

vegetarian LIVING

Thrifty midweek meals

BUDGET-FRIENDLY RECIPES FOR EVERYDAY EATING

MARATHON MAN

Training tips from vegan runner Scott Jurek

AMERICAN DINER

Classic dishes served in a bun

SUPPERS FOR ONE

Indulgent ideas for the solo cook

GREEN WATERWAYS

Cruising the canals on an eco-break

OUR TOP 10 FOOD BLOGGERS

vegetarian LIVING
best veggie blog
2014

SWEET POTATO PO' BOYS

42 MEAT-FREE RECIPES
42 DAIRY-FREE IDEAS

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A LUXURY BREAK FOR TWO AT SENSPA WORTH OVER £500



NADIA SAWALHA
Enjoy feelgood food from the 'greedy girl'



TASTY TRAYBAKES
Delicious dairy-free slices, perfect for treats



SALLY BEE
Heart-healthy favourites to feed the family



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vegetarian LIVING

FEBRUARY 2014

THRIFTY MIDWEEK MEALS

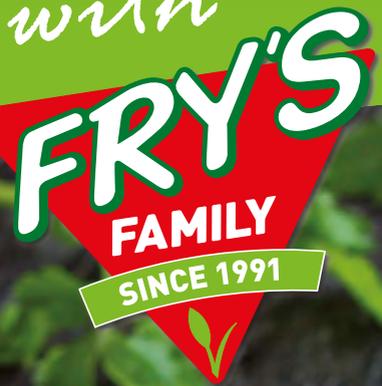
NADIA SAWALHA

TOP VEGGIE FOOD BLOGS | SALLY BEE

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Easy meat free cooking with

Mince with separate vegan gravy sachet...



vertical text: serving suggestion - tacos with Fry's vegan mince

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www.frysvetarian.co.uk

Welcome



vegetarian
LIVING

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The UK's best-selling, award-winning vegetarian magazine



Food, glorious food! Don't let the winter blues drown your optimism for fresh, creative healthy ideas this month, rather, let us reignite your passion for great-tasting meat-free food in this feature-packed issue.

For starters, we've picked our 10 favourite vegetarian and vegan food blogs for an impromptu awards special! Food bloggers have brought creativity, personality and confidence to the home cook, and so to celebrate their contribution to the vegetarian lifestyle Lindsey Harrad caught up with each of them to find out what fuels their passion for food (page 27).

A balanced diet doesn't have to mean denying yourself flavoursome meals, as former *Celebrity MasterChef* winner **Nadia Sawalha** and bestselling author and *This Morning* regular **Sally Bee** show you how to create scrumptious, healthy home-cooked dinners that all the family will love (page 46). With the cost of living pinching that little bit more, sticking to a food budget doesn't have to equal dreary dinners, as Liz Martin proves with six fabulous low-cost everyday ideas (page 20).

Enjoy American diner classics with a modern vegetarian twist, as food writers **Celine Steen** and **Joni Marie Newman** transport us back to 1950s America (page 56); globetrotters **Chris and Carolyn Caldicott** take your taste buds on a journey around the world with three exotic dishes (page 34); and food writer and healthy-cooking advocate **Dunja Gulin** shares some tempting traybakes (page 64).

Also, discover a gentler pace of green living along the beautiful canals of rural Warwickshire (page 70); Iain Aitch chats to **Scott Jurek**, a world-renowned ultra-marathon champion who trains and races on a plant-based diet (page 42); and Sarah Beattie proves you can dine alone *and* eat well (page 74); plus much more.

Enjoy the issue...
Paul Morgan, Editor



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The UK's best-selling vegetarian magazine is available to download on your Apple iOS, Android, Amazon and Windows 8 phone/tablet. Turn to page 69 for more info.



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Photography © Celine Steen
Cover image from *Home-cooked Vegan Comfort Food* by Celine Steen and Joni Marie Newman (Fair Winds Press)

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Subscribe today! Get the UK's best-selling veggie magazine here – see page 45



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APPEARING THIS MONTH...

Carolyn Caldicott

'Cooking is a world language, and everyone is interested in food'

© CHRIS CALDICOTT



Carolyn and her husband Chris ran the World Food Café in London's Covent Garden for 20 years, where they cooked and served delicious vegetarian

food from recipes collected on their global travels. Together the couple have produced six cookery books.

■ Be inspired by the couple's dishes from around the world, on page 34.

Dunja Gulin

'I feel so lucky to do what I love most in this world: to work with food'

© CLARE WINFIELD



The antique kitchens of Dunja's family offered the Croatian her first culinary experiences, where she learned the importance of the seasons. She has written

three cookbooks to date, and in 2011 launched Rentaj Chefa, a service that provides private and public workshops.

■ Try Dunja's delicious dairy-free traybakes, on page 64.

Scott Jurek

'It's about the fuel you put in the tank long term'

© BEN MOON



Scott is a no-meat athlete from Boulder, Colorado, who has compiled a stunning competitive record which includes victories in nearly all of ultra-

running's elite trail and road events. He credits switching to a vegan diet as 'a huge benefit' to his race stamina and recovery.

■ Discover the secret of Scott's success, on page 42.

Find the perfect dish with our handy guide to the food in this issue.



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Your menu

- A ADAPTABLE FOR VEGANS
- V SUITABLE FOR VEGANS
- * SUITABLE FOR FREEZING
- C READY IN MINUTES

Starters & light bites

- 48 Happy hummus wrap VC
- 35 Potato bondas V
- 49 Roasted beetroot with garden herbs and orzo pasta V
- 31 Roasted cauliflower soup with roasty onions and rosemary V
- 19 Spiced parsnip and carrot soup V

Main courses

- 38 Aubergine a la parmigiana V
- 46 Aubergine and spinach curry V
- 27 Cajun-spiced black bean and sweet potato burgers V*C
- 23 Cauliflower and squash biryani with pumpkin seeds V*
- 40 Homemade ravioli V
- 76 Jerk patty V*
- 75 Leek and mushroom thermidore VC
- 51 Lentil-stuffed peppers V
- 34 Marrakesh tajine V
- 51 Noodles on the run VC
- 77 Orzotto primavera VC
- 18 Pea and cauliflower pilau V
- 21 Penne with mushroom, leek and spinach V
- 19 Potato and leek rösti with chickpea and coriander salad V
- 74 Red bean empanada VC
- 21 Ribbon stir-fry with noodles V
- 21 Sausage and bean stew with croutons V
- 59 Sloppy Jo-nis V
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- 36 Sri Lankan okra and potato curry V
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- 46 Vegetarian paella V

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- 66 Raffaello slices V
- 55 Roasted rhubarb and blood orange layered fool with orange flower water and labna V
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- 63 Valentine hearts VC
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MEET THE FOOD TEAM



Liz Martin

FOOD EDITOR

A passionate food stylist and writer, Liz has been cooking, creating, writing about and styling food for over 25 years. She has been on the team since day one of *Vegetarian Living* and is the only one of us lucky enough to work from her gorgeous kitchen with the fridge within reach!



Sue Baic

MSc RD RNutr

NUTRITION EDITOR

A registered dietitian and nutritionist, Sue is also a member of both the British Dietetic Association and the Nutrition Society. She has 25 years' clinical experience in the NHS, including posts with GPs, a specialist heart clinic, and in higher education and research.



Alice Gunn

VEGAN EDITOR

Alice has been a vegetarian and vegan for over 10 years. A self-confessed 'substitute-aholic', she has a love of cruelty-free cooking and a firm belief that no living being is ours to kill and consume. She has spread her passion for all things ethical through journalism, charity work, PR and marketing.



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Sea Vegetables



Japanese Specialties



Japanese Noodles

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All of our products are dairy, refined sugar and GM free and a good selection are gluten, wheat and nut free.

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Kale Chips are a healthy & delicious alternative to potato crisps and all 5 flavours are irresistibly moreish. They're dehydrated at low temperatures to preserve all the vital nutrients and enzymes - and there are no artificial additives so they're totally natural!



Gourmet

We have a constantly updated selection of those hard-to-find ingredients that are sought after by adventurous cooks.



Kitchen

We have a wide range of professional quality kitchenware & tools including 'kitchen laboratory' equipment if you want to take your cooking to the next level!



Molecular

Produce sensational 'caviar' & 'spheres' with sweet and savoury liquids with our simple-to-use molecular gastronomy kits. Then, later, progress to our professional ingredients.



Bar

Our bar tools include all you need to add a flourish to cocktail making. We have everything from soda syphons to pourers and from shakers to muddlers.



Cocktail

Recreating a favourite cocktail is easy with our professional ranges of bitters, flavour drops, cream of coconut and syrups.



Barista

Making great coffee at home is even more satisfying with the right equipment and tools. Our range includes jugs, whisks, stencils, tampers, grinders and thermometers. Also check out the AeroPress & Moka Pot.



MOLECULAR INGREDIENTS CULINARY LAB EQUIPMENT SOUS VIDE SEAWEEDS BAR TOOLS
SMOKERS JAPANESE TEAS SYRUPS BITTERS BARISTA TOOLS SODA KIT WHIPPERS

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Share your thoughts

We want your letters, questions and stories. Contact us via email at letters@vegmag.co.uk, by post at Letters, Vegetarian Living, PO Box 6337, Bournemouth BH1 9EH, or via 'Contact us' at www.vegetarianliving.co.uk.

LETTER OF THE MONTH

Fewer footprints

I'm trying to make 2014 the year when I reduce my carbon footprint by as much as possible, so saving energy and growing my own food is my focus. I work 50-60 hours a week and am also studying for a Master's degree, so it won't be easy, but I want to see what can realistically be achieved.

I particularly enjoy your magazine, not just for the brilliant vegan recipes but also for the focus on eco issues. I was inspired by the Wonderbag as featured in your article on Nigel's Eco Store [January issue] and have decided to purchase one to see how it could work with my lifestyle.

I have set up a blog called Lass o Gaia to document my progress throughout the year, so I'd like to invite your readers to visit, add comments or offer ideas at <http://cavegirl1980.wordpress.com>.

Thank you once again for a brilliantly informative and inspiring publication.

Anna Cook, Bolton



Christmas crackers!

I enjoyed so much the Christmas issue of *Vegetarian Living*. I had two brothers visit me for Christmas who say they cannot live without meat. I don't think I converted them, but they wholeheartedly said I should do a totally vegetarian Christmas lunch based on your magazine. We had a great time and I am looking forward to trying recipes in the January issue.

Susan Secker, via website



A roaring success

I'm writing to say a huge thank you for the festive recipes that you've published recently. Although as a vegan I do love a nut roast, it's great to find some new recipes to try out over the holiday season.

For Christmas day, I made the cranberry-topped raised pie from the Christmas issue. It was incredibly tasty and went down a treat, even with the non-veggie mother-in-law!

For New Year, I made the sweet potato, sage and onion tart. I changed it slightly, using shortcrust pastry for the crust to save time. This was another winner - very economical to make too.

I also used the Christmas cake recipe, which will now become my annual recipe as the cake was so moist and tasty. Who needs eggs and dairy when the cake tastes this good!

Keep up the good work.
Gaynor Armitage, Essex



star GIFT

The letter of the month will receive a free one-year subscription to *Vegetarian Living* (either for themselves or a friend, if already a subscriber), plus a copy of Mellissa Morgan's new book, *Ms Cupcake: The Naughtiest Vegan Cakes in Town!*



© HANNAH BANANA BAKERY

HOT TOPIC

Do you think a mandatory system of vegetarian food labelling is needed to give consumers confidence in the products they buy?

VIA FACEBOOK...

I think mandatory labelling would be a good idea, but mainly to help those that buy food on behalf of vegetarians and vegans. It can be difficult, especially when looking for vegan food, to know the source of all of the ingredients. People who have decided that animal products are not for them will continue to check labels, just in case!

Karen Nutt

As a new vegan, I'm finding it so hard to see if food is suitable without going through the ingredients. Even some vegetarian-specific food doesn't necessarily say if it is vegan or not. Would make shopping quicker, and inform us of things we didn't know we could have too!

Harriet Laing

Yes! Mostly it's not too bad, but sometimes the most unlikely things turn out to be unsuitable - or, indeed, suitable!

Gill Quinn

VIA TWITTER...

@[clairestock](#) I would like to see it apply in restaurants too. I'm never confident they understand what is veggie and what isn't.

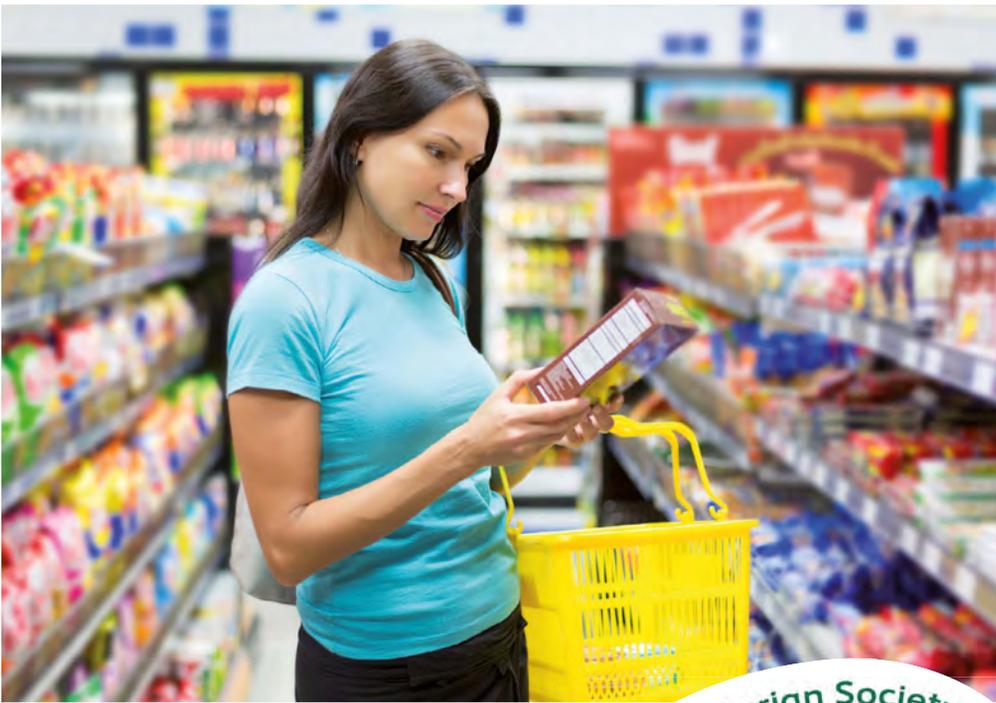
@[Dorset_vegan](#) Yes. It would force food producers into being more honest as to the sources of ingredients and give consumers clearer choices.

@[Itsallaboutcake](#) No. It's my choice and up to me to do the hard work. Mandatory labelling could end up making food more expensive.

Subscribe today!
Subscribe to the UK's best-selling vegetarian magazine, on page 45.

newshoots

ALL THE LATEST VEGETARIAN AND VEGAN LIFESTYLE NEWS AND PRODUCTS, PLUS EVENTS AND READER OFFERS



FOOD FIGHT

The Vegetarian and Vegan Societies have been putting their own views forward following news that a food crime unit is being recommended in the wake of recent food scandals.

The suggestion for a specialist unit to fight food crime was made in a report compiled by Professor Chris Elliott, director of the Institute for Global Food Security. He was tasked with finding ways of improving the safety of UK food supply networks following the horsemeat scandal a year ago.

While that was primarily about meat-eating consumers being misled, both the Vegetarian and Vegan Societies are concerned that more is done to give confidence to consumers who want to be sure of avoiding meat or animal products completely, as well as feeling assured regarding animal welfare issues. The Vegan Society see the solution as being a single 'free from animal products' logo that would follow a product from soil to plate. If animal products, any form of testing or any other use of animals are involved in processing, the product would lose the logo at that point.

'Customers want and need point-of-sale information which is clear, simple and authoritative,' comments their chief executive



officer Jasmijn de Boo. 'The Vegan Society supports the right of all consumers to make fully informed decisions about the food they buy. A "free from animal use" logo will be an important step for the European food industry.'

The Vegetarian Society's chief executive Lynne Elliot said meat products were an obvious target for food fraud due to the combination of market value and complicated supply chains, but added: 'The thing that most undermines vegetarian confidence is not fraud but a lack of accurate labelling. Vegetarian labelling is voluntary at present and a 2011 survey we carried out found that only a small percentage of vegetarians fully trust generic labelling. This is why there is a need for accreditation schemes like our Vegetarian Society Approved trademark, which puts in place independent checks. A system of mandatory vegetarian labelling would motivate manufacturers to ensure full traceability. This review may be just the push that's needed.'



ALMA DE CUBA COFFEE



Give up five of your usual coffee shop coffees and use the savings to invest in a tin of Alma de Cuba coffee to enjoy at home instead.

Priced at £15 for a 250g tin (beans or ground) we thought it was a lovely, smooth and rich coffee and the company is helping to re-establish the coffee crops in Cuba that have previously been in decline.

Buy it direct from Alma de Cuba at www.almacuba.com.

Pretty in pink

Butterfly Fairy is a pretty three-piece set from the Monsoon Children Home Collection by Denby, comprising a plate, bowl and mug presented in a carry case. The china is safe for the dishwasher, oven and freezer and costs £30 from Denby at www.denby.co.uk.



Designer dining

How many times have you been out for a nice meal but ended up disappointed at the lack of suitable veggie options?

Fine dining membership club Design Restaurants, which has 25,000 members across the UK, now promises to address that by displaying a 'vegetarian recommended' credit where relevant on the 500 restaurants they list. This allows members to search for restaurants either displaying a separate vegetarian menu or with a significant selection on offer.

Membership costs £90 a year and includes benefits such as complimentary meals, a 10 per cent discount during selected times, and invitations to events and cultural activities.

'I'm gunning for the fine dining market to give a greater equality to the growing ranks of vegetarians, rather than just once a year on Vegetarian Week when they try to point score,' explains founder Tessa Shreeve, who is vegetarian herself. 'Five-star hotels and leading restaurants that just offer two or three unimaginative choices will not cut the mustard with me. My benchmark is a minimum of five dishes which change regularly.'

To find out more, visit www.designrestaurants.com.



JOIN THE CLUB



We have two year-long memberships to Design Restaurants (worth £90 each) to give away, plus get a special discount on a full membership. See pages 72-73 for further details.



Dates for the diary

10-16 February

Go Green Week

People & Planet's annual national week of action on climate change takes place at schools, colleges and universities. Students will be taking part in events including Meat Free Monday and A Great Green Bake Off, with a particular emphasis this year on fossil fuels.

<http://peopleandplanet.org/gogreenweek>

17-23 February

National Chip Week

Whether you prefer chunky, skinny fries, oven-baked or wedges, this is an excuse to enjoy them - see our recipe on page 12 for some dip ideas too.

www.chips.lovepotatoes.co.uk

24 Feb-9 March

Fairtrade Fortnight

The Fairtrade Foundation's annual campaign to raise the awareness of Fairtrade products and working conditions. Events will be taking place across the UK.

www.stickwithfoncho.org.uk

A big hand for Hansa's

Hansa's in Leeds has scooped the accolade of Best Indian Vegetarian Restaurant in the UK, beating off competition from more than 9,000 others.

Self-taught chef and owner Hansa Dabhi said the award was what 'every restaurateur dreams of' and thanked hardworking staff and loyal customers who have supported Hansa's since it opened back in 1986.

'We get recognised because we serve good wholesome Gujarati vegetarian home cooking, which means our customers keep coming back', said Hansa. Around 80 per cent of her customers are non-vegetarians who simply enjoy the food.

The title was awarded to Hansa's by the Cobra Good Curry Guide, considered the definitive guide for the Indian restaurant industry. For more details, visit www.hansasrestaurant.com.



Wholefood news from Suma

Sheree Hatton from Suma talks vegan Valentine's Day...



Whether you're an old romantic, or happy to be single, you can't deny that Valentine's Day is fast approaching. It's always that little bit trickier when catering for different diet choices, so here's some ideas of how you can enjoy the special day.

- Nothing says 'I love you' more than breakfast in bed. Treat your better half (or yourself!) to homemade pancakes, packed full of scrumptious berries, fruit or just simply sprinkled with sugar.
- If you're thinking of cooking a romantic meal, have a browse online - there's some great recipes about!
- Try our Suma Mixed Ales, a nice wine or a glass of our Terra Prima Port to complement your chosen dish. And set the mood with Moorlands dipped vegetable wax candles.



- For stylish gifts, have a look at our beautiful collection of handmade British Suma Soaps, or for those with a sweet tooth, Booja-Booja have a fantastic range of gorgeous truffles.

Suma will also be supporting Fairtrade Fortnight (see above), as has been the case since 1994. For more information on Suma's vegan or Fairtrade products, visit www.suma.coop.

CHIP IN!

Celebrate National Chip Week (see page 11) with chips and dips, from smoky paprika to sweet chilli and classic curry sauce.

Chip dipping platter ✓

Serves 6 | Prep 30 mins
Cook 20 mins

For the chips:

600g fluffy potatoes, such as King Edward or Maris Piper
2-3 tbsp sunflower oil

For the paprika mayonnaise:

150g vegan mayonnaise
1 tsp smoked paprika (or add more to taste)
½ tsp ground cumin

For the sweet chilli sauce:

2-3 garlic cloves, crushed
6 long red chillies, including seeds, finely chopped
100g caster sugar
100ml rice vinegar

For the curry sauce:

2 tbsp sunflower oil
1 onion, finely chopped
1 apple, peeled, cored and finely diced
1 tbsp curry paste
2 tbsp plain flour
1 tbsp tomato purée
lemon juice, to taste
salt and pepper



- 1 Preheat the oven to 200C/fan 180C/gas 6.
 - 2 Peel and cut the potatoes into thin chips and lightly coat in a little sunflower oil. Place on a non-stick roasting tray and cook in the oven for 20 minutes, turning occasionally.
 - 3 To make the paprika mayonnaise, mix all the ingredients together.
 - 4 To make the sweet chilli sauce, place the garlic and chilli in a pan with the remaining ingredients and 100ml water. Bring the mixture to the boil and continue to boil for 5 minutes or until the mixture has reduced to a syrup-like consistency. Set aside to cool.
 - 5 To make the curry sauce, heat the oil and fry the onion until soft but not coloured. Add the apple and curry paste and continue frying until the apple is beginning to break down. Stir in the flour, cook for 2 minutes and then remove from the heat. Add 500ml water, the tomato purée, lemon juice, and salt and pepper to taste. Return to the heat and simmer for 15 minutes until the sauce has thickened.
 - 6 When the chips are cooked, serve with your choice of dips, alongside a dish of spring onions and cherry tomatoes.
- PER SERVING 474 cals, fat 28.5g, sat fat 4g, carbs 50.5g, sugars 23.5g, protein 5.5g, salt 1.3g, fibre 3g



Taste of Italy

Whip up a vegan lasagne with a new kit that contains everything you need. Lasagna BIO-Vegan is the creation of vegetarian restaurateur Gilberto Argini, and is the same one he serves in his restaurant Taverna Re Lasagna, near Bologna.

Suitable for two people, the kit contains a biodegradable dish, six pasta sheets, vegan béchamel sauce and seitan sauce (made with vegetable protein from wheat gluten).

Once cooked, the fresh lasagne can be kept in the fridge for three days or frozen. The kit is currently available from www.planet-v.co.uk at the special offer price of £12.50.



KITTED OUT

Five readers can each win one of Gilberto's lasagne kits. See page 72 for details of how to enter.

Rainbow diet

We've enjoyed trialling a new healthy-eating plan with pre-prepared meals delivered direct to your door.

The Rainbow Diet from Nutrichef is described as a meal plan for people concerned about their long-term health who see good nutrition as a way of warding against heart disease, diabetes and cancer. Ideally most of us, then! The plan is based around the wide variety of immune-boosting pigmented vegetables that are high in antioxidants, and vegetarian, vegan and gluten-free options are available.

Of course, general healthy eating can provide the same benefits, and at

£25 a day, following the plan would be a luxury for many. But it does make it super-easy and could be an option for a DIY 'health farm' weekend or suitable for someone convalescing following a hospital stay who needs good nutrition for a speedy recovery, but who isn't up to cooking.

The meals are delivered freshly prepared and ready to go, and were very tasty. Our favourites from the plan included Vegetable Massaman Curry, and Sesame Tofu with Rice Noodles and Samphire.

Although the plan is currently only available as a full week, Nutrichef are



offering our readers the chance to try a special three-day trial for £75 during the month of February (call 01202 748400 and quote 'Love Veg Living Mag'). For more details about Nutrichef, visit www.nutrichef.co.uk.



PLANNING AHEAD

One lucky reader can win a three-day plan (worth £75), plus two runners-up will each receive a box of Nutrichef Vegan Flapjacks, worth £18. See page 72 for details of how to enter.

Smoothies just got personal

Lightweight and compact, the Tribest Personal Blender is a high-powered smoothie-blending, coffee-grinding, sauce-making wonder. Simply pop all your ingredients into the blend-n-serve cups, secure the lid, blend and enjoy.

Available with BPA-free plastic drinking cups and air-tight glass mason jars for storing nuts, seeds and more.

Available online at tribest.co.uk



TRIBEST

health appliances for the home

Jazz it up

Despite the name, *Jazzy Vegetarian Classics* by Laura Theodore (Benbella, £16.64) is actually a vegan American recipe book with loads of ideas for family meals like spaghetti and 'wheatballs' and vegan shish kebabs, as well as sweet treats like the recipe below.

Coconut vegaroons **V**

Flaxseeds stand in for the egg whites in this recipe, while chickpea flour helps to bind them. The result is a flawless macaroon that is egg-, dairy- and gluten-free!

Makes 24 cookies | Prep 25 mins

Cook 30 mins

- 2 tbsp golden flaxseeds
- 50ml plus 1 tbsp filtered or spring water
- 110g raw unsweetened shredded dried coconut
- 100g plus 2 tbsp maple sugar
- 2 tbsp chickpea flour
- 1/8 tsp sea salt
- 1/4 tsp vanilla extract
- 2 tbsp non-dairy milk

1 Preheat the oven to 170/fan 150C/gas 3.

Line a large baking sheet with unbleached parchment paper.

2 Put the flaxseeds in a blender and process into a very fine flour. Transfer to a small bowl. Stir in the water and whisk vigorously to combine. Let the flaxseed mixture stand for 10 minutes while prepping the rest of the ingredients.

3 Put the coconut, maple sugar, flour and salt in a large bowl, and stir with a dry whisk to combine. Add the flaxseed mixture,



vanilla extract and non-dairy milk and stir until well blended.

4 For each cookie, drop 1 heaping tablespoonful of the dough on to the baking sheet, spacing them about 2.5cm apart. Flatten each macaroon slightly using a spatula.

5 Bake for 15 minutes. Decrease the temperature to 150C/fan 130C/gas 2 and bake for 12-15 minutes or until slightly golden brown.

6 Put the baking sheet on a wire rack. Let the cookies cool on the baking sheet for 5 minutes before transferring to a serving platter to cool completely.

COOK'S TIP Stored in an airtight container in the refrigerator, the cookies will keep for 4 days.

■ PER COOKIE 68 cals, fat 3.5g, sat fat 2.5g, carbs 8g, sugars 6.5g, protein 1g, salt 0.1g, fibre 1.5g



REINVENT THE CLASSICS

Two winners will each receive a copy of *Jazzy Vegetarian Classics*. See page 72 for details of how to win.



A PASSION FOR PASTA

Forget sharing spaghetti *Lady and the Tramp* style and serve up heart-shaped pasta instead.

Carluccio's Cuori di Pasta is made from durum wheat and flavoured with spinach, beetroot and tomato at £3.95 for 500g.

Buy it from Carluccio's restaurants or order online at www.carluccios.com.



HAVE A HEART

Marks & Spencer's Loaded Raspberry Hearts are both veggie and pocket-friendly at £4. The dark chocolate hearts contain tangy raspberry pieces and would be a fab after dinner treat or little gift.



CHEF'S NOTES

Pasquale Amico is the owner and head chef at Amico Bio (www.amicobio.co.uk), London's first vegetarian and vegan Italian restaurant which opened in 2010. Originally from Capua in Italy, Pasquale oversees two branches of Amico Bio in Holborn and the Barbican. We asked him to tell us more about the restaurants and himself.

Did you always have ambitions to become a chef?

I did, from a very early age! I would watch my father working in our pastry shop as a boy and I knew it was what I wanted to do.

How long have you been vegetarian?

I've been a vegetarian for seven years now. Prior to that I never ate much meat, plus my children are allergic to fish so that became easy to cut out too.

Some people may presume Italian food just involves pizza and pasta. How do you aim to change their perception?

I'm very passionate about communicating just how much Italian food has to offer for a vegetarian. Our menus are all about variety and the dishes we offer change every day.

Do you get many meat-eaters dining at your restaurant?

We do! A lot of them become seasoned regulars, which is really great to see; it's a real testament to what we do.

What are your plans for the future?

We're opening a vegetarian/vegan organic delicatessen as part of Amico Bio in the new year and I'm also considering opening a new restaurant in another part of the world, but that's all I'll say for the moment!

LONDON CALLING

Amico are offering one lucky reader, plus guest, a three-course meal and a bottle of house wine at their Barbican restaurant in London. See page 72 for further details.



MILK IT!

The Tribest Soyabella Milk Maker (£109.95) provides a way to make a variety of alternatives to cow's milk at home. Raw almond, cashew, hazelnut and other nut milks can be made in less than a minute, and fresh soya milk in 15 minutes by adding soya beans and water. It can also make a variety of other milks, such as oat, rice and coconut and can double up to be used as a coffee grinder and food mill with the included accessories.

MAKE YOUR OWN

Tribest have given us two Soyabella Milk Makers to give away. Plus, get 25% off the entire range of Tribest health appliances! See page 72 for further details.



Little Turban, big taste

A new range of Indian cooking sauces, from London-based artisan food producer Little Turban, could make avoiding the takeaway easier this month.

Stocked by online grocery store Spices of India (www.spicesofindia.co.uk), the sauces combine traditional and contemporary Indian flavours and are free from artificial colours, flavours and additives. All the sauces are veggie-friendly and include Aromatic Bourbon Masala, Mughlai Qorma, Aromatic Makhani Masala, and Goan Coconut & Orange (which is the one vegan-friendly option).

The sauces are priced at £4.95 for a 400g carton serving three to four people; p&p is free for orders over £35.



In her final column, Kelly Rose Bradford reflects on how vegetarians are still often misunderstood and under-catered for.



VEGGIE VENTS

Alas, this is my final Veggie Vents for VL, but I'm sure I'll be popping up in other guises throughout the mag in the future (won't I, ed?). From the fab feedback I've received from VL readers since this column launched over a year ago, I know that us meat-free eaters are a passionate lot who still feel somewhat short-changed in certain circumstances.

Despite some amazing restaurants and product lines out there, 'veggie options' often still seem to be limited to a bland vegetable lasagne, leaving us in no doubt that caterers still need to pull their socks up. I think I'll be wishing until my dying day that airlines cotton on to ordering in enough veggie meals, and there is obviously a lot more education still needed

I think we still have a way to go to make people realise that meat-free eating doesn't have to be complicated or expensive'

on what a vegetarian diet is. (I remain totally bored of telling people: 'No, I do not eat fish. I am vegetarian.')

Generally, I think we still have a way to go to make people realise that meat-free eating doesn't have to be complicated or expensive. VL, of course, showcases that every month, and hopefully I've given a bit of insight during my time here, too.

So, what will I be doing while not having a meat- or fish-based whinge on these hallowed pages? Well, as you will all be aware from previous columns, I am mum to a veggie son, and have recently founded an online magazine dedicated to other families just like ours - no, not veggie (although that sometimes crops up), but a lone parent household. Do check it out at www.parentingsolo.co.uk.

If you are of a mind to, you can also keep up with my venting on *all* things (reader, it is not just confined to veggie-ness, oh no. I am one entire bundle of vexed-ness on *everything*) via Twitter - give me a follow @kellyrose.

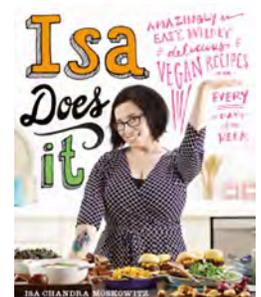
It's been a ball! Happy meat-free eating...



On the shelf Books for cooks

Isa Does It by Isa Chandra Moskowitz (Little Brown, £20) is a fab and fun vegan cookbook from this New York-born food writer, with some great photography and handy hints.

With 150 recipes from salads to pasta, burgers and beany sausages, muffins and scones, even non-vegans will be tempted!



ecoleaf 

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What shall I cook?

Love your lunch

Perk up your lunchbox and brighten your working day with four great ideas for a delicious and healthy meal to pack and go.



Cauliflower and squash biryani with pumpkin seeds **V***



Happy hummus wrap **V**



Oat bars filled with jam **V**



Noodles on the run **V** **+**

in season FEBRUARY

Hearty winter veg fortify this month's recipes, featuring crispy rösti, spicy soup and a filling pilau.



Salads

Chicory, Endive (undercover),
Salad leaves (undercover)



Vegetables

Brussels sprouts, Cabbages,
Cauliflowers, Celeriac,
Jerusalem artichokes, Kale,
Leeks, Parsnips,
Purple sprouting broccoli,
Swede



Fruit

Rhubarb (forced)



PEA AND CAULIFLOWER PILAU

© SLIMMING WORLD'S EXTRA EASY EXPRESS/GARETH MORGANS

Pea and cauliflower pilau ▣

Serves 4

Prep/cook 30 mins

low-calorie cooking spray
1 large onion, finely chopped
1 clove garlic, crushed
1 large cauliflower, broken into florets
2 large carrots, peeled and roughly chopped
1 tbsp mild curry powder
1 tsp dried red chilli flakes, plus extra to serve

300g dried basmati rice
400g can chopped tomatoes
500ml boiling vegetable stock
250g frozen peas
small handful of chopped fresh mint
small handful of chopped fresh coriander

1 Spray a wide, heavy-based non-stick saucepan with low-calorie cooking spray and place over a high heat. Add the onion, garlic, cauliflower and carrots and stir-fry for 1-2 minutes.

2 Add the curry powder, chilli flakes and rice and stir-fry for 1-2 minutes.

3 Stir in the tomatoes, stock and peas and bring to the boil. Cover tightly, reduce the heat to low and cook for 12-15 minutes or until the rice is tender and the liquid has been absorbed. Scatter over the herbs and serve.

■ PER SERVING 466 cals, fat 7g, sat fat 1g, carbs 85.5g, sugars 12g, protein 16.5g, salt 0.6g, fibre 10g

Potato and leek rösti with chickpea and coriander salad

Serves 4 | Prep 15 mins
Cook 20 mins

500g Maris Piper potatoes
2 tbsp olive oil
1 leek, thinly sliced
400g can chickpeas, drained
20g coriander, chopped
1 carrot, grated
1 tsp ground coriander
juice of 1 lemon

1 Peel the potatoes and cut in half. Cook in a pan of boiling water for 5–6 minutes until just starting to soften, then drain and leave until cool enough to handle. Coarsely grate into a bowl.

2 Heat half the oil in a non-stick frying pan and cook the leek for 5 minutes until soft but not browned. Add to the potato, season and mix well.

3 In a separate bowl, mix the chickpeas, fresh coriander, carrot, ground coriander, lemon juice and some seasoning to make a salad.

4 Divide the potato mixture into 4 and shape into rough patties with your hands, then heat the remaining oil in a medium non-stick frying pan. Add the rösti to the pan and cook for 3–4 minutes until golden brown, then turn over and cook the other side. Serve with the coriander and chickpea salad.

COOK'S TIP You could also serve with a spoonful of soya yogurt on the side, if you like.

■ PER SERVING 280 cals, fat 8.5g, sat fat 1g, carbs 38.5g, sugars 3.5g, protein 10g, salt 0.5g, fibre 8g

Spiced parsnip and carrot soup

Serves 4 | Prep 10 mins
Cook 30 mins

1 tbsp vegetable oil
1 onion, roughly chopped
1–2 red chillies, deseeded and chopped
1 tbsp garam masala
500g parsnips, peeled and cubed
500g carrots, peeled and cubed



POTATO AND LEEK RÖSTI WITH CHICKPEA AND CORIANDER SALAD

1 litre vegetable stock
grated zest and juice of 1 orange
1 tsp cumin seeds, toasted

1 Heat the oil in a large saucepan and cook the onion and chillies for 5 minutes until softened. Add the garam masala and cook for 1 minute more.

2 Add the parsnips, carrots, stock and 200ml water. Bring to the boil, cover and simmer gently for 20–25 minutes until the vegetables are tender.

3 Using a handheld blender, whizz the soup until smooth. Stir in the orange zest and juice and heat gently, then ladle into bowls. Scatter over the cumin seeds and serve with crusty bread.

■ PER SERVING 209 cals, fat 5g, sat fat 1g, carbs 32g, sugars 21g, protein 5g, salt 0.6g, fibre 11g

Adapted recipes and images are courtesy of the following: pea and cauliflower pilau from Slimming World's new *Extra Easy Express* book, available in Slimming World groups now, priced £9.99 or in bookstores priced £16.99. To find your nearest Slimming World group, visit www.slimmingworld.com or call 0844 897 8000; potato and leek rösti with chickpea and coriander salad, and spiced parsnip and carrot soup from www.waitrose.com (more than 5,000 recipes can be found at www.waitrose.com/recipes).



SPICED PARSNIP AND CARROT SOUP

Thrifty suppers

RIBBON STIR-FRY
WITH NOODLES

RECIPES AND STYLING: LIZ MARTIN
PHOTOGRAPHY: MICHAEL DANNENBERG

It's easy to mind the pennies and feed the family meals they'll love, with Liz Martin's low-cost everyday ideas.

Ribbon stir-fry with noodles ✓

TOTAL COST: £5.84

Serves 4 | Prep 15 mins | Cook 9 mins

225g packet Thai rice noodles
2 tbsp vegetable oil
2cm piece fresh root ginger, shredded
2 cloves garlic, chopped
1 red chilli, diagonally sliced
2 carrots, cut into 6cm pieces and peeled or cut into ribbons
200g small broccoli florets
100g mangetout, shredded
150g baby sweetcorn, sliced diagonally
100g bean sprouts
1 pak choi, shredded (optional)
4 tbsp soy sauce
2 tbsp sesame oil

1 Cook the noodles following packet instructions.
2 Meanwhile, heat the oil in a large frying pan or wok until hot and stir-fry the ginger, garlic and chilli for 30 seconds. Add the carrots and broccoli and stir-fry for 3 minutes.
3 Add the mangetout and sweetcorn and stir-fry for 2 minutes. Add the bean sprouts and pak choi, if using, and stir-fry for 2 minutes.
4 Drain the noodles and toss into the stir-fry with the soy sauce and sesame oil. Serve immediately.

COOK'S TIP The meal will cost £5.34 if you omit the pak choi.

■ PER SERVING 445 cals, fat 17g, sat fat 3g, carbs 55g, sugars 12g, protein 16g, salt 3.5g, fibre 11g

Penne with mushroom, leek and spinach ✓

TOTAL COST: £5.25

Serves 4 | Prep 10 mins
Cook 20 mins

300g dried penne pasta
6 tbsp olive oil
400g mushrooms, sliced

2 leeks, sliced
2 cloves garlic, chopped
2 tbsp chopped fresh thyme
200g fresh spinach leaves
juice of 1 lemon

1 Cook the pasta following packet instructions.
2 Meanwhile, heat half the oil in a large pan and sauté the mushrooms over a high heat for about 5 minutes, until golden. Using a slotted spoon, transfer to a plate and keep warm.
3 Add the remaining oil, leeks, garlic and thyme and sauté for 8 minutes, until softened.
4 Take a ladle spoon of pasta juice from the pan and add to the leek mixture. Stir in the spinach and lemon juice and heat, stirring occasionally, until the spinach has wilted. Drain the pasta, toss into the sauce with the mushrooms and serve immediately.

■ PER SERVING 446 cals, fat 19g, sat fat 2.5g, carbs 59.5g, sugars 5.5g, protein 14g, salt 0.2g, fibre 7.5g

Sausage and bean stew with croutons ✓

TOTAL COST: £7.13

Serves 4 | Prep 10 mins | Cook 1 hr

4 tbsp olive oil
8 vegan sausages
3 red onions, cut into wedges
2 cloves garlic, chopped
1 tbsp paprika
2 tbsp tomato purée
1 tbsp red wine vinegar
1 bay leaf
410g can cannellini beans, drained
410g can haricot beans, drained
400ml vegetable stock
1 tbsp wholegrain mustard
175g–200g focaccia or ciabatta loaf, torn into pieces

1 Preheat the oven to 180C/fan 160C/gas 4. Heat half the oil in an ovenproof casserole dish and sauté the sausages



PENNE WITH MUSHROOM, LEEK AND SPINACH



SAUSAGE AND BEAN STEW WITH CROUTONS

for about 5 minutes, turning occasionally until golden. Using a slotted spoon, transfer to a plate.
2 Add the onions and sauté for 5 minutes, until softened. Stir in the garlic, paprika, tomato purée and vinegar, then cook for 1 minute. Stir in the bay leaf, beans, stock, mustard and sausages. Bring to the boil.
3 Toss the bread pieces in the remaining olive oil and scatter over the casserole. Cook in the oven for 40–45 minutes. Serve.
■ PER SERVING 641 cals, fat 24g, sat fat 5.5g, carbs 71g, sugars 11.5g, protein 32g, salt 5.5g, fibre 16g



CAULIFLOWER AND SQUASH BIRYANI WITH PUMPKIN SEEDS



Cauliflower and squash biryani with pumpkin seeds

TOTAL COST: £4.50

Serves 4 | Prep 15 mins
Cook 35 mins

2 tbsp olive oil
1 large red onion, sliced
1 small cauliflower, broken into florets
450g squash, cut into 2cm cubes
150g French beans, cut into 3cm sticks
100g curry paste
250g basmati rice
1 tsp ground turmeric
50g pumpkin seeds

1 Heat the oil in a large pan and sauté the onion and cauliflower for about 6 minutes until golden.

2 Stir in the squash, beans, curry paste and 300ml water. Bring to the boil, cover and simmer for about 15-20 minutes, until the squash and cauliflower are tender.

3 Meanwhile, rinse the rice under cold running water and drain well. Place in a pan with the turmeric and cover with 450ml water. Stir, bring to the boil, then cover and simmer for 8 minutes, until the rice is tender and the liquid is absorbed. Allow to stand.

4 Uncover the vegetables and boil for about 7 minutes, until the liquid is reduced. Fork up the rice and stir into the cauliflower. Serve scattered with pumpkin seeds.

■ PER SERVING 559 cals, fat 25g, sat fat 3.5g, carbs 70.5g, sugars 7g, protein 13.5g, salt 0.1g, fibre 5.5g

freezeme

 Allow to cool. Turn into a rigid container, seal and freeze for up to 3 months. Thaw at room temperature for 4 hours and reheat thoroughly.

Vegetable and pearl barley broth with parsley gremolata **V***

TOTAL COST: £4.50

Serves 4 | Prep 15 mins | Cook 50 mins

2 tbsp olive oil
2 leeks, shredded
2 carrots, chopped
1 stick celery, sliced
300g waxy potatoes, cut into 1cm dice
300g swede, cut into 1cm dice
100g pearl barley
1.5 litres vegetable stock
150g frozen peas
2 tbsp chopped fresh parsley
grated or pared zest of 1 lemon
1 clove garlic, chopped

1 Heat the oil in a large pan and sauté the leeks, carrots, celery, potatoes and swede for 3 minutes. Add the barley and stock, bring to the boil, cover and simmer for 30 minutes.

2 Uncover the broth, add the peas and bring back to the boil. Cover and simmer for 10–15 minutes.

3 To make the gremolata, mix together the parsley, lemon zest and garlic. Serve the soup in warm bowls and lightly stir through the gremolata.

■ PER SERVING 303 cals, fat 8g, sat fat 1.5g, carbs 47.5g, sugars 10g, protein 9g, salt 0.8g, fibre 9.5g

freeze

* Allow the broth to cool. Pour into a rigid container, seal and freeze for up to 3 months. Thaw at room temperature for 4 hours and reheat thoroughly.

Sweet chilli tofu with pineapple and pepper **V**

TOTAL COST: £7.75

Serves 4 | Prep 10 mins | Cook 25 mins

396g packet tofu, drained thoroughly
2 tbsp vegetable oil
6 tbsp sweet chilli sauce
1 chilli, chopped
1 clove garlic, chopped
100g cashew nuts (optional)
1 bunch of spring onions, sliced diagonally
1 each of red, yellow and green peppers, deseeded and sliced
432g can pineapple chunks in natural juices
1 tsp cornflour
1 tbsp sesame seeds (optional)

1 Pat the tofu with kitchen paper and cut into 32 strips. Heat half the oil in a frying pan and sauté the tofu, in batches if necessary, until golden. Remove from the pan and transfer to a bowl. Stir in the chilli sauce and leave to marinate.

2 Add the remaining oil to the pan and sauté the chilli, garlic and cashew nuts, if using, until golden. Using a slotted spoon, transfer the cashew nuts to a plate and keep warm. Add the spring onions and peppers and sauté for 6 minutes, until the peppers are softened.

3 Meanwhile, drain the pineapple,

reserving the juices. Stir the cornflour into the juices and set aside. Pat the pineapple pieces on kitchen paper until dry. Add to pan and sauté the pineapple for 2 minutes. Add the juices and bring to the boil, stirring until thickened.

4 Toss in the sesame seeds and cashew nuts, if using, and the tofu. Serve immediately with sticky rice.

COOK'S TIP The meal will cost £6.70 if you omit the cashew nuts and sesame seeds.

■ PER SERVING 436 cals, fat 25g, sat fat 4g, carbs 36.5g, sugars 23.5g, protein 16g, salt 1.3g, fibre 5g



VEGETABLE AND PEARL BARLEY BROTH WITH PARSLEY GREMOLATA

SWEET CHILLI TOFU
WITH PINEAPPLE
AND PEPPER



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Best veggie blog awards

WORDS: LINDSEY HARRAD

Blogs offer endless foodie inspiration and each is as individual in style and content as its author. There are hundreds of great veggie and vegan blogs out there, but we've picked our 10 favourite bloggers who specialise in everything from simple family dinners to health-conscious cuisine to exotic fusion food. The one thing they all have in common is a genuine passion for meat-free cooking. Let's meet the winners...



Tinned Tomatoes

www.tinnedtomatoes.com

'If I said I just had a healthy interest in food I would be fooling nobody and there would be a lot of sniggering!' laughs Scottish vegetarian blogger Jacqueline Meldrum. 'I know it sounds obsessive and it probably is, but I think and talk about food all day.'

Jacqueline lives with her vegan husband and young son, and works in a children's library, so her obsession has to fit in the spaces between career and family. 'I rarely have a day off from working on the blog, but it's not a chore, just part of my life.'

Launched in 2007, Jacqueline's blog is not about show-off cooking, just tasty everyday family food. But for special occasions her After Eight Cake is a winner. She's also been following the 5:2 Diet and her recipes designed for this plan have a huge fan base.

'I rarely have a day off from working on the blog, but it's not a chore, just part of my life'



'My blog started off for myself. I wanted to try out new recipes and have a place to store them online and this is still true, but now I cater for families and although I publish veggie and vegan recipes, a lot of my readers are neither. I provide good, simple recipes with no fancy ingredients. Recipes that even the most basic cook can master.'

Cajun-spiced black bean and sweet potato burgers

Makes 4 burgers | Prep/cook 20 mins

400g tin black beans
200g (1 medium) sweet potato, baked
100g spinach
45g porridge oats
2 tsp Cajun spice
2 tsp flaxseeds (optional)
1 clove garlic, crushed
a good grinding of black pepper

- 1 Rinse the beans and add them to a mixing bowl. Mash, but leave half of the beans whole for a bit of texture.
- 2 Scoop the flesh out of the baked sweet potato with a spoon and add to the bowl.
- 3 Rinse your spinach in a colander then pour a kettleful of boiling water over it to wilt it. Rinse with cold water to refresh, then squeeze as much water out as you can. Chop and add to the bowl.



© JACQUELINE MELDRUM

4 Next add the oats, spice, seeds, garlic and black pepper and mix until well combined.

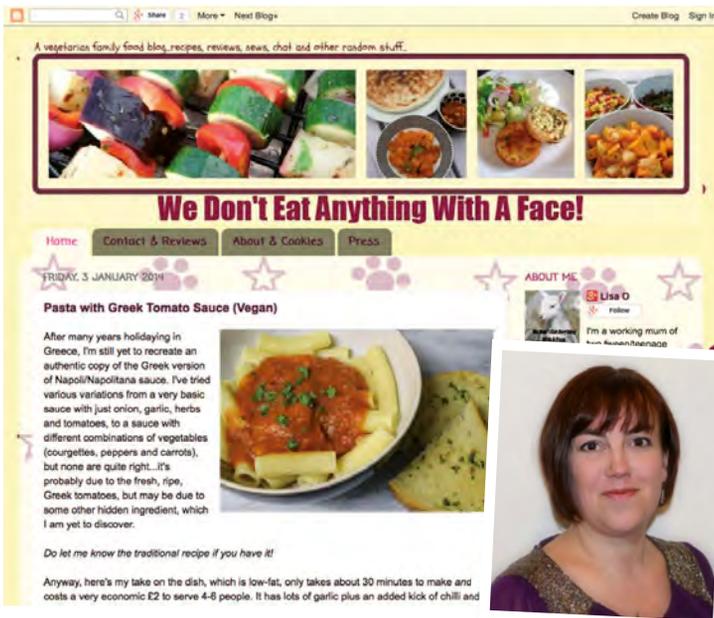
5 Shape your mixture into 4 hearty balls, then flatten out into burger shapes. Pop them on a plate until you are ready to use them.

6 You can bake or fry them in a little oil. I fried my burger in a little cold-pressed rapeseed oil for a few minutes on each side, until brown and crisp. Enjoy!

■ PER SERVING 252 cals, fat 5.5g, sat fat 1g, carbs 37g, sugars 4.5g, protein 11.5g, salt 0.2g, fibre 7.5g

freezeme

 These burgers will also freeze well. Layer them between sheets of greaseproof paper in a tub and pop in the freezer.



We Don't Eat Anything with a Face

www.wedonteatanythingwithaface.blogspot.co.uk

Not all bloggers secretly aspire to make a career in food, according to West Midlands-based veggie Lisa Onykahonie. 'I'm a teaching assistant in a mainstream primary school, supporting children with special and additional needs. As much as I enjoy blogging, it's a hobby for me, not a job.'

When Lisa left her job as a web editor for a parenting website, she found she missed writing. 'I started my blog in 2010, initially to record my favourite family recipes, but I'm still blogging and my readership is growing steadily. Over the past year, I have had some media interest and I now feel I'm a *blogger* rather than someone who blogs.'

Lisa tends to have other busy parents in mind when she's creating recipes. 'As a working mum I want to be able to get in from work, throw a few ingredients together and come up with tasty, filling family meals. I blog for people like me – busy vegetarians who like home-cooked food but don't have the

time or money to waste on fancy ingredients or elaborate cooking methods! My children are my biggest critics. If they don't like it, I don't blog it!'

As a keen camper and festival-goer, Lisa finds her camping recipes are the most popular on her blog, closely followed by her vegan cake recipes. 'One reader said that her daughter had requested my apple upside-down cake as her birthday cake as she liked it so much. You can't get a better compliment than that.'

RECIPE TO TRY Lisa tips her vegetarian take on the jalfrezi curry as a great family meal at <http://bit.ly/paneerjalfrezi>.



© LISA ONYKAHONIE

'My children are my biggest critics. If they don't like it, I don't blog it!'



Veggie Chef

www.veggiechef.co.uk

Blogging is not just for talented amateurs – Eddie Shepherd is a professional chef, consultant and cookbook author who says he finds his blog the perfect space to experiment with new recipes.

'In 2009 I won a competition called "chef of the future" and it gave me a confidence boost,' he says. 'After winning I thought I'd give blogging a go. It was a fantastic thing to do, a great way for me to share my food and ideas, and it's been an important part of my evolution as a cook.'

Eddie focuses on technical and visually stunning dishes that use some unusual techniques and ingredients, so the blog is more focused on wow-factor food than everyday dining. His spare room is kitted out with a vacuum machine, centrifuge, dehydrator and a low-temperature waterbath.

'When I started the blog, my recipes were simpler but as I added more interesting, sometimes complex, content people reacted really well and I think it filled a gap where there was a lack of restaurant-level, very modern vegetarian food. I then started to get some Michelin-starred chefs getting in touch with me. That really blew my mind. People tend to think that chefs are a bit anti-vegetarian, but I've had nothing but positivity and support from the industry, which is fantastic.'

Eddie's ebooks, Vibrant Vegetarian and Modernist Vegetarian, are available on iTunes.

RECIPE TO TRY Eddie's ginger sorbet with citrus mist recipe at <http://bit.ly/gingersorbetmist>.



© EDDIE SHEPHERD



Home A2K - The Beginning A2K - The Present

Sunday, 5 January 2014
Brussels Sprouts Hash

I was never a fan of Brussels sprouts before I started this blog, in fact I positively detested them. Like as child ignoring them whenever they served up on my plate. But this changed, when I started growing my vegetables. I challenged myself to find ways of trying to enjoy the vegetables that I grew as well as those that I purchased; and this me cooking them creatively - not just out of the culinary box, but out of traditional vegetable basket; and this trend has continued with other vegetables.



Allotment 2 Kitchen

www.allotment2kitchen.blogspot.co.uk

Shaheen Safdar-Sutton's blog started as a way to celebrate seasonal eating. 'I wanted to document my amateur allotment antics and what I cooked with my homegrown vegetables,' she says. 'This was fun as it allowed me to proactively cook from the burgeoning number of cookbooks on my bookshelf, as well as devise a number of my own recipes. The recipes I featured on my blog were a bit like me, fusion food that's sometimes a little bit spicy.'

Sadly, Shaheen no longer has an allotment plot after it was destroyed by a malicious fire in 2010 but, undaunted, says she still makes every effort to eat seasonally and grow what she can in her tiny garden. 'The blog has become an online journal of vegetarian and vegan eats and treats. I also find it a great way to switch off from the outside world.'

Since moving back to her native South Wales, the blog has developed a stronger Welsh theme, with Shaheen creating more Welsh regional dishes such as Glamorgan eggs, vegan faggots and her popular red dragon burgers and laverbread burgers. She also still loves fusion food that incorporates her South Asian heritage, devising recipes such as Caerphilly cheese pakoras and red dragon chilli shortbread.

'I wanted to document my amateur allotment antics and what I cooked with my homegrown vegetables'

RECIPE TO TRY

Shaheen was runner-up in the 2013 Peta Great Vegan Bake Off with her vegan beetroot and chocolate cake with vegan buttercream and beetroot dust at <http://bit.ly/beetrootchocolatecake>.



© SHAHEEN SAFDAR-SUTTON

MESSY VEGETARIAN Easy Vegetarian Recipes & Vegan Recipes From A Kitchen Klutz

Home Recipes Articles Personal

Whether you're in bed with lentils and rice or just crave **awesome vegan desserts** the Messy Vegetarian Cook is your resource for **vegan recipes online**. Specialising in everything from **easy vegan recipes** to treats which will wow the most devout omni, try my veggie recipes for a delicious and compassionate lifestyle. And yes, it all tastes great (or so I hear). Visit the **FAQs** and **About Me** to learn more.

Latest Vegan Recipes

- Korean Inspired Mashed Potatoes
- Beer and Marmite Boulangère Potatoes
- Preserved Tofu and Butternut Squash Lemon Pasta
- Lemonade in Quadruplicate

Messy Vegetarian Cook

www.messyvegetariancook.com

Blogger Kip Dorrell loves working from home in her pyjamas all day. 'My work tasks range from graphic design to recipe development, food styling and photography, and anything in between, so blogging is already a part of my work,' she says.

Originally from Maryland, USA, Kip develops recipes in her 'cramped kitchen' in Crawley. As the name of her blog suggests, her cooking style has traditionally been more instinctive than technical. 'People praised my food, but I couldn't share any recipes since I conjured as I cooked, throwing a bit of this and that in,' she admits. 'In 2006 I started the blog to motivate me to catalogue some of the favourites.'

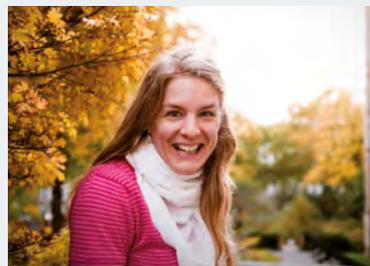
All Kip's recipes are vegan, although this is by no means true of her readership. 'My goal is to make plant-based food accessible to everyone, so I write for any



© KIP DORRELL

individual who wants to enjoy food that is both appetising and cruelty-free. I avoid preachiness and judgement as I think such attitudes are alienating. But I am driven by a strong desire to educate people about vegan cooking and to dispel myths about plant-based meals, and that motivates me to continue publishing recipes.'

RECIPE TO TRY Find a tutorial for Kip's homemade tofu at <http://bit.ly/homemadetofu>.



© KIP DORRELL

'My goal is to make plant-based food accessible to everyone, so I write for any individual who wants to enjoy food that is both appetising and cruelty-free'



Veggie Belly

www.veggiebelly.com

Indian-born blogger Sala Kannan lives in Portland, Oregon in the USA, with her husband, where the couple run a software business. 'I was always sharing recipes with people,' says Sala. 'I realised my friends and family liked my cooking, so about six years ago I decided to start a blog so I could share my recipes with everyone else too,' she says. 'I was fascinated by blogging. I thought it was a wonderful platform but in the early days I did wonder if anyone would read it, but then I started to get more traffic and comments, so I was encouraged to continue.'

Sala says her aim has always been to write about food in a casual, relaxed style, as if she was chatting to a friend in her own kitchen. Her delicious, easy recipes, with a bias towards Indian and Asian flavours, have ensured a loyal following, and even attracted media interest.

'I think I realised the blog had really taken off when companies started to approach me to do

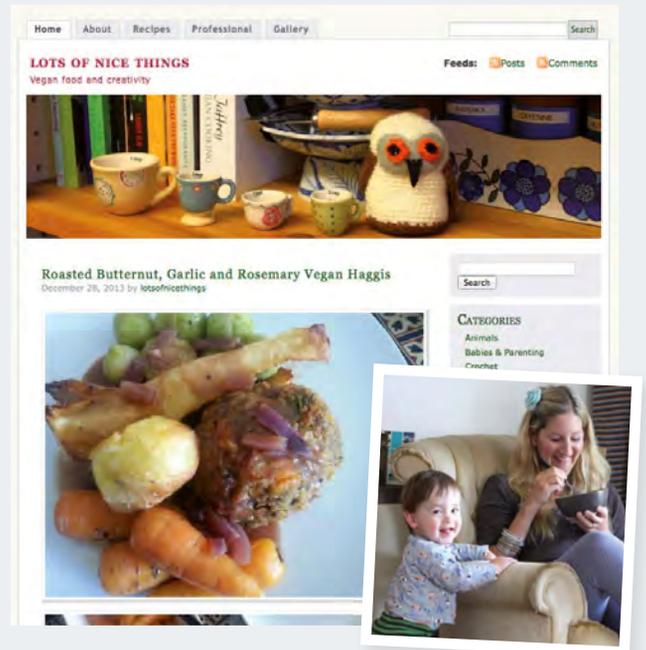


food photography and recipe development,' she says. 'Then last year, the BBC contacted me and I appeared on *Rick Stein's India* TV series. Several times, people have recognised me in public places – that feels nice! I never expected any of this to happen, so blogging constantly surprises me, and it also makes me very happy to know people enjoy what I'm putting out.'

RECIPE TO TRY Sala's sticky tofu recipe is always a hit at <http://bit.ly/stickytofu>.



© SALA KANNAN



Lots of Nice Things

www.lotsofnicethings.com

Helen Rossiter has a portfolio career juggling work as a vegan food writer, photographer and cook, as well as working for the Welsh vegetarian food producers The Parsnipship. 'I started my blog in April 2012, a couple of months before I went on maternity leave,' she says. 'I was working for Viva! at the time and I wanted a way to keep writing and cooking, and to stay in touch with the vegan scene.'

As a professional writer, Helen found blogging came naturally. 'In the early days I used to check my blog stats all the time,' she says. 'It's fascinating to see that people from all over the world have been reading about your food. The first time I got several thousand hits was pretty exciting.'

Her blog led to paid work taking photographs and writing recipes for companies such as Yahoo!, Vegusto, Viva! and The Parsnipship. But while writing a blog can generate exciting professional opportunities, it can also mean you don't have so much time for writing new posts. 'When I'm not working or looking after my son, I can always be found in the kitchen inventing new dishes and snapping photos. At times it's been hard to keep up my own blogging, but I've recently started doing more again as it's nice to be writing for myself, not on behalf of someone else!'

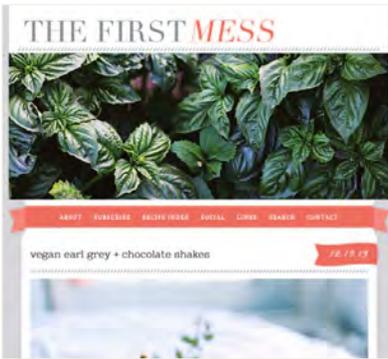
RECIPE TO TRY

Helen's spicy chickpea and cauliflower patties were one of her first recipes and it remains one of the most popular on her blog at <http://bit.ly/spicypatties>.



© HELEN ROSSITER

'When I'm not working or looking after my son, I can always be found in the kitchen inventing new dishes and snapping photos'



The First Mess

www.thefirstmess.com

'I make the food that I love to eat and always try to write as if I was talking about it with someone over tea,' says Ontario-based blogger Laura Wright. 'I try to keep my online space as true to my own nature as possible. Since I started the blog in June 2011, my goal has been to inspire people to eat seasonally in a way that's kind to their bodies and the earth.'

Despite her passion for veggie food, blogging is definitely not Laura's idea of a regular day job. 'I work at a local farm-to-table restaurant to pay the bills,' she says. 'I get some freelance photography and recipe development work, but I value human interaction and just love to work in general. I don't think I could handle blogging as my main job, it seems like it would be too one-dimensional.'

As a hobby blogger, Laura says she doesn't find the upkeep stressful. 'Recipes and concepts come to me fairly easily. I'm inspired by almost everything and I'm diligent with note-taking, so that nothing gets away. Sometimes I want to talk in depth about a food issue and sometimes I just want to keep the banter short and sweet. But it still blows my mind when I get a kind email from a stranger.'

Roasted cauliflower soup with roasty onions and rosemary

Serves 6

Prep 10 mins | Cook 1 hr

For the soup:

1 large head of cauliflower, trimmed
450g Yukon Gold potatoes, scrubbed
(I use Yukon because of the waxy/creamy quality)

'I make the food that I love to eat and always try to write as if I was talking about it with someone over tea'

2 cooking onions, papery skin removed

1 sprig of fresh rosemary (mine was particularly lush, so perhaps 2 normal sprigs is advisable)

2 tbsp oil

salt and pepper

juice of 1/3 lemon (like 2 tsp)

1.1-1.3 litres vegetable stock

Optional toppings:

some kind of flavourful oil (truffle, extra-virgin olive, walnut, etc)

croutons

toasted and chopped nuts

chopped leafy herbs

balsamic reduction

squeezes of lemon

sriracha

flaky sea salt or fresh pepper

1 Preheat the oven to 200C/fan 180C/gas 6.

2 Remove the core from the cauliflower and chop it into rough florets. Place the florets into a 23 x 32cm glass baking dish.

3 Chop the potatoes into pieces about half the size of the cauliflower florets and toss them into the baking dish as well.

4 Chop the onions into rough 2.5-5cm pieces and toss them into the dish. It doesn't matter if the layers stick to each other.

5 Remove the leaves from the rosemary sprig and chop/mince them up. Sprinkle the rosemary over the vegetables in the dish. Liberally salt the vegetables and season with pepper to taste. Add the oil and toss the vegetables until evenly coated with the oil, herb and seasoning.

6 Roast the vegetables for about 1 hour, flipping and tossing them here and there with a metal spatula/spoon to promote even browning. When done, remove from the oven and squeeze the lemon juice over the hot vegetables (I just drop the lemon into the warm pan when I'm done so that it can release some oil too). Using your metal spatula, toss the vegetables with the lemon juice, scraping the browned bits off the bottom.



7 Once the vegetables are cool enough for you to handle, start blending them in batches with the stock. Purée until smooth and pour into a big soup pot. Continue blending in batches until you've used up everything. Heat the large soup pot full of purée over medium heat until it boils. Add more stock or water to thin the soup out if necessary and adjust seasoning to taste. Serve hot with optional garnishes.

■ **PER SERVING** 142 cals, fat 4.5g, sat fat 0.5g, carbs 19g, sugars 5g, protein 5g, salt 1.5g, fibre 4g

© LAURA WRIGHT



© DAVID FRENKIEL

Green Kitchen Stories

www.greenkitchenstories.com

Stockholm-based bloggers David Frenkiel and Luise Vindahl were initially sceptical about the credibility of blogging. 'To be honest, I think we had a rather critical approach to bloggers before we started our own blog,' says David. 'After working with "real" journalists, I had the impression that bloggers were just amateurs that did things half as good as the professionals. Of course, I've since learned that many of the most interesting new ideas and recipes are born in blogs. It's a free world where people aren't afraid to experiment, try new things and break conventions.'

David has recently quit his day job as a magazine art director to focus full time on a career in food and photography. 'We are currently working on our second book and our third app,' he says. 'We put a lot of energy, time and love into each recipe and photo we produce. We try the recipes several times before putting them up, and if we are not completely satisfied with the photos, we re-shoot them.'

This level of perfectionism has evolved as their blog has become increasingly professional, but David says their goal has always remained the same. 'I think and hope we still have the same focus as when we started - creating healthy vegetarian recipes - although we have learned a lot on the way. At first we were amazed that 100 people had visited in a month. Then it was a thousand every week. And now we have more than 300,000 visitors every month and about a million page views. It is unbelievable.'

David and Luise's new book focusing on food from their travels will be published by Hardie Grant UK later this year. David and Luise's two apps, The Green Kitchen and Healthy Desserts, have been the number one selling food apps in more than 50 countries, and awarded by Apple as Best of App Store 2012 and 2013. In May 2013, Green Kitchen Stories won Saveur Best Food Blog Awards in the Special Diet category.



Baked carrot cake oatmeal ✔

Serves 4 | Prep 15 mins | Cook 35 mins

For the dry mixture:

200g old-fashioned rolled oats (or any rolled flakes)
1 tsp baking powder
¼ tsp ground ginger
¼ tsp ground nutmeg
½ tsp ground cinnamon
¼ tsp ground cardamom
¼ tsp ground vanilla or ½ tsp vanilla extract
1 pinch of coarse sea salt
200g grated raw carrot (about 4) handful of raisins

For the wet mixture:

2 tbsp chia seeds
500ml plant milk of your choice

For the crunchy top layer:

4 tbsp maple or apple syrup
2 tbsp coconut oil, at room temperature, plus extra for greasing
180g walnuts, or nuts or your choice
100g sunflower seeds, or seeds of your choice

1 Preheat the oven to 180C/fan 160C/gas 4. Grease the base of a 20 x 25cm baking dish with coconut oil and then set aside.

2 Put the chia seeds into a small bowl and add 90ml water. Stir with a spoon and set aside for 15 minutes.

3 Combine the rolled oats, baking powder, spices and salt in a mixing bowl, then add grated carrots and raisins and stir to mix. In a separate bowl, beat the chia mixture, add the milk and whisk well to combine.



'We put a lot of energy, time and love into each recipe and photo we produce. We try the recipes several times before putting them up, and if we are not completely satisfied with the photos, we re-shoot them'



4 To create the crunchy top layer, put the syrup, coconut oil, walnuts and sunflower seeds in a small bowl and mix with your fingers to make sure everything is well coated.

5 Spoon the oat mixture into the baking dish and then pour the wet mixture over the oats, so everything is evenly soaked. Sprinkle the seed and nut mixture on top and bake for 25–35 minutes. When it's done, the oatmeal should be set and the nuts and seeds lightly browned and crunchy. Leave to cool slightly before serving.

COOK'S TIP Vegetarians can replace the soaked chia seed mixture with 2 organic eggs, if preferred.

■ PER SERVING 899 cals, fat 59g, sat fat 10g, carbs 68g, sugars 30g, protein 22.5g, salt 1.1g, fibre 10.5g



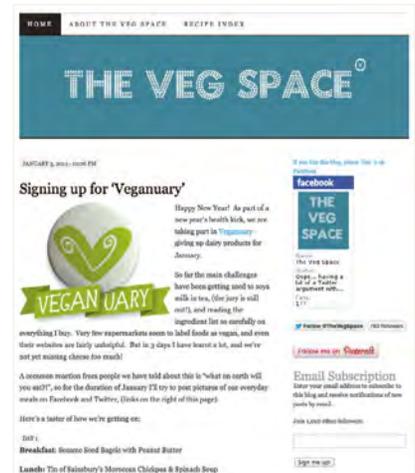
The Veg Space

www.thevegspace.wordpress.com

Kate Ford had a rather unusual motivation for launching her blog. 'I started it in April 2011 when I won a Linda McCartney competition to create the "nation's favourite vegetarian dish" for their ready-meal range, with my mushroom, ale and lentil pie,' she says. 'It was all a bit surreal with TV cameras in my very tiny kitchen and Sir Paul McCartney calling me up!'

But despite starting her blogging journey in a blaze of publicity, Kate doesn't really like to shout about her success. 'I don't really tell people I know about my blog – if you're not into reading or writing blogs I think it could be seen as showing off. But it has had over 45,000 hits since I started, so it's nice to know that strangers out there are interested in my food.'

'My recipes would probably suit people like me – who enjoy cooking and entertaining but don't have a huge amount of time'



So who does Kate have in mind when developing new dishes? 'My recipes would probably suit people like me – who enjoy cooking and entertaining but don't have a huge amount of time,' she says. 'By far the most common search engine term that brings people to my blog is "Vegetarian Sunday Lunch" – my recipe for a trio of Yorkshire puddings with different fillings has had a lot of visitors.'

Kate says she never tweets or posts food photos while she eats at restaurants, however, making only one exception. 'I've only ever done this once to show what an absolute joke a vegetarian option was – a "salad" of six chickpeas and an artistically sliced boiled carrot... for a mere £8.95!'

RECIPE TO TRY Kate's hot 'n' sour mushroom soup packs a real punch at <http://bit.ly/mushroomnoodlesoup>.



© KATE FORD

If you're still hungry for great food blogs to enjoy, we recommend following the adventures of our regular columnist and food blogger Scott Scott, over at www.viewfromthetable.co.uk. Turn to page 98 to read Sarah's latest 'View from my table'.

Fabulous **food** journeys

Get inspired by new dishes from around the world – from Morocco to Sri Lanka – based on the travels of Chris and Carolyn Caldicott, founders of the World Food Café.



Marrakesh tajine ✓

The Marrakesh markets are full of every imaginable herb, spice and dried fruit, and we found that tajines tend to be much richer there than elsewhere in Morocco. We watched a 60-year-old chef cook this tajine in the heart of the medina. Vegetables are cooked slowly and are served very soft, almost crumbling into the sauce. They are cut in large pieces to prevent them from disintegrating completely.

Serves 6 | Prep 15 mins | Cook 30 mins

- 5 tbsp olive oil
- 2 red onions, thinly sliced
- 1 level tbsp coarsely ground black pepper
- 1 heaped tsp ground cumin
- ½ tsp ground saffron or turmeric
- 1 tsp ground cinnamon
- 1 aubergine, cut in half lengthwise, then sliced into 1cm half-rounds
- 4 small potatoes, cut into quarters
- 1 large sweet potato, chopped into large chunks
- 1 red and 1 green pepper, deseeded and cut lengthwise into 2.5cm strips
- salt
- 6 artichoke hearts (fresh or canned)
- 125g fine green beans
- 4 medium tomatoes, peeled and roughly chopped

Carolyn and Chris on their travels



PHOTOGRAPHY: CHRIS CALDICOTT

HARISSA

about 20 dried red chillies
2 tbsp coriander seeds
1½ tbsp cumin seeds
5 cloves garlic, roughly chopped
1 tsp sea salt
6 tbsp olive oil

Soak the chillies in boiling water for half an hour. Meanwhile, dry-roast the cumin and coriander in a small frying pan until aromatic. Remove from the heat and grind to a powder. Place all the ingredients in a food processor and blend until a thickish paste forms. Scoop into a jar and pour a little olive oil over the surface to form a seal. Store in a fridge in an airtight container.

1 tbsp tomato purée
handful of flat-leaf parsley, chopped, plus more to garnish
handful of coriander leaves, chopped, plus more to garnish
small handful of raisins
small handful of dried apricots
85g stoned olives
harissa (see recipe, above), to serve
crunchy baguette or couscous, to serve

1 Heat the oil in a large saucepan and, when hot, fry the onions until they start to soften.

2 Add the spices, stirring to prevent sticking. Add the aubergine, potatoes, sweet potato and green and red peppers. Sprinkle with a little salt as this helps prevent the aubergine from absorbing all the oil.

3 When the aubergine starts to soften, add all the remaining vegetables and the tomato purée with just enough water barely to cover the vegetables. Add the parsley, coriander, raisins, apricots and olives. Bring to the boil and simmer gently until all the vegetables are really soft and the sauce is reduced until it is thick and rich, with the oil returning on the top.

4 Garnish with lots of parsley and coriander and serve with harissa and crunchy baguette or couscous.

■ PER SERVING 401 cals, fat 24.5g, sat fat 3.5g, carbs 36.5g, sugars 19.5g, protein 7.5g, salt 2.5g, fibre 8g



POTATO BONDAS

Potato bondas ✔

Potato bondas make a wonderful snack or starter and keep for several days, so it's worth making quite a lot at a time. We made a whole tinful to take skiing in Kashmir, filling our ski-jacket pockets with them at the beginning of each day so that we could snack on them during ski-lift rides. As the balls are quite fragile, they also provided an extra incentive not to fall over.

The bondas are supposed to be very spicy, so they are particularly good to eat on the cold snow slopes. When I offered one to a Scandinavian skier sharing my chair lift, he found

it excessively hot and, as soon as we got off, grabbed mouthfuls of snow to relieve his burning mouth!

This recipe has been considerably toned down to make a milder version – if you want to spice it up again just add more chilli.

Serves 6 | Prep 25 mins | Cook 30 mins

oil, for deep-frying
1kg potatoes, cooked and mashed
2 tbsp sunflower oil
½ tsp salt
2 tsp sugar
4 tsp desiccated coconut
5–10 green chillies, finely chopped
2 pinches of hing (asafoetida)



'Discovering and eating exotic foods is one of the greatest pleasures of travel'



5cm piece of root ginger, very finely chopped
 1 tsp sesame seeds
 1 tsp garam masala
 juice of 1 lime
 handful of coriander leaves, chopped

For the batter:
 6 tbsps gram flour
 pinch of salt
 pinch of hing (asafoetida)
 1 tsp ground turmeric
 1 tsp chilli powder

1 Mix all the batter ingredients together in a bowl, adding a little water a spoonful at a time until a thick paste forms.

2 Heat the oil for deep-frying. Mix all the rest of the ingredients together and mould by hand into balls about the size of a golf ball.

3 When the oil is hot enough to cause a drop of the batter to sizzle and bubble rapidly, dip each ball of mixture in the batter and deep-fry in 2-3 batches, turning regularly until golden brown all over, 5-10 minutes. Drain on kitchen paper and serve hot or cold.

COOK'S TIP The balls may instead be flattened out a bit and shallow-fried, turning once.

■ PER SERVING 481 cals, fat 26g, sat fat 8g, carbs 48g, sugars 4.5g, protein 12.5g, salt 1g, fibre 9g

Sri Lankan okra and potato curry

In Sri Lanka curries are often described as white, to indicate mild spicing and use of coconut milk; red, to indicate use of powerful red chillies and tomato; or black, when roasted spices are used. This is a white vegetable curry, which would typically include the use of 'Maldive fish', pounded dried fish in powdered form. Here we use soy sauce.

Serves 4 | Prep 10 mins | Cook 15 mins

400g baby new potatoes, cut into cubes
 20 curry leaves
 ½ tsp turmeric
 2 large red onions, cut into thin semi-circles
 3 tsp soy sauce
 3 tbsps coconut oil
 2 tsp dill seeds
 3 green chillies, finely chopped



300g okra, cut into 2.5cm chunks
 400ml coconut milk
 2 dessertspoons lime juice
 salt, to taste

1 In a saucepan, boil the potatoes in 350ml of water until soft, along with half the curry leaves, the turmeric, half the sliced red onions and the soy sauce.

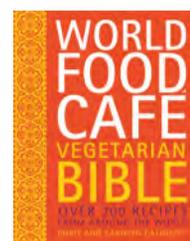
2 Meanwhile, in a wok, heat the oil and add the dill seeds. When they start to crackle, add the rest of the curry leaves followed by the chillies and the remaining sliced onion. Fry until the onion starts to turn golden brown. Add the okra and fry gently until they start to soften.

3 Add the boiled potato mixture (including the liquid), the coconut milk, the lime juice and salt to taste, with 125ml of water.

4 Gently simmer for 5 minutes, taking care not to boil as the coconut milk will separate. Add salt to taste and serve with rice.

■ PER SERVING 458 cals, fat 33.5g, sat fat 22.5g, carbs 29.5g, sugars 11.5g, protein 9g, salt 2.7g, fibre 6g

Recipes adapted from *World Food Café: Vegetarian Bible* by Chris and Carolyn Caldicott (Frances Lincoln, £20).



EXPLORING NEW FLAVOURS

Five winners will each receive a copy of *World Food Café: Vegetarian Bible*. See page 72 for details of how to enter.



SRI LANKAN
OKRA AND
POTATO CURRY

THE LATIN COOK



As a young girl growing up in Brazil, Vanessa Almeida's early interest in creating food was nurtured by her mother and grandmother, and as a vegan chef she loves inspiring others with her effortlessly easy recipes made with simple ingredients.

Aubergine a la parmigiana

Serves 4 | Prep 20 mins | Cook 45 mins

2 aubergines, sliced
3 cloves garlic, diced
½ onion, chopped
1 jar tomato sauce
3 spring onions, chopped
1 tbsp mustard
2 tbsp sugar
salt and black pepper

For the cream cheese:

250g tofu
110ml olive oil
2 tsp salt
juice of 1 lime
1 tbsp cornflour
1 tbsp water
black pepper

1 Preheat the oven to 180C/fan 160C/gas 4. Boil the aubergines in salted water for about 15 minutes, until they start to go translucent, which means they've lost most of their water.

2 In a separate pan, fry the garlic and onion until tender. Add the tomato sauce, spring onion, mustard, sugar and black pepper. (I normally add sugar with tinned tomato sauce as it tends to be too acidic for my taste.)

3 To make the cream cheese, blend the tofu and the olive oil. Transfer the mixture to a pan and add the rest of the ingredients. Stir steadily over a low flame until it's almost at boiling point, but don't let it boil.

4 Place the aubergines in a baking tray and spread the cream cheese over them evenly. Pour on the tomato sauce and bake for 30 minutes.



■ PER SERVING 467 cal, fat 34g, sat fat 5.5g, carbs 30.5g, sugars 18g, protein 9g, salt 3.5g, fibre 5.5g

PHOTOGRAPHY © 2013 NENI ALMEIDA

‘There is nothing that pleases me more than to turn on music and spend the day in the kitchen cooking for my loved ones’



Stuffed portobello mushrooms **V**

Serves 3 | Prep 10 mins | Cook 25 mins

400g mini portobello mushrooms
 ½ onion, chopped
 4 cloves garlic, diced
 5g chives, chopped
 10 cherry tomatoes, halved
 1 tbsp nutritional yeast
 2 tbsp breadcrumbs
 salt and black pepper
 vegetable oil

1 Take two-thirds of the mushrooms, sprinkle on a little bit of salt and set them to one side, before slicing the rest of them.

2 Sauté the onion and garlic in a little vegetable oil, until tender. Add the sliced mushrooms, chives, tomatoes, salt and black pepper, and cook for 15 minutes over a low heat.

3 Turn off the heat and add the nutritional yeast and breadcrumbs.

4 In a non-stick frying pan, fry the whole mushrooms you set aside at the beginning (no need for oil) for 2 minutes on each side.

5 When ready, stuff the fried mushrooms with the cooked mixture and serve straight away.

■ PER SERVING 183 cal, fat 12g, sat fat 1.5g, carbs 11.5g, sugars 3.5g, protein 5.5g, salt 1.2g, fibre 4g

Q&A



VL caught up with Vanessa, who left Brazil in 2007 and is now based in the UK.

What/who was it that inspired you to become a vegan chef?

I've always adored cooking and learned a lot from my mother and grandmother. Both women have been big influences on my style of cooking, but it was only after becoming vegan that I fell in love with cooking. It was as if a whole new world of possibilities and ingredients opened up in front of me.

What prompted the move to Britain?

Both my husband and I wanted to try living abroad and when we felt the time was right, London was our first option. I guess we both like the fact that London is cosmopolitan and people from different backgrounds coexist harmoniously.

You launched a cooking service last year, where you teach a group of friends how to cook vegan food in their own home. How has this been received?

My Vegan Me Up classes are being very well received as they are completely customised to the client's needs. I teach everything from basic cooking skills to complicated food preparation. I teach in a relaxed way, ensuring people learn how to cook through effortless enjoyment.

Do you have any advice for anyone who is new to vegan cooking?

Veganism is a big step and something that is most likely going to change your whole life. When it comes to cooking, start with the foods you are comfortable with and veganise the recipes you normally make. Explore the food products that are available to you, search online for ideas and, of course, buy a copy of my cookbook!

Essential Vegan Cookbook is self-published, what has that experience been like?

It has been fantastic. The book is being very well received, beyond any of my expectations. I have participated in many events to promote the book and I'm amazed how open people are to veganism and healthy food choices.

What are your hopes and plans for 2014?

I will be selling my food at street markets, cafés and vegan events. I see this as the first step towards the opening of the Essential Vegan Café in the future!

● Vanessa will be appearing at VegFestUK in Brighton on 29 March.



Homemade ravioli V

Serves 4 | Prep 40 mins + resting
Cook 20 mins

For the pasta:

230g pasta flour
¼ tsp salt
150ml water
1 tsp olive oil

For the filling:

½ onion, thinly chopped
250g shimeji mushrooms
3 spring onions, chopped
1 tbsp pine nuts
225ml vegetable stock
black pepper

1 In a large bowl, combine the flour and salt, and then add the water. Stir the mixture with a fork until it starts to form a ball, then you can use your hands to combine the dough. If it's too dry, add more water; if it's too wet, add a little bit more flour.

2 Turn the ball of dough out on to a well-floured surface. You'll need to knead the dough for 10 minutes or so, or until it becomes smooth and pliable. Let the dough rest, wrapped in cling film, for about 10 minutes.

3 To make the filling, fry the onion until tender. Add the rest of the ingredients and stir for 10–15 minutes. Let it cool down well before you start using it to fill the ravioli.

4 Divide the dough into three. Using a rolling pin, open the pasta right out until it's nice and thin. Using an inverted small glass, cut the pasta into little round circles.

5 Put 1 tablespoon of the filling in the middle of each circle, place another circle on top, and use a fork to close the edges nice and tight all around the outside.

6 Drop the raviolis (of which you should have around 15) in salted boiling water and cook until they rise to the surface.

7 Sprinkle olive oil, sea salt and vegan cheese on top, then serve.

■ PER SERVING 264 cals, fat 5.5g, sat fat 0.5g, carbs 47g, sugars 2.5g, protein 8g, salt 1.5g, fibre 4g

Recipes adapted from *Essential Vegan Cookbook* by Vanessa Almeida (£9). Order from <http://essentialvegan.co.uk/cookbook>.



ESSENTIAL READING

Five readers can each win a copy of *Essential Vegan Cookbook*. See page 72 for details of how to enter.



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Eat, train, run



Scott Jurek is a world-renowned ultra-marathon champion who trains and races on a plant-based diet. Iain Aitch caught up with Scott during a recent – and very rare – visit to the UK, to learn more about his remarkable career.

When Scott Jurek set out on a 100-mile run just six months into his vegan diet, it was not his intention to become the go-to retort to the accusation that vegetarians and vegans lack strength or stamina. But in winning the Western States Endurance Run in Sierra Nevada, the American runner certainly set himself on the path to being the poster boy for athletic vegans the world over. Winning that race a remarkable seven years in a row only confirmed that position, allowing Scott to show that a plant-based diet doesn't make for sluggish showings on the sports field.

'I went vegan in January of 1999 and the race was in June,' says Scott. 'Even the week before the race I was doubting if it would help. But I think it has been a huge benefit to my recovery and consistency with workouts and races. I'm ripping my body down and building it back up every race. So it's about the fuel you put in the tank long term.'

Gaining miles, changing meals

Scott had a short period of being vegetarian before becoming vegan at the age of 25. He had spent his life until that point as what he describes as a 'meat and potatoes guy', enjoying hunting and fishing with his family in Minnesota as he grew up. But being persuaded to take part in a 50-mile race – combined with his own work and family health concerns – would see him ditch the regular McDonald's meals and change his

intake entirely as he increased both mileage and acclaim.

'Within a couple of years of running my first ultra-marathon, I was reading *Spontaneous Healing* by Dr Andrew Weil, working in hospitals as a physio and had a mother with multiple sclerosis,' he says. 'I was looking into what I was putting into my body. It was more about living without disease and keeping well throughout my life. That was when the vegetarian diet came about.'

Scott had never been a gifted runner at school, but he did regularly train for the ski racing season, noting that he seemed to get stronger just as everyone else was tiring. He has since run 165.7 miles in one day and set records running 135 miles through scorching Death Valley in the California desert.

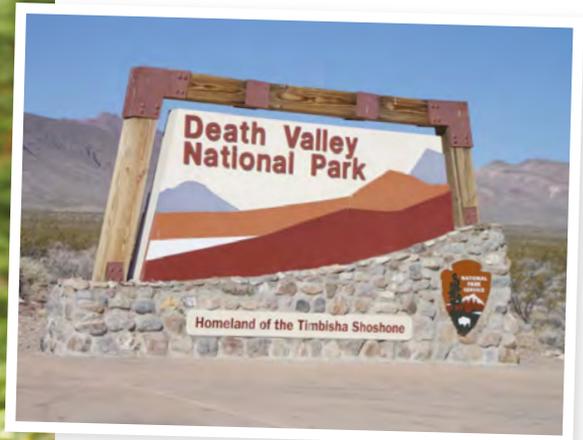
'After my first race I was like "never again", but then I felt that there was something to learn if I followed that passion,' he says. 'The ultra running is more about mental capabilities. I still enjoy it and it helps to have success to enjoy it. You evolve as an athlete. It's a lot of hard work and it's not a sport where you're paid a lot of money.'

Learning to eat and run

Discovering that the vegan diet helped him so much, Scott became more and more passionate about what he put in his body. Before long, he was cooking up pots of vegan chilli for fellow competitors and



'I'm ripping my body down and building it back up every race. So it's about the fuel you put in the tank long term'



SCOTT'S TOP FIVE ENDURANCE TRAINING TIPS

1 Keeping it fun is key. It's not always about running more miles. If you want to start from scratch then get hooked up with a running group or a friend who can get you going, as it can be daunting to begin with.

2 Stride rate is important and I advise short quick steps; 85-90 strides per minute is more efficient and will help to stop injury.

3 Doing a sweat test gives you an idea of how much water you need. Weigh yourself naked before and after running to tell you how much. From a fuelling standpoint, I like to use the formula 0.7 times your body weight in kilos equals the amount of grams of carbohydrate per hour.

4 Make sure you mix your pace if you want to improve. Don't run fast every day and do take in recovery days. Get out of your comfort zone for 5-20 minutes on some days or short interval segments for 1-5 minutes.

5 Foot placement is important and I am a big fan of somewhere in between forefoot and heel striking. I run in the Brooks Pure line where the heel is only a few minutes different from the toe.

© LUIS ESCOBAR

experimenting with his own burrito recipes as he topped up his 5,000-calorie training diet. Unlike marathon runners, endurance runners have to take on a large number of calories as they race. So Scott also had to learn to eat and run at the same time.

'During the first 15 miles I will mix in the sports gels and solid food like banana, rice balls, potatoes, or my rice and bean burritos,' he says. 'I will do a protein rice milk drink. Then it is all sports foods, drinks and liquids, as it's hard to chew a burrito later in the race.'

Food may be a fuel for Scott, but he tends not to weigh out his meals and likes to keep variety in his training diet by eating Indian and Thai foods laced with tempeh or tofu.

'People always want to know my training intake, so I have these numbers in my head,' he says. 'Fat is usually 15 per cent or 20 per cent, carbohydrate is 50 to 60 per cent and protein is 10 or 20 per cent. The day before racing I tend to not eat as much wholegrain, so I may eat white rice and miso. I try not to eat too much salad before the race, but I will eat a lot of that in the week running up to the race.'

Once a race is over, it is not long before Scott is training for another, but he does allow some slack in his diet when he finds himself with a gap in his schedule or he is travelling.

'I have sugary cereals that I treat as dessert,' he says. 'I don't deprive myself. I have alcohol

in moderation or chocolate. I will probably eat more meat or cheese substitutes, just to try those things out. But you don't get away with eating 5,000 calories in a day when you are not training!'

● *Eat & Run by Scott Jurek with Steve Friedman (Bloomsbury, £12.99) is out now.*

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SALLY

Nine years ago at the age of just 36, Sally Bee suffered three heart attacks in one week, and was lucky to survive. Since then, she's had to reassess her lifestyle when it comes to food, making healthier eating a regular part of family life. She is now a bestselling author, home cook and *This Morning* regular.



© LIS PARSONS 2014

NADIA

As a former *Celebrity MasterChef* winner, Nadia Sawalha has always been known for her love of food and skill in the kitchen – but she has also publicly struggled to maintain a happy weight. Tired of faddy diets, she decided to change tack and adapt the dishes she loves into healthier recipes.



© NICKY JOHNSTON

Happy, healthy eating

We believe looking after yourself and staying trim means enjoying good food every day, rather than dietary denial. Join Nadia Sawalha and Sally Bee whose lifestyle changes have led them to discovering deliciously healthy ideas the whole family will love.

Nadia's aubergine and spinach curry **V**

People will often turn their backs on the rude delights of the aubergine, especially when they're on a weight-loss mission, simply because they know that they absorb so much fat when fried and, let's face it, fried is the tastiest way to eat an aubergine! But the way I cook them in this dish works really well and they do indeed end up tasting fried – without actually being fried!

Serves 4 | Prep/cook 30 mins

3 aubergines, cut into small cubes
olive oil spray
1 tbsp vegetable oil
1 large onion, chopped
2 cloves garlic, finely chopped
2 tsp dried coriander
1 tsp ground cumin
2 green chillies (you can use red if you prefer)
2cm piece of fresh ginger, grated
4 fresh tomatoes, chopped
large bag of baby leaf spinach (buy it washed, life's too short to wash spinach properly)
2 tbsp chopped fresh coriander
salt and freshly ground black pepper

1 Preheat the oven to its highest setting. Lay out the aubergine on two baking trays. Spray with olive oil, sprinkle with salt and pepper and put into the oven until lightly golden (about 10 minutes).

2 While your aubergine is browning, heat the vegetable oil in a heavy-based pan. Fry the onion, garlic, dried coriander, cumin, chillies and ginger until the onion is softened. Throw in your tomatoes and 3–4 tablespoons of water and keep stirring.

3 Add your aubergine and cook for another few minutes, still stirring, and then finally add your spinach and coriander and cook until the spinach just wilts. It's now ready to serve.

■ **PER SERVING** 117 cal, fat 5g, sat fat 1g, carbs 111g, sugars 9g, protein 4.5g, salt 1.1g, fibre 7.5g

Sally's vegetarian paella **V**

To make this dish truly authentic, try to use Spanish paella rice, as this absorbs all the liquid like Arborio or other risotto rice, but unlike them it doesn't become sticky and dense. Also, look out for smoked paprika (Pimentón de la Vera) in larger supermarkets



AUBERGINE AND SPINACH CURRY

© GAVIN KINGCOME

'A balanced diet feeds your heart, body and soul. No one can live forever on cottage cheese salad and an apple!' SALLY



VEGETARIAN
PAELLA

and delis, as it makes all the difference to the overall flavour. I always have plenty of lemon wedges on hand when serving paella, too, to give it a Mediterranean zing and freshness.

Serves 4 | Prep 20 mins | Cook 45 mins

1 tbsp extra-virgin olive oil
1 large Spanish onion, peeled and chopped
1 large red pepper, deseeded and chopped
1 large green pepper, deseeded and chopped
4 piquanté peppers from jar, roughly chopped
1½ tsp Spanish smoked paprika
5–10 saffron strands
3 large cloves garlic, peeled and finely minced
2 medium courgettes, trimmed and cubed
4 large ripe tomatoes, peeled, deseeded and diced
325g Spanish paella rice
750ml hot vegetable stock
freshly ground black pepper
1 handful of fresh parsley, chopped

1 Heat the extra-virgin olive oil in a 33cm paella pan or large, shallow, ovenproof saucepan over a medium-high heat. Add the onion, peppers and piquanté peppers, then lower the heat and gently cook for 10 minutes or until the vegetables are tender and the onion is softened but not coloured.

2 Next, add the smoked paprika, saffron, garlic, courgettes and tomatoes. Simmer everything together for 10 minutes, then stir in the rice and hot stock and bring to the boil.

3 Reduce the heat and simmer for 10–15 minutes, stirring occasionally, until the stock is almost all absorbed.

4 Meanwhile, preheat the oven to 180C/fan 160C/gas 4. When there is only a little stock left in the pan, cover it with foil and pop it in the oven for a final 10 minutes or until all the liquid is absorbed.

5 Serve generously sprinkled with chopped parsley and with plenty of lemon wedges for squeezing over.

COOK'S TIP To peel the tomatoes, drop them into a bowl of boiling water for a few minutes until the skins crack, then lift out and peel off the skin.

■ PER SERVING 475 cals, fat 7.5g, sat fat 1.5g, carbs 92g, sugars 19g, protein 11.5g, salt 0.6g, fibre 8g



'Denial is almost always the dark destroyer of any quest to shift body lard – it usually leads to The Big Binge' NADIA

Nadia's happy hummus wrap

I call this the happy hummus wrap because it's bursting with goodness that will make you skip about all day... oh yeah, and it tastes pretty good, too!

Serves 1 | Prep 5 mins

1 tortilla wrap
2 tbsp homemade hummus (see recipe, right)
handful of rocket, spinach or watercress (or all of them!)
½ raw beetroot, grated
1 carrot, grated

Gently warm the wrap in the microwave or a hot frying pan to make it more pliable. Spread the hummus over the wrap. Top with the greens, beetroot and carrot and then roll up. Wrap well enough that you don't crack into it on the bus... wait for lunch.

COOK'S TIP You can add any veg you like to this – finely chopped celery or red pepper, maybe a little grated cucumber... the choice is yours!

■ PER SERVING 336 cals, fat 16.5g, sat fat 3.5g, carbs 33g, sugars 9g, protein 11.5g, salt 1.9g, fibre 9g

Hummus

You don't even want to know how fattening most shop-bought hummus is. This is because it is loaded with oil and lots of tahini, so I have taken all the oil out and some of the tahini and swiftly shaved hundreds of calories off the finished dish! Clever me... by the way, it's still delicious, of course!

400g can chickpeas
2 tbsp tahini
3 tbsp lemon juice
1 tsp salt
1 clove garlic, minced

1 Tip the chickpeas and their liquid into a saucepan and warm through, then drain – but don't pour the liquid down the sink, you'll need it later!

2 Tip the chickpeas, together with all the other ingredients, into a blender and blend together. If the mixture seems too thick, add a little of the reserved liquid. You will need to taste – it might need more lemon (it usually does) or a bit more salt. You can either have it quite chunky or super smooth – whatever makes you happy!

Sally's roasted beetroot with garden herbs and orzo pasta **V**

I've used beetroot in this recipe as it's packed with goodness, and I like to use this vegetable whenever possible. However, if you want to make this dish but substitute the beetroot for roast carrots or peppers, feel free. It will still be good for you and your family and taste super.

Use orzo pasta - very tiny pasta shapes that look a bit like rice - or any other really tiny pasta for this dish. It just works.

Serves 4 | Prep 20 mins | Cook 1 hr

500g bunch of beetroot
1 tbsp extra-virgin olive oil
1 handful of fresh dill, chopped
1 handful of fresh chives, chopped
1 tbsp red wine vinegar

1 tbsp capers, drained and rinsed
150g orzo pasta (or any other small pasta shapes)

1 Preheat the oven to 190C/fan 170C/gas 5. Wash the beetroot and, leaving a 3cm stalk still attached, remove the leaves.

2 Place the beetroot in a large roasting tin, drizzle lightly with olive oil and roast in the oven for 50-60 minutes until tender.

3 Once cooked, allow the beetroot to cool slightly, then peel away and discard the skin and stalks. Cut the beetroot into wedges and toss with the herbs, red wine vinegar and capers.

4 Meanwhile, cook the pasta according to the packet instructions, then drain. Add the beetroot and herbs to the pasta, toss quickly and serve.

■ PER SERVING 211 cals, fat 3.5g, sat fat 0.5g, carbs 37.5g, sugars 10.5g, protein 7g, salt 0.4g, fibre 5g

HEALTHY EATING

Rather than avoiding pastas, try to switch to wholegrain and keep your portions small. Research shows that people who eat several servings of wholegrain foods each day are more likely to slim down and maintain a healthy weight.





LENTIL-STUFFED PEPPERS

Sally's lentil-stuffed peppers **V**

My kids love stuffing peppers, so I sit back and have a little rest when we are having this for tea! Lentils on their own can be off-putting, so it's important to jazz them up to encourage the family to eat them. This is the perfect dish for that.

Serves 4 | Prep 20 mins | Cook 1 hr

200g red lentils
 2 tbsp extra-virgin olive oil
 1 onion, peeled and finely chopped
 1 small carrot, grated
 3 cloves garlic, peeled and finely chopped
 1 small courgette, grated
 400g can chopped tomatoes
 125ml vegetable stock
 ¼ tsp dried rosemary
 ¼ tsp dried oregano
 1 tsp dried thyme
 100g spinach, chopped
 salt and freshly ground black pepper
 4 red or green peppers, halved and deseeded
 juice of ½ lemon

For the lemon breadcrumb topping:

1 tbsp extra-virgin olive oil
 30g brown bread breadcrumbs
 ¼ tsp thyme
 grated zest of ½ lemon
 1 tbsp chopped fresh parsley

- 1 Preheat the oven to 190C/fan 170C/gas 5.
- 2 Put the lentils and 500ml water in a large saucepan and bring to the boil. Once it's boiling, reduce the heat and simmer for 15 minutes – the lentils shouldn't be 'mushy' at this stage – then drain the lentils and set aside.
- 3 Meanwhile, heat the olive oil in a large, non-stick frying pan over a medium heat. Add the onion and grated carrot and sauté for 5 minutes. Next, add the garlic, courgette, chopped tomatoes, vegetable stock and dried herbs and simmer for a further 10 minutes.
- 4 Take the pan off the heat and add the chopped spinach and cooked lentils. Season with freshly ground black pepper and a pinch of salt.
- 5 Place the pepper halves cut-side up on a lightly greased baking tray and fill them with the lentil mixture, distributing it evenly. Squeeze fresh lemon juice over the tops, then cover with kitchen foil and bake in the oven for 25–30 minutes.
- 6 Meanwhile, to make the topping, heat the olive oil in a small pan over a medium heat. Add the breadcrumbs and thyme and cook for a few minutes until the breadcrumbs are well coated. Add the lemon zest and parsley, then take off the heat and set aside.
- 7 After 25–30 minutes, uncover the peppers



NOODLES ON THE RUN

and sprinkle them with the topping. Bake uncovered for a further 15 minutes until the top is golden brown and the peppers are soft. Serve immediately.

■ PER SERVING 380 cal, fat 10.5g, sat fat 1.5g, carbs 51.5g, sugars 18.5g, protein 18g, salt 1.6g, fibre 10.5g

Nadia's noodles on the run **V C**

This noodle dish makes a really nice change if you have a case of sandwich-itus at lunchtime!

Serves 2 | Prep/cook 10 mins

400g Zero Noodles or 2 x 85g bundles buckwheat noodles
 2 tsp sesame oil
 15 mange tout
 2 carrots, very thinly sliced
 ½ red chilli, finely chopped
 20 cashew nuts

- 1 Cook the noodles according to packet instructions. Drain, rinse under cold water and allow to drain thoroughly.
 - 2 Toss the noodles in the sesame oil. Stir in the other ingredients (although I usually wrap the nuts separately and stir them in when I'm ready to eat 'cos I like 'em crunchy) and pop into your lunch box.
- COOK'S TIP** And if you have one of those nifty soy sauce packets, take one of those along, too, and sprinkle on the top!

■ PER SERVING 474 cal, fat 15.5g, sat fat 3.5g, carbs 70.5g, sugars 9g, protein 14.5g, salt 0.5g, fibre 7g

HEALTHY EATING

Zero Noodles are made from the konjac plant, and are eaten as a replacement for rice, pasta and noodles. They fill you up, but are carb-free and contain just 10 calories per pack.



Recipes adapted from *The Secret Ingredient: Family Cookbook* by Sally Bee (HarperCollins, £14.99) and *Greedy Girl's Diet: Second Helpings!* by Nadia Sawalha (Kyle Books, £14.99). Both books also contain non-vegetarian recipes.

READER OFFER

SALLY'S SUPPERS

Three readers can each win a copy of *The Secret Ingredient: Family Cookbook*. See page 72 for details of how to enter.



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Healthy living

COMPILED BY SARA NIVEN

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The product recently won a beverage industry award for Best Functional Water and comes in two flavours: Original (cherry-based) and Revive (coconut and pineapple). Priced at £1.79 a bottle, find it at stockists including Holland & Barrett, Nutri Centre and online at www.munehealth.co.uk.



WHAT IS...? Maca



Susan Curtis, director of natural health at Neal's Yard Remedies (www.nealsyardremedies.com), tells us more...

Maca, the Peruvian superfood, generates lots of buzz about its reputed ability to boost libido. It was revered in the ancient Incan culture for medicinal purposes and particularly for its legendary ability to deliver energy and mental clarity, and enhance sex drive.

Is there any truth to this? Actually, positive studies have been carried out into maca's aphrodisiac properties in Britain, the USA and South Korea and a recent review of clinical trials concluded that it 'has favourable effects on energy and mood, may decrease anxiety and improve sexual desire'.

So what exactly is it? Maca is a vegetable from the fleshy taproot of *Lepidium meyenii*, a plant of the crucifer (cabbage) family. It is dried and ground into flour and can then be used in cooking by being added to bread, cakes, porridge or smoothies, and has a pleasant caramel flavour.

While we are not claiming it's a miracle worker, if you'd welcome some extra energy (in any area of life) it could be worth a try, particularly with Valentine's Day approaching!



If you have any health questions you'd like answered, then send an email to: editorial@vegmag.co.uk, with 'Healthy Living' in the subject box. Or write to us at: Healthy Living, *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH.

Size matters



A little of what you fancy is fine, but concerns that we are increasingly being encouraged to eat a lot more have been raised by the British Heart Foundation.

The charity is calling for an immediate review into portion sizes to help consumers, after reporting that certain products - including individual curry ready meals and portions of crisps from family bags - have increased by a whopping 50 per cent.

Their Portion Distortion report compared the sizes of more than 200 products sold today with portion sizes back in 1993 and found a huge difference. Sizes of some ready meals had doubled, while a standard portion of peanuts is now 80 per cent bigger.

Simon Gillespie, chief executive at the British Heart Foundation, said getting portion sizes of products right was important, simply because when people are presented with more food, they tend to eat more food, and added: 'The UK government has not updated its information on typical portion sizes for 20 years. It's time for an urgent review so the portion-size playing field is levelled and consumers can be helped to make healthier choices.'

Find the full report at bhf.org.uk/portion.



TEA TIME

A review on the effect of caffeinated drinks on children has found that moderate amounts are unlikely to prove harmful, and could actually improve youngsters' mental performance and attention span.

The review, funded by the Tea Council but carried out by an independent public health nutritionist, looked at 19 different trials and studies. It concluded that an intake of no more than 2.5mg per kilogram of body weight for children aged four and above could improve their attention without adverse effects. This equates to up to 2 cups of tea for younger children or 2-3 cups for older school-age children.

Our nutrition editor Sue Baic comments: 'This study provides good evidence that moderate amounts of tea are safe and maybe even beneficial for children in providing fluid, heart-healthy flavanoids and calcium if milk is added. But care is needed with some soft and energy drinks, as these can contain high levels of caffeine and sugar.'

Rachel Demuth

PHOTOGRAPH: MARK WOOD



Rachel was chef-proprietor of the award-winning Demuths vegetarian restaurant in Bath for 25 years, and is now dedicated to running the Demuths Vegetarian Cookery School. She is the author of four vegetarian cookbooks, including *The Green Seasons Cookbook*.

Resident chef Rachel Demuth shares seasonal cooking ideas, tips, recipes and more...

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FROM THE PANTRY

SEEDS AND BEANS

To add interest and nourishment to winter salads, try sprouting seeds, beans and pulses such as alfalfa, fenugreek, radish, chickpea and soya beans. If you keep the sprouts in the dark you will get white sprouts. The most common colourless variety is green mung bean sprouts, which are sprouted in the dark. For a green bean sprout, grow in the light, but not in direct sunlight. Simply soak seeds or beans overnight in a bowl of water. Drain and rinse thoroughly with fresh water, then place in a sprouting bag or jar. Every morning and night rinse with fresh water, to keep the sprouts damp and free of mould. When they are sprouted, rinse and eat while fresh.



Try something different

The kitchen garden is abundant with sprouts, cabbages and cauliflowers, but there are still plenty of exotic winter vegetables to be found at this time of year...

RHUBARB Traditionally cooked as a dessert, rhubarb can be used in savoury dishes and makes great chutney and ketchup. Rhubarb is in season from February to July, but the early harvest is often 'forced' by being grown in the dark with heating. Force your own rhubarb by covering the crown with a lidded rhubarb forcer or just use a dustbin! It's a real thrill to pull and twist (never cut) the pale pink stems. Uncover by April to allow the summer sunshine to feed the crowns for next year. Do remember to only eat the stems, as the leaves are poisonous.

Rhubarb is very sharp and requires sweetening. Try eating it raw, sliced finely and dipped in sugar. Roasting rhubarb will help it keep its shape, rather than boiling to a mush. In puddings, add ginger, honey, vanilla or cinnamon. Rhubarb's strong acidity works well with rich food; when cooked, fold into Greek yogurt, or use in pannacotta or crème brûlée.

SEAKALE Seakale is a wild perennial that grows in shingle. In the 19th century it became a delicacy in its forced state and tastes similar to artichoke with a mild, slightly sweet, nutty flavour. Simply steam the green leaves and serve with butter and lemon.

CHICORY The firm buds of chicory (chicons) we buy are forced in the dark. Chicory is naturally bitter, but forcing softens the flavour. Chicory is delicious in a winter salad with oranges or roasted with balsamic vinegar.

SALSIFY AND SCORZONERA These two unusual long roots belong to the same family. Both are white-fleshed, but salsify has a cream skin and scorzonera has a black skin. They taste like a cross between a globe artichoke and asparagus.

To prepare, wash the roots and boil unpeeled in salted water for 10 minutes. Then place in cold water and the skin will slide off easily. If you do peel first, plunge immediately into acidulated water to prevent discoloration.

Slice and eat it raw with a garlic and herb vinaigrette, or serve hot tossed in butter with lemon juice and flat-leaf parsley. Roast in the oven with olive oil or top with a gremolata of chopped parsley, grated zest of lemon and finely chopped garlic.



Find out more at www.vegetariancookeryschool.com.

For weekly seasonal recipes, follow Rachel's blog at www.racheldemuth.co.uk/blog.

Roasted rhubarb and blood orange layered fool with orange flower water and labna V

Serves 4 | Prep 15 mins + cooling

Cook 15 mins

500g rhubarb, leaves and woody ends removed, chopped into neat 5cm lengths
juice and segments of 2-3 blood oranges, depending on their size

5 tbsp caster sugar

2 knobs of crystallised ginger, chopped

250g labna (see recipe, right)

1 tsp icing sugar

1-3 tsp orange flower water

flaked almonds or pistachios, toasted

1 Preheat the oven to 200C/fan 180C/gas 6. Lay the rhubarb lengths in a shallow ovenproof dish or roasting tin. Squeeze over the oranges, add the orange segments, sugar and crystallised ginger.

2 Roast for 15 minutes, until tender and retaining its shape (start checking after 10 minutes – you don't want the rhubarb to collapse into mush). Set aside to cool. Check for sweetness.

3 Fold the labna with the icing sugar. Add the orange flower water to taste.

4 Once the rhubarb is cold, spoon a layer of labna into the base of a glass. Top with a spoonful of rhubarb. Repeat the process. Serve topped with toasted flaked almonds or pistachios.

© EAT PICTURES



COOK'S TIP Orange flower water is widely used in Middle Eastern and North African cooking. It's sold in many supermarkets in the baking section. If blood oranges aren't available just use regular oranges, the taste will still be great but the colour won't be as vivid.

■ PER SERVING 305 cal, fat 5g, sat fat 1g, carbs 56.5g, sugars 56g, protein 10g, salt 0.3g, fibre 5.5g

Ask Rachel...

YOUR CULINARY DILEMMAS AND KITCHEN QUANDARIES ANSWERED

Jerusalem artichokes

I've spotted Jerusalem artichokes at my local farmers' market, but what can I do with them?

Jerusalem artichokes come from North America (not Jerusalem!) and were originally cultivated by Native Americans, but they are a member of the sunflower family, so the name may come from the Italian word *girasole* (sunflower).

They have a delicious nutty flavour and make a lovely creamy white soup and are also excellent roasted or cooked in a pan with onion, garlic and tomato.

Modern varieties, such as Fusseau, are

much smoother and less knobbly, making them easier to peel.

Jerusalem artichokes are easy to grow at home too. They are fine, large plants with small sunflower-like yellow flowers. The challenge is to stop them spreading, as a new plant will grow from the smallest piece of artichoke left in the ground. They are totally frost hardy, so are best left in the ground and dug up when needed.

This vegetable does have a reputation for causing wind, however. I find that parboiling them first and then discarding the water helps, but other people say that eating them raw or adding a bay leaf to the cooking water also reduces the effects.

LABNA

Labna is strained yogurt which has the consistency of cream cheese.

500g plain soya yogurt

1 Cut a large piece of muslin the size of a tea towel – or just use a clean tea towel. You will also need some string to tie up the muslin and somewhere to hang the muslin over a bowl.

2 Spoon the yogurt into the middle of the muslin, gather up the sides, and tie it tightly with string. Hang the muslin over a bowl to catch the liquid. Leave for 8 hours.

3 Untie the muslin and scoop out the labna into a bowl. When strained, you will end up with approximately 250g of labna.

ESSENTIAL TIPS...

HOW TO SEGMENT AN ORANGE

- Take a small sharp knife and carefully slice off the top and bottom of the oranges.
- Let one orange stand on its flat bottom and hold it still. Look for where the pith meets the orange flesh and cut down the orange to remove the skin and all the pith, continuing until the orange is fully peeled.
- To catch all the juices, hold the orange carefully in your hand over a bowl and line up your knife to one side of one of the lines, which show you where the segments are. Cut just up to the middle of the orange, not all the way through.
- Repeat this around the orange, holding the 'pages' of orange segment back with your thumb as if they are pages of a book as you go round the fruit. Be really careful when cutting your final segments.



© EAT PICTURES

Happy days



Prepare to be transported to 1950s America with three fabulous diner-style classics with a modern vegetarian twist, from Celine Steen and Joni Marie Newman. Just add a side order of fries...

Sweet potato Po' Boys **V**

Now a true Po' Boy would be a foot long, so these are considered 'shorties', and if you decide to use the highly recommended pile of sweet peppercorn coleslaw, well, then, you can consider your Po' Boy 'dressed'.

Makes 4 sandwiches | Prep 30 mins

Cook 30 mins

1 large sweet potato

For the fennel marmalade:

2 tbsp olive oil

1 bulb fennel, julienned, leaves reserved

2 cloves garlic, thinly sliced

2 shallots, thinly sliced

pinch of salt

2 tbsp agave nectar

For the aioli:

75g vegan mayonnaise

½ tsp Old Bay seasoning (see right)

1 tbsp chopped fennel leaves (reserved from the bulb above)

1 tsp minced garlic

vegetable oil, for frying

120ml plain soya milk or other non-dairy milk

62g plain flour

14g cornflakes, crushed

1 tsp Old Bay seasoning (see below)

¼ tsp cayenne pepper

4 French rolls

sweet peppercorn coleslaw (see recipe, opposite)

1 Preheat the oven to 200C/fan 180C/gas 6. Line a baking sheet with parchment paper or a silicone baking mat.

2 Slice the sweet potato into thin rounds, about 6mm thick. You can peel them if you choose, but we like ours with the skin on. Spread on the prepared baking sheet. Bake for 20 minutes. Remove from the oven and allow to cool.

3 To make the fennel marmalade, while the potatoes are cooking, add the olive oil to a pan and heat over low heat. Add the fennel, garlic, shallots, and salt. Slowly cook until very soft and tender, and just beginning to caramelize, about 15 minutes, stirring occasionally. Add the agave and toss to coat. Crank up the heat and cook for about 5 more minutes, stirring constantly, until caramelised, sticky and browned. Remove

from the heat and set aside.

4 To make the aioli, whisk all the ingredients together in a bowl. Keep refrigerated until ready to use.

5 Preheat the oil to 180C/fan 160C/gas 4. Place the milk in a shallow dish. Add the flour, cornflakes, Old Bay seasoning, and cayenne to a resealable plastic bag and shake to combine. Dip 1 sweet potato round into the milk to coat and then add it to the bag. Repeat until you have about 5 rounds in the bag. Shake to coat the potatoes with the flour mixture.

OLD BAY SEASONING

It's possible to find Old Bay seasoning in specialist US shops (e.g. www.americansweets.co.uk), however it's also regularly available to buy from Amazon and numerous sellers on eBay (UK and US). If you'd prefer to make your own, there are a number of recipes online that can be found with a quick search.



FOOD PHOTOGRAPHY: CELINE STEEN

SWEET POTATO PO' BOYS



6 Carefully add the coated potatoes to the hot oil and cook for 2-3 minutes, flipping halfway through, until golden and crispy. Transfer to a plate lined with paper towels to absorb the excess oil. Repeat until all the potatoes are fried.

7 Spread a layer of aioli on each half of the French roll. Pile a quarter of the sweet potatoes on the bottom half of the roll, top with a quarter of the marmalade, and add a heaping pile of the coleslaw. Repeat with the remaining 3 rolls. Serve immediately.

COOK'S TIP As always, a deep fryer works best here, but if you don't have one, a pot filled with about 2.5cm of oil will work just fine.

■ PER SERVING 752 cals, fat 44g, sat fat 6g, carbs 79g, sugars 27.5g, protein 11.5g, salt 3.3g, fibre 9g

Sweet peppercorn coleslaw V

This coleslaw takes the sweet potato Po' Boys to a whole new level.

Serves 8

For the slaw:

- ½ head green cabbage, shredded
- 162g shredded carrots
- 80g raisins or dried cranberries (optional)

For the dressing:

- 120ml plain soya milk
- 2 tbsp freshly squeezed lemon juice
- 112g vegan mayonnaise
- 1 tbsp black peppercorns, coarsely ground or cracked
- 1 tbsp chopped fresh fennel leaf
- 1 tbsp evaporated cane juice or granulated sugar
- salt, to taste

1 To make the slaw, toss together the slaw ingredients in a large mixing bowl.

2 To make the dressing, add the soya milk to a small mixing bowl. Stir in the lemon juice and let sit for a few minutes. It will curdle and become like buttermilk. Whisk in the remaining ingredients.

3 Toss the slaw with the dressing and serve immediately.

COOK'S TIP You can make this ahead of time, but if you do, keep the dressing separate and toss together just before serving.



TEMPEHITAN BURGERS

Tempehitan burgers V

These quirky, protein-filled patties contain both tempeh and seitan to join forces in keeping your muscles well nourished and your taste buds doing a tap dance.

Makes 8 burgers

Prep 20 mins + standing

Cook 25 mins

227g tempeh

64g tahini

80g orange marmalade (preferably not bitter) or mango chutney

2 tbsp peanut oil

2 tsp granulated onion

1 clove garlic, minced

2 tsp garam masala

1 tsp ground coriander

½ tsp red pepper flakes

½ tsp fine sea salt

72g vital wheat gluten flour

60ml vegetable stock

6 tbsp plain flour, as needed
vegetable oil, for pan-frying

1 Crumble the tempeh into small pieces and place in a large bowl. Stir in the tahini, marmalade, oil, onion, garlic, garam masala, coriander, red pepper flakes and salt.

2 Stir in the wheat gluten. Add the stock and knead in as much plain flour as needed just so that the preparation isn't overly sticky; it depends on the consistency of both the tahini paste and the marmalade. Let stand for 15 minutes to let the gluten develop.

3 Divide the mixture into 8 equal portions of approximately 70g each.

4 Coat a frying pan with oil and pan-fry for 6 minutes on each side over medium-low heat, or until golden brown and fully cooked.

COOK'S TIP If you want them larger, divide the preparation into 4 or 6 instead of 8. In this case, consider





SLOPPY JO-NIS

baking them in a 180C/fan 160C/gas 4 oven for 15 minutes to make sure they are fully cooked. Flip them halfway through, and then pan-fry them until golden brown.

■ PER SERVING 338 cal, fat 20g, sat fat 2.5g, carbs 32.5g, sugars 7.5g, protein 7g, salt 0.5g, fibre 2g

Sloppy Jo-nis

Weeknight meals made easy, thanks to the use of the versatile TVP and everybody's favourite condiment... ketchup! You can replace the ketchup with barbecue sauce for a tangy twist.

Serves 4

Prep 10 mins + standing

Cook 10 mins

- 96g TVP granules
- 235ml vegetable stock
- 60ml vegetable oil
- 40g finely diced onion
- 40g finely diced green pepper
- 4 cloves garlic, minced
- 1 tbsp mustard
- 204g ketchup

- 1 tbsp brown sauce
- 1 tbsp packed brown sugar (optional)
- salt and pepper, to taste
- 4 hamburger buns

1 Reconstitute the TVP in the stock. To do this, either place the TVP and stock in a microwave-safe bowl, cover tightly with cling film, and microwave on High for 5–6 minutes or pour the boiling stock over the TVP, cover, and let stand for 10 minutes. The TVP will absorb all of the liquid.

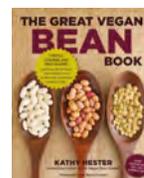
2 In a frying pan, heat the oil over medium-high heat. Add the onion and pepper. Sauté for about 3 minutes.

3 Add the garlic and sauté for about 2 minutes longer.

4 Reduce the heat to low and add the reconstituted TVP, mustard, ketchup, brown sauce and brown sugar. Stir to coat, and heat through. Season with salt and pepper to taste.

5 Serve piled sloppily on to the hamburger buns.

■ PER SERVING 325 cal, fat 19g, sat fat 2g, carbs 25.5g, sugars 21g, protein 12g, salt 3.1g, fibre 6g



BOOK BONANZA!

Two winners will each receive a fantastic bundle of four vegan cookbooks from Fair Winds Press. See page 72 for full details.



Adapted recipes and images from *Home-Cooked Vegan Comfort Food* by Celine Steen and Joni Marie Newman (Fair Winds Press, £12.99).

Wrap up warm as the icy weather bites, with Alice Gunn's ethical winter essentials.

The big chill



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READER OFFER



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www.izzylane.com





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www.fashion-conscience.com



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60 seconds with Safia Minney, founder of People Tree



Why Fairtrade?

Fairtrade guarantees people who make the products you eat and wear are made with respect to people and the environment. I've seen lots of forms of charity and Fairtrade has a remarkable and empowering effect on people and their communities.

Why organic?

Organic farming supports farmers' economic independence, helps promote indigenous non-GMO seeds, healthy soil and protect our planet from dozens of vile, banned chemicals.

What is your most current campaign?

People Tree is proving that a new way of doing style and clothing is possible. Using craft skills, organic and natural fibres and fabrics, we have gorgeous designer collaborations for spring/summer 2014 with Orla Kiely and many others too.

What's the connection between the ethical consumerism of vegetarianism and the ethics advocated by your company?

I think being a vegetarian gives people a different perspective about stewardship of our planet and its resources. You feel a humility and sense of appreciation of the natural world. My kids are still veggie at 17 and 20 – it's quite remarkable.

Are you making a change for good?

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PHOTOGRAPH: TARA FISHER

Sprinkle a little love...

Give your loved one a special homemade gift this Valentine's Day, with Annie Rigg's pretty heart-shaped chocolates.

Valentine hearts

I adore these chocolate hearts, and what makes them even better in my book is that they are so easy to make, they barely require a recipe.

You will, however, need to be snappy and catch the chocolate at the right moment: if you try to pipe it before it's firm enough, it will simply spread too much to hold a heart shape; and if it's too firm, it will be impossible to squeeze it out of the piping bag. Which is the very reason that I suggest making small quantities at a time.

Makes 6 | Prep 10 mins

100-150g brightly coloured cake decorating sprinkles
200g dark chocolate, finely chopped

- 1** Scatter the sprinkles in an even layer on to a parchment-covered baking tray. Fit a disposable piping bag with a small star-shaped nozzle.
- 2** Tip the chocolate into a heatproof bowl and place over a pan of barely simmering water, making sure the bottom of the bowl doesn't touch the water. Melt the chocolate, stirring until smooth, and then remove

the bowl from the pan. Leave the chocolate to cool and thicken, stirring frequently until it will just hold a ribbon trail, at which point you will need to move quickly.

- 3** Spoon the chocolate into the prepared piping bag and pipe heart shapes directly on top of the sprinkles. Leave until set firm, then thread each heart with coloured ribbon.

COOK'S TIP You can re-use any leftover sprinkles either for cake decorating or to make more chocolate hearts. The hearts will keep for up to 3 weeks in an airtight box in a cool place.

govegan

V Check your sprinkles and chocolate are suitable for vegans!



Adapted recipe from *Sweet Things* by Annie Rigg (Kyle Books, £16.99).

Fancy a slice?

Food writer and healthy cooking advocate Dunja Gulin tempts us with her delicious dairy-free traybake recipes – perfect for lunchboxes or an after-school treat.





Oat bars filled with jam ✓

Home-baked bars are so easy to make and you'll be very grateful to find them in your cupboard whenever you crave sweets or need a takeaway breakfast or healthy snack. Use any syrup you have available: agave, rice, maple, apple, date – they all work well in this recipe.

Makes 12 | Prep 10 mins | Cook 20 mins

300g rolled oats
130g unbleached spelt flour
½ tsp bourbon vanilla powder
½ tsp ground cinnamon
1 tsp baking powder
½ tsp salt
170g brown rice syrup (see above)
130g coconut or sunflower oil
90g naturally sweetened fruit jam

1 Preheat the oven to 180C/fan 160C/gas 4. Grease a 23 x 30cm baking pan.

2 Mix the oats, flour, vanilla powder, cinnamon, baking powder and salt in a mixing bowl, then add the syrup and oil and mix thoroughly with a wooden spoon.

3 Spoon half the dough into the prepared baking pan and press down evenly into the pan. Spread your choice of fruit preserve over the dough with a wet spatula, then spoon over the remaining dough, smoothing the top with a spatula.

4 Bake in the preheated oven for 20 minutes. Remove from the baking pan and allow to cool on a wire rack. Cut into squares to serve.

COOK'S TIP Refrigerated, they'll keep for 2 weeks in an airtight container, but it's more likely they'll be gone in 2 days! You could also try filling these



PHOTOGRAPHY: CLARE WINFIELD

with hazelnut or carob spread.

■ PER BAR 285 cal, fat 13.5g, sat fat 1.5g, carbs 38.5g, sugars 14g, protein 4g, salt 0.4g, fibre 2.5g

Yummy carob slices ✓

Carob is native to the Mediterranean region but can now be found in stores everywhere – as powder, syrup, drops, spread, etc. It is sometimes used as a cocoa substitute as it tastes similar but contains no caffeine. These slices are sweet and full of carob flavour, and most people who have never tasted carob before say that it was love at first bite!

Makes about 20
Prep 20 mins | Cook 30 mins

675ml plain soya milk
100g carob 'chocolate', finely chopped
2 tsp apple cider vinegar

195g brown rice syrup
150g sunflower oil
1 tbsp ground flaxseeds
415g unbleached plain flour
65g wholemeal flour
75g carob powder, for dusting
1½ tsp bicarbonate of soda
1½ tsp baking powder
½ tsp salt
¼ tsp bourbon vanilla powder

For the carob glaze:
3 tbsp cornflour
550ml non-dairy milk
170g carob syrup or pure maple syrup
180g carob powder
1 tsp agar powder or 2 tsp agar flakes

1 Preheat the oven to 180C/fan 160C/gas 4. Line a 40 x 28cm baking pan with parchment paper.

2 Heat 250ml of the milk in a large saucepan until hot but not boiling, then remove from the heat, add the carob 'chocolate' and allow to melt.

Traybakes

3 Mix together the remaining milk and the vinegar in a bowl and set aside for 2–3 minutes. Stir the melted carob until smooth, then add the vinegar mixture. Add the syrup, oil and flaxseeds and whisk until combined. Sift together the flours, carob powder, bicarbonate of soda, baking powder, salt and vanilla powder in a mixing bowl.

4 Slowly pour the wet ingredients into the sifted dry ingredients, mixing with a wooden spoon. Do not overmix but try to get a smooth mixture without too many lumps.

5 Spoon the cake mixture into the prepared baking pan and spread level with a spatula. Bake in the preheated oven for 30 minutes or until a skewer inserted in the middle comes out clean. Allow to cool completely in the pan.

6 For the carob glaze, mix the cornflour into 4 tablespoons of cold water. Put the milk, syrup, carob powder and agar in a saucepan and mix well. Bring to the boil, then lower the heat and simmer for a couple of minutes. Slowly add the cornflour mixture, whisking vigorously. Bring to the boil, then remove from the heat.

7 Pour the hot carob glaze over the cooled cake in the pan. Spread it with a spatula and allow to cool at room temperature for 1–2 hours. Dust with carob powder and cut into slices to serve.

■ PER SLICE 307 cal, fat 13g, sat fat 3.5g, carbs 39.5g, sugars 15.5g, protein 8g, salt 1g, fibre 4g

Raffaello slices **V**

These slices are a coconut-lover's heaven; they are creamy and rich, and the fluffy vanilla-flavoured frosting topped with loads of coconut and combined with a slightly crunchy base makes you wish for another portion, and another, and another...

Makes about 24

Prep 25 mins | Cook 10 mins

130g unbleached plain flour
2 tbsp cornflour
1 tsp baking powder
pinch of salt
pinch of ground turmeric
55g desiccated coconut
100g sunflower oil
180g brown rice syrup
2 tbsp plain soya milk
½ tsp vanilla extract
1 tsp lemon juice or apple cider vinegar



For the frosting:

5 tbsp cornflour
365ml vanilla-flavoured soya milk
100g raw brown sugar, plus 2 tbsp
¼ tsp vanilla bourbon powder
pinch of ground turmeric
100g margarine, at room temperature
55g desiccated coconut, lightly toasted

1 Preheat the oven to 160C/fan 140C/gas 3. Oil a 24 x 17cm baking pan.
2 Sift together the flour, cornflour and baking powder in a mixing bowl, then mix in the salt, turmeric and coconut.
3 In a separate bowl, mix the oil, syrup, milk, vanilla extract and lemon juice or vinegar. Pour into the bowl of dry ingredients and mix gently with a spatula until combined.
4 Spoon the mixture evenly into the prepared baking pan, pressing it down lightly. This mixture is thicker than you might expect – it slightly resembles moist cookie dough. Put it in the preheated oven and check it after 10 minutes and every couple of minutes thereafter. Remove it from the oven as soon as you see a slight change in colour. If you wait until it gets golden brown, you might end up with a tasty but quite hard base that will be difficult to eat with a fork. When

it is ready, remove it from the oven, allow it to cool for a couple of minutes, then cover it with cling film to keep it soft. Allow to cool completely.

5 For the frosting, mix the cornflour into 120ml of the milk, then stir in the 2 tablespoons of sugar, the vanilla powder and turmeric. Heat the remaining milk in a saucepan until boiling, then remove from the heat and slowly add the cornflour mixture, whisking vigorously. Put back over low heat and whisk for a minute until the sticky cream starts bubbling. Remove from the heat, allow to cool completely and whisk until smooth again.

6 Very finely grind the remaining sugar in a spice mill or food processor. In a bowl, beat the margarine with an electric whisk until soft. Gradually add the powdered sugar and beat until light and fluffy. Now add the vanilla cream, gently mixing with a spatula to get an even, smooth frosting.

7 Spread the frosting evenly over the cooled base. Sprinkle the coconut over it to cover completely. Wrap in foil and refrigerate for a couple of hours before cutting into slices, to serve.

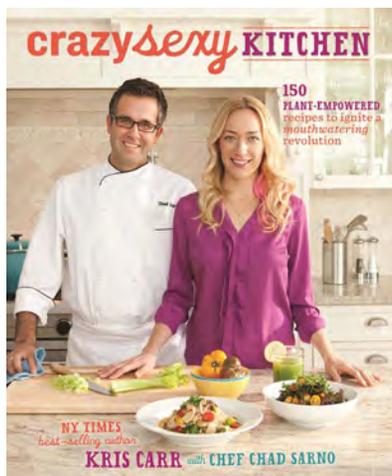
■ PER SLICE 199 cal, fat 10.5g, sat fat 3.5g, carbs 25g, sugars 13g, protein 1.5g, salt 0.3g, fibre 1.5g

Images and adapted recipes from *The Vegan Baker* by Dunja Gulin (Ryland Peters & Small, £16.99).



TEATIME TREATS

Buy *The Vegan Baker* for the special price of £14.99. See page 73 for further details.



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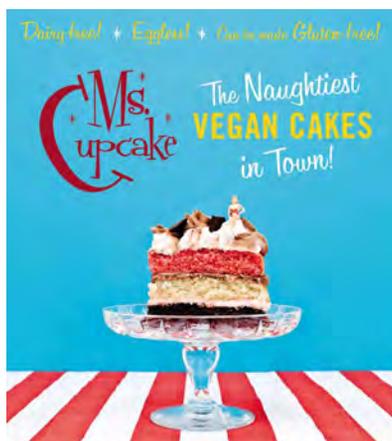
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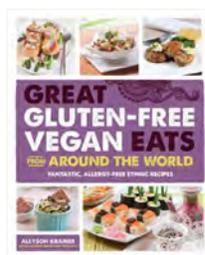
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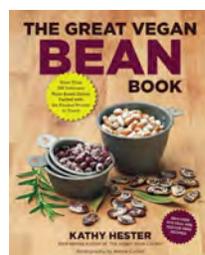
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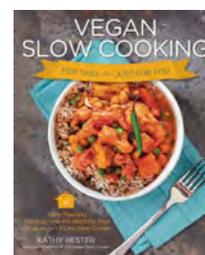
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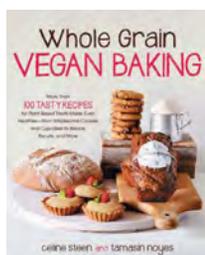
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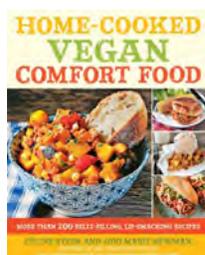
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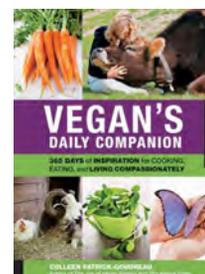
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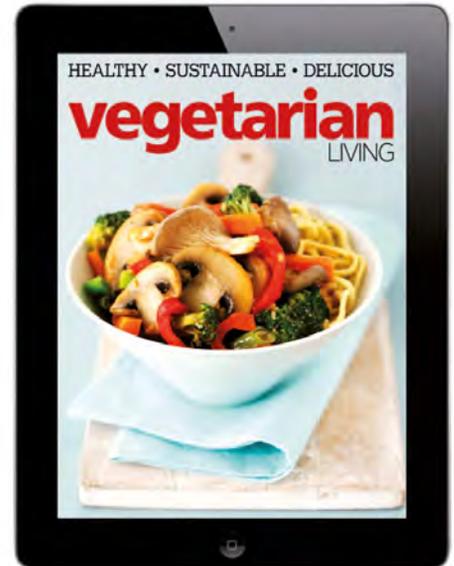
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'My friends always tell me I'm a great cook, but how can I share my recipes with other people and find out what they think?'

'Where can I read about the latest green issues and find out about new eco-friendly products?'



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A gentler pace of life



Tor and Kev

Living on Britain's inland waterways is an increasingly popular pursuit thanks to the freedom and sustainable lifestyle it offers, as two dedicated narrowboaters set out to share the experience with everyone.

Midlands-based company Float by Boat delivers a unique escape from the hustle and bustle of daily life along the beautiful canals of rural Warwickshire, teaming up the peace and pace of narrowboating with meditation, sustainable living and hearty, home-cooked vegetarian food. 'We set up Float by Boat as a way of living simply, peacefully and gently. Inviting others to come and share it with us is something we both love,' says Victoria 'Tor' Johnson.

Tor, together with Kev Argent - who met over mutual interests in spirituality, narrowboats and heavy metal music while working for the same coach and bus company - run a programme of weekend breaks from March to October aboard their 69-foot narrowboat, lovingly named Spirited Away.

'Kev had been living on a narrowboat for a couple of years and that's how we first got talking,' says Tor. 'I knew I wanted to leave the corporate world and live in a more retreat-like way, and was also looking to buy my own narrowboat to live on.'

'While we were travelling together in Nepal, I woke up one morning having

decided to combine all my aspirations and run meditation holidays from a narrowboat. Within a month I'd written a business plan and secured a loan.'

Reflection and food

The boat can be chartered for a day trip or meal afloat, a weekend cruise or waterways holiday, and sleeps six people and the crew across three cabins, with two toilet and shower rooms. Tor is the host and cook, while Kev skippers and maintains Spirited Away, which cruises at a top speed of 3 mph. The couple also take care of all chores, leaving guests to learn boat-handling skills or simply relax and enjoy the countryside.

A lot of time and thought goes into the meals that Tor prepares, as everything is made from fresh ingredients which are locally sourced - and foraged at every opportunity - when possible. 'Freshly baked breads and cakes, made most days, are favourites with guests,' says Tor. 'The main meals take their inspiration from around the globe, using fresh herbs grown on the roof and rich spices. I want the food to taste



‘There’s something very restorative and healing about the waterways’

great and also be nourishing, so my favourite dishes are often things that taste naughty but are made up of wholesome, balanced ingredients.’

Of course, other dietary preferences are also catered for: ‘I’m getting particularly good at vegan, dairy-free, wheat-free and sugar-free recipes.’

A greener life

The narrowboat life is much closer to being off-grid than land dwelling, which is why it appeals to many people with strong interests in environmental and energy conservation, as Tor explains: ‘By its very nature, you need all of the necessary fuel and resources on board the boat. Electricity and hot water are a by-product of chugging along the canals, and any extra power needed comes from two solar panels on the roof.’

‘The boat is heated with waste wood donated by friends, family and contacts. All waste has to be carried off the boat by hand – or in the case of the toilet pumped. In short, it feels like this way of life is much closer to the resources humans rely on every day. We can’t just flick a switch or press a button; we’re connected to the process itself. This means that we’re much more aware of what is being used and where it comes from.’

A typical two-night getaway is £150 per person, with fully catered food, plentiful tea and cake, local collections from bus, train or car park, optional meditation sessions and canal cruising.

After a successful year, Tor sees a lot of potential for development: ‘At the moment we’re looking for experts to work with us in providing special trips for nature conservation, foraging, writing, crafts, photography, yoga, hiking, holistic practices, bird watching, star gazing and other pursuits that lend themselves to the Float by Boat atmosphere.’

‘It’s all step-by-step, but eventually we’d love to use it for community and social projects too. It’d be great to offer the space to people who would really benefit from slowing down and getting closer to nature. There’s something very restorative and healing about the waterways.’

● For more details on Float by Boat canal breaks, visit www.floatbyboat.co.uk.



Tor cutting herbs for lunch

Competitions

WIN A VARIETY OF EXCELLENT PRIZES

Design Restaurants membership

We have two year-long memberships to Design Restaurants to give away (worth £90 each). (page 11)

Lasagna BIO-Vegan kits

Five readers can each win one of Gilberto Argini's lasagne kits. (page 12)

Nutrichef Rainbow Diet

One reader can win a three-day Nutrichef plan (worth £75), plus two runners-up will each receive a box of Nutrichef Vegan Flapjacks, worth £18. (page 12)

Jazzy Vegetarian Classics

Win a copy of *Jazzy Vegetarian Classics* by Laura Theodore (Benbella, £16.64). We have two to give away. (page 14)

Amico Bio

Amico Bio are offering one lucky reader, plus guest, a three-course meal and a bottle of house wine at their Barbican restaurant in London. A reservation must be made in

advance, avoiding special dates like Mother's Day and the prize needs to be taken by 1 September 2014. (page 14)

Tribest Soyabella Milk Maker

We have two Soyabella Milk Makers from Tribest to give away (worth £109.95 each). (page 15)

World Food Café: Vegetarian Bible

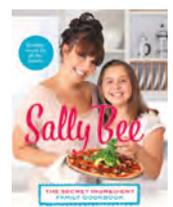
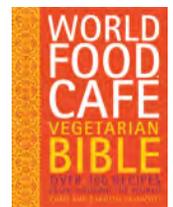
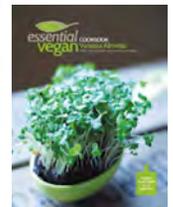
Win one of five copies of *World Food Café: Vegetarian Bible* by Chris and Carolyn Caldicott (Frances Lincoln, £20). (page 36)

Essential Vegan Cookbook

Five readers can each win a copy of *Essential Vegan Cookbook* by Vanessa Almeida (£9). (page 40)

The Secret Ingredient: Family Cookbook

We have three copies of *The Secret Ingredient: Family Cookbook* by Sally Bee (HarperCollins, £14.99) to give away. (page 51)



Fair Winds Press vegan cookbook collection

Two winners will each receive a fantastic bundle of four vegan cookbooks, with each bundle including *Home-Cooked Vegan Comfort Food*, *Fusion Food in the Vegan Kitchen*, *Vegan Slow Cooking for Two or Just for You* and *The Great Vegan Bean Book*. (page 59)

Eco Vegan Shoes

Five winners will each receive up to the value of £80 to spend on any pair of shoes from Eco Vegan Shoes. (Choice of shoes or boots is subject to availability.) (page 60)

The Edible Garden Show

We have 10 pairs of tickets to give away to the three-day Edible Garden Show at Alexandra Palace, London. (page 83)



WIN! A LUXURY OVERNIGHT STAY AT SENSPA

WORTH OVER £500!

One lucky winner and their guest will be heading down to the beautiful New Forest in Hampshire to enjoy a pampering spa break at award-winning Thai-inspired SenSpa, based at the Careys Manor Hotel (www.careysmanor.com).

On arrival you will be shown to one of the hotel's superior Oakwood Garden Rooms where a complimentary bottle of sparkling vegetarian wine and bowl of fresh fruit will await. You will then be free to use the fantastic facilities which include a hydrotherapy pool, ozone swimming pool, herbal sauna, crystal steam room, experience showers and ice room.

For dinner you will be treated to a three-course meal of your choice in one of the hotel's three on-site restaurants, which all offer vegetarian options and focus on the use of fresh,

free-range, organic and local ingredients.

After breakfast the following day you will be able to enjoy use of the facilities again, as well as each indulging in a 45-minute massage from the spa's expert therapists.

Before heading off, our winners will have a delicious two-course Thai lunch at the hotel's Zen Garden Restaurant, and upon checkout will receive a goody bag containing a selection of products from the new SenSpa Natural Body therapy range, which are all suitable for vegetarians.

TERMS & CONDITIONS

The prize is valid for 12 months and will be presented in the form of a voucher. Stays are valid Sunday to Thursday, subject to availability and exclude all public holidays. Any additional extras to be settled on departure.



Living Wall pocket planters

Three readers can each win a Living Wall three-pocket planter and a six-pocket planter. (page 84)

Vegetarian Guides

Win a copy of *Vegetarian Paris*, worth £9.95. We have five to give away. (page 90)

HOW TO ENTER

Email your name, address and telephone number to comp@vegmag.co.uk with 'Name of competition' (e.g. 'SenSpa spa break') in the subject box, or post your details to 'Name of competition', *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH. Competitions end midday 19 February 2014.



Reader offers

EXCLUSIVE OFFERS FOR VEGETARIAN LIVING READERS

Design Restaurants

Get a one-year membership at Design Restaurants for just £60 (normally £90) when taken out during the months of February and March. Call 01276 850581 and quote 'Veg Living Valentine Offer'. (page 11)

Tribest health appliances

Get 25% off the entire range of Tribest health appliances at www.tribest.co.uk. Enter the code 'VEG25' at the online checkout. Valid until 15 March 2014. (page 15)

The Vegan Baker

Buy *The Vegan Baker* by Dunja Gulin (Ryland Peters & Small, £16.99) for the special price of £14.99, including p&p. Call 01256 302699 and quote reference 'GLR 7YR'. (page 66)



COMPETITION TERMS & CONDITIONS

Competitions are only open to UK residents who are *Vegetarian Living* readers and/or visitors to the *Vegetarian Living* website unless otherwise stated. Competitions are not open to employees of Select Publisher Services (or members of their families), affiliated companies or those associated with these competitions. Prizes are as offered and are non-transferable, non-refundable, non-changeable. No cash alternatives are available. Only one entry is permitted per person and the editor's decision is final. Entries end midday 19 February 2014 (unless otherwise stated) and entries received after the closing date of the promotion will not be considered. No responsibility is taken for entries lost or delayed, by way of post or technical errors including malfunctions via the website. The winner will be drawn at random and the editor's decision is final. No correspondence will be entered into. By entering, you confirm that we may make any use of your entry as we require, including publishing it on the magazine or website. The winner will be notified within 28 days of the closing date. Unless specified otherwise, if a prize remains unclaimed for six months it will not be awarded, provided reasonable attempts have been made to contact the winner using the contact details supplied.

Please indicate on your entry if you don't want to receive information about the competition or other *Vegetarian Living* promotions. *Vegetarian Living* will only share this address with its sister publications and carefully selected partners.

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*Spring is in the air...
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Dinner for one

If you're dining alone there's no reason why you can't eat well, as Sarah Beattie shows with her quick and easy recipes just for one.

There comes a time in most people's lives when they have to live alone. Whether it's by choice or forced by circumstance, cooking for one presents its own pleasures and problems.

I'll own up here: I'm not very good at being on my own and my normal culinary reaction when my significant other goes off on tour is to just stop making meals. Partly this is because I'm miserable (all say 'Aww!') and partly it's because I lack motivation. Cooking is a performance art: if you are the only audience, it can feel a bit self-indulgent. By the end of the first week, however, after the

novelty of not cooking has worn off, I start to feel ready to treat myself to something 'proper' to eat. I want food that I'll really enjoy again.

If you are eating alone, make the most of your single status – small packs of luxury ingredients like wild mushrooms, baby pattypan squash or asparagus tips won't stretch very far if you're cooking for four, but are perfect if you're on your own. A bunch of watercress, a bag of baby spinach or rocket can be salad one day and soup or stir-fry the next. But don't be bullied by BOGOF deals – it's not a bargain if you can't use all of it.

A small freezing compartment can be really useful. Some farm shops now offer unbagged frozen vegetables or berries so you can buy as much (or as little) as you want. You need an insulated bag to take them home, though, otherwise small quantities defrost too quickly.

Try to use smaller pans and baking tins – if you use a big pan for a small amount, the food can dry out too quickly. Divided pans in which you can cook things separately but on one burner are handy – look in charity shops: they seem to have been popular in the 50s and 60s.

This month, when everything seems to be about loved-up couples, take the time to love yourself and make something special just for you.

Red bean empanada

A crisp corn shell and spicy earthy beans are set off with a tangy salsa.

Serves 1 | Prep 10 mins | Cook 4 mins

1 tsp oil or a small knob of vegan margarine
1 clove garlic, crushed
pinch of chilli flakes or a little fresh chopped chilli
¼ tsp cumin seeds
200g can red kidney beans, drained (see opposite)
oil
1 soft corn tortilla (see opposite)
a few slices vegan 'mozzarella' (e.g. Redwood Cheezly)

For the salsa:

½ avocado, diced (see opposite)
2 small tomatoes, chopped
a few coriander leaves, chopped
juice of ¼ lime
salt and pepper

1 Heat the oil or margarine in a small pan. Add half the garlic, the chilli flakes, cumin seeds and beans. Mash roughly over a low heat just to break the beans up.

2 Cover the base of a frying pan with oil and when it's hot, fry the tortilla on one side until golden. Flip over. Put the 'mozzarella' on one half of the tortilla and cover with the beans.

3 Fold the tortilla over to make a half moon

SARAH BEATTIE

is the author of six cookbooks and a *Vegetarian Living* regular. She has been vegetarian since she was 17 and revels in the pleasure of good food through the alchemy of cooking. She has appeared on *BBC Food & Drink*, *This Morning* and *Woman's Hour* and was shortlisted for the prestigious Guild of Food Writers Cookery Journalist of the Year award in 2013.



and, using your spatula, press the edges together. When the underside is golden, carefully turn over and cook the other side.

4 While the empanada is cooking, quickly mix the salsa ingredients with the remaining half of garlic. Season well. Serve the empanada hot, with the salsa.

■ PER SERVING 572 cals, fat 28g, sat fat 7g, carbs 62.5g, sugars 11.5g, protein 23g, salt 3.8g, fibre 17.5g

Save & store

- You can buy small cans of kidney beans, but if you get a standard 400g tin, keep the other half in a covered container in the fridge and use the next day in a chilli or similar.
- After you've opened the packet of tortillas, freeze the leftovers interleaved with greaseproof or baking paper. That way you can take a single tortilla easily from the frozen stack.
- When you cut the avocado in half, leave the stone in the half you are not using and brush the surface with a little lime juice, to prevent discoloration. Use up the next day.



RED BEAN EMPANADA

Leek and mushroom thermidore

Serves 1 | Prep 5 mins | Cook 8 mins

oil

- 1 clove garlic, crushed
- 1 small leek, cleaned and diced
- 4 button mushrooms, sliced
- 1 cold baked potato (see below)
- 1 tbsp vegan brandy (optional)
- 1 heaped tbsp soya cream
- ½ tsp Dijon-type wholegrain mustard
- ½ tsp vegan margarine

1 Preheat the grill. Heat some oil for deep-frying. Heat a couple of teaspoons of oil in a small pan and fry the garlic, leek and mushroom until softening.

2 Cut the potato in half lengthwise and scoop out the flesh. Deep-fry the potato skins in the oil until crisp. Drain on paper towels.

3 Add the brandy to the leek mixture, if using, and cook until it has evaporated. Stir in the soya cream and mustard. Season.

4 Mash the potato flesh with the margarine. Fill the crisp skins with the



LEEK AND MUSHROOM THERMIDORE

leek mixture and top each one with the mashed potato.

5 Arrange the potatoes in a gratin dish and grill until nicely browned. Serve with a fresh leafy salad or some halved grilled tomatoes.

■ PER SERVING 565 cals, fat 37.5g, sat fat 6g, carbs 39.5g, sugars 4.5g, protein 8g, salt 0.5g, fibre 7g

Save & store

- If you bake two potatoes when you're cooking dinner the previous night, you can eat one and leave the other to cool to make this creamy thermidore the following day.



Jerk patty ✓*

You can use commercially available jerk sauce, but it's simple and quick to make your own. I served my patty with crushed sweet potato cut into little chunks and roasted in a small covered casserole with grated garlic, ginger, pepper and oil. I also stir-fried some callaloo, but you could use any leafy green vegetable, or frozen peas or beans to accompany it.

Serves 1 | Prep 10 mins | Cook 15 mins

For the jerk sauce:

- 5 allspice berries
- 5 black peppercorns
- ¼ tsp coriander seed
- good pinch of chilli flakes
- good pinch of salt
- 1 clove garlic, crushed
- ½ small chilli, chopped
- 1 tbsp vinegar
- 1 tbsp golden syrup
- ½ tbsp muscovado sugar
- ½ tbsp chopped coriander

- 1 large flat mushroom
- 1 tbsp ground almonds
- 1 small onion, peeled and grated
- 50g puff pastry (see below)

- 1** Preheat the grill. Grind together the allspice, peppercorns, coriander, chilli and salt. Put into a small pan with the rest of the jerk ingredients. Bring to the boil and boil hard for a minute.
- 2** Break off the mushroom stalk and shred it. Put it into the cup-side of the mushroom. Cover with half of the jerk sauce, spreading over the whole of the gills. Put the mushroom under the grill and cook for 3-5 minutes. The mushroom should be hot through and the sauce quite caramelised.
- 3** Preheat the oven to 200C/fan 180C/gas 6. Mix together the ground almonds and grated onion and fill the mushroom. Wrap the filled mushroom in the rolled out pastry and decorate with any trimmings. Brush with the grill pan juices.

- 4** Put the mushroom into the oven for 15 minutes, until the pastry is crisp and browned. Brush again with the grill pan juices and serve.

■ PER SERVING 438 cals, fat 27.5g, sat fat 6.5g, carbs 38.5g, sugars 17.5g, protein 10g, salt 2.5g, fibre 5.5g

freezeme

* Freeze the patties well-wrapped, either baked or unbaked.

Save & store

- This quantity of jerk sauce should leave you enough to have with grilled veggie bangers another day. Simply store the leftovers in a small, clean screw-topped jar in the fridge.
- You'll need a quarter of the pastry in a standard 200g pack, so roll it all out then cut into quarters and freeze the sheets you don't need, interleaved with greaseproof or baking paper. This way you can take out just one portion without having to thaw the whole lot.
- If you serve the patty with the sweet potato, blend and reheat any leftovers with coconut milk and vegetable stock for an easy soup.

Orzotto primavera

It's hard to cook a single portion of risotto, but this is simple. Orzo is grain-shaped pasta and makes a great quick alternative to risotto. 'Orzo' means 'barley' in Italian, but you'll also find the same pasta marketed as 'rizoni' ('big rice') or 'avoines' ('oats' in French).

Which vegetables you use are up to you. I used some lovely fresh baby carrots and some Burmese temple-shaped Romesco (a 'fractal' form of broccoli). The first new peas or tiny broad beans would be good too, as would fresh or frozen asparagus. You can vary the herbs as well - or substitute saffron or add a little chilli or lemon zest.

Serves 1 | Prep 5 mins | Cook 8 mins

½ tbsp pine nut kernels
 knob of vegan margarine
 2 spring onions, chopped
 1 small carrot, scrubbed and diced
 a few florets of broccoli, cut into bite-sized pieces
 50g orzo
 1 tbsp vegan white wine (optional - you could also use dry sherry)
 200ml vegetable stock (see below)
 salt and pepper
 1 tbsp chopped fresh herbs (I used parsley and chives)
 2 tbsp soya cream or soya yogurt

1 Dry-fry the pine nuts in a small pan, shaking frequently until they just begin to colour. Reserve.

2 Add the margarine to the pan and fry the spring onions, carrot and broccoli until just softening.

3 Add the orzo and stir to mix. Add the wine and cook until evaporated.

4 Add the stock and cook, stirring occasionally, for about 6 minutes until the pasta is tender and there is a creamy sauce.

5 Season and stir in the herbs and soya cream or yogurt. Serve topped with the pine nuts.

■ PER SERVING 530 cals, fat 22.5g, sat fat 4g, carbs 54g, sugars 17g, protein 21.5g, salt 4.2g, fibre 10g

Save & store

- Make the stock from a tub of granules, so you can use just what you need.



Spinach bolas

Bolas are Portuguese bread pies and this is a quick version for one, with a rather Greek-style filling. You can use whatever style of bread roll you fancy.

Serves 1 | Prep 5 mins | Cook 6 mins

1 bread roll
 large knob of vegan margarine
 1 clove garlic, peeled and sliced
 50g tofu, cut into strips (see page 78)
 50g spinach, shredded if fresh, or use frozen leaf (see page 78)
 salt, pepper and nutmeg
 1 cherry tomato, sliced

1 Preheat the oven to 200C/fan 180C/gas 6. Slice the top off the bread roll and carefully remove the crumb from the inside (see page 78), keeping the crust intact.

2 Melt the margarine in a small pan and use some of it to brush the insides of the bread roll (including the top). Put the roll and top into the oven for 3 minutes.

3 Fry the garlic and tofu in the remaining margarine until the garlic starts to colour. Add the spinach. Cook until the spinach is soft. Season with salt, pepper and a little nutmeg.

Singlesuppers

4 Fill the roll with the spinach mixture and tomato slices. Replace the top of the bread roll and return it to the oven to heat through – about 2–3 minutes. Serve with a salad.

■ PER SERVING 388 cals, fat 24g, sat fat 4.5g, carbs 32g, sugars 3g, protein 11.5g, salt 3.5g, fibre 2.5g

Save & store

- Any unused tofu can be stored in a bowl of clean water in the fridge for a couple of days. Or buy marinated pieces.
- You can buy frozen spinach in portions – it isn't just one big block – so you can take just a little out of the bag without having to defrost the whole lot.
- Use the insides of the bread roll for stuffing a pepper or mushroom mixed with onion and vegan cheese, or fry it for croutons for soup or salad.

Three-in-one puddings

When you're cooking for yourself, you rarely find the time to make a proper pudding, but here's a way of making almost three at once – chocolate shortbread stack, blueberry pudding, and clementine and apricot pudding.

Serves 1 (on three different occasions)

Prep 10 mins | Cook 12 mins

- 3 tbsp fine semolina
- 3 tbsp ground almonds
- 3 tsp sugar
- ¼ tsp baking powder
- 2 tbsp vegan margarine
- ¼ tsp vanilla paste
- 2 squares vegan chocolate
- 3 tbsp soya cream
- 1 tbsp apricot jam
- 1 clementine
- 1 tbsp dried blueberries
- 1 tbsp soya cream

1 Preheat the oven to 175C/fan 155C/gas 5. Grease 3 individual ramekins, pudding basins or small old tea cups.

2 Combine the semolina, almonds, sugar and baking powder. Rub in the margarine with the vanilla paste. Chop the chocolate.

3 Press a little of the mixture into the base of one of the ramekins or basins. Cover with a quarter of the chocolate. Cover with a little more mixture and another quarter of the chocolate. Finish with more of the crumbly mixture (you should have used about a third of the total amount).

4 To the remaining two-thirds of the mixture, add 1 tablespoon of soya cream. In a second ramekin or basin, spoon in half the apricot



SPINACH BOLUS



THREE-IN-ONE PUDDINGS

jam and cover with a slice of clementine. Add half the semolina mixture.

5 Add the dried blueberries to the remaining semolina mixture and spoon into the third ramekin or basin. Put all three puddings into the oven for 12 minutes.

6 While they are baking you can make the sauces. Warm the remaining apricot jam with the juice of the remaining clementine half, to serve with the clementine and apricot pudding. In a separate small pan, stir together the rest of the chopped chocolate

with 1 tablespoon of soya cream over a low heat, to serve with the chocolate shortbread stack. Serve plain soya cream with the blueberry pudding.

7 Allow the puddings to cool a little before unmoulding. Eat warm or cold.

■ PER SERVING 419 cals, fat 25g, sat fat 6g, carbs 42g, sugars 23g, protein 7.5g, salt 0.4g, fibre 3g

freezeme

 Allow to cool, then freeze the two remaining mini-puds in sealed plastic bags for another mealtime.

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COMPILED BY: KAREN HOLLOCKS

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Karen is passionate about preserving our fabulous planet. She loves seeking out the best and brightest eco-products, and as mum to a two-year-old, she's a big fan of ethical kids' clothes and natural products that give little ones the best start in life.



WHO IS FONCHO?

Foncho is the face of this year's Fairtrade Fortnight campaign. The moustachioed Columbian is a 43-year-old banana farmer whose livelihood depends on his bananas. Married with two teenage children, Foncho grows bananas on a small plot of land he inherited from his father, but the UK's cheap banana prices mean he and his fellow banana farmers do not earn what they should. Foncho's face will adorn marketing materials around the UK during Fairtrade Fortnight, and the man himself will be making the trip from Columbia to tell UK consumers first-hand how important fairtrading is to him and his family.



FEELING FRUITY

FAIRTRADE FORTNIGHT GOES BANANAS IN 2014

Bananas are the most popular fruit in the world, with over 5 billion sold here in the UK every year. However, just 1 in 3 of those bananas currently come with a guarantee that the people who picked and farmed them get a fair deal, so this year's Fairtrade Fortnight (24 February to 9 March) will see the launch of a campaign to change that.

It is the popularity of bananas that has, in fact, created problems for traders. As the banana market booms, so pressure has increased to keep prices low. In the last 10 years, the supermarket sector has halved the shelf price of loose bananas – but the cost of producing them has doubled. This translates to a raw deal for those at the end of the supply chain and, according to the Fairtrade Foundation, many banana farmers can't afford to put enough food on the table for their families, or afford basics such as education or healthcare.

For the duration of Fairtrade Fortnight and

beyond, the Fairtrade Foundation is asking banana-buying consumers to only purchase Fairtrade. Businesses will be asked to support the campaign, and individuals can show their support by visiting www.stickwithfoncho.org.uk and downloading action plans and information.

Michael Gidney, chief executive of the Fairtrade Foundation, said: 'After two decades of going against the tide to help farmers make a fair exchange for the fruits of their labour, millions of farmers and workers continue to struggle at the sharp end of unfair supply chains linked to some of our favourite products in 2014. That's just wrong.'

'What's more, despite being highly successful in many areas, Fairtrade products still represent less than 1 per cent of global trade in most categories. Our job is by no means done and we plan to tackle this trade injustice, commodity by commodity, starting with Britain's most popular fruit.'



ENERGY BOOST

ECOTRICITY TEAMS UP WITH CAFOD TO OFFER CONSUMERS A CLEANER, KINDER ENERGY CHOICE

Green energy company Ecotricity has teamed up with the Catholic aid agency CAFOD to offer potential customers an ethical incentive to make the switch.

For every new customer who changes their electricity to Ecotricity, the company will donate £40 to CAFOD and £60 if they switch their gas and electricity.

Mark Neveu, partnerships manager at Ecotricity, said: 'It's great to be working with CAFOD on this initiative. The link-up carries a double benefit: aiding CAFOD with their vital work helping some of the world's poorest communities, as well as encouraging more people to make the switch to green energy. One of the most significant things you can do to cut your carbon emissions is to switch to a green energy provider - and at Ecotricity we offer 100 per cent green energy for less than the standard Big Six electricity tariff in your region and the standard gas price from British Gas wherever you live.'

Ben Oldham, CAFOD's head of corporate partnerships, explained more: 'Ecotricity is a



great example of how we would like to see all businesses operate. They don't just supply green energy - they make it too - and are truly committed to a sustainable future for everyone. Part of CAFOD's vision is a world where people live harmoniously with the environment and taking advantage of this offer is a brilliant way for our supporters to do just that.'

As an extra incentive to switch, Ecotricity has also announced that it will freeze its fuel bills until April 2014. Ecotricity's donations to CAFOD can only be paid if new customers sign up via the link www.ecotricity.co.uk/cafod or by calling 08000 302302 and quoting 'CAFOD1'.

Fabulous fabrics

Organic homeware company Ochre and Ocre has added to its range of natural fabric products with a colourful new collection that will brighten up the home.

The Malvern collection is available in two colour themes - blue and yellow or grey and red. The range includes tea towels, aprons, tea cosies, oven gloves, tablecloths and serviettes, as well as two pretty lavender hearts that are ideal for gifts.

All are made with 100 per cent organic cotton and linen, and are produced to Oeko-tex standards, an international testing and certification system for textiles that limits the use of chemicals within the entire production chain.

To browse Ochre and Ocre's full range, visit www.ochreandocre.com.



KEEP IT CLEAN

Spring is just around the corner but before you roll up your sleeves and tackle the spring cleaning, arm yourself with these eco-friendly grime-busters...

Method Multi-Surface cleaner (pink grapefruit)

From: www.methodproducts.co.uk

Price: £3

With a fresh, fruity scent that's full of the promise of spring, Method's non-toxic multi-surface spray contains naturally derived, biodegradable cleaners made from corn and coconut. Also available in French lavender scent.



Ecover Cream Cleaner

From:

www.ecoverdirect.com

Price: £1.48

Ecover's cream cleaner offers an alternative to chemical products, with a gentle abrasive action that is ideal for tackling surfaces such as cookers and chrome. Made with natural products, it will leave no residue of unnecessary chemicals.



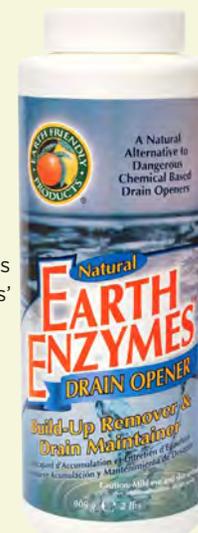
Earth Enzymes Drain Opener

From:

www.nigelsecostore.com

Price: £9.95

Granted, it's not the sexiest product we've ever covered in the pages of VL, but Earth Enzymes' enzyme-based drain unblocker promises a natural alternative to the highly toxic products we usually pour down our plugholes, and is a must-have for the eco-friendly cleaning cupboard.



FROM PLOT TO PLATE

GET SOWING, GROWING AND EATING FROM YOUR OWN VEG PATCH, WITH ALICE WHITEHEAD



With a green-fingered father and grandfather, it was inevitable that allotmenteer Alice Whitehead would follow in their muddy boot-prints. She has been growing her own and writing about it for more than 10 years.

Out & about

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH

6 February

Fruit tree pruning

Get expert tuition on winter pruning at Priorwood Garden, set in the ancient precinct of 12th-century Melrose Abbey, with demos on espalier, pyramid and fan training. www.nts.org.uk

8–16 February

Snowdrop Days

The first snowdrops will be bobbing their beautiful heads in UK gardens this month, and there's no better place to catch them than at the Chelsea Physic Garden's snowdrop trail and theatre. www.chelseaphysicgarden.co.uk

15 February

Seed propagation

Learn the basics of soil cultivation, composting and soil analysis on this one-day course at the Eden Project that's part of a series of eight. www.edenproject.com



STEP-BY-STEP

Tomatoes

One of the simplest things to grow but giving the most pleasure: get cracking with your tomatoes now to give them the long growing season they need.

- Start off indoor cordon tomatoes by planting one or two seeds to a module in a seed tray filled with peat-free compost.
- They need heat to germinate – at least 18C – so pop the pot inside a plastic bag and put the seeds on a warm windowsill or inside a propagator.
- Transplant into individual pots when they have two true leaves and keep warm (they are not frost hardy) or until the greenhouse remains above 0C at night. A good way to acclimatise them to cool greenhouse conditions is to put them inside a small plastic greenhouse or cold frame *inside* an unheated greenhouse, opening the vents and doors in the day and closing them at night.
- Once they've outgrown the pot, plant up into grow bags or 'long toms' and tie the main stem into a cane. During early summer you'll need to remove the side shoots that form between the main stem and the branches regularly so the energy is focused into fruit production on this stem.
- Water regularly each morning (they don't like cold feet at night), and feed every two weeks once the flower trusses start to form.



BUY IT

Cherry tomato 'Gardener's Delight' (www.thompson-morgan.com) is popular and easy to grow, but there are hundreds of other varieties, from yellow 'Clementine' and gigantic 'Beefsteak' (www.organiccatalogue.com) to heirlooms 'Black Icicle' or 'Red Grape Sugar Plum' (www.heirloomtoms.org).

TOP TIP

Rather than water overhead (which can cause blight) or on the soil surface (which might not penetrate), insert a upturned plastic bottle into the soil, with the base cut off, and water into this to get straight to the roots.

DIG IN

Simple is best: spread a dollop of pesto over the base of puff pastry circles, and top with sliced tomatoes, torn mozzarella or feta and lots of seasoning. Brush the edges of the pastry with egg and bake in a medium oven for 15 minutes or until golden. Garnish with fresh herbs.

THINGS TO DO NOW...

CLOCHE CROPS

Warm the soil at the allotment and get a head start by placing cloches, tunnels or cold frames over it and sowing underneath. Early crops such as broad beans, peas and winter salad leaves will get off to a stronger start if given a little protection.

GATHER GREENS

There should still be plenty of roots and shoots to harvest from the plot this month, including kale, Brussels sprouts and sprouting broccoli. Cut a deep cross into the stump of harvested winter cabbages and they will produce a cluster of new baby leaves in five weeks.

ORDER ASPARAGUS

Send for crowns in time for planting in March and prepare the bed they will be grown in by digging in lots of organic material and well-rotted compost. They're likely to stay in the same spot for several years, so do the hard work now for years of sturdy, succulent spears.

PRUNE FRUIT

Finish pruning apples and pears, taking out dead, diseased or crossing branches, and prune established blueberries, gooseberries and currants. Autumn raspberries can also be cut down to the ground now and given a mulch so the fruit can develop on new canes in the summer.

Trade secrets

Alfie Jackson, fruit production manager at Suttons Seeds, offers his top tips on growing blackberries.

ESSENTIAL TIPS AND ADVICE FROM THE PEOPLE IN THE KNOW!



Finding a position

Blackberries grow best in a well-drained, fertile soil in a sunny or partially shaded position, and they can even be planted against a north facing wall or fence, though they will fruit a little later.

Planting Remove the packaging from your bare root on arrival and soak the roots in room temperature water for a few hours to rehydrate. Dig a hole large enough for the root system to fit without restriction, and deep enough for the soil to cover the bottom 5cm of the stem, and prune the canes to a bud about 22cm from the ground after planting.

Water in well and continue to do so regularly while the plants are establishing.

Tending and pruning

When the new shoots reach 5-8cm long, I cut the old canes down to ground level, but should there be no new shoots in the first season then retain the old ones and remove any flower buds. Fruit will generally not be produced in the first season, but if you are lucky it sometimes will. The canes can be trained in several ways but it's easiest to arrange them so that they fan out on both sides of the plant. Once harvesting is complete, cut the old fruiting canes down to ground level

and tie the young growing canes into a support so they bear fruit the following year.

Choosing a variety

My favourite is 'Blackberry Helen' as it is particularly easy to grow, spine free and has a wonderful balance of sweetness and acid that makes it great to eat fresh from the bush or used in pies and jams!

To plant this month *(as long as the ground is not frozen)*

Broad beans, garlic, Jerusalem artichokes, peas, shallot sets, turnip, fruit trees and bushes, and rhubarb. And sow indoors: broad beans, Brussels sprouts, globe artichoke, kohlrabi, leeks, lettuce, onions, peas, radish, salad leaves, spinach, sprouting broccoli and tomatoes.

BIG IDEAS FOR LITTLE PLOTS

Make a wormery

Worms are super scrap eaters and will convert kitchen leftovers into dark crumbly compost in no time, so have a go at creating your own wormery.

- Use a medium-sized, plastic dustbin (or small water butt) with a lid and drill a circle of drainage holes a few centimetres up from the base and another row of air holes below the lid. Place a layer of gravel or coarse sand in the bottom.
- Cut some wood into a circle to fit inside the bin, just above the sand and grit, and drill a few drainage holes into it.
- On top of this, add damp newspaper and at least 15cm of 'bedding' material such as garden compost and leaf mould, and give it a good water so it's nice and damp.
- Place approximately 500g of worms on top (ideally native compost worms: visit www.wigglywiggles.co.uk) and then add kitchen scraps on top of this, finishing with a



layer of damp cardboard or newspaper. Avoid lots of acidic scraps, such as onions or citrus fruit peelings.

- Leave undisturbed for a few weeks so the worms can settle in and then add more waste, little and often, as the worms chomp through it. On very cold nights, this might slow right down and you'll need to insulate your bin with bubble wrap, or bring it into warmth.
- When it's full of soil, remove your lovely, rich compost – and the worms – and start all over again!



THE EDIBLE GARDEN SHOW

This show is fast becoming the UK's hottest horticultural ticket and this year's three-day event at Alexandra Palace in London (28-30 March) promises a fertile mix of celebrity speakers, interactive advice, sessions on green energy, plot to plate cooking demos and even tips on brewing your own beer. TV presenter James Wong continues his campaign to persuade the nation to plant exotic edibles, forager Mark Lloyd advises on wild things to eat, while city gardener Naomi Schillinger gives tips on growing in small spaces.

www.theediblegardenshow.co.uk



INCREDIBLE EDIBLE

We have 10 pairs of tickets to the Edible Garden Show to give away! Turn to page 72 for further details.



NATURAL CROP PROTECTION

HOME-MADE REMEDIES TO DEAL WITH SEASONAL PESTS...

Rabbits become more active as the weather warms and your tender seedlings and overwintered vegetables offer a lovely, early breakfast. If they're a problem on your plot, swap harsh Mr McGregor methods for a rabbit-proof fence around prone areas, made of 1-metre high wire mesh buried 13cm into the ground.



MINI MAKES Scarecrow makeover

After a winter outdoors, your tired old scarecrow may not be putting the birds off your plot like he used to, so now's a great time to spruce him up with some new clothes!

YOU WILL NEED

old clothes, preferably brightly coloured marker pen plastic bag and scissors

If making from scratch: 2 wooden broom handles or 2 thick garden canes, old bags or straw, string and a flowerpot

1 To make a new scarecrow, tie 2 canes together to form a 'T' shape, with the horizontal cane forming the 'shoulders'. Make a head out of an old upturned flowerpot and pop on some clothes, securing with string, and stuff with old compost bags or straw.

2 To pep up your old scarecrow, re-draw his face using a marker pen

and re-dress in a colourful hat, gloves and scarf (the bright colours will keep birds at bay), and use your imagination – how about a 'crowbot', a 'scare clown', or even a scarecrow family?

3 For a double deterrent, create 'hair' out of a plastic bag that rustles in the breeze. Halve a plastic bag down the middle and cut strips with scissors from the top, stopping just before the bottom of the bag. Place it on top of your scarecrow's head so the plastic 'fringe' hangs down.

4 Remember to move your scarecrow around the allotment on a regular basis so the birds will think you're always at the plot!



ARMCHAIR GARDENER

Fennel & Fern is a blogging collective with inspiring posts and pics from organic gardeners all over the world. Dive into the best bits of grow-your-own on the web via its sister site Gardengrab, showcase your own gardening blog, or download its *Good Growing Guides* – pocket-sized postcards packed with info about sowing, planting and harvesting.

www.fennelandfern.co.uk



LIVING WALL THREE-POCKET PLANTER

Who says winter gardening is dull? These bright, hanging pocket planters (£12.99) will add a splash of colour to the smallest spaces, even a balcony. With reinforced eyelets and webbing for extra strength, the pockets are expandable and lined for moisture retention, and have an easy hook system to add extra planters (they come in three or six pockets). Great for fresh herbs near the kitchen window, but equally useful in a cramped greenhouse or conservatory for growing early salad leaves.

www.vegtrug.com

WONDER WALL

Three readers can each win a Living Wall three-pocket planter and a six-pocket planter! For entry details, turn to page 73.



4 WAYS TO...

Get sowing earlier

MULCH Cover the soil with cardboard, fleece or plastic sheeting (secured well with bricks) from now until mid-spring to warm it up for seeds such as carrots, beetroot, lettuce, parsnips and peas. They'll get off to an early start and show speedier subsequent growth.

CLOCHE Cover sowing areas with cloches or tunnels two weeks before sowing and protect seedlings from frost and pests.

Cloches can bring the sowing dates forward by as much as two weeks, and plants can be gradually acclimatised to outside conditions.

COLD FRAME Put one together in an afternoon by piling three or four levels of old bricks into a makeshift wall and propping glass panes on top, or using hay bales with plastic sheeting. Dig a pit beneath your cold frame and you can plant a few inches into the soil level, adding extra insulation for tender seedlings.

HEAT Greenhouse heaters and propagators are expensive and not eco-friendly, so try making a natural 'heat sink' that collects and stores heat in the day and distributes it at night. Simple methods include a full water tank painted in a dark colour, piles of stones in a wire cage, or a couple of concrete slabs on top of a rock bed.



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£20.99 for 75g

SheaTruth's Calendula + Rose Otto Luxuriously Soft Skin Food is an aromatic blend of shea butter and evening primrose oil, which help renew skin cells and enhance collagen network, while deeply moisturising dry itchy skin. This jar of love is proudly vegan, 100% organic, and free of synthetic chemicals and wax.

www.sheatruth.com



GOOD MORNING! £2.79

Mornflake Nuts & Honey Oatbran Crisp is the perfect way to get cholesterol-busting oatbran into your diet without compromising on taste. Perfect with a dollop of Greek yogurt and fresh berries. Delicious!

www.mornflake.com



FIZZ AND FLOWERS

**£6.99 small jar (11 flowers);
£18.99 large jar (40 flowers)**

These beautiful handpicked wild hibiscus (rosella) flowers in syrup add a new dimension to Champagne or cava. Simply place a whole flower in the bottom of a Champagne flute, pour in a little of the syrup, top up with bubbly and watch the flowers open up! What's more, when the Champagne's gone, you can eat the flower.

www.creamsupplies.co.uk



CAN YOU NO-DIG IT? £14.99

Use the seasonal checklists, advice and hard-won experience of the UK's best-known no-dig gardener to plan a year's veg growing with Charles Dowding's Veg Journal. Organised monthly from January to December, this seasonal journal guides you step-by-step from seed to harvest.

www.franceslincoln.com

THE ESSENTIAL COLLECTION

A shopping guide to the latest products for your vegetarian or vegan lifestyle...

EAST MEETS WEST

£2.49 for 200g

Quick to cook, low-fat, egg-free and easily digested, Clearspring Organic Skinny Soba Somen Noodles are also satisfying and versatile. Authentically made using the roll and cut method, by Japanese artisan producers who slowly air-dry and mature these noodles to concentrate their flavour. Delicious in piping hot broth and satisfyingly rich stir-fries.

www.clearspring.co.uk



RESTORE HARMONY £15 for 50ml

Akamuti's Replenishing Rose Face Cream is 100% concentrated natural goodness and a little goes a long way! An Akamuti bestseller, it is packed with wonderful ingredients, such as precious rose, replenishing rosehip and rejuvenating pomegranate. This fabulous skin food contains everything you need for healthy, happy skin.

www.akamuti.co.uk

PUMP UP THE VOLUME £6.95

Lavera welcomes a new organic leave-in conditioning spray for your hair. Containing all natural and organic ingredients, this is the number one product to boost and volumise fine hair. Organic orange and green tea extracts help to moisturise, strengthen and revitalise your hair, providing natural movement, volume and shine.

www.lavera.co.uk



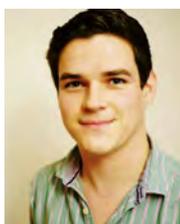
The green man

Welcome to the guys' corner of *Vegetarian Living*. I'm Alex Gazzola, and each month I'll be bringing you news, views, products, wisdom and expert advice on everything and anything male and veggie, from health, fitness and grooming, to food, fashion and lifestyle. Queries, suggestions, tips, complaints? Send them to me, at alex@vegmag.co.uk.



Veggie guy

Mark McCormick, 25, communications officer



'At university I was involved in several activist groups and through these met many veggies. I found myself agreeing with their ethos and decided to give vegetarianism a go. Later, the documentary *Earthlings* had a strong effect on me... and there was no going back. Recently, I became vegan. I love to cook so found the transition to dairy-free exciting and fun.

'I became involved with the League Against Cruel Sports at university in Belfast. I joined its student society and one of the first things I did was dress up in an Irish hare costume outside the union to encourage people to sign a petition against hare coursing in Northern Ireland. I never thought I'd go on to work for them, but in



2012, I became their senior public affairs officer for Northern Ireland and shortly after moved to work for the charity as senior communications officer at their Surrey HQ.

'My main role is to act as the League's "digital campaigner" and manage social media. It's exhilarating. Social media is becoming more important in engaging with supporters and politicians. My most recent project is our No Joke (www.league.org.uk/nojoke) campaign, highlighting the threats to the Hunting Act of 2004. We've developed a video with Dave Spikey, to be shown in over 400 cinemas across the country.

'I'm an environmentalist. I've been involved with as much eco-activism as I have animal welfare, so try to live in the greenest way possible. I'm lucky to be working in a job I'm passionate about. I've always said that no matter where I end up in life I would develop skills and expertise that I can use for the betterment of the planet - and will keep on this path.'

www.league.org.uk

It's snow time...

Didn't find the watch you'd hoped for under the Christmas tree last month? Then it's time (groan...) to treat yourself to a cool new year's gift.

This ethical House of Marley Hitch watch boasts a fabric strap made with what's termed Rewind fabric (a roughly equal mix of hemp, organic cotton and recycled plastic bottles) and the dial is recycled steel.

With its cool white dial and pale strap, just make sure you don't accidentally drop it in the drifts when you're out chucking snowballs. £79.99 from www.watchshop.com.



Get up, stand up...

Are you sitting comfortably? Then let's begin... with bad news. Too much sitting could be linked to an increased risk of colon cancer in men, suggest the results of a new study presented at the AACR International Conference on Frontiers in Cancer Prevention Research.

The research centred around the occurrence of colorectal adenomas - benign polyps, usually removed during colonoscopies, but known to be precursors to cancers. The data shows men who'd previously developed the adenomas were 45 per cent more likely to experience recurrence if spending more than 11 hours a day seated, compared to men spending fewer than seven on their bottoms.

We know activity is associated with a reduced risk of colon cancer, but this is the first research looking at sedentary behaviour. And although the vegetarian diet is linked to a lower risk of many cancers, the picture isn't so clear in colon cancer, so make sure you build a lot of seat-dodging activity into your daily routine.

Wise words

'The fate of animals is of greater importance to me than the fear of appearing ridiculous; it is indissolubly connected with the fate of men' - *Emile Zola (1840-1902), French writer*

3 OF THE BEST...

VEGAN 'WOODY WASHES'

L'Occitane Eau des Baux Shower Gel (£13 for 250ml)

A mix of peppercorn, cardamom, Provencal cypress and incense. <http://uk.loccitane.com>



A'kin Sandalwood Body Wash (£14.50 for 500ml)

Features clove, coconut and sandalwood. www.lookfantastic.com



Noble Isle Lightning Oak Hair & Body Wash (£20 for 250ml)

With pepper, bergamot, sandalwood and oak. www.nobleisle.com



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Apple Rings Carrot Curls

onevillage.com



What's in a bar of soap?

Most soap is made from cheap fats (most often animal fat), that are heavily scented with chemical fragrances.

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onevillage.com

Neem or sandalwood soap. Straightaway, when you use our soap, you will know from the feel and texture this is true wholesome soap like no other.

Each bar of soap weighs 125gr.

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Did you know...?



- Dairy cows produce lots of milk only because they have been made pregnant
- The milk – intended for their calves – is instead sold to people
- Consequently, about 100,000 of the unwanted calves are killed each year and 11,000 more exported live to overseas veal farms
- The mothers may bellow for days at the loss of their young
- When they no longer produce enough milk, they too are killed

What you can do...

- 1 Choose dairy-free milks such as soya, oat and almond (from the refrigerator or in the longlife milk section of supermarkets)
- 2 Send for a **free** information pack with advice on going dairy-free, and recipes:

email: info@animalaid.org.uk quoting VEG2
or phone: 01732 364546



View our short film about
the life of dairy cows

Places to go

Alex Bourke travels in search of the best vegetarian eateries from around the country.



NORTH **EAST** **LONDON** **SOUTH** **WEST**

NELSON'S WINE BAR
Crown Street, Hebden Bridge,
West Yorkshire HX7 8EH
Tel: 01422 844782

This basement wine bar has a completely vegetarian menu with mainly Mediterranean food. Art exhibitions, DJs and sometimes acoustic live music.

Tapas and starters (£2.50-£5), such as olives, hummus, stuffed vine leaves, tapenade, dhal and djippiati, roasted sweet potato soup, wraps such as hummus and red pepper. Mains (£5-£7.50) feature Greek platter, Mexican pancakes with veggie chilli in tortilla, sweet potato spinach bake, falafel salad, Thai green curry, and leek mash with sausages and mushroom gravy.

Desserts (£3.50) include vegan brownies and lemon poppyseed cake.

Organic wine and beer. Wine from £2.40 small glass, £4.80 large, £12.50 bottle. Bottled beers and fruit beers from around the world. Children welcome till about 9pm; high chair. Dogs welcome. Cash only; cashpoint outside.

Facebook Nelsons Hebden Bridge

JUST VEGI PIZZA
1 Saxon Street, corner
Narborough Road,
Leicester LE3 0BL
Tel: 0116 225 8897

Great value vegetarian (and no eggs) fast food takeaway with a few seats, with Italian, American, British and Indian food. There are vegan options, but note that pizza bases are not currently vegan.

Pizzas are all two-for-one from 9-inch (£4.99) to 15-inch (£15.99) and there are other deals too, like three 12-inch pizzas for £12.99. Popular are the Vegi Supreme with peppers, mushrooms, onions and herbs; Hot & Spicy with onions and jalapeños; and Meat Feast with vegi chicken, pepperoni and sausage.

They also do kebabs, burgers, wraps, Punjabi-style fritters of fake fish or lamb or chicken, vegan fish and chips, pasta and jacket potatoes (£2.99-£5.99). Fill up with fries, curly fries, masala fries and wedges.

Ice cream 99p. Soft drinks 79p-£1.79 for a big bottle. Children welcome. Cash only; cashpoints nearby. Call for deliveries or order online through Justeat.
www.justvegipizza.co.uk

VANTRA VITAO
25 Oxford Street
(Tottenham Court Road end),
Soho W1D 2DW
Tel: 020 7439 8237

London's newest and healthiest vegan restaurant combines the best of their previous restaurants, Vantra and Vitao, at a new location by Tottenham Court Road tube.

There is a southeast Asian and organic raw buffet (£1.80 per 100g) with Thai green and Malaysian yellow curries, chilli non carne, mushroom stroganoff, moussaka, dim sum, chickpea curry, kimchi, sweet and sour veg, noodles and salads. Best value is to eat in a box of food for £5.50 small, £6.50 large (takeaway 70p less). Soup of the day £2.50.

Desserts (lunch £4.70, evening £5.90) are raw, gluten and sugar-free and astoundingly good, such as raspberry chocolate tart, chocolate ganache, mango or strawberry cheesecake.

Fresh green coconuts £4. Juices from £2.70, teas from £2, coffee from £1.40, plus caffeine-free lucuma or maca hot drinks, kefir and kombucha. No alcohol. Children welcome; high chairs. Cash only.
www.vantra.co.uk

WORLD PEACE CAFÉ
Bodhisattva Buddhist Centre,
3 Lansdowne Road,
Brighton BN3 1DN
Tel: 01273 732917

Away from the bustle of nearby central Brighton, this vegetarian café in a Buddhist centre is a haven of peace amid two acres of quiet leafy grounds.

Warming soup of the day (£3.50) is always vegan. Main courses (£4.80) come with a selection of three salads, such as quiches, vegan lentil or aubergine loaf. Sandwiches, panini, and toasties (£3.50-£4) such as hummus with grilled veg.

Several homemade cakes (£1.80) each day from a large range, such as lemon drizzle, brownies, coffee and walnut, carrot cake, lemon polenta, and date slices.

Teas are £1 cup, £1.50 pot for one, for two £2.80. Coffee, cappuccino, mocha, hot choc and spicy chai latte £1.70-£2.10.

Children welcome; they can tailor meals for you; high chairs and toys. Outside seating; dogs welcome there on a lead. Half hour drop-in meditations Wed and Fri at 12.30 for £2.
www.meditateinbrighton.com

WORLD PEACE CAFÉ
Vairochana Buddhist Centre,
76 High Lane, Chorlton,
Manchester M21 9XF
Tel: 0161 861 7012

Vegetarian café in a meditation centre. The lunches for £5 with a pot of tea are extraordinary value. It's mainly organic, Fairtrade or local.

Late breakfast (£2.25-£3.50), such as three-sausage sandwich. Soup of the day £3.25, with sandwich £5. Hot or cold sandwiches (£5) on rye or ciabatta with garnish and chips, such as smoked tofu with sundried tomato and rocket; or hummus, olive and spinach. Mains (£5 with a pot of tea!) include salads; spinach, lemon and coconut dhal; burger with crisps and garnish.

Traybakes and cakes (around £2), such as carrot cake, chocolate cake, muffins and cheesecake, usually with a vegan option.

Hot drinks £1.70-£2.50 include pot of tea, frothy coffees and chai latte. Soya and rice milk available. Fruit smoothie of the day £2.

Children's meals; high chairs. Some outside seating; dogs welcome there. Meditation classes.
www.worldpeacecafe-manchester.org

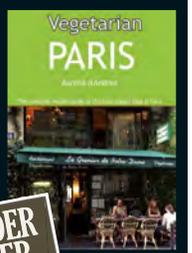
Vegetarian Guides

Vegetarian Guides has been producing vegetarian travel guidebooks to the UK and Europe since 1992 and also sells the Vegan Passport and vegan cookbooks by its own authors, including *The Cake Scoffer*, *Return of the Cake Scoffer*, *Salad Scoffer*, *Breakfast Scoffer*, *Veggies Scoffer* and *A Vegan Taste of Leeds*. Find them at www.vegetarianguides.co.uk or call 020 3239 8433 (24 hours, Vegetarian Guides will call back).



Win a Paris guidebook!

We have five copies of the new *Vegetarian Paris* (worth £9.95) to give away! This comprehensive 200-page book contains 150 places, including over 40 completely vegetarian and vegan restaurants and cafés, ethnic eating, markets, shops, accommodation and essential phrases. For more information on the book, visit www.vegetarianparis.com. See page 73 for details of how to win one.



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ESSENTIAL FACTS AND figures

All the information and guidance you need to support your vegetarian lifestyle.

Guideline Daily Amounts

An increasing number of food labels now carry Guideline Daily Amounts (GDAs). These little figures provide a quick and easy indication of the nutrients contained in food, displayed as a percentage of your recommended daily allowance. Although GDAs vary depending on your age and how active your lifestyle is, the figures provide a handy tool for maintaining a healthy diet for you and your family. The tables below give the recommended amounts for each of the five food groups typically displayed on labels, as well as protein and carbohydrate figures to help you achieve a balanced meat-free diet.

ADULT GDAs	Men	Women
Energy (calories)	2,500	2,000
Carbohydrates (g)	300	230
Of which sugars (g)	120	90
Fat (g)	95	70
Of which saturated (g)	30	20
Protein (g)	55	45
Fibre (g)	24	24
Sodium (g)	2.4	2.4
Salt (g)	6	6



KIDS' & TEENS' GDAs

BOYS	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,700	1,950	2,200	2,750
Carbohydrates (g)	215	245	275	345
Of which sugars (g)	85	100	100	140
Fat (g)	65	75	85	105
Of which saturated (g)	20	25	25	35
Protein (g)	20	28	42	55
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

GIRLS	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,550	1,750	1,850	2,100
Carbohydrates (g)	195	220	230	265
Of which sugars (g)	75	85	90	105
Fat (g)	60	70	70	80
Of which saturated (g)	20	20	25	25
Protein (g)	20	28	28	45
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

FORAGING AND THE LAW

Before you head out for a foraging trip, it's important to be aware of the legal issues that might impact on your activities – although the good news is that the law is on your side!

- The Theft Act (1968) states that in the case of mushrooms or plants growing wild on any land, you may take away foliage, fruit or parts of the plant without committing an offence, provided you are not taking them for commercial purposes. However, if you intend to sell the mushrooms or in some other way profit from them, you are breaking the law by taking them without the owner's permission.
- Be mindful of laws on trespassing when foraging, too. Unless the area you are in is common land, open access land, or a public right of way, then you are trespassing by entering it without the owner's permission, and the land owner has the right to ask you to leave by the shortest reasonable route, if they find you there.
- The Wild Mushroom Pickers' Code of Conduct, published by Natural England, gives guidance on good practice when foraging; in particular, it recommends that you ask permission of the owners of the land you are foraging on, follow the Country Code, and minimise damage to vegetation and the natural area. For more information, see www.bms.ac.uk/Code.html.
- Check on local by-laws before you head out too, as these may contain further restrictions; for example, some by-laws ban the collection of forest produce, which would include mushrooms.

RECIPE TERMS

Don't be put off if a recipe uses terms you're not familiar with. A number of foods – including a large number of vegetables – have different names in the US and UK, so use this quick reference guide to identify ingredients.

UK

Aubergine
Bicarbonate of soda
Broad beans
Celeriac
Chickpeas
Chicory
Coriander
Cornflour
Courgette
Double cream
French/green beans
Groundnut oil
Haricot beans
Icing sugar
Pepper (capsicum)
Polenta
Rapeseed oil
Rocket
Soya
Spring onion
Swede
Treacle

US

Eggplant
Baking soda
Fava beans
Celery root
Garbanzo beans
Endive
Cilantro
Cornstarch
Zucchini
Whipping cream
String beans
Peanut oil
Navy beans
Confectioners' sugar
Bell pepper
Cornmeal
Canola oil
Arugula
Soy
Scallion
Rutabaga
Molasses

Conversions

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at www.theonlineconverter.co.uk.

WEIGHT

10g	¼oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1¾oz	900g	2lb
75g	2¾oz	1kg	2lb 4oz
100g	3oz		
125g	4½oz		
150g	5½oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9¾oz		
300g	10½oz		
325g	11½oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 2oz		
600g	1lb 5oz		



OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (½ pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1¼ pints
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers

VEGETARIAN & VEGAN ALTERNATIVES

The shelves of health food stores and large supermarkets offer vegetarians and vegans a huge range of healthy and nutritional alternatives to meat and dairy. Popular options include:

Agar: A vegetable-based gelatin that can be used in recipes for thickening or jelling.

Cheese* substitutes: A range of dairy-free cheese substitutes are available: soya cheese comes in a variety of flavours and textures similar to dairy cheese; tofu cheese has a mild salty taste, but absorbs flavours well. Brands to look out for include Sheese – which produces a wide range of 100 per cent dairy-free cheeses, including spreads and blue cheese alternatives – and Cheezly. Tofutti produces a mozzarella-style dairy-free cheese with good melting qualities.

Egg replacer: A powdered formula of starches and leavening agents which can be used in recipes that call for eggs. Popular brands include Ener-G and Orgran No Egg.

Mycoprotein: A meat-free protein, and the main ingredient in the popular brand Quorn. Produced from a member of the fungi family, it is naturally low in fat. (Note: this is not vegan, as it contains a very small amount of egg.)

Rice milk: A slightly sweet milk alternative. Thinner than soya milk, and with a slightly translucent consistency. Often used in dessert recipes.

Seitan: Made from wheat gluten, this vegan meat alternative can be used in Asian dishes instead of tofu. Both spongy and stringy in texture, canned seitan generally retains a lot of flavour from the brine it is stored in.

Soya milk: A dairy-free alternative to milk that has almost as much protein, less fat, no cholesterol and comparable levels of calcium. Look out for brands fortified with vitamin B12 to support a vegan diet.

Texturised Vegetable Protein (TVP)/soya meat/soya protein: A high-protein food made by processing defatted soya flour to extract soluble sugars. Often used as a meat replacement.

Tofu: Made from soya beans, and popular in East Asian cuisine. High in protein and rich in vitamins, minerals and polyunsaturated fat, with no cholesterol.

**Vegetarians beware! Some cheeses by law can never be vegetarian (e.g. Parmesan, Gorgonzola and taleggio) because they contain animal rennet; in which case you should seek a cheese alternative.*

Definitions

The Vegetarian Society defines a vegetarian as 'someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacea, or slaughter by-products'. Other terms used to describe variations of a meat- and fish-free diet include:

Lacto-ovo vegetarian: The most popular type of vegetarian. Eats both dairy products and eggs.

Lacto-vegetarian: Eats dairy products but not eggs.

Pescatarian: Abstains from eating meat but eats fish and seafood.

Vegan: Does not eat dairy products, eggs or any other animal products, nor use any products derived from animals.

Useful organisations

The Vegetarian Society

A registered charity committed to promoting the health, environmental and animal welfare benefits of a vegetarian diet.
Tel: 0161 925 2000
Email: info@vegsoc.org
www.vegsoc.org

The Vegan Society

An educational charity that provides information and guidance on various aspects of veganism.
Tel: 0121 523 1730
Email: info@vegansociety.com
www.vegansociety.com

Vegetarian for Life

A charity providing sympathetic assistance to older vegetarians and vegans and their families throughout the UK.
Tel: 01683 220888
Email: info@vegetarianforlife.org.uk
www.vegetarianforlife.org.uk

Viva! Health

A registered charity set up to monitor and explain the increasing amount of scientific research linking diet to health.
Tel: 0117 944 1000
www.vivahealth.org.uk

People for the Ethical Treatment of Animals (PETA)

The largest animal rights organisation in the world.
Tel: 020 7357 9229
Email: info@peta.org.uk
www.peta.org.uk

Vegetarians International Voice for Animals (Viva!)

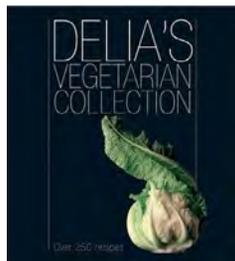
Vegetarian and vegan group with everything you could need to change to a plant-based diet.
Tel: 0117 944 1000
Email: info@viva.org.uk
www.viva.org.uk

govegan

While the tips we suggest are vegan-friendly at the time of going to print, please always check packaging for ingredients before buying, as companies may choose to change them at any time. We often suggest that recipes are vegan if all ingredients listed are generally found to be vegan, for example, red Thai curry paste or vegetable stock, but it always pays to check first.

The essential cookbooks

A selection of favourite cookbooks as recommended by the *Vegetarian Living* food writers...



30-Minute Vegetarian Thai Cookbook by Sarah Beattie (Thorsons, £n/a*)

A Year in My Kitchen by Skye Gyngell (Quadrille Publishing, £14.99)

Appetite for Reduction: 100 Fast and Filling Low-Fat Vegan Recipes by Isa Chandra Moskowitz (Da Capo Press, £12.99)

Baby and Child Vegetarian Recipes by Carol Timperley & Stephen May (Ebury Press, £12.99)

Cooking Without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat by Barbara Cousins (Thorsons, £12.99)

The Cranks Recipe Book by David Canter (Orion, £n/a*)

Delia's Vegetarian Collection by Delia Smith (BBC Books, £15)

Eat Smart Eat Raw: Detox Recipes for a High-Energy Diet by Kate Wood (Grub Street, £10.99)

Eva Batt's Vegan Cooking by Eva Batt (Thorsons, £n/a*)

Food for Friends: Modern Vegetarian Cooking at Home by Jane Mostowfi, Ramin Mostowfi and Kalil Resende (Infinite Ideas, £16.99)

Good Housekeeping Step-by-Step Vegetarian Cookbook (Ebury Press, £19.99)

Indian Vegetarian Cookery by Jack Santa Maria (Rider & Co, £7.99)

La Dolce Vegan! Vegan Livin' Made Easy by Sarah Kramer (Arsenal Pulp Press, £16.99)

Leith's Vegetarian Bible by Polly Tyrer (Bloomsbury, £30)

Leon: Ingredients and Recipes by Allegra McEvedy (Conran Octopus, £20)

Linda McCartney's Home Cooking by Linda McCartney (Arcade, £n/a*)

The New Vegetarian Epicure: Menus for Family and Friends by Anna Thomas (Alfred A. Knopf, £n/a*)

Ottolenghi: The Cookbook by Yotam Ottolenghi and Sami Tamimi (Ebury Press, £25)

Plenty by Yotam Ottolenghi (Ebury Press, £25)

Rose Elliot's New Complete Vegetarian by Rose Elliot (HarperCollins, £25)

Terre à Terre: The Vegetarian Cookbook by Phil Taylor and Amanda Powley (Absolute Press, £20)

Vegan Brunch by Isa Chandra Moskowitz (Da Capo Press, £11.99)

Vegan Feasts: Essential Vegetarian Collection by Rose Elliot (Thorsons, £n/a*)

Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry (Da Capo Press, £10.99)

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz (Marlowe & Co, £17.99)

Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes by Isa Chandra Moskowitz (Grub Street, £9.99)

The Vegetarian Society's New Vegetarian Cookbook by Heather Thomas (HarperCollins, £n/a*)

World Food Café by Chris Caldicott, Carolyn Caldicott and James Merrell (Frances Lincoln, £14.99)

World Food Café 2: Easy Vegetarian Recipes from Around the Globe by Carolyn Caldicott and Chris Caldicott (Frances Lincoln, £14.99)

**Book does not have a current RRP listed, but can be bought through online bookstores such as Amazon and Waterstones.*



Suppliers

Recommended suppliers of ethical, vegetarian and vegan products

www.alotoforganics.co.uk

A useful UK organic search engine that features numerous organic, Fairtrade, ethical, eco-friendly, vegan and special diet products.

www.ethicalsuperstore.com

A supermarket of Fairtrade, organic and eco-friendly goods, from groceries to fashion.

www.fresh-network.com

A one-stop shop for all things related to raw food and holistic health, plus info on 'going raw'.

www.goodnessdirect.co.uk

A great selection of fitness and organic foods, vitamins and herbal remedies, cruelty-free toiletries and eco-friendly stuff.

www.hollandandbarrett.com

High-street suppliers of Fry's Vegetarian and Redwood, plus sausages, stir-fry strips, dried soya mince and chunks.

www.planet-v.co.uk

A vegetarian and vegan website that brings together vegetarian companies and products,

making it easier to shop for a healthier lifestyle.

www.rawliving.eu

Suppliers of a wide variety of raw foods, superfoods and supplements in the UK.

www.realfoods.co.uk

The largest Scottish retailer of organic, Fairtrade, vegetarian and special diet foods.

www.vbitesfoods.com

A selection of foods that are free from hydrogenated fats, eggs, GMOs, cholesterol, artificial colours and preservatives.

www.veganstore.co.uk

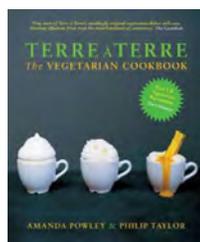
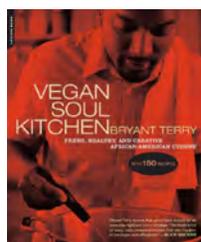
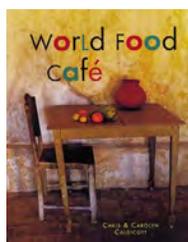
Endorsed by the Vegan Society, this online vegan store features over 800 cruelty-free products.

www.veggiestuff.com

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www.vegusto.co.uk

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The Graylings Rising,

Amazon Kindle Books £3.08, tells of a man who awakes to find to his horror that he's become a beef steer soon to be slaughtered.

He incites fellow beasts to go on the run and they are willed to survive by a nation of animal lovers most of whom would happily tuck into a juicy steak. This light hearted fantasy runaway romp across the English countryside gently probes this paradox.



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The view from my table

SARAH SCOTT is a freelance writer with a passion for food and drink. She's been vegetarian for 30 years and really has been offered wafer-thin ham as a vegetarian option. She lives with her husband Adam and two daughters Amber and Lily, who live in fear that all their actions are fodder for this column and her online blog, The View from the Table.

FOLLOW ME ON TWITTER @TalkingTable



This time last year I wrote about my aversion to the month of February and how I find it a pretty depressing month. That's a sweeping statement, I know; a whole month cannot be completely depressing. But, the festive season is over – and by now you should know that I adore Christmas – it's still so cold and I'm getting tired of these dark days. So I wrote about finding ways to combat the gloom, tackling it head on and making it through to the green shoots of spring.

This year I still feel the same, but I've learned that part of avoiding the aforesaid gloom is not just to do the things that make you happy, but to also say 'no' to the things that don't. Saying 'no' does not come easily to me; I don't think it does to many people. I prefer to tread the path of keeping everyone else happy. This is, of course, a short path, possibly even a dead end, because you cannot make everyone happy. It's just not possible and you definitely cannot do it without great sacrifice to your own wellbeing. Life is too short and precious; you can only really do what is right for you. That surely has to be where happiness lies?

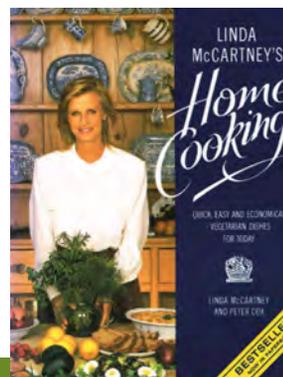
As I write this, it occurs to me that this new year marks a pretty major anniversary for me in saying 'no' to something that does not make me happy: eating meat. It's been 30 years. It's hard to imagine, 30 years – a whole lifetime! And I wonder how many animals' and birds' lives that 30 years of abstaining from meat equates to? I'm sure there are statistics out there but I don't feel inclined to look. My vegetarianism has never been up for discussion; it's the one thing that I have never compromised in order to accommodate other people's feelings or needs.

I've seen it all during these 30 years: criticism, ridicule (apparently vegetables have feelings too, don't you know?), unwelcome comments on the viability of my diet and my health in general, and the assumption that as a vegetarian I am going to be totally cool with my main course in a restaurant being a plain avocado sliced in two ('That'll be £10.50, please.'), right through to seeing activism such as Meat Free Monday and Viva's anti foie gras campaign gaining mainstream recognition and credence.

And VL too, of course, an unapologetic celebration

of cruelty-free living, a magazine where I can cook *all* the recipes – the editorial equivalent of being bewildered and giddy with choice while mutely gazing at a menu in a vegetarian restaurant. Times are changing. The fact that we cannot sustainably continue to eat the amount of meat we as a race currently do is no longer only the belief of vegetarians and vegans.

I'm working on saying 'no' to the things that I really don't want to do – the extra work tasks usually taken on with no benefit to myself, the nights out I don't really want to go on – but saying 'no' to eating meat 30 years ago was no work at all.



THIS MONTH I'M LOVING... LINDA MCCARTNEY'S HOME COOKING

The realisation that it's been 30 years since I stopped eating meat makes me nostalgic for this book. It was one of the first books I got familiar with when I started cooking for myself. Published back in 1989, it's heavily reliant on meat substitutes and I no longer am, but it was a competent building block for learning how to cook without meat. I still use Linda's red wine, garlic and soy sauce base of her Boeufless Bourguignon for many a casserole and stew.

Hot whisky toddy

Something else I'm saying 'no' to right now is a persistent cold. Adding a generous glug of whisky to this toddy is a small compensation for sneezing and sniffing your way through a whole month.

Serves 1 | Prep 5 mins

1 cup of black tea
slices of lemon, plus a
squeeze of juice
1 tsp light brown sugar
good glug of vegan whisky

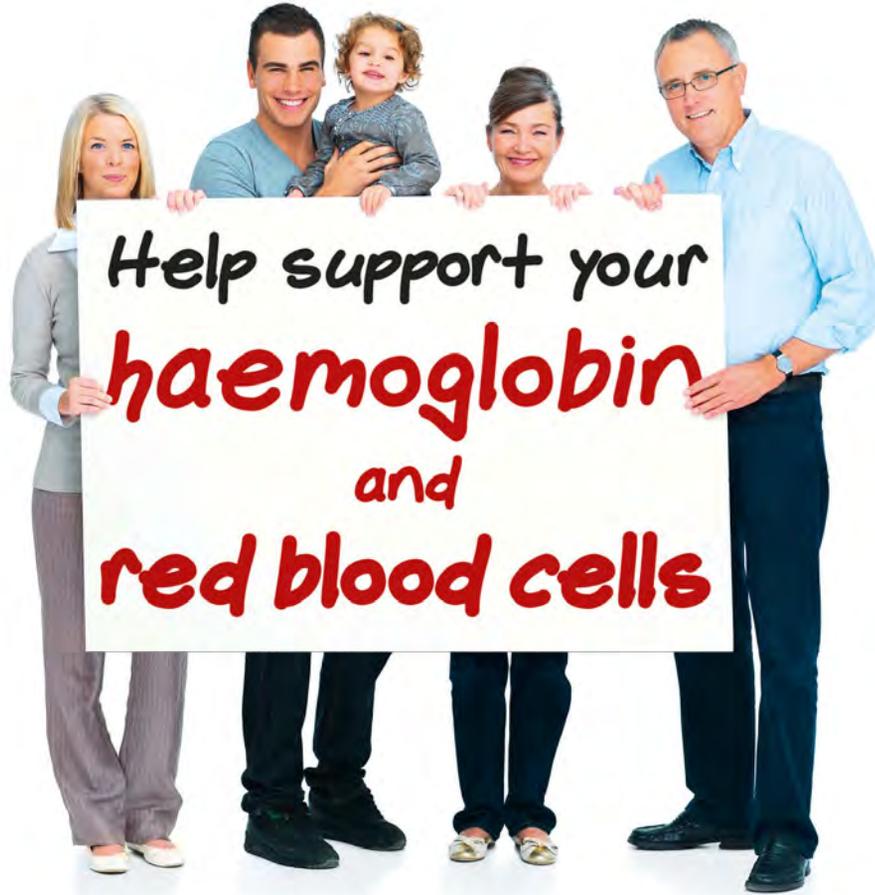
Make a cup of black tea. Let it cool a little then add lemon slices, a squeeze of juice, sugar and whisky. Sip from under a blanket.

VARIATIONS

Replace the tea and lemon with warmed apple juice and a sprinkle of cinnamon. Swap the whisky for dark rum, or go alcohol-free with cranberry juice warmed with brown sugar, cinnamon, nutmeg and slices of root ginger.

'My vegetarianism is the one thing I have never compromised in order to accommodate other people's feelings'

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