
175g butter  
25g garlic  
20g thyme  
10g sugar  
20g salt  
1.75 lt gluten-free vegetable stock  
250ml double cream

### For the Watercress Pesto

150g watercress  
100ml olive oil  
1 garlic clove  
1 tsp grated vegetarian Parmesan-style cheese  
salt and pepper

**1** Fry the shallots gently in the butter for 5-10 minutes, add the chopped garlic, thyme, sugar and salt.

**2** Pour in the stock bring to the boil, cook for 5-10 minutes then add the double cream. Bring back to the boil then blitz in a blender, pass through a fine sieve, check seasoning and serve.

**3** For the watercress pesto, put all the ingredients into a blender and buzz. Drizzle a little pesto onto the soup before serving.

PER SERVING: 710 CALS 61.56 FAT



## CREAMY DOLCELATTE AND TENDERSTEM SOUP WITH TOMATO AND HERB CROUTONS



**Serves 4-6**

**Ready in 20 mins**

### For the croutons

4 pieces of thick sliced white bread  
4 tbsp sun-dried tomato oil (taken from a jar of sun-dried tomatoes)  
2 tsp mixed dried herbs  
1 tsp sea salt

### For the soup

2 tbsp olive oil  
1 onion, peeled and chopped  
2 garlic cloves, peeled and crushed  
1 medium potato, peeled and diced  
1 bay leaf  
2 x 200g pack Tenderstem®  
1 lt vegetable stock  
150g Dolcelatte cheese

**1** Preheat the oven to 220C/425F/ Gas 7.

**2** To make the croutons, remove the

crusts from the bread, and cut each piece into approximately 1 cm cubes. Toss with the olive oil, herbs and salt.

**3** Tip onto a baking tray and bake in the preheated oven for about 10 minutes until golden and crunchy, turning once or twice throughout the cooking time. Remove from the oven and leave to cool.

**4** To make the soup, heat the oil in a large saucepan and then gently sauté the onion for five minutes until softened but not coloured. Add the garlic, potato and bay leaf. Cover with a lid and cook for five minutes, stirring a couple of times until the potato is starting to become tender.

**5** Cut the Tenderstem into 2-3cm pieces and add to the pan along with the stock. Bring to a simmer and cook for five minutes, or until the Tenderstem is tender. Roughly chop the Dolcelatte, and stir into the pan, until it has melted.

**6** Remove the bay leaf, and also remove a few of the Tenderstem florets to garnish the finished soup, keeping them to one side. Using a hand blender or liquidiser, blitz the soup until it is as smooth as you wish. Season with pepper and a little salt (the cheese is quite salty so don't go overboard on the salt).

**7** Serve the soup hot, garnished with the Tenderstem florets, and with the crunchy tomato and herb croutons.

PER SERVING (6 SERVINGS): 347 CALS, 24.26 FAT



# Diwali *with Anjum*

TV chef, cookery writer, founder of The Spice Tailor and mother of two Anjum Anand, reflects on some of her favourite Diwali family traditions and serves up some of her trusted dishes for us to try

**D**iwali is much like our Christmas and is the most important Hindu festival of the year, so the excitement starts a lot earlier than the day itself. My earliest memories of Diwali are of my uncle throwing a party every year at his home and we would always be there, staying the night. The day was all about cleaning the house and organising the meal. Flowers would be delivered and arranged artfully in vases by my aunt. The whole house would buzz. In the evening an Indian priest would come and we would all sit there listening to the stories of Diwali and try not to laugh at funny sounding words.

The evening was always magical with people coming and going all through the night. I would try and stay up as late as possible and after dinner all the adults would sit cross-legged on sheets on the floor and play cards. I would sit behind my dad and every time he won a hand he would credit his lucky daughter.

Like all Indian festivals, it is considered good luck to give something sweet to your friends and family so the day before Diwali, or in the morning, my family and I always buy lots of Indian mithai (small self-contained desserts) and Indian sweets. The night before Diwali we also place little candles or tea lights around our house to show the goddess Laxmi the way to our home (she is the goddess of wealth, which includes health and happiness), which we all light together; it always creates a really lovely atmosphere in our home.

In the morning, my children set out new candles for the evening. We then make little boxes of the Indian sweets, put on some traditional Indian clothes and walk around to our local shops to drop off little boxes to give to everyone who helps us throughout the year. We then spend the rest of the day with family, eating, exchanging gifts and having prayer ceremonies in our homes. We hear the story of Diwali and the children love it and always listen really carefully; I remember doing the same when I was young.

Diwali meals are normally vegetarian – as my husband and children are all vegetarians we always have plenty of vegetarian dish ideas. A meal will often consist of a range of dishes, each complementing the other in terms of colour, texture and flavour so the end result is a delicious and



colourful feast. Dinner is always with friends and family; it is a big celebration to finish the day off in style. Some of my favourite dishes to eat are a buttery black lentil curry or a rich and creamy paneer dish and a cold creamy kheer. I know it sounds surprising but I find cooking during the festival more of a chore because it takes me away from everyone, so every year my extended family and I take it in turns to host Diwali dinner so no one spends Diwali in the kitchen every year.

Some of our other family traditions include spring cleaning the home, displaying any Indian religious ornaments and creating a little altar. We try and make some candles or paint some earlier made clay diyas (little tea light holders), create pretty patterns with coloured powder on paper or the children help me arrange some flowers. I like to get the children busy with anything Diwali-esque to make it more special for them as a day

and as an Indian festival.

Below are some of my favourite special meals, so you too can enjoy a little Diwali magic in your own home...

## CHICKPEA BIRYANI



**Serves 6**

**Ready in 1 hr 10 mins**

large pinch of saffron  
4 tbsp milk  
handfuls of raisins and roasted cashew nuts, crispy browned onions and fresh chopped coriander for garnish (use as many or as few of these, the more the better)  
salt and freshly ground black pepper to taste  
20g butter, for assembling

### For the rice

1 tbsp vegetable oil and 2 tbsp ghee  
400g basmati rice, washed really well several times until the water runs clear  
750ml water  
5 cloves  
5 green cardamom  
1 in cinnamon  
1 bay leaf  
2 small onions, finely sliced

### For the chickpeas

3-4 tbsp vegetable oil  
2 x 400g tin boiled chickpeas, drained and rinsed  
2 small-medium onions, finely chopped  
4 fat cloves garlic, grated into a fine paste (around 2 good tsp)  
1 good tsp ginger paste (fresh is best)  
1/4-1/2 tsp red chili powder, or to taste  
2 tsp coriander powder



INCLUDES NON-VEGETARIAN CONTENT

## BOOKSHELF

Recipes taken from *Indian Vegetarian Feast* by Anjum Anand (£19.99, Quadrille), *Quick & Easy Indian\** by Anjum Anand (£18.99, Quadrille, Photography by Lisa Linda) and *Anjum's New Indian\** by Anjum Anand (£14.99 in paperback, Quadrille, Photography by Vanessa Courtier).

- 2 tsp cumin powder
- 1/2 tsp turmeric powder
- 2 tsp garam masala powder
- 4 tbsp yoghurt
- 2 medium tomatoes, roughly cut up
- 3 tbsp each chopped mint and coriander

- 1 Make the rice: Wash the rice really well in several changes of water or until it runs clear. Leave to soak.
- 2 Heat the oil and ghee in a large saucepan. Add the whole spices and cook for 30 seconds. Add the onions and 1/2 tsp salt and cook until soft, stirring, then turn the heat up and cook until golden.
- 3 Meanwhile, drain the rice and add it

into the golden onions. Stir well over a high heat to dry off any excess water and coat the rice in the oil for about 2-3 minutes. Add your water, taste and season well. Bring to a boil then cover and turn the heat right down. Cook undisturbed for 7-8 minutes then test a grain, if it is done, take off the heat and set aside for 10 minutes, if not, leave to cook another minute or so. Once steamed, spoon onto some open plates to prevent overcooking.

- 4 Make the chickpeas: Blend together the tomatoes and yoghurt.
- 5 Heat the oil in a medium-large sized saucepan. Add the onion with a good pinch of salt and cook until really soft then turn the heat up and cook until golden. Add the ginger and garlic and

“These are absolutely delicious and easy to make with simple everyday ingredients (gram flour is a must in all vegetarian households!)”

cook gently for 30-40 seconds or until the garlic smells cooked. Add the powdered spices and more seasoning with a splash of water and cook until the water has evaporated.

5 Add the tomato, yoghurt mix and cook, over a moderate to high heat, stirring constantly until the mixture comes to a boil and then reduce. This stops the yoghurt from splitting. Now turn the heat down a little and cook until this paste darkens. Add the chickpeas and a good splash of water and bring back to the boil, taste, and adjust seasoning. Simmer for 4-5 minutes. Add the mint and coriander and take off the heat. There should be some liquid in bottom of the pan.

6 To finish: Heat the milk and add the saffron, soak for 15 minutes. When you are ready to eat, break up the butter into cubes and place half on the bottom of your pan. If your pan is quite wide, you can make this in three layers if it is narrowish then maybe do five (i.e. rice, chickpea, rice, chickpea, rice). So, cover with half/third of the rice, drizzle with half/third of the saffron water. Layer all or half the chickpea masala and top with the rice, saffron etc. and keep going until all the layers are done. Top with the saffron drizzle, raisins and cashews. Cover with a tight fitting lid and place on a low heat for 20 minutes. You can leave this, off the heat, for 20 minutes now and it will stay hot.

7 Spoon onto a platter and scatter crispy onions and coriander for garnish and serve with a raita.

PER SERVING: 634 CALS, 25.26 FAT

## SAVOURY YOGHURT KEBABS



**Makes 10 small kebabs**

**Ready in 30 mins (plus overnight sieving)**

### For the kebabs

- 200g Greek yoghurt
- 40g gram flour
- 2 1/2 tbsp vegetable oil
- 1/2 small-ish onion, finely chopped
- 2 garlic cloves, peeled and finely chopped
- 8g root ginger, finely chopped
- salt
- 1/2 tsp garam masala
- 30g mature Cheddar cheese, finely grated
- 2 slices white bread, crumbed, plus more if needed
- 2 tbsp chopped coriander leaves
- 1/2 green chilli, deseeded and finely chopped (optional)



“This is definitely a special occasion dish as it is elegant as well as delicious and I think worth the effort if you have people coming around”

#### To serve (optional)

1 large ripe tomato (finely chopped)

**1** The night before, put the Greek yoghurt in a sieve lined with muslin, place over a bowl and leave in the fridge overnight.

**2** The next day, add the gram flour to a non-stick frying pan and stir over a gentle heat until it has a lovely toasted smell and turns a golden colour, four to five minutes. Scrape into a large bowl. Clean the pan and heat  $\frac{3}{4}$  tbsp of the oil. Add the onion; cook gently until just softened. Add the garlic, ginger and salt and cook until it no longer smells of raw garlic, 40–50 seconds. Stir in the garam masala; take off the heat and add to the gram flour with the drained yoghurt, cheese, breadcrumbs, coriander, green chilli and black pepper. Stir well and season to taste. It should be firm enough to roll into balls. If not, add some more crumbs. Give the pan a wipe.

**3** Heat half the remaining oil in the saucepan until hot. Make little balls of the mixture, flatten and add a batch of them to the pan. Cook over a gentle flame until the bases are a lovely

golden brown. Flip over and cook until this side is deep golden too. Drain on kitchen paper. Repeat, using more oil and yoghurt kebabs, until they are all cooked.

**4** Serve with a sprinkling of chopped fresh tomatoes.

PER SERVING: 90 CALS, 5.5G FAT

## PANEER KOFTA AND SHIITAKE MUSHROOM CURRY



Serves 5-6

Ready in 1 hr 15 mins

350g homemade paneer, (place in boiling water as you work if it has not just been made)

small handful of chopped fresh coriander

12 medium sized shiitake mushrooms, thickly sliced or stalks removed and halved oil, to fry

#### For the sauce

8 tbsp vegetable oil

3 black cardamom pods

2 large onions, sliced

4 fat garlic cloves, peeled and finely grated

25g ginger, peeled and finely grated

4 large tomatoes, quartered

2 tbsp tomato purée

salt, to taste

$\frac{1}{2}$ - $\frac{3}{4}$  tsp red chilli powder

1 rounded tbsp coriander powder

1  $\frac{3}{4}$  tsp cumin powder

$\frac{1}{3}$  tsp turmeric powder

2 tsp garam masala powder

50g cashew nuts, soaked

5-6 tbsp double cream

1 rounded tsp dried fenugreek leaves fresh coriander, to garnish

**1** Heat the oil in a large non-stick saucepan. Add the black cardamom pods and onions and cook until they are well browned. Add the ginger and garlic pastes and cook until they are lightly colouring. Add the tomatoes, tomato purée, remaining spices and seasoning; cook over a moderate heat, stirring



“This pie doesn’t need any more than a salad on the side. I love the rustic cobbler topping, it is really quick and easy, but you can also cover the pie with puff pastry if that seems easier”



100g baby spinach  
6 tbsp double cream  
50ml whole milk  
1/2–1 tbsp tomato purée (optional)

**For the cobbler topping**

175g self-raising flour, sifted, plus more to dust  
1/3 tsp salt  
70g unsalted butter, cut into smallish pieces  
2 free-range eggs, beaten  
55–65ml whole milk  
a few sea salt flakes

occasionally, until all the water has boiled off and the paste releases oil, around 15-20 minutes. Cook the paste for a few minutes over a moderate to high heat, stirring constantly. Add a splash of water and blend the sauce to a fine purée. Pour back into the pan, add enough water for the consistency of single cream, bring to a boil, cover and simmer for 6-7 minutes.

**2** While the curry is cooking make the koftas. Break up and crumble the paneer until it is fine and with the heel of your hand knead until it is even finer and work the dough until when you squeeze a bit together, it holds, the more you work it the smoother it becomes. Add 1/2 tsp salt and the coriander and form into large marble-sized balls.

**3** Add enough oil to come 2" up the sides of a small saucepan and heat to around 180C/350F. Test the oil by dropping a small amount of the mixture into the oil, it should sizzle immediately but not colour straight away. Add enough koftas so it's not over-crowded, cook turning halfway until they are a deep golden, drain and place on kitchen roll. Repeat with the remaining koftas. Remove most of the remaining oil from the pan, leaving in around 1-2 tbsp add the whole mushrooms, season lightly and sauté the mushrooms for 4-5 minutes. Set aside.

**4** Once the curry is done, add the cashew nut paste and cream, bring to a gentle simmer, the consistency should be of a light cream. Add the koftas and mushrooms, bring back to a boil, cover

and simmer gently for five minutes. Taste and adjust seasoning.

**5** Sprinkle over the dried fenugreek leaves and garnish with a swirl of cream and a little fresh coriander.

PER SERVING (6 SERVINGS): 569 CALS, 48.3G FAT

## AUTUMNAL SQUASH, BUTTERBEAN AND MUSHROOM COBBLER



**Serves 5–6**

**Ready in 1 hr 40 mins**

**For the pie filling**

400g squash, I like butternut, h Hubbard or acorn  
4 tbsp vegetable oil  
1 onion, chopped  
20g root ginger, peeled weight, grated  
3 large garlic cloves, peeled and grated  
3 tomatoes, quartered  
1/2 tsp turmeric  
1/2–1 tsp chilli powder  
2 tsp ground coriander  
1/2 tsp garam masala  
salt, to taste  
good pinch of freshly ground black pepper  
9–10 large chestnut mushrooms, thickly sliced  
400g can butterbeans, drained and rinsed

**1** Preheat the oven to 200C/400F/ Gas 6. Place the squash, skin on, in a roasting tin and cook until soft, around 30 minutes. Remove any fibres and seeds and cut into 2.5cm squares.

**2** Meanwhile, heat the oil in a large saucepan. Add the onion and cook until soft. Add the ginger and garlic and cook until the garlic just starts to colour. Add the tomatoes spices and seasoning and cook down until the sauce has released oil back into the pan.

**3** Add the mushrooms, cover and cook for another two to three minutes. Pour in 200ml of water and add the beans, squash and spinach and return to the boil. Cook for two to three minutes. Add the cream and milk, taste – making sure you taste both squash and sauce – and adjust the seasoning. Stir in the tomato purée if you feel the tomatoes are lacking flavour or colour. Spoon into a large pie dish, or six individual dishes.

**4** Make the cobbler topping. Place the flour and salt in a large bowl, add the butter and rub between your fingers until you have a sandy texture. Make a well, add half the egg and most of the milk and bring together with a fork to a very soft dough. Turn out on to a flour-dusted work surface and lightly bring together. Pat out until it is about 1cm thick and, using a pastry cutter, cut out six rounds.

**5** Place the cobbler on the pie filling, brush with the remaining egg and bake for around 20–25 minutes.

PER SERVING (6 SERVINGS): 630 CALS, 45G FAT

# POMEGRANATE SOUFFLÉ WITH ROSE AND RASPBERRY CREAM



**Makes 4**

**Ready in 30 mins**

## For the Soufflés

200ml pure pomegranate juice

2 slightly rounded tsp cornflour

30g caster sugar, plus 1 1/2 tbsp more for the meringue, plus more for the ramekins

soft unsalted butter, for the ramekins

2 free-range egg whites

## For the Rose and Raspberry Cream

150g raspberries

120g double cream

20g caster sugar, or to taste

2 tsp rose water, or to taste

**1** Start with the soufflé. Whisk 25ml of the pomegranate juice into the cornflour. Bring the remaining juice to a boil and reduce to 125ml; it takes around four minutes and you will need to pour it back into the measuring jug to check (don't worry if it slightly over-reduces).

**2** Add the 30g of sugar over the heat and, once it has dissolved, whisk in the cornflour slurry (it will thicken almost immediately). Return to a boil, whisking all the while, then boil for 1-1 1/2 minutes. Scrape into a container you can blend in (I use the same measuring jug and my stick blender). Set aside.

**3** Meanwhile, butter the ramekins well and dust with sugar, turning the

ramekins so they are all well coated and tapping out the excess.

**4** Take 50g of the berries, mash well and push through a nylon sieve. Stir into the cream with the sugar and rose water. Fold in the whole raspberries, taste and adjust the sugar and rose water to taste.

**5** Preheat the oven to 180C/350F/ Gas 4. Whisk the egg whites until they reach soft peaks, sprinkle in the extra 1 1/2 tbsp sugar and continue whisking until the meringue is glossy and firm.

**6** Blend the pomegranate mixture until smooth once more. Place in a large bowl and whisk in around one-quarter of the egg white mix. Then, using a large spoon, carefully fold in the rest, trying to keep the lightness as you incorporate all the little lumps. Do not over-mix. Spoon equally into the ramekins and flatten the tops with a palette knife or other knife. Run the tip of your thumb around the inner rim of the ramekins and place on the middle shelf of the oven.

**7** Bake for eight to nine minutes, or until well risen and slightly golden on top. Serve immediately with the rose and raspberry cream.

PER SERVING: 290 CALS, 17.7G FAT

“This lovely recipe is inspired by Indian flavours and the country’s love of floral notes. It is a soufflé but don’t be afraid, it has never failed me...”

# Potluck!

Pop these mouth-watering recipes from **Rachel Khoo** in a little pot and you've got the perfect gift for neighbours and friends

## MINTED PETITS POIS SPREAD WITH PRESERVED LEMON



**Makes 250g**  
**Ready in 20 mins**

200g frozen petits pois  
1 preserved lemon, finely chopped  
1/2 garlic clove  
1 bunch of mint  
50g crème fraîche

**1** Cook the peas for a few minutes in salted, boiling water. Drain, then rinse them in cold water.  
**2** Put the peas through a blender with the garlic, mint and crème fraîche. Taste, then season.  
**3** Stir the lemon into the paste or sprinkle it over the spread before serving. It's best to eat this spread the same day, as mint gradually loses its vivid colour.

PER POT: 293 CALS, 17.46 FAT

## HUMMUS... FOUR WAYS

### CLASSIC HUMMUS



**Makes about 200g**  
**Ready in 15 mins**

200g tinned chickpeas, rinsed and drained

1/2 garlic clove, peeled and crushed  
few drops of lemon juice  
2-4 tbsp extra virgin olive oil  
1 tsp tahini  
1 tsp ground cumin

**1** Blend all the ingredients in a food processor to a coarse paste.  
**2** Season to taste and serve.  
PER POT: 807 CALS, 68G FAT

### CARROT HUMMUS



**Makes about 200g**  
**Ready in 1 hr, 15 mins**

2 large carrots, peeled and chopped  
2-4 tbsp extra virgin olive oil  
100g tinned chickpeas, drained  
1/2 garlic clove, peeled and crushed  
1 tsp freshly squeezed lemon juice  
1 tsp tahini  
1 tsp ground cumin  
pinch of sugar

**1** Preheat the oven to 200C/400F/ Gas 6. Arrange the carrots on a baking sheet, drizzle with olive oil and roast in the oven for one hour.  
**2** Blend all the ingredients (besides the salt and pepper) in a food processor to a coarse paste. Season and serve.  
PER POT: 810 CALS, 66.66 FAT

### BEETROOT HUMMUS



**Makes about 300g**  
**Ready in 15 mins**

150g tinned chickpeas, drained  
1 large cooked beetroot (approximately 175g)  
1 garlic clove, peeled and crushed  
few drops of lemon juice  
2-4 tbsp extra virgin olive oil  
1 tsp tahini  
1 tsp ground cumin

**1** Blend all the ingredients in a food processor to a coarse paste. Season to taste. It's best to eat beetroot hummus on the same day.  
PER POT: 823 CALS, 67G FAT



ROASTED RED PEPPER HUMMUS

CARROT HUMMUS

CLASSIC HUMMUS

BEETROOT HUMMUS



MINTED PETITS POIS SPREAD WITH PRESERVED LEMON



WHITE CHOCOLATE AND RASPBERRY WHIRL

## ROASTED RED PEPPER HUMMUS



**Makes about 400g**  
**Ready in 55 mins**

3 large sweet red peppers, chopped  
2-4 tbsp extra virgin olive oil  
130g tinned chickpeas, drained  
½ garlic clove, peeled and crushed  
1 tsp freshly squeezed lemon juice  
1 tsp tahini  
1 tsp ground cumin  
pinch of sugar

**1** Preheat the oven to 200C/400F/ Gas 6. Spread the chopped peppers on a baking sheet, drizzle with olive oil and roast in the oven for 40 minutes.  
**2** Blend all the ingredients in a food processor to a coarse paste. Season to taste. This type of hummus will keep for five days in an airtight container in the refrigerator.

PER POT: XXX CALS, XXXG FAT

## WHITE CHOCOLATE AND RASPBERRY WHIRL



**Makes 400g**  
**Ready in 30 mins**

**For the White Chocolate Cream**  
130g white chocolate, chopped  
70ml single cream  
pinch of salt

**For the Raspberry Jam**  
200g frozen raspberries  
120g preserving sugar

**1** To make the white chocolate cream, melt the chocolate in a heatproof bowl placed over a saucepan of gently simmering water. Stir until smooth, then add the cream and salt.  
**2** Leave the paste to cool for approximately 15 minutes in the

refrigerator. It should be cold but not yet set. Mix the raspberries and preserving sugar in a large saucepan and cover with a lid when the mixture comes to the boil. Boil for five minutes before turning off the heat.

**3** Leave to cool for 15 minutes in the refrigerator. The jam should be cold, but not yet set. Blend in a food processor for two minutes. Pour a little chocolate paste into a sterilised jar, followed by a little raspberry jam. Continue to fill the jar with alternate white chocolate and raspberry layers. Stir with a chopstick or a spoon handle to create a marbled effect.

PER POT: 1,415 CALS, 62.96 FAT

\*INCLUDES NON-VEGETARIAN CONTENT

## BOOKSHELF

Recipes taken from © Rachel Khoo's *Sweet & Savoury Pâtés\** (£14.99, Weidenfeld & Nicolson).



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# BALANCING ACT

Bloated? Tired? Moody? Switch to the alkaline diet and discover a gorgeous menu and a vibrant new you

BEETROOT AND BERRY CHEESECAKE



**H**ere Natasha Corrett, one half of Honestly Healthy, explains how balancing the pH of her body through a nourishing and delicious vegetable-based diet changed her life. Plus, three of her favourite veggie recipes to get you

“I have not been blessed with a fast metabolism, which is perhaps a blessing in disguise. However, growing up with my father in the food industry I naturally became a foodie. On the other side, I was also exposed to the health world as my mother is highly allergic to wheat, gluten and dairy, and has always needed to look for alternatives. I got caught up in the yo-yoing diet world for years, which caused me to fluctuate with my weight so much that I was going up and down one to two stones every six months. It was exhausting, always looking for the next answer – and I was unhappy.

### A turning point

“It wasn’t until 2010 when I hurt my back very badly that I went to see an ayurvedic doctor for acupuncture. He told me I was highly acidic and no wonder I found it hard to lose weight. He then described exactly how I was feeling – bloated, bad skin, tired all the time but not sleeping well, overweight and hormonal. Once he explained the science behind acid vs alkaline and how it might help me, I started to do some research and a light bulb went off!

“I had to make very simple changes, but I wanted to create something for me that was a lifestyle not a diet. I hate the word ‘diet’ with a passion as it has so many bad connotations for me. I started doing some research into what alkaline foods I could have to work with the ‘naughty’ things I still wanted to eat like brownies and pizzas. In time, I found how to make healthy alternatives. I felt better and better and slowly started to lose the weight and have kept it off for years now.

### Spreading the word

“It worked for me so I thought this concept might work for others as well. Seeing other’s success stories now makes it all worthwhile. It’s all about moderation and balance, happiness and

feeling fantastic! I advocate the 70/30 rule. 70 percent of the time you follow the alkaline way and 30 percent of the time you let your hair down and do

what you want. This way it never feels like you are denying yourself of anything or on a dreaded diet. Life is for living and living to your fullest, people too often forget that they only have one body for their entire life. It’s our home and we need to really look after it, especially as we ask so much of it every day. Be kind and thoughtful to yourself, if you don’t no-one else will!

“Honestly Healthy was born from my own discoveries and my want to help others. Within the company I wanted to make sure there was

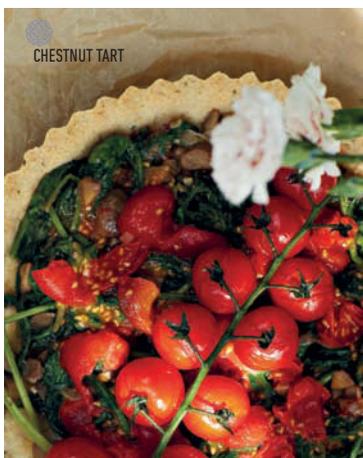
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**READER OFFER**



CHESTNUT TART

something for everyone so the website has turned into an online magazine that gets updated every day with tips and nutritional advice. Knowing that people are craving more information on how to be healthy is so wonderful. Alongside the books, I have also developed Fridge Fill – a food delivery service that brings my dishes and ethos to your door in a beautiful box so that you can be healthy without having to cook. It's humbling to hear how I have helped people and I hope that the word keeps spreading.”

To find out more go to  
[www.honestlyhealthy.com](http://www.honestlyhealthy.com)

## CHESTNUT TART



**Serves 4**  
**Ready in 40 mins**

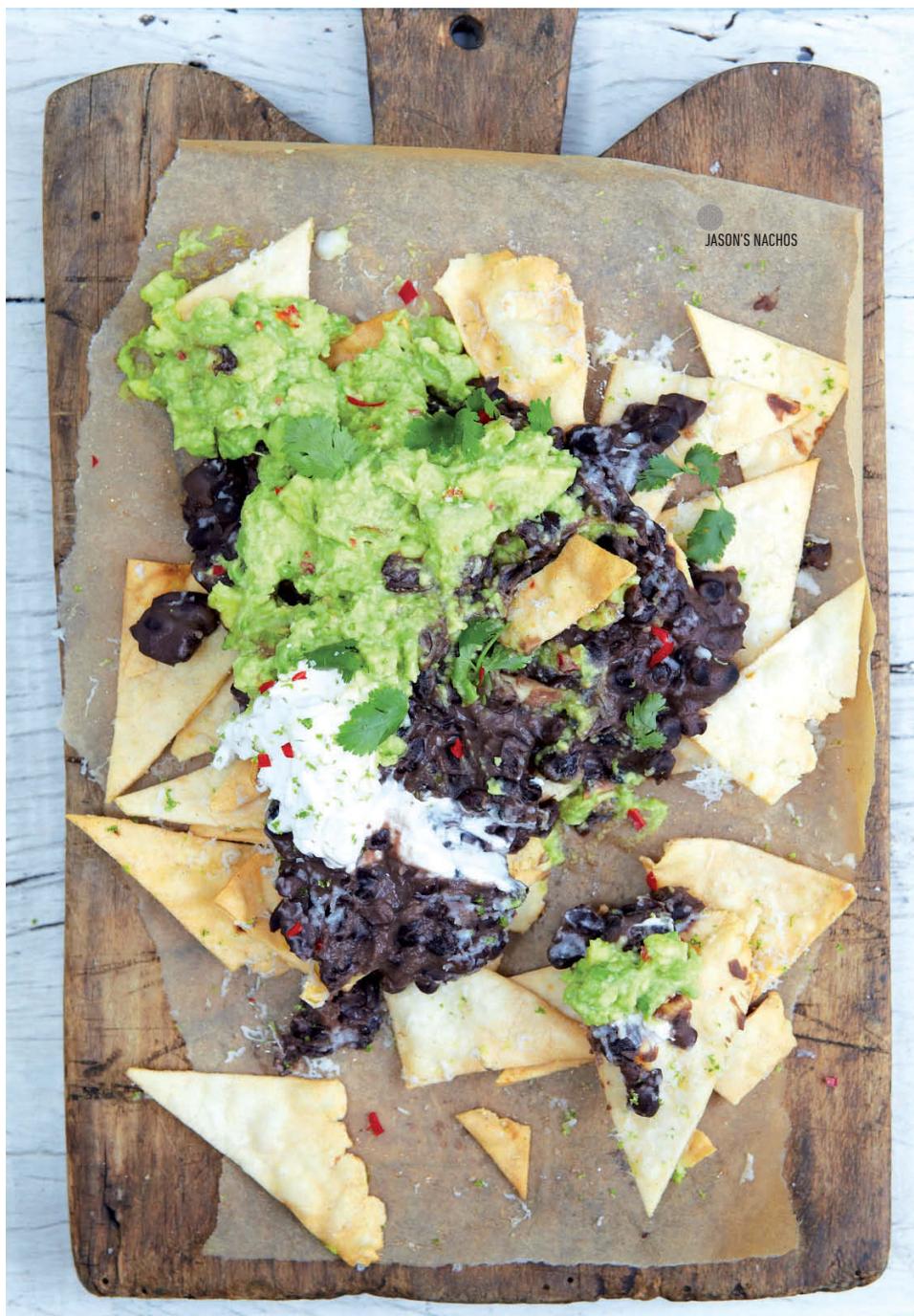
### For the crust

4 tbsp sunflower oil  
1 sprig rosemary, finely chopped  
1/2 tsp salt  
1 tbsp water  
200g ground almonds

### For the filling

200g baby vine tomatoes, left on the vine  
2 tbsp sunflower oil  
1 garlic clove, finely chopped  
20g red onion, finely chopped  
120g cooked whole chestnuts, finely chopped  
120ml water  
1/8 tsp celery seeds  
a pinch of Himalayan pink salt  
200g spinach leaves  
juice of 1/2 lemon  
a sprig of basil (optional)

“Who said nachos need to be unhealthy – these gluten-free ones are delicious!”



**1** Preheat the oven to 170C/325F/ Gas 3. You'll need a 15cm tart tin and a baking tray. To make the crust, in a large bowl mix the sunflower oil, rosemary, salt and water into the ground almonds. Tip into the tart dish and press down evenly to complete the base and sides. Bake in a preheated oven for 15 minutes.

**2** Meanwhile, put the tomatoes onto a baking tray and drizzle over one tablespoon of the sunflower oil and bake for 10 minutes (while the crust is baking), until they start to burst and their skins wrinkle. Once the crust is ready, take it out of the oven and put into the fridge to cool. Remove the tomatoes from the oven and set aside.

## WHY ALKALINE?

An alkaline diet emphasises fresh fruit, vegetables, nuts, seeds and legumes. If you eat foods that are acid-forming (dairy, alcohol, processed, sugar) your pH becomes unbalanced, which can lead to degenerative diseases. Plus, the kidneys have less work to do breaking down alkaline foods, as they have to leach vital minerals such as calcium and magnesium from bones to 'buffer' the acidity. Visit [honestlyhealthyfood.com](http://honestlyhealthyfood.com) for a definitive list of dos and don'ts

**3** Heat the remaining sunflower oil in a pan on a low to medium heat and sauté the garlic and onions for two minutes, then add the chestnuts and half the measured water. Continue to sauté for a further 1-2 minutes until the water is absorbed. Next, add the celery seeds, a pinch of salt and the rest of the measured water. Add the baby spinach and lemon juice and leave to wilt the leaves. Once the spinach leaves are wilted and the liquid is absorbed, remove the pan from the heat.

**4** Take the tart crust out of the fridge and spoon the spinach chestnut mixture into the centre. Take half of the roasted tomatoes off the vine, pop them open in your hands and carefully place them onto the tart filling. Leave

the other half on the vine and place on top of the tart. Add an extra sprig of basil as a garnish.

PER SERVING: 566 CALS, 48.96 FAT

## JASON'S NACHOS



**Serves 4**

**Ready in 30 mins, plus  
2-3 hours chilling**

### For the Nachos

120g gluten-free flour  
1/4 tsp pink salt  
1 tbsp xanthan gum  
1/4 cup water

### For the Avocado Dip

1 avocado  
1/2 a lemon, juice  
1/2 a lime, juice and zest  
1 garlic clove, finely grated  
1 small chilli, finely chopped

### For the Black Beans

240g organic black beans  
1/4 tsp cumin  
1 tbsp sunflower oil  
pinch smoked paprika

### For the Vegan Sour Cream

6 tbsp Tofutti (this is tofu cream cheese, you should find it in the fridge section of most health food stores)  
1/2 a lime, juice and zest  
pinch salt

### Optional

30g hard goat's cheese

**1** To make the nachos put the flour, salt and xanthan gum into a bowl and mix together. Slowly add the water and combine together to form a dough. Knead together on a floured surface until completely mixed together. Roll the dough into a ball, wrap in clingfilm and put into the fridge to rest for 30 minutes.

**2** Split the ball of dough into four smaller balls and roll each one out – the trick is to roll them as thin as possible – approximately 2-3mm each.

**3** Heat a pan and leave it to get really hot. Put one of the rolled out tortillas onto the dry hot pan and leave until it starts to go golden brown and bubble on one side (they will only brown where it starts to 'bubble'). Turn it over and repeat on the other side until all of the four tortillas are done. Chop each into small triangles. Put on a lined baking tray and cover with one

“This easy-to-make salad is ideal for packed lunches”

QUINOA, LEMON, KALE AND BEETROOT SALAD



**finely chopped**  
**zest of 1 lemon, grated**  
**15g mint, chopped**  
**15g flat-leaf parsley, chopped**  
**1/2 tbsp za'atar**  
**1/2 tbsp mirin**  
**1 tbsp sesame oil**  
**1 tbsp brown rice vinegar**

- 1 Preheat the oven to 180C/350F/ Gas 4. Roast the beetroot for 45 minutes with one tablespoon of the sunflower oil.
  - 2 Cook the quinoa as per packet instructions with the bouillon powder, then set aside. Heat the remaining sunflower oil in a pan until hot. Toss in the garlic and leeks and sauté on a medium heat for two minutes. Add the juice of half a lemon and the measured water. Once the leeks have started to absorb the water, add the kale and stir.
  - 3 Next, add in the juice of another half a lemon along with a pinch of salt. Cook for 2-3 minutes until the kale is wilted and soft. Remove from the heat.
  - 4 Assemble the ingredients by mixing the kale, leeks and beetroot through the quinoa, then gently fold in the broccoli, lemon zest and herbs. Mix through the remaining lemon juice, za'atar, mirin, sesame oil and brown rice vinegar.
- PER SERVING: 336 CALS, 17.76 FAT

## BEETROOT AND BERRY CHEESECAKE



**Serves 8**  
**Ready in 15 mins, plus three hours chilling**

**For the Top**  
 200g soaked cashews  
 260g raw beetroot, grated  
 250g raspberries  
 125ml of melted coconut oil  
 50g date syrup  
 2 tbsp nutritional yeast

**For the Base**  
 100g pecans  
 100g brasil nuts  
 100g ground almonds  
 140g dried dates  
 65ml melted coconut oil  
 50g raspberries to garnish

tablespoon of sunflower oil. Make sure you cover them all evenly – the best way to do this is to put the oil on your hands and massage it over the chips. Sprinkle with salt and put into the oven for 15-20 minutes until golden and crispy being sure to check them halfway through and turn them over if necessary.

4 While the chips are in the oven, make the beans. Put the sunflower oil and cumin into the pan and leave on heat for a couple of minutes until the oil starts to sizzle. Put the beans in (with their water), add the paprika and stir for three minutes on a high heat until the liquid around the beans starts to absorb. Remove from the heat and set aside.

5 Make the avocado dip by removing the skin and stone of the avocado and squeeze half the lemon over the top (this stops it from going brown). Mash up the avocado with a fork and add the grated garlic, the juice and zest of the lime, chopped fresh chilli, and mix together.

6 Once the chips are cooked, put them onto an oven-proof plate and grate the goat's cheese over the top. Dollop the black bean over the top of the cheese and place the dish back into the oven for about three minutes until the cheese melts.

7 While the plate is in the oven, make the sour cream by mixing the Tofutti with the lime zest, lime juice and a pinch of salt. Remove the plate from the oven and serve with the avocado dip over the top, a spoonful of vegan sour cream (and a little more cheese if you wish). Garnish with coriander and enjoy!

PER SERVING: 374 CALS, 17.66 FAT

## QUINOA, LEMON, KALE AND SESAME BEETROOT SALAD



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

3 large beetroots, peeled and chopped into half moons  
 3 tbsp sunflower oil  
 180g quinoa  
 1 tbsp vegan gluten-free bouillon  
 2 garlic cloves, crushed  
 1 small leek, finely sliced  
 80ml water  
 110g kale, chopped  
 a pinch of Himalayan salt  
 75g purple sprouting broccoli tops,

1 Line the base of a 20cm spring form baking tin. Soak the cashews in the cup of water for one hour or until soft. Make the base by blending all the ingredients until a chunky, crumb-like texture. Next, push the mixture into the base of the baking tin, making sure that has an even depth, while pushing a little of the mixture up into the sides slightly. Put into the freezer for 30 minutes.

2 Put the soaked cashews and the water that they were soaked in, into the blender along with the beetroot, raspberries, date syrup, nutritional yeast and coconut oil and blend until smooth.

3 Pour the filling onto the base in the baking tin that you had put into the freezer and place back into the freezer for two or three hours. Wash the remaining raspberries in water then put into a bowl in the freezer - these will be your garnish. After three hours put the cake into the fridge for another two hours minimum. When ready to serve carefully take out of the tin and garnish with the frozen berries on the top.

PER SERVING: 711 CALS, 62.26 FAT

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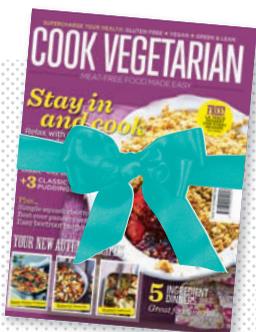


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### BUTTERNUT SQUASH, SHALLOT & BUTTERBEAN CASSEROLE WITH HERB DUMPLINGS

**Serves 4**

**Ready in 60+ minutes**

- 1 medium butternut squash
- 12 shallots, peeled and left whole
- 6 sage leaves, roughly chopped
- 3 garlic cloves, crushed
- 1 heaped tbsp flour
- 175ml vegetarian white wine
- 1 can butterbeans, drained and rinsed
- 400ml vegetable stock
- 2 tbsp sundried tomato paste
- 200g self raising flour
- 100g vegetable suet
- 2 tsp dried mixed herbs
- 5-8 tbsp cold water

**1** Drizzle the squash (cut into 2.5cm chunks), shallots and sage with 3 tbsp olive oil and roast in a tin at 220C/425F/Gas 7 for 20-30 minutes.

**2** For the dumplings, combine the self-raising flour, suet and herbs in a large bowl. Add 5-8 tbsp cold water (or enough to make a soft dough). Shape the dough into eight small balls and set aside.

**3** When the veg is cooked, remove from the oven and add the plain flour to the tin, stirring to coat the vegetables well, and then add the garlic and white wine. Transfer to an oven proof casserole and add the beans, sundried tomato paste and enough vegetable stock to cover the vegetables.

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# “THERE IS LITTLE IN LIFE AS THRILLING AS FINDING A BUNCH OF MUSHROOMS!”

Forager extraordinaire **Tim Maddams** has fallen in love with fat and juicy fungi – and after you try one of his recipes, you will too



**T**here is so much happening in the wild larder at the moment, it's hard not to be constantly distracted by the urge to forage some of its tasty bounty. But the one thing that is the highest on my wild food radar is wild mushrooms. And in particular, one variety that goes by many names; boletus edulis, king bolete, penny bun, cep or porcini. Whatever you want to call it, in my opinion, this is the tastiest variety you're going to find.

## A taste like no other

All over Europe these mushrooms are worshipped by the locals as the best there is, yet here in England we are only just beginning to appreciate the value of this tasty treat.

There is little in life to compare with the thrill of finding a bunch of these in pristine condition sitting on the forest floor, inviting you to come and feast on them. Thankfully they are very simple to

identify. They have white caps when young and mature to look like a crusty brown roll, hence the name penny bun. But it's not their ease of identification or indeed their beauty, that gets me excited; it's their flavour, texture and versatility which makes them so special. Fresh, firm and earthy, these fungi are a delight, whether you shave raw ones onto a plate and scatter with toasted pine nuts, drizzle with oil and a sprinkling

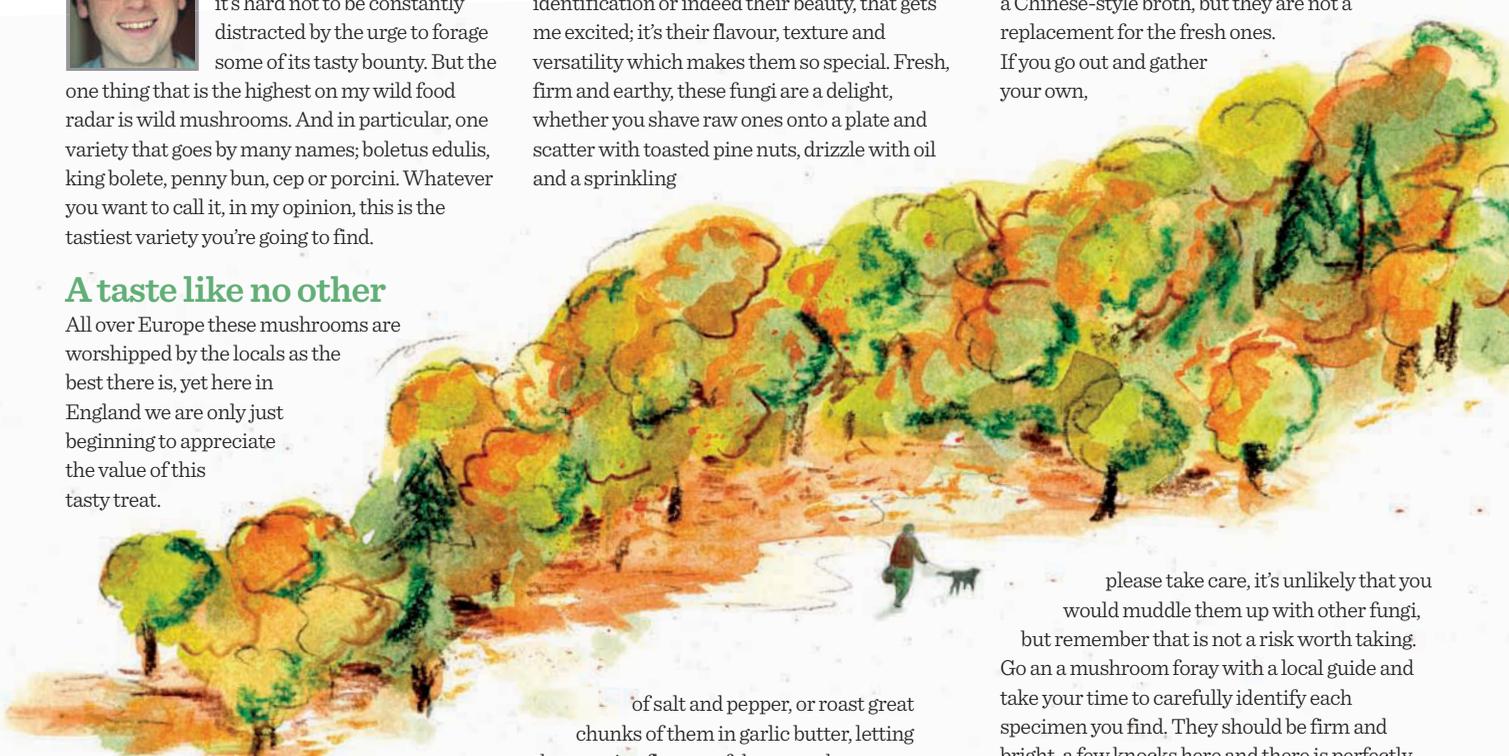
of salt and pepper, or roast great chunks of them in garlic butter, letting the amazing flavour of these mushrooms shine through. smokey dried version that you find in the shops all year round. These are fine for soups and stews, or to add another deeper dimension to a Chinese-style broth, but they are not a replacement for the fresh ones. If you go out and gather your own,

please take care, it's unlikely that you would muddle them up with other fungi, but remember that is not a risk worth taking. Go on a mushroom foray with a local guide and take your time to carefully identify each specimen you find. They should be firm and bright, a few knocks here and there is perfectly fine, but specimens that are light, soft and sunken are past their best and not to be accepted. Though I don't think I've ever eaten a cep that didn't have at least a little evidence of fly attack, I tend not to worry too much!

of salt and pepper, or roast great chunks of them in garlic butter, letting the amazing flavour of these mushrooms shine through.

## Fresh is best

It's not unusual for people to be put off these chaps by an ill-advised encounter with the



## TIM'S PICK-TO-POT MEALS

Make the most of your free harvest with these gourmet recipes, created to enhance the umami

### CEP CARPACCIO

Rub your ceps with a damp cloth until most of the grit has come off, you may need to trim and peel the stem a little. Don't worry if the cap comes off the stem, it's not a problem. Using a peeler, shave off strips of the mushroom on to small plates or one large platter, and then do the same with a hard pear. Scatter over toasted walnuts and drizzle with

a good extra virgin olive oil. Finish with vegetarian Parmesan-style cheese and a scattering of fresh thyme leaves, and season with salt and freshly ground black pepper.

### CEP LASAGNE

Make a garlic white sauce and roll out some fresh pasta. Clean your mushrooms as above and cut into chunky slices. Flash fry

these to get a little colour and set to one side. Layer up in the usual lasagne style in a suitable baking dish and sprinkle over a good vegetarian blue sheep's cheese. Bake and serve with a dressed green salad. Don't invite anyone for supper, eat it all yourself with a good veggie white wine.

### CEPS ON TOAST

Take your favourite thick bread

and toast it. Clean and thickly slice your mushrooms. Sauté them with garlic, loads of butter and stop cooking them while they still have some firmness. (This will prevent them from going 'slimey'.) Let them rest in the pan with a squeeze of lemon juice and a handful of chopped fresh parsley. Place this on your toast and devour in front of a good book. Happy mushroom cooking people!

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# VIBRANT VEGAN!

These delicious recipes from **Aine Carlin** make the transition from veggie to vegan effortless

INDIAN-SPICED TACOS WITH MANGO SALSA



PHOTO: MAIRÉAD CARLIM

If I had to choose one Mexican dish to dine out on for the rest of my life it would be tacos. It's the soft flour tortilla version that I really swoon over, even if it happens to be a little messy to eat. Here I've gone for an Indian-spiced filling that will really put a spring in your step – forget the chipotle; this dish is all about the garam masala... just the right side of smoky with the merest hint of sweet. Oh, and you can stop worrying about the sour cream, too. I've got you covered with a cashew version that will make your head spin...

## INDIAN-SPICED TACOS WITH MANGO SALSA



**Serves 4**

**Ready in 45 mins  
(plus 6 hrs soaking)**

12 small flour tortillas

### For the sour cream

130g cashew nuts  
juice of  $\frac{1}{2}$  lemon  
1 tsp cider vinegar  
salt and freshly ground black pepper

### For the salsa

200g cherry or baby plum tomatoes, quartered  
 $\frac{1}{2}$  mango, finely diced  
 $\frac{1}{2}$  red onion, finely diced  
1 avocado, finely diced  
50g sweetcorn  
1 red chilli, deseeded and finely chopped

juice of 1 lime, plus extra to serve  
small bunch of coriander, chopped

### For the chickpeas

1 heaped tsp garam masala  
1 tsp ground cumin  
 $\frac{1}{4}$  tsp paprika  
 $\frac{1}{4}$  tsp ground cinnamon  
seeds from 2 cardamom pods  
3 tbsps olive oil  
 $\frac{1}{4}$  tsp agave nectar  
2 x 400g tins chickpeas

- 1 First, make the sour cream. Place the cashews in a bowl, completely cover with water and soak for at least six hours.
- 2 Drain and rinse the cashews and place in a blender with 100ml water, the lemon juice, cider vinegar,  $\frac{1}{2}$  teaspoon salt and a grinding of black pepper. Blitz until smooth, occasionally scraping down the sides with a spatula – this will take about five minutes. Transfer to a bowl, cover and store in the fridge until needed.
- 3 For the salsa, season the tomatoes with salt and combine with all the ingredients, apart from the coriander, in

a medium bowl. Add half the coriander (reserve the remainder for serving), season and stir well to combine. Cover and set aside.

4 Preheat the oven to 200C/400F/ Gas 6. For the chickpeas, place the spices in a bowl with 1 teaspoon salt and  $\frac{1}{4}$  teaspoon black pepper. Mix into a paste with the oil and agave. Drain and rinse the chickpeas and roll in the spice mixture until completely covered. Season well and transfer to a roasting tin. Roast in the oven for 20–30 minutes until crunchy. Season with a pinch more salt when they are removed from the oven – if not using immediately, cover with foil and keep warm in the turned-off oven.

5 Preheat a griddle pan and warm each tortilla for 10 seconds on each side. Transfer to a heated plate and cover with a clean tea towel or foil to keep warm while the remaining tortillas are heated.

6 Place a small spoonful of cashew cream on each tortilla followed by some chickpeas, salsa, coriander and an additional spritz of lime. Fold up and enjoy!

PER SERVING: 790 CALS, 28.3G FAT



## BAKED AUBERGINE WITH LEMON-INFUSED COUSCOUS



**Serves 2**  
**Ready in 1 hr 30 mins**

1 aubergine, halved lengthways  
2 tsp harissa  
4–5 tbsp olive oil  
150g gluten-free couscous  
pared strips of zest from 1/2 lemon  
juice of 1 lemon  
1 tsp smoked paprika  
3 tbsp pine nuts, toasted  
30g fresh flat-leaf parsley, chopped,  
plus extra to garnish  
salt and freshly ground black pepper  
1 tsp sesame seeds, toasted,  
to garnish

### For the tahini dressing

100g tahini  
2 tbsp lemon juice  
2 tbsp olive oil  
1 tbsp maple syrup or agave nectar  
1/4 tsp salt

**1** Preheat the oven to 180C/350F/ Gas 4 and lightly oil a baking tray.  
**2** Score the aubergine flesh diagonally both ways, creating a diamond pattern. Place on the baking tray. Spread a teaspoon of harissa over each half, covering all the crevices. Drizzle 1 tablespoon of the oil over each, season generously and bake for around 40 minutes until the flesh is completely



SUPER GREEN SMOOTHIE

soft, turning over halfway through to ensure the skin doesn't crisp or dry out.

**3** Place the couscous in a bowl with the lemon zest strips. Add 150ml freshly boiled water, cover and set aside until all the liquid has been absorbed – about 10 minutes. Discard the lemon zest and fluff the couscous with a fork.

**4** Scoop the flesh from the centre of each aubergine half, leaving enough around the sides to keep its shape. Roughly chop the flesh and place in a bowl. Stir through the couscous along with the lemon juice, smoked paprika and remaining olive oil. Season, then add the toasted pine nuts and parsley. Divide the mixture evenly between the aubergine skins. Return to the baking tray and bake for 15–20 minutes.

**5** To make the dressing, place the tahini in a bowl with the lemon juice, oil, maple syrup or agave nectar, salt and 2 tablespoons water. Whisk until smooth, adding a little more water if necessary – or use a hand blender.  
**6** Remove the stuffed aubergines from the oven and serve with a dollop of tahini dressing and a sprinkling of sesame seeds and parsley.

PER SERVING: 629 CALS, 48.1G FAT

## SUPER GREEN SMOOTHIE



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

100g kale, chopped, hard stalks removed  
1 celery stick, chopped  
7.5cm piece of cucumber, peeled and deseeded  
2 apples, peeled, cored and chopped  
3 medjool dates, stoned  
1 tsp ground cinnamon  
juice of 1 lime  
juice of 1/2 lemon  
3–4 ice cubes, plus extra to serve

**1** Place all the ingredients in a blender. Add 180ml cold water and blend until completely smooth (this may take a while), adding a little more water if necessary.

**2** Divide equally between two tall glasses and serve with lots of ice.  
PER SERVING: 180 CALS, 1.3G FAT

## RED ONION TART WITH ASPARAGUS AND MINTED PEA



**Serves 4**  
**Ready in 50 mins**

one 35 x 22.5cm sheet ready-rolled puff pastry  
300g asparagus spears, halved lengthways  
olive oil, to drizzle  
grated zest of 1 lemon  
coarse sea salt

### For the caramelised onions

3 tbsp olive oil  
4 red onions, finely sliced  
1 tsp dried thyme  
1 tbsp sugar

dash of red wine vinegar  
salt and freshly ground black pepper

### For the pea purée

450g frozen peas  
30g fresh mint leaves, roughly chopped, plus extra to garnish  
2 tbsp olive oil  
juice of 1 lemon

**1** For the onions, heat two tablespoons of the oil in a medium, non-stick, heavy-based frying pan. Add the onions and season. Sweat for several minutes before sprinkling over the dried thyme and sugar. Once the onions begin to soften, add a dash of red wine vinegar. Add the remaining oil if necessary and allow to sweat gently for 30 minutes until completely soft.

**2** Meanwhile, to make the pea purée, place the peas in a bowl, cover with freshly boiled water and leave to sit for

a few minutes. Drain the peas and place in a food processor along with the chopped mint, olive oil and lemon juice. Season and blitz to form a coarse purée. Set aside.

**3** Preheat the oven to 200C/400F/Gas 6. Cut the pastry into four and place on two baking trays.

**4** Leaving about a 1cm border around the edge of each pastry rectangle, spread a quarter of the pea purée over each square followed by a quarter of the caramelised onions. Arrange the halved asparagus spears over the onions – you should be able to fit five halves on each tart. Drizzle with a little olive oil, season and bake in the oven for 25–30 minutes.

**5** Finish with the lemon zest, a fine sprinkling of freshly chopped mint and a pinch of coarse sea salt. Serve warm. These tarts are delicious served alongside a rocket and avocado salad.

PER SERVING: 489 CALS, 29.1G FAT

**EASY & DELICIOUS VEGAN TARTS**

### BOOKSHELF



Recipes taken from *Keep it Vegan* by Aine Carlin (£14.99, Kyle Books).  
Photography by Ali Allen

RED ONION TART WITH ASPARAGUS AND MINTED PEA

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..... MONDAY TO FRIDAY .....

# sorted

Midweek dinners just got exciting with these crowd-pleasing meals that are ready in a flash



SWEET POTATO AND TOMATO FRITTATA

## MONDAY

SWEET POTATO  
AND TOMATO  
FRITTATA

Serves 8

Ready in 50 mins

1 sweet potato  
olive oil  
salt and black pepper  
dried chilli flakes  
2 red onions, sliced  
a handful of ripe baby plum tomatoes  
2 tbsp balsamic vinegar  
a bunch of cabbage leaves  
10-12 free-range eggs  
basil oil  
a small bunch of fresh basil,  
finely chopped  
1 garlic clove, crushed

## You'll also need:

20-25cm ovenproof frying pan or  
quiche dish

**1** Preheat the oven to 180C/350F/  
Gas 4. Cut the potato in half lengthways  
and then into thin wedges. Toss in a  
roasting pan with two tablespoons of  
olive oil and a little salt, pepper and  
dried chilli flakes. Roast in the  
preheated oven for 20 minutes until  
just browned and starting to blister.

**2** After 10 minutes, toss the red onions  
and tomatoes on a baking sheet with  
a few tablespoons of oil, the vinegar  
and a sprinkling of salt and place in the  
oven with the potato. The skins of the  
tomatoes should have just popped  
open and the red onions begun to  
caramelize when the sweet potato is  
ready to take out. Leave the oven on  
for the frittata.

**3** Remove the cabbage leaves from  
their stalks and blanch in salted boiling  
water for about two minutes. Remove  
and refresh with cold water.

**4** Crack the free-range eggs into a  
bowl, whisk and season well. Place the  
sweet potato, cabbage, tomatoes and

If you don't have enough time during the week to whip up gourmet meals for your friends and family, but still want to feel inspired when you get in the kitchen – these recipes are a happy balance. They're delicious, healthy and ready in under an hour. Plus, all the ingredients are available in your local supermarket so you can plan ahead and do a 'big shop' at the weekend, ready for a stress-free week.

onion (reserving some for on top) in the ovenproof frying pan or a quiche dish. Pour the beaten eggs over the top and finish with the reserved vegetables on top. Cook for 25 minutes or until the frittata has puffed up and the top is just firm to the touch.

**5** Meanwhile, combine the basil and garlic with six tablespoons of olive oil to make a loose basil oil. Allow the frittata to cool a little, then drizzle the basil oil over it and serve with a mixed leaf salad.

PER SERVING: 231 CALS, 13G FAT

## TUESDAY

VEGGIE SAUSAGE  
CASSEROLE

Serves 4

Ready in 40 mins

4 tbsp olive oil  
1 onion, diced  
1 yellow pepper, diced  
150g mushrooms, coarsely chopped  
1/2 tsp dried thyme  
a pinch of dried chilli flakes  
2-4 vegan sausages, sliced  
1-2 garlic cloves, crushed  
1 large waxy potato, diced  
400g can cooked lentils, drained  
and rinsed  
400g jar tomato pasta sauce  
salt and black pepper  
finely chopped fresh herbs, to serve



VEGGIE SAUSAGE CASSEROLE

**1** Heat two tablespoons of the oil in a large, deep frying pan with a lid set over a low heat. Add the onion and pepper and cook for 3-5 minutes, until just soft. Add the mushrooms, thyme, chilli flakes and the remaining oil and cook for a further 3-5 minutes.

**2** Add the sausages and cook until they begin to brown. Stir in the garlic and potato and cook for one minute more, stirring. Season lightly. Add the lentils and pasta sauce and stir well. You may need to add some water; the mixture should almost cover the potato pieces. Reduce the heat, cover with a lid, and simmer gently for about 30 minutes, until the potatoes are tender.

**3** Remove the lid and simmer for 3-5 minutes to reduce the liquid a bit more. Sprinkle with finely chopped fresh herbs and serve immediately.

PER SERVING: 423 CALS, 21.5G FAT



HOMEMADE FALAFEL

## WEDNESDAY

### SPICY HOMEMADE FALAFEL



**Makes 24 balls**

**Ready in 40 mins, plus soaking overnight**

150g dried broad beans, preferably peeled  
 220g dried chickpeas  
 1 large onion, chopped  
 8 garlic cloves, chopped  
 a small bunch of fresh flat-leaf parsley, chopped  
 a bunch of fresh coriander, chopped  
 1 tbsp ground cumin  
 2 tsp ground coriander  
 1/4 tsp chilli powder  
 2 tsp salt  
 vegetable oil, for shallow frying

#### To serve

flat breads  
 250ml tzatziki or minted yoghurt

- 1 Put the broad beans in a bowl, cover with cold water and let soak overnight. Put the chickpeas in a separate bowl and repeat.
- 2 Put the broad beans in a food

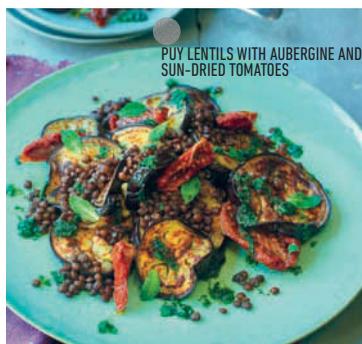
processor and blend to a fine crumb. Transfer to a large bowl and repeat with the chickpeas, adding them to the bowl too.

**3** Now add the onion, garlic, parsley and fresh coriander to the food processor and blend until well combined. Add this mixture to the beans and chickpeas with the cumin, ground coriander, chilli powder and salt. Stir well then set aside for 30 minutes.

**4** Heat oil about 2½ cm deep over a low-medium heat. The oil is ready to cook in when the surface is shimmering and a pinch of the mixture sizzles on contact with the oil.

**5** Using two tablespoons, form the mixture into oval patties. Drop directly into the hot oil and cook for 2-3 minutes, turning halfway through until golden and crispy. Once cooked, keep the falafel warm while you cook the remaining mixture in the same way. Serve the falafel wrapped in flat breads and dressed with tzatziki or minted yoghurt.

PER SERVING (EXCL. BREAD): 84 CALS, 3G FAT



PUY LENTILS WITH AUBERGINE AND SUN-DRIED TOMATOES

## THURSDAY

### PUY LENTILS WITH AUBERGINE AND SUN-DRIED TOMATOES



**Serves 4**

**Ready in 35 mins**

300g Puy lentils  
 olive oil  
 1 red onion, finely chopped  
 2 garlic cloves, crushed  
 450ml vegan vegetable stock  
 3 aubergines, topped, tailed and cut into 1/4cm slices  
 salt and black pepper  
 grated zest of 1 lemon and juice of 1/2  
 100g sun-dried tomatoes  
 1 tbsp agave syrup  
 1 tbsp red wine vinegar  
 1 tbsp dark soy sauce  
 a handful of fresh mint leaves, finely chopped, plus a few leaves to serve

**1** Wash and drain the lentils. Heat two tablespoons of oil in a lidded casserole dish set over a medium heat. Turn down the heat a little, add the onion and fry gently until soft and translucent but not coloured. Add the garlic and fry for one minute. Add the lentils and stir well. Pour the vegetable stock in and bring to the boil. Reduce the heat, simmer, then cover with the lid and cook for 25 minutes.

**2** Meanwhile, heat a large, dry stove-top grill pan over a medium heat until hot. Coat the aubergine slices with oil. Place them on the hot pan and fry for a few minutes. Flip over and fry the other side until golden. Transfer to a plate and season with salt. Drizzle over the honey and plenty of oil.

**3** When the lentils are done, drain them of all but a few tablespoons of the cooking liquid. Season with the lemon zest and juice, vinegar and soy sauce and a few glugs of oil. Mix well and allow to cool slightly. Taste at room temperature and season if necessary. Add the tomatoes and mix together. Combine the mint leaves with enough oil to make a dense mint oil.

**4** To serve, nestle the aubergine slices among the lentils, drizzle over the mint oil and scatter with the leaves

PER SERVING: 410 CALS, 11.4G FAT

FRIDAY

## BEETROOT BURGERS



**Makes 10**  
**Ready in 20 mins**

a handful of fresh dill  
a handful of fresh parsley  
2 sprigs fresh thyme  
350g fresh beetroot, grated  
150g carrot, finely grated  
120g oatmeal  
3 free-range eggs  
1 small red onion, finely chopped  
2 garlic cloves, crushed  
salt and black pepper  
1 tbsp vegetable oil

**To serve**  
bread rolls  
rocket  
cherry tomatoes, halved  
mustard  
coleslaw

**1** Preheat the oven to 180C/350F/ Gas 4. Finely chop the herbs. Thoroughly combine with the beetroot, carrot, oatmeal, eggs, onion and garlic in a bowl, making sure the eggs and herbs are evenly distributed. Season with one teaspoon of salt and a few grindings of pepper. Set aside for 15 minutes.

**2** Form 10 burger patties with your hands. Heat the vegetable oil in a frying pan set over a low heat and fry the burgers until just browned; 2-3 minutes on each side. Transfer to an ovenproof dish and bake in the preheated oven for 20 minutes.

**3** Toast the bread rolls. Cut them open and spread with mustard on the inside. Add a little rocket and some halved tomatoes. Top with a cooked burger and a little coleslaw, and serve.

PER SERVING: 316 CALS, 11.5G FAT

BEETROOT BURGERS

\*INCLUDES NON-VEGETARIAN CONTENT

## BOOKSHELF

Recipes taken from *The Really Hungry Student Cookbook\** (£9.99, Ryland Peters).



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# HOW TO ACHIEVE Squash Success

This month, **Sara Cork** reveals the secrets to growing plump and delicious winter squashes



**SARA CORK IS DEPUTY EDITOR OF GROW YOUR OWN MAGAZINE, OUR GREAT SISTER TITLE DEDICATED TO FRUIT, VEGETABLES AND... THE GOOD LIFE!**

If any vegetable tastes of autumn it's the butternut, with its sweet, nutty golden-orange flesh. The fruits like to be left to ripen on the vine but must be picked before the first frosts. Keep an eye on your local weather forecast in September and October, so you're ready to snatch them up.

Tell-tale signs that they're ready to harvest include fully coloured, firm, hard skin. If vines are withered or brown, it's also time to

pick your crop. When you cut the butternut away leave a short section of stem still attached – this reduces the chance of rots and helps keep it healthy when you're storing it.

## The winning formula

Winter squashes take some time to grow but they're worth the wait. These gluttonous plants need plenty of feeding so dig well-rotted manure or garden compost into the

soil a few weeks before sowing. A sprinkling of general purpose fertiliser also wouldn't go amiss.

Sow outside in May or June, once the soil has warmed up. Or, place pots of compost on a windowsill or in a greenhouse during mid-spring for planting out a few weeks later. Northern gardeners may struggle with slower ripening butternuts so try British-bred types such as 'Harrier' which are quicker to mature. Follow the spacings on your seed packet, sowing two seeds per station. When seedlings appear, thin out the weaker plant so only the strongest of the pair remains. When the first fruits appear, feed every couple of weeks with a high potash liquid fertiliser.

- Squashes need plenty of water – keep the soil moist and water around the plant in dry spells
- Mulch around the plants as they grow, with well-rotted compost, to lock moisture into the soil
- Store mature, unblemished butternuts with hardened skins in a cool, dry, frost-free place

## WHAT WE'RE GROWING AND COOKING THIS MONTH

### BUTTERNUT SQUASH

Peel, deseed and cut your butternut squash into chunks. Drizzle with rapeseed oil and sprinkle with chilli flakes. Add a few garlic cloves (in their skins) and roast until the squash is cooked. Once cooked, squeeze the garlic and mix in to the squash. Serve sprinkled with vegetarian Parmesan-style cheese alongside a dressed green salad.

### CARROTS

Make a carrot purée by cooking your peeled and sliced carrots in a tiny amount of veg stock until tender. Pass through a potato ricer before beating with butter and thyme. Serve immediately.

### SWEETCORN

Make a hot corn salad that goes excellently with Mexican meals – simply fry 1 chopped red onion in olive oil before adding 1 crushed garlic clove. Add 1 deseeded and chopped red pepper and gently fry for a further three minutes. Add 1 tsp cayenne pepper and ½ tsp each of ground cumin and ½ tsp chilli flakes. Add your corn and cook for 10 minutes. Serve garnished with fresh coriander.

## PAINT POTS



Now's a great time to give your pots a new lease of life with a lick of paint? Used here are: Churlish Green No.251 (basket); Cinder Rose No.246 (square pot); Brinjal No.222 (round pot), all Farrow & Ball.



# Vegetarian Essentials

If you love eating delicious and nutritious foods, while also supporting fair trade, then **TIANA Superfoods** are just what you need



additives, preservatives, colourings or flavour enhancers.

## High standards

TIANA Fair Trade Organics has a superb range of superfoods packed with nutrients that are suitable for vegetarian diets. TIANA Organic Gluten-free Coconut Baking Flour is high in protein, as well as fibre and is a great way to make your own gluten-free cakes and breads. Plus there's a Raw Crystallised Coconut Nectar, Coconut Water, and much, much more!

And while focusing on quality, taste and nutrition, TIANA also prides itself on its ethical credentials. Its primary principle is sustainability and social responsibility. Since 2009 it has been working on the TIANA Fair Trade Project which has already benefited several thousands of people in the Philippines with improvements in healthcare, education and infrastructure – as well as improving the general standard of living.

So, if it tastes great, is full of nutritional benefits while also benefiting the people and environment of the Philippines, what are you waiting for? Get your **TIANA Superfood** today and start reaping the rewards!



**TIANA Organic Exquisite Omega-3 Spreadable costs £5.99 and is available from Holland & Barrett and all good health stores, or online at [www.tiana-coconut.com](http://www.tiana-coconut.com)**

If you're after a healthier dairy-free alternative to butter, give TIANA Organic Exquisite Omega-3 Spreadable a go. It's a raw, dairy-free, unsalted and deliciously creamy spread that tastes just as good as traditional butters.

Its unique recipe is made using the multi-award winning TIANA Fair Trade Organic Raw Extra Virgin Coconut Oil in an exceptional blend of cold-pressed organic olive oil and flaxseed oil, which are natural sources of omega-3. This essential fatty acid contributes to the maintenance of normal blood cholesterol levels and normal functioning of the heart, when included as part of a healthy balanced diet and lifestyle\*. As the primary source of omega-3 is fish, TIANA Organic Exquisite Omega-3 Spreadable is a great alternative for vegetarians and vegans who like to eat a balanced diet. For cooking, TIANA Organic

High Omega 3 Coconut Cooking Butter is also a great way of getting some essential fatty acids into your diet. Enriched with omega-3 derived from hempseed oil, it's perfect for all cooking, baking and roasting dishes.

## To the kitchen!

Thanks to its mild and creamy flavour (it has no discernible coconut taste), TIANA Fair Trade Organic Exquisite Omega-3 Spreadable is ideal in a host of culinary applications. It tastes superb spread onto toast or crumpets and is the perfect partner to potatoes, whether you're baking, stuffing or mashing them. And it's delicious over steamed veggies too, or used to fluff up cooked rice.

Plus, it's an all natural and healthy store cupboard ingredient. TIANA Organic Exquisite Omega-3 Spreadable is free from GMO, cholesterol, trans-fats, dairy, lactose, gluten, wheat, soya, nuts, salt, sugar, yeast,

\*THE BENEFICIAL EFFECT IS OBTAINED WITH A DAILY INTAKE OF 25 ALA AND DAILY INTAKE OF 250MG OF EPA AND DHA.

# “Sage is enough to make me love autumn”

**Xanthe Clay** claims a sprinkle of autumnal herbs can transform everyday ingredients into distinctive, delicate dishes



**S**age, rosemary and thyme are my autumn and winter companions. Unlike those fair-weather friends – the soft herbs basil, parsley, coriander, mint and dill – the ‘hard’ herbs have the resilience to survive the cold in my window box. So like loyal allies, they are there when the going gets tough and the temperature drops, ready and waiting in the window box to release their mellow flavour into braises and bakes. A bonus is that you need only a sprig or two, unlike the unrestrained handfuls which their soft cousins require.

Sage is the most overlooked of the winter herbs, cropping up in sage and onion stuffing and not much else. The downy, grey green leaves deserve to be used more widely, for the unusual bitter and aromatic flavour gives a roundness and bosky base notes to everything from a potato gratin to a comforting bowl of cheesy polenta. Fry a few sage leaves in butter or oil until bright green, then leave to cool on kitchen paper before adding to your dish to finish. The crisp and mellow taste is enough to make me fall in love autumn.

This recipe is a happy jumble of autumnal ingredients. I sometimes smarten it up with some extra sage leaves, fried in butter. Frying mellows the somewhat soapy flavour of the



herb to an intriguing savouriness, and they have a delicate crispness which is good with the soft squash and chewy mushrooms.

## GNOCCHI, BUTTERNUT SQUASH, SAGE AND SHIITAKE MUSHROOMS



**Serves 4**  
**Ready in 40 mins**

**500g gnocchi**  
**1 butternut squash**  
**1 tbs olive oil**  
**6 sage leaves, shredded**  
**1 garlic clove**  
**120g shiitake mushrooms**  
**grated vegetarian Parmesan-style cheese**  
**sea salt and freshly ground black pepper**

- 1 Preheat the oven to 200C/400F/Gas 6. Peel the butternut squash using a vegetable peeler and cut it in half. Scoop out the seeds and fibres. Cut the flesh into chunks, the size of a large postage stamp.
- 2 Put the chunks in a large shallow baking tray. Drizzle over the oil and toss the chunks until coated, then season with sea salt and grind over black pepper. Roast the butternut squash in the oven for 30 minutes until soft and browned along the edges.
- 3 Meanwhile, melt the butter in a large pan. Add the sage and cook for a few seconds until it has deepened in colour. Stir in the garlic, then the shiitake mushrooms. Cook, shaking the pan occasionally, until the mushrooms are edged with gold. Toss the cooked gnocchi with the mushroom mixture and butternut squash. Serve with the vegetarian Parmesan-style cheese sprinkled on top.

**PER SERVING: 367 CALS, 32G FAT**

# TAKE *Five*

Laid-back chef **Sophie Wright** gives you 10 fast, fresh and fuss-free dinners that only require five ingredients, for minimal shopping time



SOPHIE IS A PROFESSIONAL CHEF AND HAS THREE BOOKS PUBLISHED, INCLUDING *HOME AT 7, DINNER AT 8*. FIND OUT MORE AT [WWW.SOPHIEWRIGHTCATERING.CO.UK](http://WWW.SOPHIEWRIGHTCATERING.CO.UK)

## SUMPTUOUS SALAD

WITH BEETROOT \*  
ORANGE \* HAZELNUT  
\* HAZELNUT OIL \* GOAT'S  
CHEESE

Take 3 cooked beetroots and cut into wedges. Toast 100g of hazelnuts and when golden, crush lightly. Zest a large orange and add to the beetroot. Remove the rind and cut into segments. Toss through the beetroot. Crumble over 125g of goat's cheese, drizzle with hazelnut oil and season with salt and pepper. Top with the toasted hazelnuts and serve on a large platter.

## SUPER-FAST STIR-FRY

WITH BROCCOLI \*  
ALMONDS \* CHILLI \*  
LEMON \* GARLIC

Take 300g of purple sprouting broccoli and cut each stem in half, length ways. Toast 100g of flaked almonds until golden. Chop 1 large red chilli and 2 garlic cloves. Heat a large wok and add 2 tbsp of ground nut oil. Add the garlic and chilli and cook for 1 minute before adding the broccoli and 2 tbsp of water. Stir fry for 3-4 minutes before adding the juice of a lemon and tossing through the toasted almonds.

## THE ITALIAN DISH

WITH CAPERS \* SUN-BLUSHED TOMATOES \* PARSLEY \* BLACK OLIVES \* SPAGHETTI

Place a large saucepan filled with water on the stove and bring to the boil. Season well with salt. When boiling, add 250g of spaghetti. Chop 100g of sun-blushed tomatoes, 50g of pitted black olives, 30g of parsley and 30g of capers. Add 2 tbsp of the sun-blushed tomato oil to a frying pan and add all the chopped ingredients to heat through. Once the spaghetti is cooked to al dente, drain and toss through the sauce.

## POSH ROASTED VEG

WITH HALLOUMI \* CHERRY TOMATOES \* CANNELLINI BEANS \* OLIVES \* PEPPERS

Preheat your oven to 200C/400F/Gas 6. Slice 200g of halloumi cheese and place onto a large baking tray. Add 125g of halved cherry tomatoes, a sliced ready-roasted red pepper, 400g tin of drained cannellini beans and 50g of pitted black olives. Drizzle with 3 tbsp of olive oil and season well with salt and pepper. Place the tray into your hot oven to cook for 25 minutes, turning the cheese halfway through cooking.

## ASIAN FLAVOURS

WITH PAK CHOI \* TOFU \* BUCKWHEAT NOODLES \* SESAME \* GINGER

Cook 150g of buckwheat noodles in boiling water until just cooked. Drain and refresh. Cut 150g of tofu into cubes and the pak choy into wedges. Chop inches of ginger into thin strips. Heat a wok and add 2 tbsp of ground nut oil. When hot, add the ginger

followed by the tofu and the pak choy. Cook for 2-3 minutes with 2 tbsp of light soy sauce. Fold through the cooked noodles and sprinkle with 2 tbsp of toasted sesame seeds.

## AUTUMN STEW

WITH CHICKPEAS \* CAULIFLOWER \* SPINACH \* GARAM MASALA \* TOMATOES

Drain 400g tin of cooked chickpeas. Cut a head of cauliflower into florets and chop 2 garlic cloves. Heat 2 tbsp of groundnut oil in a casserole pan and add the garlic. Cook for 1 minute before adding the cauliflower and 2-3 tsp of garam masala. Cook for another 2-3 minutes before adding a 400g tin of chopped tomatoes and the drained chickpeas. Season well and simmer for 30 minutes. Now add 200g of washed baby spinach, stir it through the stew before serving.

## MAKE A MASH

WITH WHITE BEANS \* LEEK \* LEMON \* OLIVE OIL \* SALT

Drain a 400g tin of butterbeans. Slice a large leek thinly. Heat 2 tbsp of olive oil and add the leeks. Cook the leeks for 6-8 minutes on a low heat until they are tender and translucent. Add the butterbeans, 3 tbsp of extra virgin olive oil and the juice and zest of 1 lemon. Season with salt and pepper before mashing the ingredients together using a potato masher.

## A HEARTY SOUP

WITH HARICOT BEANS \* CELERY \* CARROT \* CELERIAC \* VEGETARIAN HARD CHEESE

Peel and finely dice a large carrot, 2 celery sticks, a white onion and ¼ of a celeriac. Sweat for 3-4 minutes in a large sauce pan with 2 tbsp of olive oil, salt and pepper. Add the haricot beans and add 500ml of vegetable stock. Simmer for 20 minutes before serving with some grated vegetarian Parmesan-style cheese.

## SUPERFOOD SALAD

WITH KALE \* QUINOA \* FETA \* POMEGRANATE SALAD

Cook 100g of quinoa in boiling salted water and refresh in cold water once cooked. Add 100g of crumbled feta cheese and 100g of picked pomegranate seeds along with 30g of chopped coriander and 15g of chopped fresh mint. Add 3 tbsp of extra virgin olive oil and the juice and zest of a lemon. Season well and serve.

## TURKISH EGGS

WITH FREE-RANGE EGGS \* SMOKED PAPRIKA \* TOMATOES \* SPINACH \* CRÈME FRAICHE

Cut 12 cherry tomatoes in half and add to a hot frying pan with 2 tbsp of olive oil. Cook for 2-3 minutes before adding 200g of baby leaf spinach and cooking until wilted. Make four gaps in the tomato and spinach mix and crack in 4 large, free range eggs into the gaps. Add 4-6 tbsp of crème fraîche around the pan and sprinkle over 1-2 pinches of smoked paprika. Allow the eggs to cook until the white is set and the yolk is still runny.

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FLAVOUR,  
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“A good meal doesn’t necessarily have to mean lots of ingredients, as these simple-but-delicious ideas certainly prove...”

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MORRISONS



# COOKERY SCHOOL

This month, master the art of homemade pastry, get to grips with buckwheat and make your own onion jam



## MAKE YOUR OWN VEGGIE SHORTCRUST PASTRY



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22!

### RICH SHORTCRUST PASTRY



**Makes enough to line  
a 24cm flan ring**  
**Ready in 40 mins**  
**(plus 30 mins chilling)**

- 250g plain flour
- pinch of salt
- 140g chilled butter
- 2 free-range egg yolks
- 3–4 tbsp chilled water

1 Sift the flour and salt into a medium bowl.

2 Cut the butter into small pieces and add to the flour. Using two cutlery knives and working in a scissor action, cut the butter into the flour, keeping the two knives in contact.

3 Once the butter has been broken down to small pea-sized pieces, use your fingertips to gently rub together.

4 Give the bowl an occasional shake to lift larger lumps of butter to the surface. The mixture should become a uniform fine, pale crumb with no visible lumps. If the mixture begins to turn yellow, the butter is softening too quickly and you need to put the bowl in the fridge

for 5–10 minutes to chill the butter of butter.

5 Mix the egg yolks and water together in a small bowl with a fork until evenly combined. Add 2–2½ tbsp of the yolk mixture to the crumb and, using a cutlery knife, distribute the liquid as quickly as possible (this will create flakes of pastry).

6 Pull some of the flakes to the side and feel them; if they are very dry, add a little more of the liquid to any dry areas of crumb and use the knife again. Don't be tempted to add too much liquid, as it can make the pastry tough. Once you think the flakes will come together, stop adding liquid.

7 Use the flat of the knife to bring

a few of the flakes and dry crumb together, to create larger lumps. At this stage the pastry should be uniform in colour, not streaky. Continue like this until there are no dry crumbs in the bottom of the bowl.

8 Pull the pastry together with your hands, shaping it into a flat disc, about 10cm in diameter and 1.5cm thick. Do this as quickly as possible, without overworking the pastry, which also makes it tough.

9 Wrap the pastry in clingfilm and chill for 20–30 minutes before rolling out. This will relax it and prevent too much shrinkage, as well as firm up the butter.

PER SERVING: 1669 CALS, 127.46 FAT

## Ingredient in focus: FAVA BEANS

FAVA BEANS, A VARIETY OF BROAD BEANS, ARE BRITAIN'S ORIGINAL BEAN AND HAVE BEEN GROWN HERE SINCE THE IRON AGE



Beans are a fantastic way of getting low-fat protein into your meat-free diet and there are plenty of ways to eat them. Here are two of our favourites:

### ★ EGYPTIAN FALAFEL

Coarsely chop a big bunch of coriander and 10 mint leaves along with 1 red onion and 1 red chilli pepper. Mix with 500g pre-soaked split fava beans, the zest of 2 lemons, 3 pinches coarse salt, 3 pinches freshly ground black pepper, 1 tsp cayenne pepper, 1 tsp ground cumin and 1/2 tsp cinnamon. Pulse in a food processor until fairly smooth, although not a paste. Roll into ping pong ball-sized patties and chill for 30 mins. Heat enough vegetable oil to cover your frying pan and fry the patties until dark golden. Flip and fry again.

### ★ ITALIAN MASHED BEANS, POTATOES AND GREENS

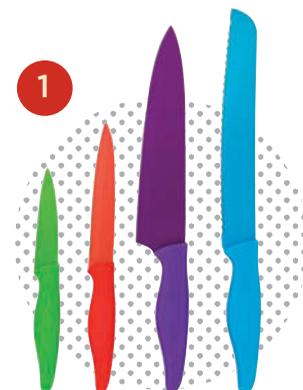
Place 100g rinsed split fava beans in a large saucepan, cover with water and boil for 10 minutes. Drain and return to the pan with 1 tbsp olive oil, cover with salted water and simmer for 10 minutes. Add 250g peeled and sliced potatoes, top up with water if necessary to cover and simmer for 10 minutes, until the beans and potatoes are soft. Rinse and roughly cut 200g bitter green leaves and sweat in a pan for 10 minutes using just the water on the rinsed leaves. Add 2 tbsp water and boil, uncovered, for five minutes. Mash everything together, season and serve.

## THE RIGHT TOOL FOR THE JOB

*This month, treat yourself to the cook's best friend, a sharp knife*

### JOHN LEWIS COLOURED KNIFE SET £25

These colourful knives from John Lewis offer great value for money, and you could use their colours to stop cross-contamination, or simply to offer safer, easier-to-see chopping.



### KATIE ALICE ENGLISH GARDEN ACACIA KNIFE BLOCK £39.95, WWW.ENGLISH-TABLE.CO.UK

This block with its quality knives and adorable duck egg blue handles would look at home in any country kitchen. The acacia knife block sets off the blue handles perfectly.



### SCHMIDT BROTHERS 15-PIECE SET WITH DOWNTOWN BLOCK £169, WWW.WESTELM.COM

We love the rustic styling of this magnetic acacia block when teamed with these high performance blades. Made from German stainless steel, these knives are built to last.



## GET TO GRIPS WITH... GARLIC

THESE TIPS FROM THE GARLIC FARM WILL LIFT YOUR COOKING TO NEW HEIGHTS

**STORAGE** The best place to store garlic is in a dry, warmish environment. Hanging in the kitchen as a plait or grappe or on the kitchen windowsill is fine. Never put dry garlic in the fridge as it is cold and damp as this will make it shoot.

**PREPARATION** To peel the skin easily, use the flat of a large knife push

down on a clove until you hear it crack. If you want the whole clove to remain intact then the little rubber peeling tubes are the best solution and you don't end up with garlic on your hands or under the fingernails!

**CRUSHING** By completely breaking down all the cells within the clove, creating the

maximum reaction of allinase with sulphur compounds, we can fully explore the potential complexity of flavour of the garlic. Leave your crushed garlic to stand for 10 - 20 seconds to maximise flavour and health benefits before putting it to use.

**CHOPPING AND SLICING** By chopping,

the chemical reaction in the garlic is not activated fully so will give a milder flavour than crushing. Sliced garlic can give a good visual effect if you're adding it to sautéed vegetables or in a salad. Lightly salting the garlic can also enhance its flavour.

FOR MORE GARLIC INFORMATION, INCLUDING RECIPES, VISIT [WWW.THEGARLICFARM.CO.UK](http://WWW.THEGARLICFARM.CO.UK)

**COOK BETTER, TODAY!**

**Jo Pratt has a passion for cooking – here, she shares her top eight tips for making meal preparation just that little bit easier.**

- ★ A really easy trick to achieving the perfect looking fried egg is to crack the egg into the pan and then quickly but gently move the yolk with a wooden spoon into the centre of the white. The yolk will be perfectly placed and you'll have the best looking fried eggs around!
- ★ Making a fantastic dish starts way before the cooking part – it

is all about the preparation. If you're planning on following a recipe, make sure you have read it thoroughly beforehand so you have everything you need and you're familiar with the steps.

- ★ To spice up an old family favourite recipe, choose one ingredient and replace it with something from the same food group. For example, swap potato for sweet potato or butternut squash. A subtle change will create a tasty twist to the dish.
- ★ To make your fried eggs even

tastier, after you've fried them deglaze the pan with sherry vinegar then drizzle the sauce on the eggs to add a delicious dimension.

- ★ If you're looking to make creamy dressings a little lighter, substitute mayonnaise or cream for natural Greek-style yoghurt.
- ★ When chopping herbs, put a pinch of salt onto the chopping board; it is a little trick to help stop the herbs from flying around.
- ★ When slicing food that is shaped round, you often find it doesn't stay stable on the chopping board and can be difficult to chop. An easy trick is to cut off one of the round ends so you can lie it flat on the board.
- ★ Make sure you continually taste the dish as you're cooking it, that way you can tweak it to your taste by adding any more seasoning or ingredients it may need!

THESE TIPS WERE CREATED BY JO PRATT WHO IS WORKING FOR EGGS FOR SOLDIERS – A HELP FOR HEROES ENDORSED PRODUCT THAT DONATES 15P FROM EVERY PACK SOLD TO THE CHARITY. FOR MORE INFORMATION ON LISA'S EXCLUSIVE EGGS FOR SOLDIERS RECIPES VISIT [WWW.FACEBOOK.COM/EGGSFORSOLDIERS](http://WWW.FACEBOOK.COM/EGGSFORSOLDIERS)

## LEARN WITH... THE LONDON VEGETARIAN COOKERY SCHOOL



**This month, Chiko Francesco reveals how buckwheat may be the solution to lots of cooks' problems...**

Buckwheat, like spelt, has gained significant popularity on our supermarket shelves in recent years. Despite its name, it is not related to wheat at all but instead and, surprisingly related to garden rhubarb.

It is an ancient grain dating back to 5300BC with culinary applications around the globe. These include Russian blinis, French galettes, Japanese soba noodles and it's also used commercially in the production of gluten-free beers and whisky too.

### Gluten replacer

It has been a saving grace for many gluten sufferers replacing common wheat flour to create an array of foods and is remarkably easy to use. Simply mix 70ml water, 50g buckwheat flour, 3g salt together to create a batter and pour into a lightly oiled and medium heat frying pan and cook for 3 minutes on each side. Serve the pancake either hot or cold with a filling. Alternatively, to create tasty noodles, tightly roll the pancake and cut into 2mm strips and serve with a sauce.

What truly sets buckwheat apart though, is its unique Moorish taste and exceptional depth of flavour. Bon appétit!

BOOK YOURSELF ONTO ONE OF CHICO'S FASCINATING COOKERY COURSES BY VISITING THE WEBSITE AT [WWW.LONDONVEGETARIANSCHOOL.CO.UK](http://WWW.LONDONVEGETARIANSCHOOL.CO.UK)

**MAKE YOUR OWN... SPICED ONION JAM**

ONIONS ARE AT THEIR BEST RIGHT NOW SO HAVE A GO AT MAKING THIS EASY JAM. IT MAKES 4-6 JARS SO YOU COULD TURN SOME INTO GIFTS, IF YOU CAN PART WITH IT!

## SPICED ONION JAM



**Makes 4-6 jars**  
**Ready in 1 hr**  
**10 mins**

- ★ 5kg red onions, thinly sliced
- ★ 2 tbsp olive oil
- ★ 100g golden caster sugar
- ★ 1/2 tsp chilli flakes
- ★ a few sprigs of thyme
- ★ 300ml red wine vinegar
- ★ 1 glass vegan red wine

★ 1/2 glass vegan port

- 1 Heat the oil in a large heavy based pan. Cook the onions really slowly over a low heat for 30 minutes or until they have softened so much that they have become caramelized. Add the sugar, chilli and thyme and cook for a further 10 minutes.
- 2 Pour over the wine vinegar, red wine and port and simmer,

uncovered for 20 minutes, stirring every so often. You want the onions to become a deep red colour and there to only be a small pool of liquid floating around the bottom of the pan and when you draw a wooden spoon through the jam a path clears before

filling again with the syrupy juices.

- 3 Cool the onions in the pan then fill sterilized jam jars with the mixture. It can be eaten straight away but tastes really great when it has had a couple of weeks to mature.

PER JARS (6 JARS): 247 CALS, 5.5G FAT



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### LONDON VEGETARIAN & VEGAN SCHOOLS

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[info@londonvegetarianschool.co.uk](mailto:info@londonvegetarianschool.co.uk)  
 0844 8842699

  
 By appointment  
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- A 3 course vegetarian dinner at Fellinis one night • [fellinisambleside.com](http://fellinisambleside.com)
- A 3 course vegetarian dinner at Zeffirellis one night • [zeffirellis.com](http://zeffirellis.com)
- Offer valid until 30 March 2014

Offer based on 2 adults sharing a standard double or twin room. Superior room +£40, Suite +£75



### 3 VEGGIE GOOD REASONS TO VISIT THE LAKE DISTRICT!

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# Ask ROSE

The queen of veggie cooking answers your queries – including a gluten-free veggie menu

**Q** A VEGGIE FRIEND WITH COELIAC DISEASE IS STAYING FOR THE WEEKEND. DO YOU HAVE ANY MEAL IDEAS?

**A** Preparing gluten-free meals is easier than it sounds because so many of our staples are gluten-free: pulses, all fruit and vegetables, and grains such as rice, millet, and quinoa. Just avoid wheat, couscous, barley and rye, and anything containing them.

Watch out for gluten in processed foods and mixtures, and flour in sauces, though cornflour or arrowroot are fine. Have sparkling clean utensils and equipment (including breadbin and toaster). Then relax and enjoy cooking and eating some lovely meals. For breakfast, how about a big, colourful, exotic fruit salad, with yoghurt, honey, and chopped

nuts? Or, crisp golden potato cakes (little heaps of grated potato fried crisp in oil) with grilled tomatoes, and mushrooms in cream? You could also try puffy blueberry pancakes made with gluten-free flour, with thick yoghurt and maple syrup? For lunch, butternut squash soup swirled with truffle oil, and a nice salad such as quinoa with mint, cucumber and pomegranate; or try millet and chickpea. For an easy evening meal, a big roasting tin full of autumn veggies: parsnips, potatoes, celery, sweet potatoes, leeks – even beetroot – with fried slices of halloumi always goes down well. Or a simple colourful vegetable curry, with lentil dal, some chopped tomato, onion and coriander.



**Q** I HAVE RECENTLY BECOME A VEGETARIAN BUT I OFTEN FEEL HUNGRY. WHICH FOODS WILL KEEP ME SATISFIED?

**A** You do not need to go hungry on a vegetarian diet, veggie food is rich in fibre but you may need to eat more than you may have done. This is healthy, because our body needs plenty of fibre, but it can take a bit of getting used to. Having an extra little meal during the day may help you feel fuller. Or it could be that, although a vegetarian diet can easily supply enough protein, you might not be getting as much as you were used

to. So make sure you have a good source of protein with each meal (nuts, tofu, eggs, cheese, pulses), and if you are flagging, try adding a healthy veggie protein powder to a smoothie in the afternoon to perk you up. I like a pure (guaranteed non GM) soya protein powder; see my book *The Vegetarian Low Carb Diet* for more details. Do keep going; you'll soon begin to feel the benefits.

**PROTEIN  
PACKED  
IDEAS**

**Q** MY SPONGE CAKES COME OUT A BIT FLAT. WHAT AM I DOING WRONG?

**A** Are you using the correct size of tin for the amount of mixture? For a cake made with 175g each of soft butter, caster sugar, and self-raising flour, plus an extra rounded teaspoon of baking powder, and 3 eggs, you need two 16-17cm tins that are 3-4cm deep. The tins look small, but they are deep so produce a nicely risen, domed cake. Then, if you are making an 'all-in-one' sponge cake

recipe, don't try and cream the butter and sugar first. Do what the name says, put everything in the bowl, and beat for a minute or two until light and creamy. Divide between the two tins (lined with non-stick paper) and bake for 30-35 minutes at 170C/350F/Gas 4. Don't open the oven until 30 minutes have passed, as this can cause sinking too. Let the cakes cool, sandwich and decorate as desired, and voila! A perfectly baked and risen cake.

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

# TASTE THE MED

Flavours of the Mediterranean are perfect for entertaining, but you don't have to leave the country. Tuck into some of this lot and let your tastebuds take you away. Plus, here are two recipes to inspire you



**MOORISH WHITE BEAN AND SEMI-DRIED TOMATO AND BASIL SMOKED DIP, £2.49**  
Forget hummus, this smokey dip is more fun. The ingredients used are top-knotch, which makes it taste homemade. We love to spread it on our crostinis. **Available from [www.ocado.com](http://www.ocado.com)**



**ALZIARI EXTRA VIRGIN OLIVE OIL 500ML, £14.75**  
Sliced tomatoes, ratatouille, roasted vegetables, pasta and soups will love this flavoursome oil. Or, simply use to dip your bread into. **Available from Ocado**

**GALLO RISOTTO PRONTO QUATTRO FORMAGGI, £2.29**  
Indulge in this quick-to-make Italian classic. All you have to do is add water, bring to the boil, and simmer for 12 minutes to create a perfect risotto. **Available from [www.waitrose.com](http://www.waitrose.com)**



**SUNITA BRUSCHETTA PORCINI MUSHROOM SPREAD, £3.70**  
This spread is deliciously rich and like it says on the jar, goes beautifully with bruschetta. It would taste just as good on oat cakes or toast! **Available from all good health food shops.**



**DIVO VEGETARIAN GRATED ITALIAN HARD CHEESE, £1.85**  
Produced in the Lombardy region of Italy, this veggie hard cheese is made using time honoured techniques. It has a sweet and buttery flavour and is perfect for stirring through your favourite sauces. **Available from [www.ocado.com](http://www.ocado.com)**



## MEDITERRANEAN ROASTED HALLOUMI WITH BASIL DRESSING



**Serves 4**  
**Ready in 40 mins**

500g new potatoes, halved lengthways  
3 peppers, seeds removed and sliced  
1 tbsp lemon-infused olive oil  
25g basil, stalks removed  
zest and juice of 1 lemon  
125g cherry tomatoes, halved  
75g halloumi, thickly sliced

- 1 Preheat the oven to 200C/400F/Gas 6. Cook the potatoes in a pan of boiling water for five minutes or until just tender. Drain, then tip into a large, shallow roasting tin and scatter over the sliced peppers.
- 2 Place the olive oil, basil leaves, lemon zest and juice into a small blender with some seasoning and blend until coarsely chopped. Pour over the vegetables and toss to coat. Roast for 20 minutes.
- 3 Turn up the heat to 220C/425F/Gas 7. Add the halved tomatoes and sliced halloumi to the tray and roast for a further 5-10 minutes or until the cheese is golden brown. Serve straight away.  
PER SERVING: 253 CALS, 10.26 FAT



••• FRESH PASTA CO BUTTERNUT & SAGE TORTELLI, £4.49  
Made with '00' flour and free-range eggs, this pasta is spectacular and has the most exquisite filling of butternut squash and sage, which makes it comforting as the weather starts to turn. Available from [www.ocado.com](http://www.ocado.com)



••• M KITCHEN PATATAS BRAVAS, 3 FOR £6  
Cubes of potato in a spicy tomato sauce, what's not to love? Take this classic Spanish dish to the next level by adding mozzarella before cooking – it's naughty but totally worth it. Available from [www.morrisons.com](http://www.morrisons.com)



••• M KITCHEN MELT IN THE MIDDLE TOMATO AND MOZZARELLA ARANCINI, 3 FOR £6  
This Sicilian staple is made with sticky rice, tomatoes, herbs and a melting mozzarella middle, wrapped in a crispy crumb. Available from [www.morrisons.com](http://www.morrisons.com)

## SIMPLE ROASTED VEGETABLE LINGUINE



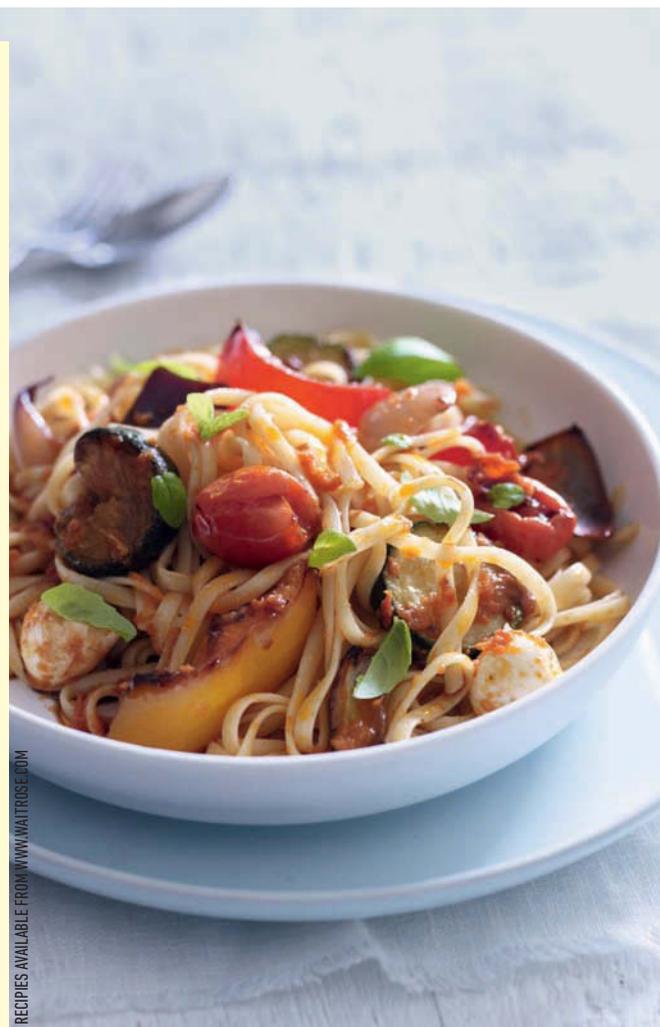
**Serves 4**  
**Ready in 55 mins**

400g pack Waitrose Mediterranean Roasting Vegetables  
300g linguine  
1 tbsp olive oil  
2-3 tbsp sun-dried tomato paste  
150g mozzarella cherries, drained  
1 tsp balsamic vinegar  
handful fresh basil leaves

- 1 Preheat the oven to 200C/400F/ Gas 6. Remove the film from the vegetables and roast according to pack instructions for 40-45 minutes.
  - 2 Around 10 minutes before the vegetables are ready, cook the linguine in a large pan of boiling water until tender. Drain well.
  - 3 Toss together the linguine, olive oil and tomato paste until the pasta is evenly coated. Stir in the roasted vegetables and mozzarella cherries.
  - 4 Divide between four bowls, drizzle each one with a little balsamic vinegar, scatter with basil leaves and serve.
- PER SERVING: 568 CALS, 25.9G FAT



••• SOUS CHEF ORGANIC SAN MARZANO TOMATOES, £6.50  
This is not just a jar of tomatoes, this is a jar of San Marzano – the tomato of choice for Italian chefs. Make your sauces spectacular or use lavish on homemade pizzas. Available from [www.souschef.co.uk](http://www.souschef.co.uk)





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

For more information about using Coconoil™ in your daily life please visit our website or [amazon.co.uk](https://www.amazon.co.uk)



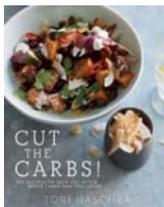
# Eat well

## LIVE WELL

Nutritional nuggets for foodies, plus a cholesterol-lowering pizza

### Chef says...

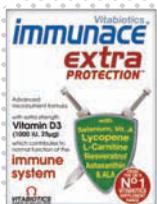
Tori Haschka  
*"Apple cider vinegar is a terrific balance of sweetness and acidity, and the acetic acid is reputed to help prevent the build-up of fat in our bodies"*



CUT THE CARBS\*  
 BY TORI HASCHKA  
 (E20, QUADRILLE)  
 \*INCLUDES NON-VEGETARIAN CONTENT

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### HEALTHY(ISH) PIZZA



Serves 4  
 Ready in 40 mins

- \* 2 red onions, cut into wedges
- \* 1 red pepper, deseeded and chopped
- \* 8 cherry tomatoes, halved
- \* olive oil
- \* 4 filo pastry sheets, about 30 x 20cm
- \* 2-3 tbsp sun-dried tomato paste
- \* 100g grated soya mozzarella

#### For the pesto:

- \* 50g pine nuts
- \* large handful fresh basil leaves
- \* 50g vegetarian Parmesan-style cheese, grated
- \* 150ml olive oil
- \* 2 garlic cloves

1 Preheat the oven to 220C/425F/Gas 7. Put the onions, red peppers and tomatoes into a roasting tin, drizzle with olive oil and roast for 15 minutes. Lightly oil a baking sheet. Layer the pastry sheets on top of one another on the baking sheet, brushing with olive oil. Spread the tomato paste over the top, leaving a border around the edges.

2 Top with the roasted vegetables and grated soya mozzarella and then bake in the oven for 12-15 minutes. Meanwhile, place a small frying pan over a low heat. Add the pine nuts and toast until golden, shaking occasionally. Tip them into a food processor with the remaining ingredients for the pesto and process until smooth. Just before serving, drizzle the pesto over the pizza.

### Wellness powder

This G&G Organic Essential Food Natural Energy Drink, from £14.93 for 200g, contains pre-sprouted barley, which provides an array of nutrients including a good source of protein, B vitamins and amino acids to give you a little lift every day. Add it to a green smoothie for extra smugness.



### Coconut mania!

This pure organic virgin coconut oil called Coconoil £11.49 for 460g, is ideal for applying to your skin as a moisturiser, using as a hair conditioner, balancing digestion, or cooking up something tasty. What's more Cook Vegetarian readers can claim 20 percent off any product from Coconoil using the discount code 'cookveg' at the checkout. For more information visit [www.coconoil.co.uk](http://www.coconoil.co.uk)



### BOOKSHELF



Recipe taken from *Eat Your Way to Lower Cholesterol: Recipes to Reduce Cholesterol by up to 20% in Under 3 Months\** by Ian Marber & Dr Laura Corr (£16.99, Orion Publishing).



MARGARITA

# BOTTOMS UP!

Social butterflies listen up, these cocktails will make you the talk of the town

If you're the gregarious type, entertaining your friends and family is one of the greatest pleasures. To put on a good bash you don't need to be a bar tender, but you do need to follow some tried and tested recipes, as the right balance of ingredients makes all the difference to your cocktails. Following these three recipes and hosting tips from party lover Kay Plunkett-Hogge will get you started. Her approach is relaxed and effortlessly glam. "The sound of ice being shaken, preferably to a rhythm all of its own, is enough to bring a smile to anyone's face," she says.

## THE MARGARITA



Makes 1  
Ready in 5 mins

- a wedge of lime
- salt
- 30ml fresh lime juice
- 30ml Cointreau or another triple sec
- 60ml white tequila

1 Wipe the lime wedge around the rim of a tumbler, then dip the rim in salt to coat it. Fill a cocktail shaker with ice and add the lime juice, triple sec and tequila. Shake rhythmically until very

TAKE THE  
STRESS OUT  
OF A PARTY

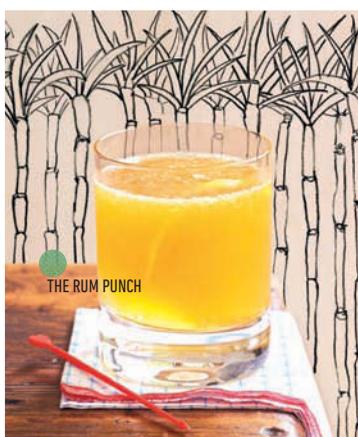


These tips from Kay will ensure you're the host with the most

- Breathe. A party should be fun.
- It's okay to have a mix of bought and homemade food. Fresh veggies, dips, nuts, olives, stuffed peppers, blocks of vegetarian cheeses, good bread from the local deli. Don't feel pressured to do it all.
- Choose just two or three cocktail options; you're not a bar!
- How will your guests mingle? Make sure you introduce people properly. If you're busy, ask a chum to oblige.
- I'm no fan of tiny snacks. We want some punch with our eats. I also don't agree with the old adage 'three of everything'. If you serve a fig stuffed with labneh and dusted with crumbled walnuts, one or two will do.
- Make sure you ask your guests about dietary requirements.
- Have a non-alcoholic option and plenty of water.
- Make a fun playlist to get everyone in the mood.
- Enjoy yourself!



KHUN SOMPONG'S THAIJITO



THE RUM PUNCH

**Havana Club**  
2 tsp sugar syrup  
2 tsp fresh orange juice  
2 tsp fresh lemon juice  
a dash of pimento bitters  
a twist of lemon, to garnish

1cm piece of fresh root ginger, peeled and finely shredded  
30ml Mekhong Thai whiskey  
chilled soda water, to top up  
a piece of sugar cane, peeled, or a lemon grass stalk, to garnish

cold. Fill the tumbler with fresh ice, then strain the drink over the top. Squeeze in the wedge of lime, add it to the drink, and serve.

**2** To make a Frozen Margarita, place the tequila, lime juice and triple sec in a blender with plenty of ice. Blitz until smooth, then serve in a salt-rimmed glass.

**1** First muddle the chilli in the bottom of a cocktail shaker. Then fill it with ice and add all the rest of the ingredients. Shake hard until icy cold and strain into a cocktail glass. Garnish with a twist of lemon.

**1** Put the sugar, lemon grass, lime and a good pinch of ginger strips into a shaker and muddle them together well. Pour in the Mekhong and stir. Fill the shaker with ice and shake vigorously. Strain into an ice-filled tumbler and top up with soda water. Garnish with a lemon grass stalk or, like Khun Sompong, with a stick of freshly peeled sugar cane, and serve with a straw, if you like.

THE RUM RANCH



**Makes 1**  
**Ready in 5 mins**

a sliver of medium-to-hot red chilli  
60ml aged rum, preferably 7-year-old

KHUN SOMPONG'S THAIJITO



**Makes 1**  
**Ready in 10 mins**

2 tsp brown sugar  
1 lemon grass stalk, tough outer leaves removed, core thickly sliced  
1/2 lime, cut into quarters

“When I lived in Los Angeles, the Margarita was my drink of choice – you could say it was one of my five-a-day!”

WIN! WIN! WIN! WIN! WIN!



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# WIN A BAKING SET!

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Simply send us the form or complete online survey to win!

**W**e want to know more about you so we can make *Cook Vegetarian* even better! So we are asking you to take a couple of minutes to fill in the form opposite or log on and fill in online at [www.cookveg.co.uk/survey](http://www.cookveg.co.uk/survey) and you will automatically be entered into a prize draw and could win a set of amazing OXO products!

Up for grabs are 10 sets of baking essentials worth £50 each. Each set will help you

mix up sweet treats in the kitchen without any fuss.

Included is the new colourful 3-piece berry bowl, which will brighten your kitchen counter and make the chore of rinsing and stoning berries before they go into your desserts much easier. Plus, the cupcake corer creates a hole in your muffins, so you can add a delicious centre. What's more, the icing knife is the ideal size for icing your cupcakes, while stirring

up batter or whipping cream is a delight with the contemporary hand-held mixer. To complete the kit are the new silicone spatulas, which will stay flexible and keep their colour, unlike most other rubber varieties.

Designed to make everyday cooking that little bit easier, the OXO Good Grips range offers over 200 stylish, innovative yet practical tools for the home. For more info, visit [www.oxouk.com](http://www.oxouk.com)

## HOW TO ENTER:

\* Fill in the form opposite and post to:  
**Cook Vegetarian Survey 2014,**  
Marketing Dept, Aceville Publications,  
21-23 Phoenix Court, Hawkins Road,  
Colchester, Essex, CO2 8JY

\* Or, complete the online survey at:  
[www.cookveg.co.uk/survey](http://www.cookveg.co.uk/survey)

\* Closing date is 5th October 2014

**FOR YOUR CHANCE TO WIN a set of OXO products – simply complete the form below. Please tick the ONE answer most relevant to you (unless asked for more than one answer). Please send to: Cook Veg Survey 2014, Marketing Dept, Aceville Publications, 21-23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY**

**1 How often do you buy Cook Vegetarian?**

- This is my first issue
- Every month
- Every 3-6 months
- Twice a year
- Once a year
- I have a subscription

**2 What entices you to buy the magazine?**

- Cover design/ recipes
- Competitions
- Coming Next Month page
- Price
- Celebrity chef features on cover
- Free gifts (when applicable)
- I am a subscriber

**3 What would be the main incentive to take out a subscription?**

- Discounted price
- Free gift
- Free additional subscription to our digital version and exclusive offers

**4 Are you signed up to our online monthly newsletter?**

- Yes  No

**5 Which social media websites do you use?**

- Facebook
- Twitter
- Instagram
- Pinterest
- I don't use social media

**6 How often do you visit the Cook Vegetarian website [www.cookveg.co.uk](http://www.cookveg.co.uk)?**

- Frequently (more than once a week)
- Often (approximately once a week)
- From time to time
- Rarely
- Have not visited yet

**7 How would you describe your cooking skills?**

- Beginner
- Intermediate
- Advanced

**8 How long do you spend cooking per week?**

- Less than one hour
- Between 1-5 hours
- Between 5-10 hours
- Between 10-15 hours
- 15 hours +

**9a) Do any of the following apply? Please tick all that are relevant:**

- I am a vegetarian
- I am a vegan
- My diet is gluten-free, and I eat meat
- My diet is gluten-free, and I am a vegetarian

- I am a pescetarian
- I am a flexitarian
- I am a meat eater, but I eat vegetarian meals regularly
- I am a meat eater, but I eat vegetarian meals occasionally
- I have a family member who is vegetarian/vegan

**9b) If you don't eat meat, what are your reasons? Please tick all that apply:**

- Ethical beliefs
- For your health
- Brought up on this diet
- Environmental reasons
- Don't like the taste

Other .....

**10 Do you grow your own fruit, vegetables or herbs?**

- Yes  No

**11 Do you own a pet?**

- Yes  No  I would like to

**12 Who is your favourite celebrity chef? Please tick up to three**

- Anjum Anand
- Arthur Potts Dawson
- The Fabulous Baker Brothers
- Delia Smith
- The Hairy Bikers
- Heston Blumenthal
- Hugh Fearnley-Whittingstall
- James Martin
- Jamie Oliver
- Levi Roots
- Lorraine Pascale
- Mary Berry
- Nigella Lawson
- Nigel Slater
- Rachel Allen
- Rachel Khoo
- Raymond Blanc
- Rick Stein
- Rose Elliot
- Simon Rimmer
- Thomisina Miers
- Two Greedy Italians
- Valentine Warner

**13 Would you like to see more or less of the following in Cook Vegetarian?**

- |  | More of               | Less of               | Just right            |
|--|-----------------------|-----------------------|-----------------------|
| Seasonal recipes   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Gluten-free recipes  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Weekday recipes  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegan recipes  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Celebrity chef recipes   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Indulgent recipes  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Lifestyle topics (ie Fashion, Beauty products, Eco Living, Vegetarian-friendly Holiday Destinations) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Party/entertaining ideas   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Children's meals   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Shopping/product advice  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chef interviews  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**14a) Have you ever bought something recommended by Cook Vegetarian?**

- Yes  No

**14b) If yes, was this from an:**

- Advertisement in the magazine
- Advertisement on the website or newsletter
- Editorial feature
- Covermount sample

**15 Which other magazines do you read?**

- Asda Magazine
- Delicious
- Good Food
- Good Housekeeping
- Olive
- Sainsbury's Magazine
- The Simple Things
- Tesco Magazine
- Vegetarian Living
- Viva!
- Waitrose Magazine

Other .....

**16 What is your average weekly shopping spend?**

- £20-£50
- £50-£75
- £75-£100
- £100+

**17a) Do you mainly shop...**

- Online
- National supermarket/ chain store
- Local shop
- At a market

**17b) If you do shop at a supermarket or chain store, which one do you mainly frequent?**

- Tesco
- Waitrose
- Morrisons
- Sainsbury's
- Lidl
- Aldi
- Asda
- The Co-op
- Lonsis
- One Stop

Other .....

**18 Do you support any of the following?**

- WWF
- Green Peace
- Animal Aid
- PDSA
- PETA
- The Vegetarian Society
- The Vegan Society
- Viva!

**19 Are you**

- Male  Female
- Would rather not specify

Title ..... Forename .....

Surname .....

Address 1 .....

Address 2 .....

Address 3 .....

Postcode .....

Contact number .....

Email .....

DOB ...../...../.....

By completing this survey you are entering a prize draw. This is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per household. The prizes detailed cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by the Terms and Conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. No correspondence will be entered into. CLOSING DATE: 05.10.2014 Winner will be notified by 20.10.2014. Winner's details will be available in writing on request from Marketing Dept, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY. Your details will be processed by Aceville Publications Ltd (publishers of Cook Vegetarian magazine) in full accordance with data protection legislation. 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  by phone  by email  by SMS  From time to time Aceville Publications Ltd will share details with other reputable companies who provide products and services that may be of interest to you. Please tick here if you DO NOT wish to receive such information: by post  by phone  by email  by SMS



# EXPANDING horizons

If you love wine, but find experimenting with a new drop a little daunting, try our two ways to find your new favourite bottle



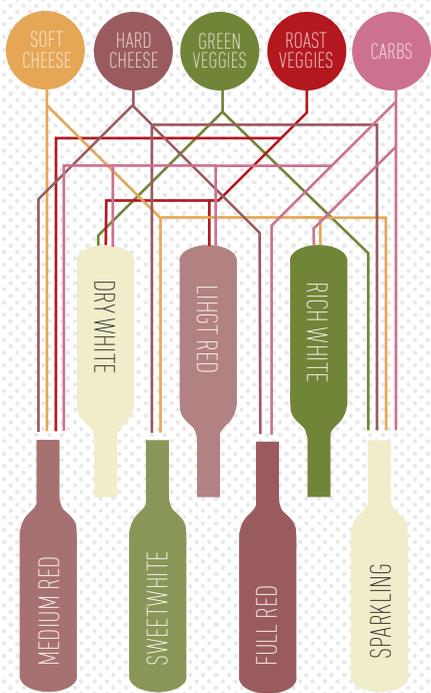
## 1 Take expert advice

John Beveridge, wine and spirit expert for Vintage Roots, shows you how to look at your current favourite tittle, to find your next top wine...

With wine, just as with food, we can all be guilty of buying the same things week in week out. But with so many different grape varieties and regions to choose from, how do you know where to start? I've got three easy tips for navigating your way into a more adventurous and rewarding vinous life!

## WINE PAIRING

THIS HANDY DIAGRAM WILL ALLOW YOU TO MATCH ALMOST ANY DOMINANT FLAVOUR WITH THE BEST VEGGIE OR VEGAN WINE. TRY IT OUT!



**1 Italian Varietals** – Italy has more native grape varieties than any other country (over 600!). Many of these are far more interesting, food-friendly and better value than the so-called ‘international varieties’ like Chardonnay and Shiraz. Try a Sicilian Fiano for a dry white with great texture and minerality.

**2 Beaujolais** – This region is enjoying an amazing renaissance, so forget what you may remember about cheap Beaujolais Nouveau and tuck into one of these versatile, gastronomic wines that are generally way underpriced.

**3 Lesser-known regions** – Famous regions are like brands, and names such as Sancerre and Champagne can command a real premium. Head to Bulgaria for a delicious blend of Cabernet Sauvignon, Merlot and Mavrud at the bargain price of £7.99.

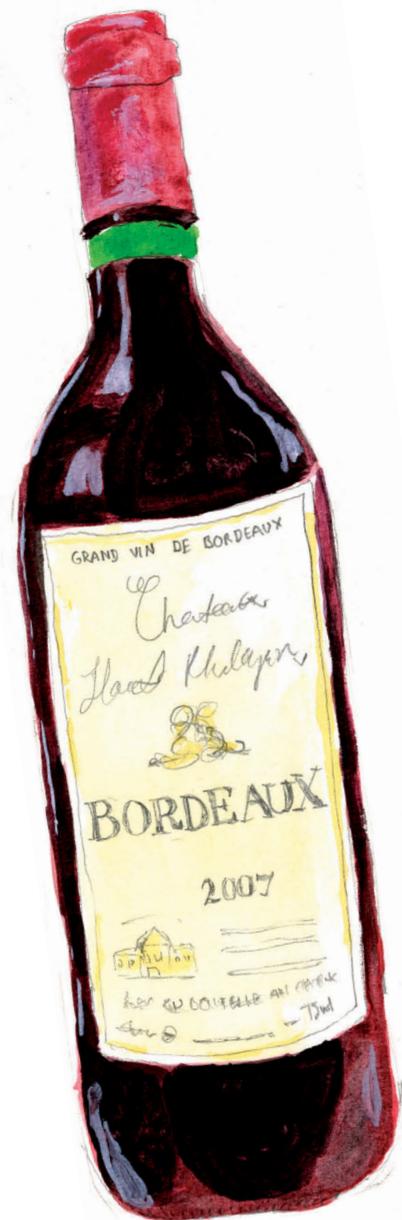
TO GET ALL THESE WINES AND MORE, WITH VEGETARIAN AND VEGAN WINES LABELLED, VISIT [WWW.VINTAGEROOTS.CO.UK](http://WWW.VINTAGEROOTS.CO.UK)



## 2 Try something home-grown

Olly Smith is one of the UK's foremost wine experts, regularly appearing on *Saturday Kitchen*. He also writes a wine column for the *The Mail on Sunday*. Here, he explains to Nikki Whiteford why we should all be trying home-grown wine

**What can we expect from British wines?** They are distinctly British. Our sparkling wines are crisp and cool, our white wines have phenomenal hedgerow flavours, with notes of elderflower and sharp, tangy apples – they really suit our identity. Our rosés are great too, but at the moment red is trickier, I've not tasted many up to mark, but watch this space.



**Which are your favourites?**

Sparkling rosé is hard to beat, I really like Camel Valley's Pinot Noir Rosé. I also love what's produced by Ridgeview in Sussex. The vineyard is only two miles from where I live, I can sit in my garden and almost taste the vineyard!

Furleigh Estate in Dorset is also one to watch, it produces one of finest sparkling wines in England and probably the world. It's a fairly new vineyard with a lovely story; the lady who used to live there bought back the land to plant the vineyard.

**Why should we try English wines?**

What we've done in this country in such a short space of time is an incredible achievement, and we can only expect greater things to come!

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Chicken Style  
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**ready to eat...      ...or ready to cook**



# Hodmedod's BRITISH PULSES

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# Recipe of the THE MONTH

To us, nothing hails the onset of autumn like the first fruit crumble, and this one is easy and delicious enough to fit the bill

## BLUEBERRY AND APPLE CRUMBLE



**Serves 6**  
**Ready in 45 mins**

2 cooking apples  
60g golden caster sugar  
200g blueberries  
2 tbsp crème de cassis or water

### For the crumble topping

60g gluten-free brown bread  
60g cornmeal or polenta  
60g butter, cubed  
60g gluten-free jumbo oats  
60g golden caster sugar

### You'll also need:

900ml ovenproof dish

- 1 Preheat the oven to 190C/375F/Gas 5.
- 2 To make the crumble topping, put the bread into a processor and whiz to make crumbs. Add the cornmeal, or polenta, and butter and whiz until just combined. Tip into a bowl, and stir in the oats and sugar.
- 3 Peel, core, quarter and slice the apples, and put into the dish. Add the sugar, blueberries and crème de cassis, or water.
- 4 Sprinkle the crumble topping over the fruit. Bake for 30 minutes until golden. Serve warm or cold.

PER SERVING: 297 CALS, 10.5G FAT

### COOK'S TIP

If you have coeliac disease, oats are best avoided as, although pure oats do not contain gluten, they may be contaminated with gluten during processing. If you're not coeliac, but still don't tolerate gluten, eating oats should be

fine.

# KEEP YOUR ENGINE WELL OILED

granoVita's organic oils taste amazing and have an array of health properties to keep you ticking over!

**T**hese gorgeous oils from [www.granovita.co.uk](http://www.granovita.co.uk) are wellness in a bottle! As they are an ideal source of omega-3, a vital nutrient for vegetarians and vegans. Each one is cold pressed and fully certified organic, but which one to choose? Here's the low-down to help you pick the oil for you:

## ORGANIC FLAX OIL

**Benefits:** Contains an essential fatty acid called alpha-linolenic acid, or ALA. This essential fatty acid may help in reducing the risk of heart attacks.

## ORGANIC HEMP OIL

**Benefits:** Hemp oil contains a number of essential fatty acids that are very healthy for your skin and hair. It has been said to reduce low density lipoprotein cholesterol, the bad cholesterol which clogs arteries.

## ORGANIC PUMPKIN OIL

**Benefits:** High in vitamin E, especially gamma-tocopherol, and pumpkin oil also has an antioxidant effect. Including pumpkin seeds in your diet has been linked to the reduction of inflammatory symptoms of arthritis and reduction of pain linked to the condition.

## ORGANIC EVENING PRIMROSE OIL

**Benefits:** If you want to see an improvement to your skin, hair and nails, and lessen the symptoms of PMS, Primrose oil is a great choice.

## ORGANIC OMEGA OIL BLEND

**Contains:** Flax oil, hemp oil, sesame oil, pumpkin oil, evening primrose oil (all from controlled organic farming).

**Benefits:** A super blend of all our other oils.



## ORGANIC OMEGA OIL BLEND FOR WOMEN

**Ingredients:** Flax oil, sunflower oil, hemp oil, avocado oil, toasted sesame oil, rosemary oil (all from controlled organic farming)

**Benefits:** A super blend of all the essential oils that have been linked to health improvements for women.

**Benefits:** Flaxseeds (also called linseeds) are a rich source of micronutrients, dietary fibre, vitamin B1, and the essential fatty acid alpha-linolenic acid, also known as ALA or omega-3. Flax has also been known to help with lowering cholesterol levels, preventing hot flashes, improving blood sugar and protecting against radiation.

## LINUSIT ORGANIC MILLED FLAXSEED

**Ingredients:** Milled golden flaxseed (from controlled organic farming).

**For more information on this fabulous range, visit [www.granovita.co.uk](http://www.granovita.co.uk)**

Flax seeds are a powerhouse of nutrients. They're high in an oestrogen-like chemical compound with antioxidant qualities, which are able to fight off disease





**Organic Hemp Oil:**

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- Ideal for the normal growth & development of children\*
- Produced from organically grown hemp seed



RICH IN OMEGA-3

ORGANIC

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VEGETARIAN



**Organic Pumpkin Oil:**

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



**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 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 Evening Primrose Oil:**

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

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# BAKER'S PARADISE

You'll love browsing through **Lakeland's** exciting range of bakeware. Whether you're after quality essentials or the latest innovations, Lakeland has it all



**N**o matter whether you're a regular baker or maybe you're just wanting to master your first batch of brownies, having the right equipment is half the battle when it comes to getting great results. So, before you start, visit [www.lakeland.co.uk](http://www.lakeland.co.uk), or pop into one of their 68 stores nationwide – you can find your nearest store on their website. You'll discover a baking range that has everything from cake pans to cookie cutters, bread makers to cake pop makers, piping bags to mixing bowls, cooling racks and a fantastic range of natural flavourings – there really is something for every home baker. Here's some of our favourites from their unrivalled range...

## A CAKE LIKE NO OTHER

Lakeland's loose-based Mini Sandwich Tin, £20.99, has loose bases and, most unusually, straight sides. It lets you create 12 perfectly formed miniature Victoria sponges, individual cheesecakes or banoffee pies. What's more, it's one of over 80 items of bakeware within Lakeland's Buy One Get One Half Price offer.

The Wilton® Easy Layer Cake Pan Set, £14.99, is available exclusively from Lakeland this autumn. Normally, if you wanted to make a cake like the showstopper shown on the right, you'd have to whip up five batches of mix and bake them separately... but with this set, you simply make one batch then split it

between the five 15cm diameter non-stick pans, adding different colour into each to create a stunning ombre effect.

## FUN CAKES

Perfectly round globes of cake can be yours with Lakeland's Hemisphere Cake Pans (from only £3.29). Made from anodised aluminium, just bake two cakes and put them together to create an owl (shown right), football, planet or snowman. Or try one cake to make a perfect hedgehog, igloo or ladybird shape.

If you've young bakers at home, or maybe you're just wanting to bake something a bit different for a kid's birthday party, why not create some fabulous Jurassic bakes with Lakeland's exclusive 3D Dinosaur Cake Mould, £9.99, and Cookie Cutters, £3.99 (see right). The silicone cake mould comes in two parts. Simply fill one half of the mould and as they bake in the oven, six 3D dino cakes will form, ready for your little 'munchosaurus' to enjoy.

**Lakeland really is at the forefront of innovation, offering exciting new products that aren't available elsewhere. Plus, every item you buy is backed by their no-quibble money-back guarantee, so you can always shop in complete confidence. Call 015394 88100 today for your free Lakeland catalogue, shop at [lakeland.co.uk](http://lakeland.co.uk), or visit one of Lakeland's 68 stores nationwide.**



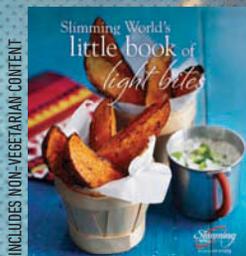
 **LAKELAND**

# Keep it LIGHT

Try these low-fat recipes for lunch, or a light and easy dinner

RATATOUILLE ON A STICK

## BOOKSHELF



Recipes taken from *Slimming World's Little Book of Light Bites*\*, available in all Slimming World groups priced £3.95. Photos: Slimming World's Little Book of Light Bites/Gareth Morgans.

## MINTED COURGETTE TORTILLA



**Makes 6 slices**  
**Ready in 40 mins**

1 large potato, peeled and diced  
low-calorie cooking spray  
2 courgettes, thinly sliced  
1 garlic clove, finely chopped  
small handful of finely chopped fresh mint  
4 free-range eggs, beaten  
salt and freshly ground black pepper

- 1 Boil the potatoes for five minutes or until just tender, then drain well.
- 2 Spray an ovenproof pan with cooking spray and place on a medium heat.
- 3 Stir-fry the courgettes for five minutes until they start to soften. Turn the heat up to medium, add the potatoes and garlic and fry for 8-10 minutes, turning the vegetables occasionally, until the potatoes begin to go golden.
- 4 Preheat your grill to medium.
- 5 Put the mint and eggs in a bowl, season and beat in two tablespoons of water. Add the eggs to the vegetables in the pan and turn the heat to medium-low. Cook for 7-8 minutes or until the eggs are almost set.
- 6 Put the pan under the grill and cook for five minutes or until cooked through. Leave the tortilla to stand for two minutes, then loosen the edges with a palette knife. Season well and cut into slices. Have some straight away or cool and keep in the fridge for up to three days. Eat cold or thoroughly reheated.

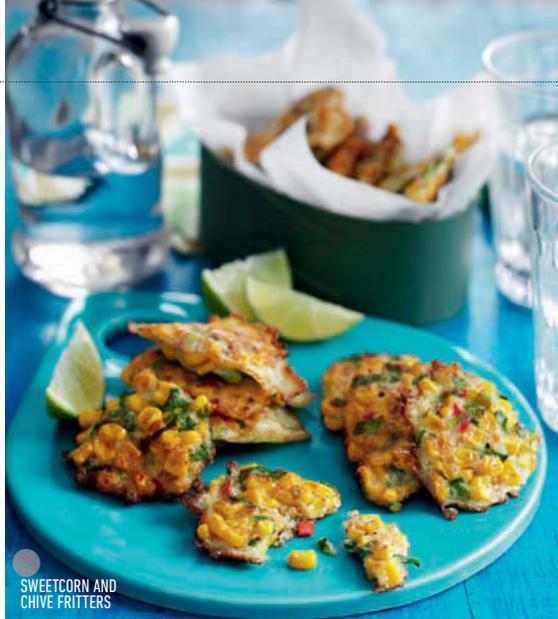
PER SLICE: 101 CALS, 4.4G FAT

## RATATOUILLE ON A STICK



**Makes 16**  
**Ready in 35 mins**

1/2 aubergine, cut into small pieces  
1 courgette, cut into small pieces  
1 tbsp dried oregano  
salt and freshly ground black pepper  
low-calorie cooking spray



SWEETCORN AND CHIVE FRITTERS

32 cherry tomatoes  
large handful of fresh basil leaves

- 1 Preheat the oven to 200C/400F/Gas 6.
- 2 Put the aubergine and courgette on a baking tray. Scatter over the oregano, season and spray with cooking spray. Roast for about 10 minutes then add the tomatoes to the baking tray and roast for another 10-15 minutes.
- 3 Thread the vegetables and basil leaves on to skewers or cocktail sticks. Enjoy some straight away or cool and keep in the fridge for up to four days.

PER STICK: 13 CALS, 0.4G FAT

## MINI JACKET POTATOES



**Makes 12**  
**Ready in 50 mins**

12 salad potatoes, such as Charlotte  
salt and freshly ground black pepper  
low-calorie cooking spray

- 1 Preheat the oven to 220C/425F/Gas 7. Prick the potatoes and arrange them on a baking sheet. Season well and lightly spray with low-calorie cooking spray.
- 2 Bake on the top shelf of the oven for 20 minutes. Turn the heat down to 190C/375F/Gas 5 and bake for a further 25-30 minutes. Halve and add your favourite topping.

PER POTATO: 17 CALS, 0.1G FAT

## SWEETCORN AND CHIVE FRITTERS



**Makes 20**  
**Ready in 20 mins**

2 spring onions, trimmed  
1/2 red chilli, deseeded and finely chopped  
2 free-range eggs  
340g can sweetcorn kernels, drained  
salt and freshly ground black pepper  
small handful of finely chopped fresh chives  
low-calorie cooking spray  
lime wedges, to serve

- 1 Put the spring onions, chilli, eggs and three-quarters of the sweetcorn in a food processor and blitz until combined.
- 2 Season well and transfer to a large bowl, then add the chives and remaining sweetcorn and mix to combine.
- 3 Spray a large non-stick frying pan with low-calorie cooking spray and place over a medium-high heat. When the pan is hot, drop in heaped tablespoons of the mixture and cook for 1-2 minutes each side or until lightly golden and cooked through. Drain on kitchen paper and repeat until you have used up all of the mixture.
- 4 Enjoy straight away with lime wedges or cool and keep in the fridge for up to 3 days. Eat cold or thoroughly reheated.

PER FRITTER: 20 CALS, 0.9G FAT



MINI JACKET POTATOES



MINTED COURGETTE TORTILLA



**SUMA ITALIAN EXTRA VIRGIN ORGANIC OLIVE OIL (750ML) £6.85, WWW.SUMA.COOP**

Pressed from Italian olives grown in Sicily, Calabria and Puglia, this organic olive oil is truly exceptional. Use it in salad dressings, to finish tomato sauces, or drizzled over tomato-laden bruschetta. Delizioso!

**SUMA ORGANIC CHOPPED TOMATOES (400G) 75P, WWW.SUMA.COOP**

Italian tomatoes are the best in the world which is why Suma only use these naturally sweet toms which are packed full of flavour. There are no additives, just a great flesh-to-juice ratio, plus they're gluten-free, vegan and organic.



**FRESH BAY LEAVES**

Bay leaves impart a complex flavour and are widely used in southern Italian cooking. Get more from yours by crunching up a couple of leaves before steeping in a little boiling water to create an essence. Add to your pasta sauce near the end of cooking.



# The Italian Essentials

If you love authentic Italian flavours, here are the ingredients you need to stock up on today

**FRESH BASIL LEAVES**

It would be difficult to cook lots of Italian meals without this punchy herb, especially one of our favourite go-to dishes – classic basil pesto! If you're using it in your pasta sauces, wilt it in after removing from the heat, for maximum flavour.



**FRESH ORGANO LEAVES**

The Neopolitan pizza is the original and the best in the world, of which there are three variations. Of these, our favourite is the mariana pizza with tomato, garlic, olive oil and oregano, because to us, oregano is what makes a pizza.

**SUMA ORGANIC OAK-AGED BALSAMIC VINEGAR (250ML) £4.25, WWW.SUMA.COOP**

The best balsamic vinegars comes from the rolling hills of Modena and Suma's offering is, of course, made there too, by the Lorenzi family. All the grapes used are grown on the family farm which has been run organically since 1977. The oak-aged vinegar is at least five-years-old and uses Trebbiano di Spagna, Trebbiano di Modena and Lambrusco Grasparossa grape varieties.



**SUMA ORGANIC WHITE FUSILLI AND PENNE (500G) £1.09 EACH, WWW.SUMA.COOP**

This organic and vegan pasta is made by Iris Bio in Lombardy, Northern Italy which is a workers' cooperative, just like Suma. The people at Iris Bio make the pasta just 10km from where the wheat is farmed, and it's made using bronze dies (pasta shaping tools) which helps the pasta to scoop up sauce better. It's also made at low temperatures, ensuring a better nutritional quality.

Suma stock a wide range of top quality vegetarian, fairly traded, organic, ethical and natural products. For more information, or to find your nearest stockist, visit [www.suma.coop](http://www.suma.coop)



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# Pure Style

Make your environment just that little bit lovelier...



## DRESS UP

People Tree are streets ahead when it comes to making sustainable fashion glamorous and totally desirable. Everything is made with respect and kindness to the planet, from the people who make the garments to the methods of production which minimise environmental impact. We love this Wave Stripe Dress, £55. To take a look at the rest of the range visit [www.peopletree.co.uk](http://www.peopletree.co.uk)

## Pretty storage

The patterns on these colourful tins, hand-painted by Indian women, are inspired by artwork that rickshaw drivers used to decorate their vehicles. Keep kitchen utensils, tea bags or even make-up brushes in them, knowing your money has enriched someone's life. Available from [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)



## Natural candle

Ridding your kitchen of the fried onion and garlic smell by burning the The Domestic Goddess Aromatherapy Candle, £12.95, is far more planet-friendly than using air-fresheners. The smell of sweet orange and frankincense is said to calm the senses too. For more information visit [www.nigelecostore.co.uk](http://www.nigelecostore.co.uk)

## SAVING GRACE

**JANEY LEE GRACE IS AN ETHICAL ADVOCATE. HERE SHE EXPLAINS HOW EVEN YOUR LAUNDRY CAN BE ECO-FRIENDLY**

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Nourish Protect Nutri Rich Body Butter, £14.36  
[www.nourishskinrange.com](http://www.nourishskinrange.com)



Soapnuts on the compost. Great for coloured clothing as they help the to retain colour.

JANEY LEE GRACE WROTE *LOOK GREAT NATURALLY WITHOUT DITCHING THE LIPSTICK AND IMPERFECTLY NATURAL HOME*. [WWW.JANEYLEEGRACE.COM](http://WWW.JANEYLEEGRACE.COM)

# BRING A FRIEND TO VEGFEST UK LONDON 2014

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# GIVEAWAYS

Up for grabs this month is a free dessert for every reader, a £500 hamper from Spice Tailor and a breakfast collection fit for a king

10  
TO GIVE  
AWAY!



WORTH  
£550!

## ANJUM ANAND'S COOKERY BOOK AND INDIAN HAMPER!

In celebration of Diwali, this month we've got the perfect prize to help you cook up an Indian treat.

We are offering 10 lucky readers the chance to win an Indian feast pack, which will include a full range of TV chef and cookery writer Anjum Anand's The Spice Tailor Chutnis – five authentic, flavoured Chutnis, which are currently exclusively available in Waitrose stores.

The prize will also include a complete range of The Spice Tailor curry sauces, plus a copy of Anjum's best-selling book, *Anjum's Indian Vegetarian Feast* – all worth more than £55! The authentic chutnis are based on traditional Indian recipes. There are five Chutnis in the range (RRP £2.89) and eight sauces.

For more information visit [www.thespice tailor.com](http://www.thespice tailor.com). For your chance to win, visit our online giveaway page.

## FREE LA TASCA DESSERT WITH YOUR MEAL!

Spanish tapas bar and restaurant, La Tasca, is offering Cook Vegetarian readers a free vegetarian dessert when they order from the Tapas to Share menu. Available at La Tasca restaurants nationwide, this offer gives you the chance to sample the delicious selection of tapas and experience a true taste of Spain, a range of quality Spanish wines and exciting new sangria cocktails are also available. You can round off a great meal with a delicious sweet treat, such as chocolate fondant or lemon and lime crumble tart. The menu includes a wide range of vegetarian and gluten free dishes. For more information on La Tasca please visit [www.latasca.co.uk](http://www.latasca.co.uk).

THE FREE VEGETARIAN DESSERT OFFER IS VALID AT LA TASCA RESTAURANTS NATIONWIDE. VISIT [WWW.LATASCAKITCHEN.CO.UK/LOCATIONS](http://WWW.LATASCAKITCHEN.CO.UK/LOCATIONS) FOR MORE INFORMATION. THERE'S A MINIMUM SPEND OF £10 OR MORE FROM THE TAPAS TO SHARE MENU TO REDEEM THE FREE VEGETARIAN DESSERT. SIMPLY CUT OUT AND SHOW THIS PAGE AT THE RESTAURANT OR PRINT OFF THE ONLINE VERSION. THE OFFER IS NOT AVAILABLE WITH SET MENUS OR IN CONJUNCTION WITH ANY OTHER OFFER AND OFFER ENDS OCTOBER 31ST.

FREE  
FOR EVERY  
READER



4  
TO GIVE  
AWAY!

## BREAKFAST PACK WITH A BLENDER!

Provamel – the go-to brand when it comes to dairy-free milks, desserts and creams – are giving away a selection of newly-launched, sugar-free yoghurt alternatives, plus a Breville Blender and a beautiful Nkuku breakfast bowl, worth £62.50, to four lucky readers.

With them, you can whip up some fab sweets or breakfast smoothies. Find out about the amazing products at [www.provamel.co.uk](http://www.provamel.co.uk). To be in with a chance of winning visit the giveaways page today

**HOW TO ENTER...** For your chance to win this month's fabulous prize draws get online today! [www.cookveg.co.uk/giveaways](http://www.cookveg.co.uk/giveaways)

### TERMS AND CONDITIONS

These prize draws are 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 prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or

damaged. Entries 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: 26th September. Winners will be notified by 19th September, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

# COOK VEGETARIAN TOP PICKS

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

## FREE FOR ALL!

It's Nut Free produce a delicious range of cakes, flapjacks, cereals and snacks for people that suffer from nut, peanut and sesame seed allergies. All of their products are Vegetarian Society approved too! Its award winning Refrigerator Cake is a decadent mixture of biscuit, fruit and real Belgian chocolate. A truly indulgent treat whether you suffer from a nut allergy or not!

Available from Ocado and online at [www.itsnutfree.com](http://www.itsnutfree.com).



## SOFT AND CLEAN

If you're looking for a soap that cleanses and nourishes the skin, and importantly doesn't contain any animal fat like most soaps do, try Neem Soap. It's great on skin and hair, and is made from natural oils that are well known for their moisturising properties.

It deals effectively with dry skin and eczema plus it contains no artificial chemicals!

You can order four bars for £10 (including p&p) by visiting [www.onevillage.com](http://www.onevillage.com) or calling 01608 811811.



## BRITAIN'S BEST

When customers kept asking Uncle Roy for a Dijon mustard in his award-winning deli, he gave in and developed a range of lovely mild mustards you can eat by the spoonful. They're fantastic in cooking, as a dip, or in a roll or sandwich. How will you eat yours?

For more information on this exciting range of mustards, or to browse the full range of Uncle Roy's delectable consumables, visit [www.uncleroys.co.uk](http://www.uncleroys.co.uk) or call 01683 221076.



## MOREISH MOZZARELLA

Vbites' Cheezly range of products is dairy-, lactose- and casein-free, providing a tasty alternative to traditional cheese.

The cheeses are ideally suited to vegetarians and vegans, but are also Halal and Kosher approved. Full of flavour and cholesterol-free, Mozzarella Style is perfect in a tomato salad or melted into pasta dishes sprinkled with fresh basil and finished with extra virgin olive oil. Or, why not try it on your next homemade pizza?

For more information, visit [www.vbitesfood.com](http://www.vbitesfood.com)



## TIME AWAY

Yewfield is a beautiful 80 acre retreat in the Lake District that offers vegetarian bed & breakfast, and luxury self-catering accommodation.

There is a special three-night offer from £335.00

for two with dinner on two nights at either of the two vegetarian restaurants in Ambleside, Zeffirellis and Fellinis. It's also eco-friendly as the house is heated with woodchip, supplied from the woods using horses to thin the trees. Yewfield has regular concerts featuring world class musicians; July 9th Graham Fitkin and Ruth Wall, July 12th & 13th the summer music festival featuring: Paul Janes (piano), Rosa Campos Fernandez (clarinet), Sarah Brandwood Spencer (violin), Catherine Yates (violin), David Aspin (viola), Tom Beer (viola) and Simon Turner (cello).

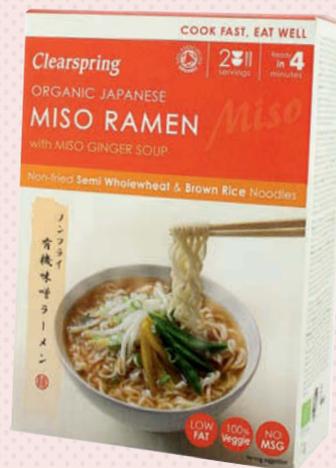
For more information visit [www.yewfield.co.uk](http://www.yewfield.co.uk).



## LEAN AND CLEAN

Have you tried Clearspring's Organic Japanese Shoyu and Miso Ramen? The soup bases come in an instantly dissolving paste which taste super fresh, while the ramen noodles are steamed, not fried, making them deliciously low in fat. The soya sauce used in the soup is authentic organic Japanese soya sauce and both ramens are 100% vegetarian and free from MSG. Each box contains two packets of noodles and two broths sachets.

Get yours for just £4.29 from [www.clearspring.co.uk](http://www.clearspring.co.uk)



## YORKSHIRE BLUE

Handmade with milk from proud Yorkshire cows, each cheese is matured gently over eight weeks and turned by hand every week to ensure the consistent blue-veining and creamy smooth texture. Yorkshire Blue is the perfect award winner to try as an introduction to blue cheese, at eight weeks it's buttery, sweet and mild in flavour, as the cheese ages the flavour becomes more complex and the texture even more creamy

Available nationally from £16kg per kilo. Visit [www.shepherdspurse.co.uk](http://www.shepherdspurse.co.uk)



## FIZZING WITH EXCITEMENT

The new Soda Plus from Cream Supplies can be used both for carbonating and infusing.

Any type of drink can be carbonated in the Soda Plus. Now you can carbonate alcohol, fruit and green teas, unstrained citrus juices, raspberry and strawberry juices, and even tomato juice.

The Soda Plus (used with N2O cartridges) can also be used for infusion as the pressure within the flask forces liquid into the aromatics without creating lots of bubbles. Try spices, herbs, vanilla or citrus peel in a spirit or wine to create an instant infusion!

The Soda Plus costs just £28.99 and is available from [www.creamsupplies.co.uk](http://www.creamsupplies.co.uk)



## ROCK THE GOAT!

If you love goat's cheese, Godminster's offering is a must try. Suitable for vegetarians, it's devilishly moreish, and if you're looking to impress guests, is just the ticket for completing a cheeseboard. And while you could cook with it, we think it's a crime to dilute this mouthwatering organic cheese in any dish, no matter how good!

Available from stockists nationwide, with prices starting at £4. Visit [www.godminster.com](http://www.godminster.com)



## SPREAD THE LOVE

Tiptree's Lemon Curd is ideal for lifting your baking to new heights. Enjoy it with scones, spread it over hot buttery toast or sandwich it between your next Victoria sponge with lashings of freshly whipped cream. Luxurious and perfectly balancing the sweet and zesty flavours, stock up today! To find your nearest stockist, visit [www.tiptree.com](http://www.tiptree.com)





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# The Bite-sized VEGETARIAN

This month, comedian and vegetarian **Lucy Porter** tries to get her children to enjoy their greens, with some unconventional techniques



**T**he other day I was wondering where all my time has gone over the last few years. What happened to that novel I was going to write? The DIY I was determined to finish? Those meetings with friends I promised myself? Then I realized that the wasted hours were all spent trying to persuade my children to eat vegetables. The definition of difficulty should be changed from 'like getting blood out of a stone' to 'like getting broccoli into a three-year old'.

## Five-a-day

All the parenting books give you the same advice – try to be relaxed about feeding your child. Don't use food as a reward or as a punishment, and never try to force them to eat something if they don't want to. You have to wonder if the people who write these books have ever bought, cooked and puréed organic sweet potato only to have it thrown back in their face (quite literally.)

Nobody sets out to turn mealtimes into a battle, but I'm sure my children aren't the only ones who would happily eat nothing but Jelly and Ice Cream at every meal. When other parents boast 'our little Hepzibah eats nothing but sprouts and kale' I always want to follow them home and go through their bins for empty bags of Haribo. I'm encouraged by the fact that other kids at my children's birthday parties are as bad as mine. You hopefully put out carrot sticks and cucumber batons, and they remain untouched. You might as well make replicas out of plastic, and they'd probably do you for the first 11 or so birthdays.

## Sugary bribes

I am aware that my mothering skills leave a lot to be desired. According to the

experts, the cardinal sin is using sweet treats to encourage good behaviour. If I'm honest, I must admit I have been guilty of doing this on more than one occasion. If I were really honest I'd admit it was more like hundreds of occasions. I've tried the other bribes people suggest, like stickers or crayons, but the kids know if they hold out long enough I'll crumble and give them some crumble.

I have had some triumphs. There's a cartoon called Team Umizoomi that the kids are very fond of and there's an episode about meatballs, so I went through a phase of squishing everything up into a ball before serving it to them and telling them it was meatballs. Using this technique I have fooled them into eating courgette, butternut squash and even swede.

Having children has definitely improved my diet – in daylight hours at least. I used to eat chocolate and sweets pretty much constantly throughout the day. Now I have to lead by example, so I snack on nuts and dried fruits. Then, once they're in bed, I eat an entire family sized bar of Dairy Milk. It's always awkward when the kids find the discarded wrapper next morning and eye me suspiciously.

I remember not really liking most vegetables as a child, and I seem to have turned out OK – if a little on the short side. My sister ate pretty much nothing but cheese for the first 21 years of her life and she is now a vegan. It's like she ate her entire life's allotment of cheese early on and now she's leaving some for the rest of us. I did a very similar thing with wine. I'm sure the kids will be fine, but if anyone has hints for sneaking veg into toddlers, they'd be gratefully received. They might even help me get that novel written.



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