

HEALTHY • SUSTAINABLE • DELICIOUS

January 2014 £3.95  
www.vegetarianliving.co.uk

# vegetarian

## LIVING

### WHOLESOME AND DELICIOUS

QUICK AND EASY DINNERS FOR ANY DAY OF THE WEEK

### RIVER COTTAGE RHUBARB

Hugh celebrates the new winter crop

### THE ECO STORE STORY

ENERGY-SAVING INNOVATION FOR 2014

### GOOD MORNING!

Rachel Khoo's homemade muesli and granola

### SAIGON SUPPERS

The yin and yang of Vietnamese dishes

### BEANFEAST

Budget-friendly meals packed with pulses

### HIGHLAND FLING

Sarah Beattie's traditional Scottish recipes for New Year



HALLOUMI, COURGETTE AND HERB CAKES

**44**  
MEAT-FREE RECIPES  
**16**  
DAIRY-FREE IDEAS



**MICHAEL CAINES**  
A stylish menu from the two-star Michelin chef



**BITE-SIZED TREATS**  
Perfect party canapés to share with friends



**LORRAINE PASCALE**  
Kitchen secrets for creating lighter, healthier bakes



**PLUS:** Detox ideas | Greenhouse gardening | Competitions | Seasonal eating

vegetarian LIVING

JANUARY 2014

LORRAINE PASCALE | CANAPÉS | RACHEL KHOO | VIETNAMESE COOKING | MICHAEL CAINES

www.vegetarianliving.co.uk

Easy meat free cooking with

Mince with separate vegan gravy sachet...

**FRY'S**  
FAMILY  
SINCE 1991



-serving suggestion - tacos with Fry's vegan mince



*Food that speaks for itself...*

Available on-line from Ocado and Goodness Direct

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

At many pubs, cafés, hotels and other caterers...

Listed with the UK's largest food service supplier – 3663 – so available in pubs, clubs, cafés, hotels, schools, colleges, universities, care homes, hospitals and leisure centres!

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



Further details from Fry's Distribution  
01489 574593 [info@frysdistribution.co.uk](mailto:info@frysdistribution.co.uk)  
[www.frysvegetarian.co.uk](http://www.frysvegetarian.co.uk)

# Welcome



**vegetarian**  
LIVING

Vegetarian Living, PO Box 6337  
Bournemouth BH1 9EH

Subscription enquiries  
t. +44 (0)1202 586848 • [chris@selectps.com](mailto:chris@selectps.com)

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



As the saying goes, good things come in small packages, and that's especially true when it comes to party food – there's nothing like having a delicious nibble in one hand and a drink in the other! So whether it's a few friends meeting up or a full-on New Year's party, try Liz Martin's sweet and savoury canapés to ensure you'll be the toast of the evening (page 20).

Travelling north of the border, resident food writer Sarah Beattie continues the celebrations with an authentic helping of traditional Scots dishes in which to welcome in Hogmanay or to toast Burns Night (page 72). And if you have a stylish menu in mind for your entertaining, then let Michelin-starred chef **Michael Caines** guide you through his elegant plan-ahead dinner (page 38).

As January thoughts turn to tightening the purse strings and our waistbands, **Lorraine Pascale** reveals why you don't need to start your new year's health kick by giving up sweet treats (page 26); Parisian cook **Rachel Khoo** shows how to revitalise your mornings with homemade muesli and granola (page 44); and **Jenny Chandler** creates nutritious, budget-friendly meals packed full of pulses (page 34).

Also, we chat to Nigel Berman, founder of Nigel's Eco Store, about the rise of green products (page 65); Kelly Rose Bradford learns new cooking skills at the School of Wok (page 48); **Hugh Fearnley-Whittingstall** shows how to make the most of winter rhubarb (page 66); and food writer **Uyên Luu** presents three traditional Vietnamese recipes (page 58); plus much more!

Wishing you a very happy new year...  
Paul Morgan, Editor



### DOWNLOAD VEGETARIAN LIVING TODAY

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 70 for more info.



### PUBLISHING

#### Publisher

Tim Harris

#### Group Advertising Manager

Julia O'Gorman • [julia@selectps.com](mailto:julia@selectps.com)  
t. +44 (0)1491 874440

#### Advertising Sales Manager

Wendy Kearns • [wendy@vegmag.co.uk](mailto:wendy@vegmag.co.uk)  
t. +44 (0)1392 466099

#### Online Marketing Executive

Adrian Lito • [adrian@selectps.com](mailto:adrian@selectps.com)

#### Circulation Manager

Tim Harris

#### Production Manager

John Beare

#### IT Manager

Vince Jones

#### Subscriptions Manager

Chris Wigg • [chris@selectps.com](mailto:chris@selectps.com)  
(See page 42 for subscription details)

#### Published by

Select Publisher Services

PO Box 6337

Bournemouth BH1 9EH

t. +44 (0)1202 586848

#### Printed by

Precision Colour Printing

Haldane, Halesfield 1

Telford, Shropshire TF7 4QQ

t. +44 (0)1952 585585

© Select Publisher Services Ltd 2013. All rights reserved. No part of this magazine, or digital versions of the magazine, may be used, reproduced, copied or sold without written permission of the publisher. All information and prices, as far as we are aware, are correct at the time of going to press but are subject to change. Select Publisher Services Ltd cannot accept any responsibility for errors or inaccuracies in such information. Unsolicited artwork, manuscripts or designs are accepted on the understanding that Select Publisher Services Ltd incur no liability for their storage or return.



**GET IN TOUCH!** Tell us what's on your mind and what you want to read about.



@VLmagazine



VegetarianLivingMagazine

Alternatively, email us at: [letters@vegmag.co.uk](mailto:letters@vegmag.co.uk) Or visit: [www.vegetarianliving.co.uk](http://www.vegetarianliving.co.uk)

# In this issue...

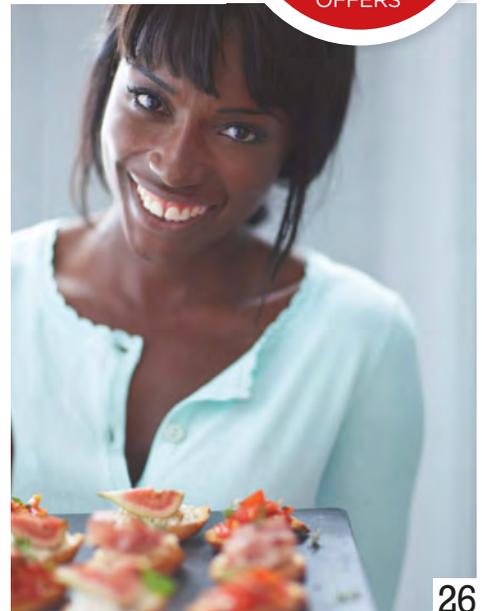
**WIN!**  
TURN TO  
PAGE 65 FOR  
COMPETITIONS  
AND READER  
OFFERS



58



23



26



48



52



32

## ON THE COVER

## FOOD MATTERS



68

66  
44  
58  
34  
72

38 20 26

### COVER RECIPE

Halloumi, courgette and herb cakes, page 64  
Photography © Con Poulos  
Cover image from *Gordon Ramsay's Ultimate Home Cooking*

### 18 In season

Discover what veg is now in season

### 20 Good times, great food

Liz Martin's sweet and savoury canapés

### 34 Full of beans

Filling and nutritious, budget-friendly meals packed full of pulses

### 38 At home with Michael Caines

The award-winning two-star Michelin chef creates a stylish menu from his own kitchen

### 44 Get your oats

Rachel Khoo's homemade muesli and granola

### 52 Posh pies

French chef Stéphane Reynaud shows us how to create the perfect pie with a lighter crust

### 58 My Vietnamese kitchen

Uyên Luu's authentic Saigon suppers

### 62 Gordon's family food

Home-cooked dishes from Gordon Ramsay

### 68 In the pink!

Hugh Fearnley-Whittingstall's rhubarb treat

### 72 Highland fling

Traditional Scottish recipes with a veggie twist

## FEATURES

### 26 Lorraine Pascale

The chef and TV personality on lighter baking, forging new careers and family priorities

### 48 Wok this way

Kelly Rose Bradford visits the School of Wok

### 66 What's in store?

Lindsey Harrad discovers how one man brought greener living to the masses

**Subscribe today!** Get the UK's best-selling veggie magazine here – see page 42



68



19



38



72

## REGULARS

03 Welcome

09 Share your thoughts

Your views, comments and questions

10 New shoots

The latest vegetarian and vegan products

17 What shall I cook?

New ideas to wake up your breakfast

37 Book club

Buy cookery books at unbeatable prices

51 Healthy living

Advice on nutrition and wellbeing

56 In the kitchen with Rachel Demuth

January's healthy-eating regime

86 Back issues

Don't miss out! Order your copies here

88 The green man

Sociologist Richard Twine, plus why weight-training is good for your cholesterol

90 Places to go

Alex Bourke's guide to eating out

92 Essential facts and figures

98 The view from my table

Sarah Scott reflects on lessons learnt from 2013

## GREENER LIVING

78 Doing our bit

New research on the UK's electricity usage, ethical winter headgear and top eco-gadgets

82 From plot to plate

Alice Whitehead's essential gardening tips, plus how to recycle your Christmas tree

## APPEARING THIS MONTH...

### Rachel Khoo

'My family always cooked a lot so I learned to love food from a young age'

© AKIKO IDA



Rachel's passion for pâtisserie lured her to Paris where she trained at Le Cordon Bleu. Since then the chef and self-styled food creative has written five cookbooks

and is currently filming two lifestyle shows for BBC Worldwide.

■ Enjoy a bit of oaty goodness with Rachel's muesli and granola, on page 44.

### Michael Caines

'I love to cook at home and I think we should all take the time to do it'

© DAVID GRIFFEN



The two-star Michelin chef is one of Britain's most acclaimed restaurateurs, and has been executive head chef at Gidleigh Park in Devon since 1994, which

was voted the top restaurant in the UK by the *Sunday Times* in 2013.

■ Recreate Michael's elegant dinner for friends, on page 38.

### Uyên Luu

'Vietnamese food is all about the love of food, flavour and eating. Or in other words, food is love'

© CLAIRE WINFIELD



Uyên was born in Saigon and raised in London, where she learnt her love of cooking from her mother. She hosts a supper club out of her flat, where she blogs about her life with Vietnamese food and holds cooking classes in her kitchen.

■ Try some of Uyên's wonderfully authentic Vietnamese dishes, on page 58.

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



18



60



68

## Your menu

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

### Starters & light bites

- 62 Avocado and black sesame sprinkle on sourdough **V****C**
- 23 Beetroot and horseradish cream blinis **\*****C**
- 23 Courgette, onion and herb fritters with goat's cheese **C**
- 38 Curried carrot soup
- 22 Fig, cucumber and feta crostini **A**
- 57 Miso ramen soup with shiitake and seaweed **V****C**
- 22 Pepper, sundried tomato and olive palmiers **A****\***

### Main courses

- 62 Baked spicy Mexican eggs
- 52 Carrot pie with cumin
- 35 Celeriac and lentil gratin **\***
- 19 Creamy cheese, Brussels sprout and almond gratin
- 64 Halloumi, courgette and herb cakes
- 53 Herb and hazelnut pie
- 14 Jambalaya **V**
- 36 Kerala aubergines with lentils, cashew and tamarind
- 98 Leek, mushroom and Cheddar risotto **A**
- 72 Mock-a-leekie **A****\***
- 59 Omelette baguette
- 19 Root vegetable samosas with mint raita **A**
- 74 Rumbledethumps **A****\***
- 54 Spinach pie
- 60 Stir-fried noodles and bean sprouts **V****C**
- 50 Szechuan aubergine **V**
- 38 Tagliatelle of wild mushrooms
- 34 Tunisian chickpea and lemon broth **C**
- 73 Vegetarian haggis with tatties and neeps **A****\***
- 18 Veggie Lancashire hotpots with snowman toasties **A**



62

### Sweets & treats

- 24 Almond macarons with white chocolate ganache
- 31 Almond, blackberry and peach friands
- 60 Banana fritters **V**
- 12 Marmalade breakfast loaves
- 32 Cappuccino, cinnamon pecan muffins
- 40 Hot apple tart with vanilla ice cream
- 76 Lavender shortbread fingers **A**
- 24 Lemon and passion fruit meringue tartlets
- 45 Mini muesli muffins **\***
- 43 Red velvet cupcakes **V**
- 66 Rhubarb and ginger cheesecake
- 76 Scottish black bun
- 46 Syllabub with citrus fruit granola
- 30 Victoria sponge
- 75 Whisky whim wham **\***

### Dips, sauces, sides and more...

- 45 Crunchy honey granola
- 45 Muesli base

## 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.

# *lavera*

NATURAL COSMETICS



The **NEW** lavera  
Hair Care Range



100% NATURAL. 100% EFFECTIVE.

Buy online at [www.lavera.co.uk](http://www.lavera.co.uk) (free postage) or from good Pharmacies and Health Food Shops



# Organic Raw Kale Chips

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

WWW.  
**creamsupplies**.co.uk

For advice or enquiries about products call 0845 226 3024 or email [sales@creamsupplies.co.uk](mailto:sales@creamsupplies.co.uk)  
Order online before 4.00pm for next day delivery

# Share your thoughts

We want your letters, questions and stories. Contact us via email at [letters@vegmag.co.uk](mailto: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](http://www.vegetarianliving.co.uk).

## LETTER OF THE MONTH

### Required reading

I am a hospitality teacher in a school in Tasmania and discovered your magazine a few months ago. It is now required reading in my classes for my students studying restaurant operations.



It really brings alive the wonderful food options we can offer our restaurant clients who are vegans, vegetarians, coeliac, or lactose intolerant. Also, by having copies on my desk, our cookery teacher has become interested and some of your recipes now appear on the menu in our training restaurant. I now eagerly look forward to each issue!

**Maxine Talbot, Tasmania, Australia**

### Using up leftovers

I've started getting those vegetable boxes delivered to my door and while I'm enjoying cooking with the different fruit and veg that comes through, I often get a lot of leftovers that I can't deal with before throwing away. Any ideas for what I can do with them, eating or otherwise?

**Christine Pike, London**

*Natural ingredients have been used for more than food for many a year! Lemons have wonderful cleaning powers (for your home and skin), bananas and avocados make mean face masks, sliced cucumbers*



*soothe tired eyes, and puréed strawberries exfoliate gently when massaged into skin. If you have a food processor or blender, don't underestimate how delicious and simple mixed veg soups can be. Just chop, cook and blitz with some stock. Same applies for fruit whizzed together with a good splash of milk or juice. Visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for more recipe ideas using leftovers.*

### Dumping the dairy

I'm hearing a lot about cheese substitutes at the moment and I'd like to stop eating so much dairy cheese. Can you recommend any? Where would I even find such a thing?

**Jason Purchase, Cornwall**

*Some supermarkets sell dairy-free cheese, and you can also find it at health food stores and online.*

*There are a few key brands to look out for - Cheezly (Vbites), Tofutti, Sheese and No-Moo (Vegusto).*

*Some types melt well, while others are best grated or sliced. Look for different styles, such as blue, Cheddar, mozzarella, herb, cream cheese, nacho and more. When replacing dairy from your diet be sure to top up your vitamin D and calcium from other plant-based sources.*



### Spread the word

I'm buying a birthday present for a friend's teenage daughter and she's very much into spreading the vegetarian word in any way she can. I was thinking about buying her a slogan T-shirt that isn't too geared around animal rights, but is something she can wear with pride. Any thoughts on where I can get one?

**Chris Johnson, Manchester**

*Animal welfare organisations like Viva! and Animal Aid sell some cute, witty T-shirts and the proceeds support the groups' campaigns. Café Press also sell a wide range of slogan T-shirts from a number of different companies and charities.*

## HOT TOPIC

WHAT WAS YOUR BEST ECO-PRODUCT PURCHASE OF 2013, AND WHY?



VIA FACEBOOK...

Definitely my travel coffee mug. Not only does it save hundreds of Styrofoam cups, it's also encouraged me to brew my coffee at home every morning saving me a few dollars too!  
**Kay Hall**

OzKleen bathroom cleaner! Seen it advertised in your mag and decided to try it to get pink bath bomb stains off my bath that even bleach couldn't shift. Left on for about a minute, wiped and stains gone - amazing! Can't find it in the shops anymore, so buy it from Amazon.  
**Gem Chant**

A lorry load of manure for the allotment at the start of the year was my best eco-product purchase. And it helped me grow more eco-products throughout the year - beans, beetroots, kale and sprouts!  
**Ian Fischer**

I'm not even sure you would call it an 'eco-product', but my best purchase of this year has been a good quality dual-ended silicone spatula - it means nothing gets left behind in the pan or bowl and therefore no food is wasted.  
**Sue Hall**

## Subscribe today!

Subscribe to the UK's best-selling vegetarian magazine, on page 42.

★  
**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!*

# newshoots

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



## Dieting dilemmas

If you're one of the thousands of Brits whose waistband is feeling a little tighter at the start of this month than last, will a diet be on the cards and if so, how long is it likely to last?

While a healthy-eating plan should result in a sensible weight loss of a couple of pounds a week, if you are aiming to lose much more you could be out of luck. Research shows that although 4 out of 10 of us see Monday as the logical starting day for a diet, 2 in 5 have packed it up within a week and reverted to their previous eating habits. In fact, 1 in 10 don't even make it past Tuesday!

Kate Arthur, the dietitian for Alpro who carried out the survey of more than 2,000 adults, attributed this dismal failure not just to lack of willpower but to the kind of high-profile, fad diets many people choose to follow.

'The reality is that the majority of these diets are so impractical and indeed so little fun that we often give up within just a few days,' she explains. 'There has never been any secret to

sustaining a healthy diet. It always has been, and always will be, about eating the right foods as part of a balanced diet, and exercising, while allowing yourself a treat now and again.'

Despite the continuing trend for the 'quick fix', she said the good news is that more people were realising the benefits of broader, more realistic eating plans, such as eating more plant-based foods including wholegrains, beans, pulses and fruit and veg.

'Effectively, we are advocating a return to a more natural omnivore-based diet that embraces all food groups, which is nothing more than the plant-based diet that we, as a race, are supposed to follow to maintain good all-round health,' adds Kate.

The survey had some other good news: 4 out of 10 non-veggie respondents said they were trying to eat less meat because of concerns over health and the negative impact that they believe the production of meat has on the environment.



## POSH ON CHIPS

Black truffle sea salt is a quick way to add a truffle flavour to the humblest of dishes - even boiled eggs or chips can be given a luxury makeover.

Fine sea salt is infused with Italian black truffles which are cold packed to preserve flavour before being shipped to the UK. Priced at £4.49 for a 50g jar and £5.99 for a 100g jar, they are available online from [www.creamsupplies.co.uk](http://www.creamsupplies.co.uk).



## COCOA DELIGHT FRUIT & NUT BITS

If you're trying to be 'good' this month but finding the sweet urges hard to resist, we highly recommend Nakd's new Cocoa Delight Fruit & Nut Bits.

Priced at £2.25 for a 130g sharing bag (we admit no sharing went on!), they are deliciously moreish pieces of a blend of chocolaty dates, cashews and raisins, and are vegan-friendly too! Find them at Tesco.

# Cutting edge

A good knife is a cook's essential tool and we were impressed with the look and performance of one from a new range by Kuhn Rikon.

Their Noir knives are a stylish collection, featuring black non-stick coated stainless steel blades to avoid food sticking to them, and they also come with a safety sheath. The range starts from £26.95 for a paring knife up to £49.95 for a chef's knife, with a knife block also available separately.

Other new products from the company include a Dual Knife Sharpener which folds neatly into itself and is available in red or black (£14.95), and the Auto Safety Master Opener which can be used to open everything from cans, bottles and pull tops and comes in green, fuchsia, white or black, priced at £16.95.

You can find out more about the products at [www.kuhnrikon.co.uk](http://www.kuhnrikon.co.uk) or to buy online visit [www.cookability.biz](http://www.cookability.biz).



## OPEN SESAME!

Four winners will each receive a Kuhn Rikon Auto Safety Master Opener in either black or white. See page 65 for details of how to enter.



# Dates for the diary

If you're lacking in culinary inspiration, turn over a new leaf this month and consider one of the following cooking courses. (Or turn to page 48 to find out what the School of Wok has to offer.)

## 12 and 26 January

### 100% Bread

Kent-based vegetarian Vicky Feldman runs regular all-day Sunday bread-baking workshops, teaching students how to make a basic loaf, pizza, seeded rolls and artisan breads. The day costs £80. Vicky also runs 3-hour vegetarian workshops priced at £50. [www.100percentbread.com](http://www.100percentbread.com)

### LOVE YOUR LOAF

Receive 10% off any workshop at 100% Bread. Turn to page 65 for details.



## 17, 24 and 31 January

### Cordon Vert

Go international with the Cordon Vert vegetarian cookery school, with cooking workshops on Flavours of the Caribbean, Flavours of America, and Flavours of the World. Each day costs £125. [www.cordonvert.co.uk](http://www.cordonvert.co.uk)

## 28 January

### Leiths School of Food and Wine

The first-class culinary institute for chefs will be running an Everyday Vegetarian course. Devised by Hilary Cacchio, there will be an emphasis on wholesome everyday foods. The course costs £140. [www.leiths.com](http://www.leiths.com)

### CHEFS' SPECIAL

Get £10 off Leiths' Everyday Vegetarian course. See page 65 for further details.



Please note: due to publication times we cannot guarantee there will still be places remaining on the above. However, all offer a range of courses throughout the year.

# A FRESH APPROACH

We first reported on Hello Fresh last summer when we reviewed one of their veggie boxes and gave them the thumbs-up. The company aim to bridge the gap between the convenience of ready meals and the desire to cook healthy food from scratch at home.

All the ingredients to make a number of meals are delivered to your door in 'dinner kits' with clear instructions on recipe cards that take you through the process step by step, meaning even the most inexperienced cook is guaranteed good results in around 30 minutes.

Prices start at £36 for a box containing ingredients for three meals for two, and £57 for one containing the same to feed a family of four.



## HOME DELIVERY

Get an impressive 50% off your first order from Hello Fresh. Turn to page 65 for further information.

# Raise the bar



Enjoy a bit of indulgence with Eat Natural's new Peanut & Popcorn bar. Containing pan-popped popcorn, dark chocolate, sultanas, honey and peanuts it will easily satisfy any sweet cravings.

Buy the bars at Waitrose, priced at £2.09 for a multipack of three 45g bars, or sold individually in Holland & Barrett at 95p each.

## Early start

It's Farmhouse Breakfast Week this month (26 January-1 February 2014), which aims to encourage everyone to make time for the first meal of the day.

The following recipe is designed for mornings when you need to grab something and go! These tasty little loaves can be made in advance, and can also be frozen.

For more information about Farmhouse Breakfast Week and for other recipe ideas, visit [www.shakeupyourwake.com](http://www.shakeupyourwake.com).

### Marmalade breakfast loaves

Makes 8 | Prep 15 mins | Cook 25 mins

150g butter, softened  
150g caster sugar  
2 large free-range eggs  
100g orange marmalade, plus 1 tbsp  
100g self-raising white flour  
75g plain wholemeal flour  
1 tsp baking powder  
2 tsp poppy seeds  
25g toasted flaked almonds



- 1 Preheat the oven to 180C/fan 160C/gas 4. Place 8 mini loaf cases on a baking sheet.
  - 2 Whisk the butter and sugar together in a bowl until pale and fluffy. Whisk in the eggs, one at a time. Gently whisk in the 100g of marmalade.
  - 3 Mix together the flours, baking powder and poppy seeds and stir into the butter mixture. Fold in the almonds and spoon into the cases. Bake for 20-25 minutes until golden and cooked throughout.
  - 4 Mix the remaining tablespoon of marmalade with 1 teaspoon of water and brush over the loaves while warm. Allow to cool.
- PER LOAF 382 cals, fat 20g, sat fat 11g, carbs 48g, sugars 32.5g, protein 5g, salt 0.6g, fibre 2g

Karin Ridgers,  
passionate  
vegan presenter  
and founder of  
VeggieVision TV,  
reveals what she's  
loving this month...



## My new favourite thing

It's always super to hear of new vegan-friendly products and when Imre Janoshazi contacted about me Jimbo's Homemade ([www.jimboshomemade.co.uk](http://www.jimboshomemade.co.uk)), I was fascinated to hear about his Cheesy Bites!



Now made with dairy-free cheese, these Hungarian mini scones are something to have stocked in your kitchen and are very popular with kids and adults alike. I have now tried a lot of Jimbo's Homemade and even took them into BBC Essex recently where they went down a treat! His Chocolate and Coconut Cake was amazing too!

• For cookery, celebrities and news, visit [www.veggievision.tv](http://www.veggievision.tv).



## FLAT OUT

The Pura Vida Raw Bakery produces raw vegan flatbreads that are made with fruit and vegetables, so they count as one of your five-a-day as well!

Free of gluten, wheat and yeast, the breads are made with raw ingredients and dehydrated as opposed to baked. Five varieties are available, including onion, banana, broccoli, chia and even chocolate, which contains raw cacao.

The breads cost £4.25 for a 170g packet and £6.99 for 350g. Find them at a range of stockists, including Wholefoods Market, Planet Organic, The Fresh Network and Amazon. Find out more at [www.puravidafood.co.uk](http://www.puravidafood.co.uk).

### DAILY BREAD

Three winners will each receive the full range of five breads, worth £21.25 per prize. For details, turn to page 65.



## TOP NEW GADGETS

REVIEWING THE LATEST COOL TOOLS FOR THE KITCHEN

**WHAT IS IT?** The Masha is a new electrical kitchen utensil aimed at doing just what its name says. As well as making mashed potato, it can also be used for soups, baby food, guacamole, hummus, mixing cakes, whipping cream or making batters (£34.99; available at Argos or visit [www.theorange.co.uk](http://www.theorange.co.uk)).

**HOW DOES IT WORK?** The company explain the technology includes metal drive gears and a powerful reduction gearbox (all very *Top Gear!*), which drives the blade at low speed, forcing the mash (or anything else) through an outer mesh to obliterate lumps - very much like a manual potato ricer would, just easier.

**WHY WOULD I BUY IT?** Using a conventional blender or food

processor to mash potatoes causes the starch grains to rupture and damage, leading to a 'gluey' consistency. Masha ensures the starch grains are not damaged, producing a smoother, creamier mash.

**WHAT DID WE THINK?** This is a fab little product that did the job and was handy for whipping up a batch of fuss-free cakes without the hassle of a food processor. It was also easy to clean as you can unclick the green plastic blade to rinse it under the tap or pop in a dishwasher.

### SMASHING MASHING!

Two readers can each win a Masha kitchen utensil. See page 65 for details of how to enter.



# Dairy free milk just got easy

The **Tribest Soyabella** milk maker is the easy way to create a variety of dairy free milks at home.

Whizz up raw almond, cashew, hazlenut, and other nut milks in under a minute, and pure unsweetened soya milk in just 15 minutes.

You can also enjoy alternative milks from oat, rice, and coconut with complete control over the ingredients.

Available online at [tribest.co.uk](http://tribest.co.uk)



## Going for broke

Preparing and affording healthy food as a student can be tough when cooking facilities are often limited and budget is an issue.

*The Hungry Student Vegetarian Cookbook* by Charlotte Pike (Quercus, £7.99) is aimed at getting around this with a range of veggie and vegan recipes, from simple jacket spud toppings to ideas for feeding friends and family, including the vegan rice dish featured here.

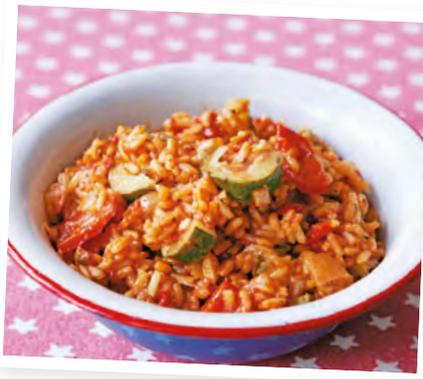
With many of us trying to economise after the extravagances of the holiday season, this book could also be handy for non-students too – the no-fuss formula includes a page on storecupboard essentials and one on watching your shopping budget. We also appreciated the fact that it is a very reasonably priced cookbook – so practices what it preaches!

### Jambalaya ■

This is a Caribbean rice stew, a bit like Spanish paella. This vegetarian interpretation uses cheap ingredients and requires very little cooking – it's mostly just a case of leaving it to simmer.

**Serves 4 | Prep 15 mins | Cook 40 mins**

- 1 tbsp sunflower or vegetable oil
- 1 large onion, peeled and finely chopped
- 2 cloves garlic, peeled and finely chopped
- ½ red chilli, finely chopped (deseeded if you don't want it too hot)
- 3 peppers, deseeded and cut into 2cm chunks
- 1 courgette, cut into 1cm-thick slices



- 1 tsp thyme, fresh or dried
- 1 tsp dried oregano
- 1 tsp paprika
- 150g basmati rice
- 300ml hot vegetable stock
- 400g can chopped tomatoes
- salt and pepper

**1** Heat the oil in a large saucepan over a medium heat. Add the onion and cook for around 10 minutes until softened and fragrant. Add the garlic and chilli and cook for a couple of minutes until fragrant.

**2** Add the pepper, courgette, thyme, oregano, paprika and rice and stir together until evenly incorporated. Pour in the hot stock and canned tomatoes and season with salt and pepper.

**3** Allow to bubble away for 30 minutes until the rice is cooked and the vegetables are soft.

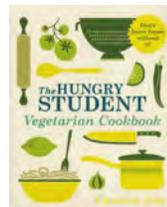
**COOK'S TIP** Leftovers will keep for a day in the fridge but make sure to reheat thoroughly before eating.

■ PER SERVING 261 cals, fat 5g, sat fat 1g, carbs 47.5g, sugars 12.5g, protein 7g, salt 1.4g, fibre 4.5g



### STUDENT ESSENTIALS

Seven readers can each win a copy of *The Hungry Student Vegetarian Cookbook*. To find out more, turn to page 65.



## SMALL BUSINESS, BIG IDEAS

Lisa Drummy is director of Fry's Distribution UK, responsible for importing and distributing the Fry's range of vegetarian and vegan products across the country.



### How did you get your position?

My dad Patrick and I set the business up in November 2001 – it all started through our health food shop in Fareham. We were selling Fry's in the shop and when the supply dried up we contacted the manufacturers in South Africa and they told us they needed a new distributor for the UK, so we volunteered! Eventually we closed the shop to concentrate on that. As a vegan, this is more than a job to me – it's a way of life!

### What does a typical day involve?

Every day is different and it's funny when people ring the office and ask to speak to the accounts department – 'That's me' – or the IT department – 'That's me' – or the marketing department – 'That's me'... We both have to cover every aspect of running the company and people are still amazed that we really are a small family business.

### How does a new product get launched?

We make suggestions for ideas for new products to the Fry's family in South Africa. We told them that pies would be a good product to launch in the UK, for instance, so we now have Pepper Pies, Mushroom Pies and Curry Pies. We trial new products with friends and family and if we think they will sell in the UK we start importing them.

### What was the highlight of 2013 for you?

I'd say the entire Fry's range of 17 products launching with Ocado and also the awards we won – this past year we received a PETA award and one for Best Vegan Meat Product at London Vegfest.

### And your hopes for 2014?

Obviously we would love to see the business continue to expand. On a personal level, I'm hoping to complete two charity cycle rides in the summer – one is 164 miles and my training for that starts this month!



## Totally tropical

Coconut Dream is a new dairy-free vegan-friendly alternative to milk that is based on a mix of coconut and rice.

Containing calcium and vitamins D2 and B12, Coconut Dream is made from 100 per cent natural ingredients, is naturally low in fat, with no added sugars, and is free from lactose, gluten and wheat.

Simply enjoy it as a drink, pour it on cereal, or substitute for milk in cooking and baking. The new range is launched in Sainsbury's and Asda stores across the UK, packed in 1-litre cartons priced at around £1.49.



## LUNCH ON THE GO

A lunchtime sandwich isn't quite so appealing in the colder months, so Stagg Chili's new microwavable Vegetable Meal provides another option.

It contains less than 1 per cent fat per pot and with tomatoes, green beans, peas, onions and peppers it also counts as two of your five-a-day.

The 370g snack pot is available from Tesco and Asda, retailing at £1.99.

## GET READY FOR VEGANUARY

Inspired by the annual moustache-growing charity event Movember, Matthew Glover, a vegan businessman, is encouraging people to adopt a plant-based diet for the month of January in a new campaign.

Teaming up with Viva! to promote the challenge, 'Veganuary' will highlight the health benefits of a vegan diet, support people with the transition, while an interactive website will provide recipes, shopping lists and meal ideas for each day.

'I wondered whether a concept like Movember could be used where healthy vegan eating could be promoted, while also raising money for animal charities,' says Matthew. 'It's the perfect month for such a challenge with people more likely to consider diet changes after the excesses of the festive period!'

The website will enable those taking part to create their own profiles, upload pictures, and make comments about their experiences via the website and social media channels.

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



This month Kelly Rose Bradford discovers that wisdom is not necessarily garnered through ageing.



## VEGGIE VENTS

Apparently, vegetarianism is just for girls...

There was a story doing the rounds recently about how the Norwegian army are going to have meat-free Mondays as some kind of environmental and cost-saving drive.

An 'older' relative, when reading about this in the paper, was outraged.

'Men,' she proclaimed, 'especially those in the *army* of all places, cannot survive without meat!'

Then followed a lecture on how an army 'marches on its stomach' and that those who have dangly bits *must* eat dead animal in order to survive.

Some gentle probing under the guise of interest in her obvious expertise on the subject revealed that the forces, 'manual workers' and 'shift workers' had to have 'proper, men's meals' and that only 'layabouts', 'artists' and 'those creative types' could possibly cope without it.

I had to admit I was suppressing laughter by the end of her tirade.

Attempts to establish exactly what 'men's meals' were, revealed that 'good old-fashioned' dishes like steak and kidney pudding, liver and onions and a full-on roast dinner qualified.

'Like what we used to have,' she

*Men, especially those in the army of all places, cannot survive without meat!*

concluded. Or so I thought.

The topic was visited an hour or so later when she announced that going meat-free was a sure-fire way to succumb to all manner of ill health, from iron deficiencies to 'leaving yourself open to colds'.

She ended this statement with a loud nose blow, and a request for her lozenges.

Obviously I wasn't going to start a full-on debate with an elderly lady, but sneaking a look online later that day, I saw most reports of the story had attracted similar comments from people - that a meat-free diet could not possibly be suitable for an army, that vegetarians are all wan and pale and prone to ill health and, of course, the omnipresent 'rabbit food' insult.

But I did enjoy one trying-to-be-clever headline that claimed Norway was attempting to combat climate change via 'tofu tactics'. Good for them. A tofu tactic is better than a pork practice or steak strategy any day.

## Hot stuff

The Thermo Pot lets you easily transport soup, casseroles, rice pudding or porridge while keeping it warm for up to six hours. It even comes with a magnetic spoon!

The Thermo Pot costs £30 (but would be economical in the long run if it helps avoid shop-bought sandwiches) and is available from [www.sciencemuseumshop.co.uk](http://www.sciencemuseumshop.co.uk).



### POT LUCK

One lucky reader can win a Thermo Pot. See page 65 for details of how to enter.



# Comfort food

wholesome and delicious organic soups

## Organic barley and bean

a rich and satisfying medley of Italian pearl barley, mixed beans, tomato, onion, herbs and spices. Choose this, or one of the other eleven naturally delicious flavours.

New



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



www.suma.coop For your nearest stockist Tel: +44 (0)1422 313845 Email: info@suma.coop

# What shall I cook?



© CLAIRE WINFIELD

59

**Omelette baguette**

# Rise and shine

Start the day – and the new year – with something deliciously different, whether you're having a lazy Sunday brunch or grabbing a quick bite before the dash to work.



© CON POULOS

62

**Avocado and black sesame sprinkle on sourdough**  



© AKIKO IDA

45

**Crunchy honey granola**



© MYLES NEW

32

**Cappuccino, cinnamon pecan muffins**

# in season JANUARY

When the new year casts a chill, warm up with our oven-baked dishes and spicy samosas.



## Salads

Chicory, Endive,  
Winter radishes,  
Winter salad leaves



## Vegetables

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



VEGGIE LANCASHIRE HOTPOTS WITH SNOWMAN TOASTIES

### Lisa Allen's veggie Lancashire hotpots with snowman toasties

**Serves 4**  
**Prep 25 mins**  
**Cook 1 hr 10 mins**

**For the veggie hotpot:**  
40ml olive oil  
1 onion, thinly sliced  
1 clove garlic, crushed  
2 tbsp tomato paste  
80g pearl barley  
4 parsnips, large dice  
4 carrots, large dice  
4 celery sticks, large dice  
1 tbsp thyme leaves  
700ml vegetable stock

**For the potato crust:**  
2 baking potatoes  
2 sweet potatoes  
20g butter, melted  
pinch of salt and pepper

**For the snowman toasties:**  
8 slices wholemeal bread  
30g pickle  
180g vegetarian half-fat medium cheese

**1** To make the hotpot, heat up the oil in a large, heavy-based pan over a medium heat. Cook

the onion for 5 minutes, then drop in the garlic and cook for another 2 minutes. Add the tomato paste and cook until it starts to stick to the base of the pan.

**2** Add the pearl barley, parsnips, carrots, celery and thyme, as well as the stock. Simmer for 25–30 minutes until the vegetables have softened a touch.

**3** Preheat the oven to 180C/fan 160C/gas 4. Divide the vegetables evenly between 4 individual pie dishes, using a slotted spoon. Using a ladle, spoon the liquid over the vegetables until they are just covered.

**4** To make the potato crust, use either a mandolin or a sharp knife to slice the potatoes and sweet potatoes thinly. Put the slices in a bowl with the melted butter, salt and pepper, then shake well. Arrange the slices over each pie dish in a fanned circle, alternating between the sweet and regular potatoes as you lay them.

**5** Put the pie dishes on to a baking tray and oven cook for 25–30 minutes until the tops are golden brown.

**6** To make the toasties, cover 4 slices of bread with a thin layer of pickle. Grate the cheese on top of the pickle and cover with 4 more slices of bread to make sandwiches. Cook them in a sandwich toaster until the cheese has melted.

**7** Remove the toasties and allow to cool a little. Use a snowman-shaped cutter to cut the toasties, keeping any excess. Take the hotpots straight away, alongside a snowman toastie.

**COOK'S TIP** If you don't have a sandwich toaster, place the sandwiches on a baking tray lined with baking paper and cover the top of the sandwiches with another sheet of parchment. Place another baking tray on top to press them down and cook for 20 minutes in the oven.

■ PER SERVING 747 cal, fat 24.5g, sat fat 9g, carbs 99.5g, sugars 22g, protein 29g, salt 3.8g, fibre 18.5g

### govegan

**V** Use a dairy-free spread instead of butter for the potato crust, and melting vegan cheese in the toastie.

PHOTOGRAPH: NASSIMA ROTHACKER

## Creamy cheese, Brussels sprout and almond gratin

Serves 6

Prep 10 mins | Cook 40 mins

500g waxy potatoes, peeled and cut into sprout-sized cubes  
600g Brussels sprouts  
150g light blue vegetarian cheese, such as Cashel blue or Dorset blue, crumbled or chopped  
200ml double cream  
200ml full-fat milk  
1 tbsp grain mustard  
50g ground almonds  
75g fresh white breadcrumbs  
30g vegetarian Parmesan-style cheese, freshly grated  
salt and black pepper

**1** Heat the oven to 180C/ fan 160C/gas 4. Parboil the potatoes in boiling salted water for 6–8 minutes until almost tender, adding the sprouts for the final 2 minutes of cooking. Drain and tumble into a well-buttered ovenproof dish.

**2** In a jug, combine the blue cheese, cream, milk, mustard and almonds. Season well with salt and pepper. Pour the mixture evenly over the sprouts and potatoes.

**3** Mix together the breadcrumbs and Parmesan-style cheese and scatter over the top. Place in the heated oven and bake for 25–30 minutes until golden and bubbling. Serve hot.

■ PER SERVING 490 cals, fat 34g, sat fat 18g, carbs 27g, sugars 7.5g, protein 17g, salt 1.8g, fibre 7.5g

## Root vegetable samosas with mint raita

Serves 4 (makes 12 samosas)

Prep 15 mins | Cook 30 mins

1 large carrot, trimmed and thickly sliced  
1 small swede, peeled and cubed  
1 parsnip, trimmed and thickly sliced  
100g frozen peas  
3 tbsp groundnut oil  
1 small onion, thinly sliced  
2 cloves garlic, crushed

1–2 tbsp medium curry powder  
1 tsp cumin seeds  
28g pack fresh coriander, chopped  
270g pack filo pastry sheets  
4 tbsp natural yogurt  
2 tbsp mint sauce

**1** Preheat the oven to 200C/ fan 180C/gas 6. Cook the root vegetables in a pan of boiling water for 10 minutes until just cooked through. Drain thoroughly and then cut into small cubes.

**2** Cook the peas in boiling water for a minute and drain thoroughly.

**3** Heat half the oil in a frying pan and add the onion and garlic. Cook over a medium heat for 5 minutes until softened and starting to brown.

**4** Add the root vegetables and cook for a further couple of minutes until golden. Stir in the curry powder and cumin, then cook for a further minute. Stir in the peas, chopped coriander and seasoning.

**5** Brush a sheet of filo with oil then fold in half. Cut in half across the diagonal to give two triangles. Place a large spoonful of the filling on one end of a triangle of pastry and fold over to cover the filling, then keep folding until you have a triangular parcel. Pinch the edges together to seal. Repeat to make 12 samosas.

**6** Place on a dampened baking sheet and bake for 15 minutes until crisp and golden. Serve with the yogurt mixed with the mint sauce.

■ PER SERVING 362 cals, fat 12.5g, sat fat 2.5g, carbs 50g, sugars 12g, protein 11.5g, salt 0.5g, fibre 7.5g

### govegan

**V** Alpro soya yogurt can be substituted for the natural yogurt.

Adapted recipes and images are courtesy of the following: Creamy cheese, Brussels sprout and almond gratin from *The Great British Bake Off Winter Kitchen* by Lizzie Kamenetzky (BBC Books, £20); Root vegetable samosas with mint raita from [www.waitrose.com](http://www.waitrose.com) (more than 5,000 recipes can be found at [www.waitrose.com/recipes](http://www.waitrose.com/recipes)); Veggie Lancashire hotpots with snowman toasties from *Great British Chefs* (for more delicious recipes, visit [www.greatbritishchefs.com/vegetarian-recipes](http://www.greatbritishchefs.com/vegetarian-recipes)).



CREAMY CHEESE, BRUSSELS SPROUT AND ALMOND GRATIN

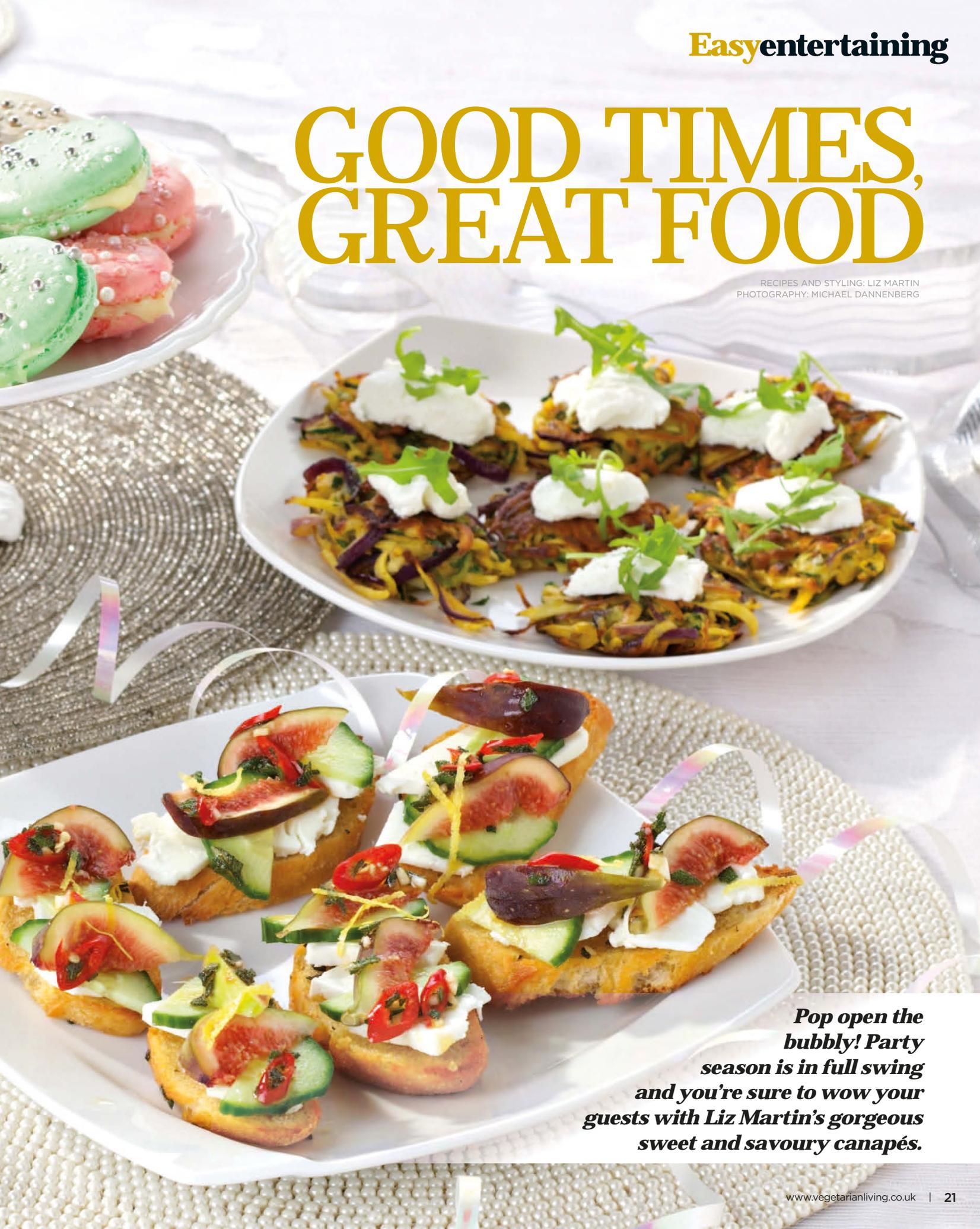


ROOT VEGETABLE SAMOSAS WITH MINT RAITA



# GOOD TIMES, GREAT FOOD

RECIPES AND STYLING: LIZ MARTIN  
PHOTOGRAPHY: MICHAEL DANNENBERG



*Pop open the bubbly! Party season is in full swing and you're sure to wow your guests with Liz Martin's gorgeous sweet and savoury canapés.*

## Pepper, sundried tomato and olive palmiers \*

Makes about 28

Prep 20 mins + chilling

Cook 25 mins

290g jar char-grilled mixed peppers  
100g sundried tomatoes, drained  
2 cloves garlic, chopped  
1 small red onion, chopped  
2 tbsp snipped fresh chives  
2 tbsp chopped fresh basil  
100g pitted black olives with herbs, drained and finely chopped  
320g packet ready-rolled puff pastry  
1 free-range egg, beaten

**1** Drain the peppers and reserve some of the oil. Finely chop the peppers and tomatoes and set aside.

**2** Heat 2 tablespoons of the reserved oil in a pan and sauté the garlic and onion for 5 minutes, until softened. Remove from the heat and stir in the peppers, tomatoes, chives and basil. Stir the olives into the filling mixture and allow to cool completely.

**3** Roll the pastry out on to a work surface dusted with a little flour and roll out further into a 35 x 31cm rectangle. Cut in half lengthways. Divide the filling between the two rectangles, spreading it out evenly.  
**4** Working with one rectangle, roll the opposite shorter sides of the rectangles over, until the two sides meet in the middle and you have created a strip. Repeat with the remaining rectangle. Place on a baking sheet, cover with cling film and chill for 30 minutes.

**5** Preheat the oven to 200C/fan 180C/gas 6. Cut each roll into 12-14 slices. Place on non-stick baking sheets, cut side uppermost, well spaced apart. Brush with beaten egg and bake for 20 minutes, until golden. Serve.

■ PER PALMIER 67 cals, fat 4.5g, sat fat 1.5g, carbs 5.5g, sugars 1g, protein 1g, salt 0.3g, fibre 0.5g

### govegan

**V** The pastry can simply be glazed with soya milk instead of egg.

### freeze-me

**\*** These can be frozen just before cooking or after cooking. If freezing after cooking, allow to cool completely before arranging in airtight containers. Thaw at room temperature for 3 hours. Cook as above or reheat at the above temperature until piping hot. Serve hot or cold.

PEPPER, SUNDRIED TOMATO AND OLIVE PALMIERS



FIG, CUCUMBER AND FETA CROSTINI

## Fig, cucumber and feta crostini

Makes about 18 | Prep 20 mins

Cook 10 mins

thin French-style baguette  
8 tbsp olive oil  
2 cloves garlic, chopped  
1 tbsp chopped fresh sage  
150g vegetarian feta cheese, sliced  
3-4 figs, each cut into thin wedges  
¼ cucumber, halved lengthways and very thinly sliced  
1 small red chilli, finely sliced  
grated zest of ½ small lemon  
2 tsp lemon juice

**1** Preheat the grill. Cut the bread diagonally into 2cm slices and place on baking sheets. Mix together the

olive oil, garlic and sage. Then brush most of the olive oil mixture over the bread slices on both sides. Toast on both sides until almost golden.

**2** Divide the feta between the bread slices and grill lightly. Remove from the heat and top with the fig wedges and cucumber slices.

**3** Stir the chilli, lemon zest and juice into the remaining oil. Lightly drizzle the dressing over the crostinis, then serve.

■ PER CROSTINI 129 cals, fat 7g, sat fat 2g, carbs 13g, sugars 6g, protein 3g, salt 0.5g, fibre 1.5g

### govegan

**V** Vegan cheese such as Sheese, Cheezly, Tofutti or No-Moo can be sliced in place of the feta.



COURGETTE, ONION AND  
HERB FRITTERS WITH  
GOAT'S CHEESE

## Courgette, onion and herb fritters with goat's cheese 🍷

Makes about 14 | Prep 10 mins  
Cook 8 mins

100g grated courgette  
100g grated parsnip  
1 red onion, very finely sliced  
2 tbsp rice flour  
1 large free-range egg, beaten  
1 tbsp medium curry paste  
1 tbsp chopped fresh coriander  
1 clove garlic, chopped  
vegetable oil, for frying  
100g vegetarian goat's cheese  
rocket leaves, to garnish

**1** Mix together the courgette, parsnip, onion, rice flour, egg, curry paste, coriander and garlic.

**2** Heat a little oil in a frying pan and place small tablespoons of the mixture in the pan. Flatten slightly and cook in batches for about 3 minutes each side until golden.

**3** Arrange on warm serving plates, then top with the goat's cheese and rocket. Serve.

■ PER FRITTER 122 cal, fat 9.5g, sat fat 2.5g, carbs 6g, sugars 1.5g, protein 2.5g, salt 0.3g, fibre 1.5g



BETROOT AND  
HORSERADISH  
CREAM BLINIS

## Beetroot and horseradish cream blinis ❄️🍷

Makes about 22 | Prep 10 mins  
Cook 10 mins

75g self-raising flour  
½ tsp bicarbonate of soda  
½ tsp of salt  
50ml buttermilk  
75ml skimmed milk  
½ free-range egg, beaten  
75g vegetarian garlic and herb cream cheese  
3 tbsp olive oil  
4-5 tbsp crème fraîche  
2 tbsp grated horseradish  
2 cooked beetroot, finely diced  
fresh sprigs of thyme, to garnish

**1** Mix together the flour, bicarbonate of soda and salt. Add the buttermilk, skimmed milk and beaten egg, then stir together well until smooth. Break the cream cheese into small lumps and stir through the batter mixture.

**2** Heat the oil in a frying pan until hot. Drop tablespoons of the batter mixture into the pan, well spaced

apart. Cook for about 3 minutes on a medium heat, then flip over and cook for a further 3 minutes. Repeat with the remaining batter.

**3** Mix together the crème fraîche and horseradish and spoon on top of the blinis. Top with the beetroot and garnish with herbs. Serve.

■ PER BLINI 67 cal, fat 5g, sat fat 2.5g, carbs 4.5g, sugars 1.5g, protein 1.5g, salt 0.2g, fibre 0.5g

## freeze-me

**\*** The blinis can be frozen at the end of Step 2. Allow to cool completely, layer in an airtight container between sheets of greaseproof paper, cover and freeze. Thaw at room temperature for 3 hours.

## Lemon and passion fruit meringue tartlets

Makes about 18

Prep 30 mins + cooling and chilling

Cook 18 mins

For the pastry:

100g plain flour  
pinch of salt  
50g butter  
dash of vanilla extract  
2 tsp caster sugar  
1 free-range egg yolk

For the filling:

200–225g good quality ready-made lemon curd  
1 passion fruit

For the meringue:

2 free-range egg whites  
100g caster sugar  
sparkles, to decorate

**1** To make the pastry, sift the flour and salt into a mixing bowl. Rub in the butter using your fingertips until the mixture resembles breadcrumbs. Stir in the vanilla extract, caster sugar, egg yolk and 1–2 tablespoons of cold water until the mixture forms a firm dough. Knead lightly on a floured work surface. Cover with cling film and chill for 30 minutes.

**2** Roll out the pastry on a lightly floured work surface and, using a 7cm round cutter, cut out about 18 circles. Use to line a mini muffin tin. Prick the base and sides with a fork. Cover with cling film and chill for 30 minutes.

**3** Preheat the oven to 190C/fan 170C/gas 5. Line the pastry cases with parchment paper and baking beans, then bake blind for 10 minutes.

Remove from the heat and discard the beans and paper. Bake for a further 5 minutes. Remove from the heat and allow to cool. Transfer to a wire rack.

**4** To make the filling, place the lemon curd in a bowl. Scoop the seeds from the passion fruit and stir into the lemon curd. Spoon the mixture into the pastry cases, cover then chill for 2 hours.

**5** To make the meringue, whisk the egg whites until stiff. Gradually whisk in the caster sugar a spoonful at a

time, whisking between each addition until stiff and glossy. Using a piping bag fitted with a small star-shaped nozzle, pipe on top of the curd mixture to create a swirled effect.

**6** Preheat the grill, or for the best results fire up a blowtorch. Scatter sparkles over the meringue tops and grill or blowtorch for a few seconds until lightly golden. Allow to cool and chill until ready to serve.

■ PER TARTLET 103 cal, fat 3.5g, sat fat 1.5g, carbs 18g, sugars 11.5g, protein 1g, salt 0.2g, fibre 0.5g



LEMON AND  
PASSION FRUIT  
MERINGUE  
TARTLETS

ALMOND MACAROONS WITH WHITE CHOCOLATE GANACHE



## Almond macarons with white chocolate ganache

Makes about 20

Prep 30 mins + standing and cooling

Cook 25 mins

165g icing sugar, sifted  
140g ground almonds  
3 large free-range egg whites  
75g caster sugar  
1 tsp almond extract  
red paste food colouring  
green paste food colouring  
sprinkles, to decorate  
125g white chocolate  
75ml double cream

**1** Line baking sheets with baking paper and set aside.

Fit two piping bags with plain piping nozzles.

**2** Sieve the icing sugar into a bowl and stir in the ground almonds, until very well blended.

**3** Whisk the egg whites in a clean, grease free-bowl until stiff. Gradually whisk in the caster sugar, whisking well between each addition until thick and glossy.

**4** Fold in half the ground almond mixture and almond extract, until well combined. Then fold in the rest. Place half the mixture into a separate bowl. Colour one mixture green and the other pink.

**5** Place each coloured meringue mix into a piping bag and then pipe about 3.5cm rounds on to

the baking sheets, well spaced apart. Sprinkle over some sparkles. Leave to stand for 30 minutes, until a skin forms.

**6** Preheat the oven to 170C/fan 150C/gas 3. Bake for 15–20 minutes until dried out. Remove from the heat and allow to cool on the trays. Transfer to a wire rack.

**7** Melt the chocolate and cream together until smooth. Remove from the heat and allow to cool, until smooth and thick. Sandwich the macarons together and arrange on a serving plate.

■ PER MACAROON 152 cals, fat 8.5g, sat fat 3g, carbs 17g, sugars 16.5g, protein 3g, salt 0.1g, fibre 0.5g

## MORE CANAPÉ IDEAS

For something different, try one of these alternative toppings or fillings...

### PALMIERS

#### Mushroom and herb

Sauté diced mushrooms and onions. Stir in a little flour with chopped mixed herbs, such as chives and thyme.

#### Tapenade and feta

Spread olive or sundried tomato tapenade over the pastry. Scatter over crumbled feta cheese and roll.

#### Pesto and mozzarella

Spread pesto of your choice over the pastry. Top with diced mozzarella and roll up.

### CROSTINI TOPPINGS

#### Gruyère and dill pickles

Top the garlic toasts with thin slices of Gruyère cheese, halved mini gherkins and a spoonful of mustard. Garnish with a sprig of dill.

#### Cream cheese with plum tomato and basil

Thickly spread the toasts with garlic and herb cream cheese, then top with slices of ripe baby plum tomatoes and basil leaves.

#### Onion marmalade and artichoke

Spread the toasts with onion marmalade, then top with a char-grilled artichoke and a sprig of thyme.

### TARTLET FILLINGS

#### Cherries in kirsch

Heat together tinned cherries in syrup, cornflour and a little kirsch until thick. Cool, chill, then spoon into the pastry cases.

#### Raspberry and strawberry compote

Heat small raspberries and chopped strawberries with a little sugar and Cointreau, until the sugar has dissolved. Cool and chill. Fill the tartlets.



# 'When I'm creating a new recipe I make a few calculations and then just build and build on the flavours and see what happens!'

## **Former supermodel, chef and TV personality Lorraine Pascale chats to Lindsey Harrad about the trials of recipe testing, finding the right career path and the next big food trends.**

Thanks to the nation's love affair with cakes, further fuelled by competitive baking shows on TV and a torrent of new and tempting baking books, our collective waistbands may be suffering from all the cupcakes, muffins and whoopee pies we've been whipping up in the kitchen recently. As one of my best friends recently remarked: 'I don't make cakes... I'd only go and eat them.' So how can we bake our cakes and eat them too?

Ex-model Lorraine Pascale started her career in an industry where being whippet-thin is compulsory and she still looks fabulous now she's a professional chef and mother to a teenager, so who better to advise us on reduced sugar and low-fat baking? Her new book, *A Lighter Way to Bake*, came from a Sunday morning brainwave, when she decided to come up with a range of recipes that were lighter on fat, sugar and calories yet would still be just as much of a treat for the taste buds as the original naughtier versions.

'I was asked so often by fans and customers to come up with some lighter bakes and so I did,' she laughs. She admits, however, that she had no idea what an enormous challenge it would be to create delicious cake recipes without relying on sugar and fat for those wonderful flavours and textures we associate with our favourite bakes, and says one recipe in particular became her nemesis.

'The Victoria sponge was a real challenge. I kept trying and trying and not getting anywhere, until one day I opened the oven and there was a perfect Victoria sponge - fluffy, light and tasty,' she says (you can try



the recipe on page 30). 'It was so hard to do this book that so many times I wanted to give up. I just wanted to reduce the naughty stuff a little to make enough of a difference and I succeeded in most recipes I tried, although not all of them!'

### **Doing the research**

As Lorraine discovered in her research for this book, in many diet baking recipes, the supposed lightness of the end result is often illusory - the recipe suggests cutting the cake into an unfeasible number of slices to bring down the calories and fat per portion, for example. Or the bakes may be so low in sugar and fat that they look and taste too worthy to be a treat, or are too reliant on unusual specialist ingredients to make them an easy or practical make. When some recipes proved particularly resistant to downsizing on the fat and sugar, instead Lorraine decided to compromise and add wholemeal flour to at least boost the nutritional value.

A rather traditional cook in many ways, Lorraine says she's not been gripped by the competitive baking fervour and

doesn't watch BBC2's *The Great British Bake Off* herself, preferring *MasterChef: The Professionals* or *My Kitchen Rules*, the Australian competitive cooking show fronted by Manu Feildel and Pete Evans, although says she loves 'the fact that the nation is gripped by baking at the moment'. She also tends to favour classic French cuisine and refers to cookbooks by Larousse and Michael Roux Jnr. But as a classically trained chef herself, she's accustomed to adding plenty of butter and sugar to recipes to make them taste delicious, so how did she go against everything she's learnt in order to make healthier versions?

'When I'm creating a new recipe I usually start by making a few calculations and then just build and build on the flavours and see what happens!' she says. 'For this book, I did a lot of research first, scouring magazines, books and online for information and I also read reports by associations such as the British Nutrition Foundation, the NHS and the British Heart Foundation on healthy alternatives. Funnily enough, there's not that much information out there yet, although I think that will change soon. I then went out and bought a lot of dairy products - such as cream cheese, cottage cheese, crème fraîche - in low- and full-fat versions and just starting experimenting, reducing the butter and replacing it with other dairy products to see what worked.'

### **Starting out young**

Some cakes sank, some were a success, but eventually she cracked the code and the bakes started coming out of the oven consistently just right. This is the essence of Lorraine's character - when she sets herself a challenge she is dedicated and doesn't give up - which is also part of what makes her hugely likeable. She's worked hard for her success; it hasn't been handed to her on a plate because she was a 'celebrity' before she was a baker.

She started working at an early age, after she entered a modelling competition at the Clothes Show Live in Plymouth. She didn't



win that day, but the agent encouraged her to come up to London for a meeting. After being turned down again by the same agency for not having 'the right look', the determined teenager trekked around a long list of other agencies in London until she found one that would sign her. She then headed off to New York and held her own among the biggest names of the day for some of the world's most successful designers, including Chanel, Lagerfeld, John Galliano, Versace, Benetton and Donna Karan. She was also the first British black model to be featured on the cover of *American Elle*.

'I don't regret starting my career so young in some ways, but in other ways I wish that I had stayed at school to do a good university degree,' she says. 'I missed doing that when I was younger and I believe it is an essential part of development for some people. But I did enjoy some amazing experiences, such as getting to see so many parts of the world, although that was balanced out by the worst aspect of being a model, which is not being able to be part of a community and have a stable home life. However, it was an amazing moment to walk down the runway with the supermodels thinking, "What am I doing here?!"'

A stable home life is something that proved elusive at times for Lorraine, even before she started her jet-setting career. Born to West Indian parents, she was adopted at 18 months and raised in Oxfordshire by a white family. Sadly, her new family was broken up when she was just three when her adoptive parents divorced, and again when her mother became ill a few years later. Lorraine was fostered by several different families during this period, with varying degrees of success,



but eventually she returned to live with her mother. Always a bright, hard-working girl, Lorraine went on to win a full scholarship through the Buttle Trust to attend a prestigious boarding school in Devon.

## Finding her path

As a studious type at heart, Lorraine knew she'd need an alternative career for her post-modelling days and decided to explore her options. In 1995, aged 23, she married Polish musician Count Kaz Balinski-Jundzill – although they divorced after just four years – and in the following year she gave birth to their daughter Ella and realised she needed to find a career that would fit around her responsibilities as a parent too.

'I read a book about choosing careers and finding your own path called *What Colour is Your Parachute* (by Richard N. Bolles) and it gave me the confidence to start looking for a job that I would love,' she says. 'I tried a long list of possible careers: I worked as a secretary, a photographer's assistant, an interior designer, a hypnotherapist, and even did a stint as a car mechanic!'

But nothing felt right until Lorraine discovered her true passion when she enrolled on a 10-week cooking course. 'I went to Leiths School of Food and Wine and on the first day I was hooked,' she says. 'I totally

fell in love with it, and although it was much more advanced, it reminded me of being in my home economics classes at school in Devon and I loved those lessons so, so much.'

After continuing at Leiths and completing the one-year diploma, she went on to take first class honours in a four-year degree in International Culinary Arts and also completed stages in some world-renowned professional kitchens, including Petrus, the Mandarin Oriental, Gilgamesh and The Wolseley. But she soon realised the 18-hour days weren't compatible with family life.

'If you love food then a career in this industry is great. The hours are sometimes long, but it is a fantastic industry to be in and very rewarding in the right position,' she says. 'But I wanted to be able to see my daughter grow up and the hours were just too harsh.'

Instead, Lorraine translated her passion for baking into a new business making celebration cakes, and landed a contract to supply Selfridges. 'I just loved baking cakes and really wanted to be able to take my cakes to a wider audience, so I started selling them on market stalls and then just went for it and opened the bakery.' After opening in 2009, The Cupcake Bakehouse in Covent Garden continues to thrive, riding on the crest of the cupcake wave. The bakery produces delightful confections pretty enough to grace any occasion, from a celebrity party to a five-year-old's birthday tea, with 'couture cupcakes' available in flavours such as banoffee, Black Forest gateau and the hugely popular Oreo variety.

## Effortless baking

While the bakery has grown steadily, so has Lorraine's TV career, and her first series in 2011, *Baking Made Easy*, became something of a landmark show, attracting nearly 3 million viewers at its height – impressive figures for a debut cooking show by a relatively unknown chef. This first series saw her crafting everything from easy loaves to simple canapés and a now-famous chocolate and raspberry confection charmingly titled the 'I-can't-believe-you-made-that-cake', all delivered with her trademark ability to make even the most elaborate bake look effortless. Not surprisingly, the tie-in cookbook, *Baking Made Easy*, went straight to the top of Amazon's food and drink bestseller list.

---

*'If you love food then a career in this industry is great, but I wanted to be able to see my daughter grow up and the hours were just too harsh'*

---



Since then, she's gone on to present *Home Cooking Made Easy* along with a tie-in cookbook, and then her *Fast, Fresh and Easy Food* cookbook along with a six-part TV series for BBC2, all of which received critical acclaim. She may be the most successful debut cookery writer in Britain to date, but Lorraine is characteristically modest about her achievements.

Her presenting style is very natural, relaxed and enthusiastic – watching her feels a little like your best friend encouraging you to be brave and have a go, and it's a charming, relatable format that inspires confidence in the viewer. But Lorraine says her own confidence on camera doesn't come as naturally as it may seem, and credits the team around her for helping her achieve her full potential.

'I'm not so confident really, but I work with great people who really help me feel at home and relaxed and then I just do the best I can. I always remember that when I got the call telling me I was going to get my first BBC cooking show, I was walking along the Fulham Road in London. I couldn't really believe it at that moment, and it didn't really sink it until I saw the show on the TV!'

Lorraine is not vegetarian, but her latest book is mostly veggie with only a small selection of savoury meat- or fish-based bakes included, and fans will be delighted to discover lighter versions of some of her popular recipes from other books, such as a more saintly Skinnier Mac and Cheese with Thyme, and an homage to the first bean burger she ever experienced at Wimpy as a teenager (many of us who have been veggies since childhood will remember that bean

burger very well!) with her Butternut Squash 'Naked' Bean Burger with Apple, Mango and Chilli Salsa.

### The next big trend

However, despite making a career out of baking, Lorraine admits she keeps her model figure trim by avoiding carbs and believes we'll see more and more people switching to ingredients such as ground almonds and coconut flour to boost the protein content of their bakes and reduce our dependence on wheat flour.

'I tend to stick to a low-carb eating plan as much as possible, but don't beat myself up if I do eat too much,' she says. 'I like lots of veg and salads but I'm also mad about cheese. I think it would be great if we could look at countries like Sweden that have recently changed dietary advice to move people away from a high-carb diet to a low-carb one. For me this is the only way to stay slim.'

Having said that, she believes in the philosophy that everything is good for you in moderation and occasional treats can't hurt, especially if you make them in a lighter way. 'My personal favourite from the new book is my Raspberry, Vanilla and White Chocolate Cake with Almond Flowers, as it's so pretty! If I had friends coming over for afternoon tea, I'd go traditional with cucumber sandwiches, egg sandwiches, my warm honey scones and some very good tea,' she says. 'But for this year, I'm predicting the hot new baking trend will be chocolate brownies.' You read it here first...

• *Keep up to date with Lorraine's news and free recipes at [www.lorrainepascale.com](http://www.lorrainepascale.com).*

## LORRAINE'S TIPS FOR A HEALTHIER BAKE

**VANILLA** Use a really good quality vanilla. Vanilla pods, vanilla bean paste or vanilla extract (it should be almost black in colour) are best. Avoid the pale beer-coloured vanilla essence, as this is no good for flavour.

**SALT** Avoid low-sodium salt. It's better to add flavour in other ways and get accustomed to the taste of food with little or no salt.

**SUGAR** Similarly, sugar alternatives are available but there are mixed views on their nutritional impact, so it's often better to use reduced quantities of normal sugar.

**FRUIT** Dried fruit is laden with concentrated sugar, so try to use fresh fruit where possible.

**FLOUR** Wholemeal flour provides added fibre and a nutty flavour, so try replacing white flour for wholemeal, or go half and half.

**OIL vs BUTTER** Many bakes work well with oil instead of butter. Rapeseed oil is very low in saturated fat compared to other vegetable oils and the light, nutty flavour works well for sweet baking.

**TEXTURE** Cakes with less butter and sugar may have a different texture and appearance to the standard versions, so don't be surprised if your cakes have a firmer crust (while still being delightfully soft inside), a lighter colour or your cookies have a softer texture.

**COOKING** It's easier to burn or overcook a low-fat recipe, so use an oven thermometer and check regularly. If you think your bake is almost ready, take it out then and it will stay nice and moist.

**STORAGE** Lighter cakes may not keep fresh as long as standard recipes, so ideally make them the day you need them or if you have to make them the night before, wrap well in cling film and keep in an airtight tin or the fridge.

**SERVING** Don't forget – there's no point making a lighter bake and then cutting huge slices. A modest portion should hit the sweet-tooth buttons without causing too much damage to your waistline!

## LORRAINE'S LIGHTER CAKES

### Victoria sponge

This cake was my nemesis. I kept trying and trying and not getting anywhere. One balmy April night, I was in the kitchen testing this little sponge with *The Real Housewives of New York City* on my laptop to keep me company when, boom, I opened the oven and there she was. A Victoria sponge – fluffy, light and tasty. When you mix the butter, yogurt and sugar together it does not look pretty and no matter how soft the butter is, it still insists on going into lumps, but persevere with this national treasure because I can attest that it is worth it.

**Serves 10 (slimmish slices)**

**Prep 30 mins | Cook 20 mins**

**For the sponge:**

spray oil

125g caster sugar

100g unsalted butter, softened

100g full-fat Greek yogurt

2 free-range eggs, lightly beaten

250g self-raising flour

4 free-range egg whites

2 tsp baking powder

½ tsp vanilla extract

icing sugar, to decorate

**For the sugar syrup:**

4 tbsp caster sugar

2 tbsp lemon juice

**For the filling:**

100g low-fat vegetarian cream cheese

100g no-fat natural yogurt

4 tbsp icing sugar, sifted

seeds from 1 vanilla pod

125g raspberries

**1** Preheat the oven to 170C/fan 150C/gas 3 and set the shelf in the middle. Spray two 20cm loose-bottomed sandwich tins with oil, line them with baking parchment and then set them on a baking sheet.

**2** Put the sugar, butter and yogurt into a large bowl and beat like mad with a whisk until well combined. A food mixer would be great for this job, otherwise get your whisk, roll up your sleeves and just go for it. Now, this mix is not going to go all light and fluffy and pretty like its full-fat cousin, but you are just looking for some semblance of uniformity (and it will have quite a few little lumps in, but that is okay).

**3** Next, add the whole eggs and half of the flour and beat for a good

few minutes until the mixture is well blended and starts to look a little more smooth. Whisk the egg whites until light and frothy and fold them into the mixture with the rest of the flour, the baking powder and vanilla extract and beat until you have a smooth batter.

**4** Divide the mixture evenly between the tins and then pop them into the oven for about 20 minutes. The top should be quite a light golden brown and the sponge will feel firm to the touch.

**5** About 5 minutes before the end of the cooking time, prepare the sugar syrup. Put the sugar and lemon juice in a small pan with 2 tablespoons of water and allow to simmer over a low heat, stirring until the sugar dissolves. Turn the heat up and allow it to bubble away for 30–60 seconds

until it reaches a syrupy consistency. Remove from the heat and allow it to cool and thicken up a little more.

**6** Once the sponges are cooked, remove them from the oven. Pierce the cakes all over with a skewer inserted halfway through and then pour the sugar syrup over slowly, allowing it to seep through. Leave the cakes to cool completely in the tins before carefully removing.

**6** Meanwhile, prepare the filling. Whisk the cream cheese, yogurt, icing sugar and vanilla seeds together in a medium bowl until smooth and refrigerate until ready to use. Tip the raspberries into a small bowl and crush them lightly with a fork.

**8** To assemble the cake, set the best-looking top aside and sit the other

*'I went to Leiths School of Food and Wine and on the first day I was hooked. It reminded me of being in my home economics classes at school'*



VICTORIA SPONGE

(top side up) on a serving plate or cake stand as the base. Spread the crushed raspberries evenly over, followed by the cream cheese filling to just come to the edge. Sit the reserved cake half, nice side up, on top and serve, dusting with a little icing sugar.

■ PER SERVING 315 cals, fat 12g, sat fat 7g, sugars 30g, protein 7g, salt 0.6g

## Almond, blackberry and peach friands

So, I made these on a freezing May afternoon trying to recreate a feeling of summer in the UK rain. My daughter came bowling in from school looking for things to eat and spotted these little plump blackberry sponges sitting on the work surface. She took a few and then came back an hour later after a long phone call with a friend and advised me that they were nice, but needed a little something more. So I went back to the drawing board and added a bit of spice and another fruity friend. These are not friands in the traditional sense as they require lorry loads of butter; instead this is my slightly more guilt-free friand.

**Makes 12 friands | Prep 20 mins  
Cook 20 mins**

spray oil  
100g icing sugar, sifted  
75g ground almonds  
75g wholemeal flour  
50g self-raising flour  
1 tsp baking powder  
1 tsp ground cinnamon  
pinch of salt  
6 free-range egg whites  
seeds of 1 vanilla pod or 1 tsp vanilla extract  
50g unsalted butter, melted  
25ml vegetable oil  
3 tinned peach halves (or 15 tinned peach slices), drained and chopped into 1cm cubes  
12 blackberries  
2 tbsp honey

**1** Preheat the oven to 180C/fan 160C/gas 4. Spray a friand tin with oil (or if you don't have one of these, use a 12-hole muffin tin either lined with muffin cases or, again, sprayed with a little oil instead) and set aside.

**2** Toss the icing sugar, ground almonds, flours, baking powder,



ALMOND,  
BLACKBERRY AND  
PEACH FRIANDS

cinnamon and salt together in a large bowl and make a well in the centre.

**3** In another bowl, whisk up the egg whites and vanilla seeds or extract until they just start to become frothy (not super white and frothy like meringue, but just like bubble bath before it starts to disappear because of the soap!).

**4** Pour this into the centre of the dry ingredients along with the butter and oil, and mix everything together using as few stirs as possible. Gently fold the peach pieces through and divide the mixture evenly among the friand tin holes (or muffin cases or holes).

**5** Gently push a blackberry on to the top of each friand and then pop the cakes into the oven to bake for 15-20 minutes until golden on top and a skewer inserted into the centre of one cake comes out clean.

**6** As soon as they come out of the oven, mix the honey in a small bowl with 1 tablespoon of boiling water and brush this all over the tops of the friands evenly. Then leave to cool. Like so many cakes, these are so good served warm.

■ PER FRIAND 179 cal, fat 9g, sat fat 2.5g, sugars 14g, protein 4.5g, salt 0.2g

## Cappuccino, cinnamon pecan muffins

I'm not a huge fan of coffee in a cup, but love the taste in cookies, muffins and cakes. These are less weighty than your average coffee-shop muffin, but are still stuffed with loads of flavour. I trawled my local supermarket looking for camp coffee essence, which is a brilliant thing to have, but could not find it, so used coffee granules in hot water to give these cappuccino muffins just the flavour they need.

**Makes 12 muffins | Prep 25 mins  
Cook 15 mins**

75g pecans, roughly chopped  
100g soft light brown sugar  
4 tbsp instant coffee granules  
150g wholemeal flour  
150g plain flour  
1 tsp ground cinnamon  
1 tsp baking powder  
½ tsp bicarbonate of soda  
1 free-range egg  
2 free-range egg whites



CAPPUCCINO, CINNAMON  
PECAN MUFFINS

175ml semi-skimmed milk  
100g low-fat natural yogurt  
50ml sunflower oil

**1** Preheat the oven to 200C/fan 180C/gas 6, with the middle shelf at the ready. Line a muffin tin with 12 paper muffin cases.

**2** Toast the pecan nuts in a dry frying pan for 3-4 minutes. Tip two-thirds of them into a large bowl and reserve the rest for later. Blitz the sugar and coffee in a food processor for a few seconds to give a finely chopped mixture and add to the bowl. Then, toss the flours, cinnamon, baking powder and bicarb through and make a well in the centre.

**3** Beat the egg and egg whites briefly in a large jug and then beat in the milk, yogurt and oil to combine. Mix the wet mixture into the dry ingredients with as few stirs as possible to give a wet, sloppy consistency.

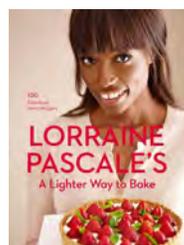
**4** Pouring the mixture into a jug or

using two spoons (or I like to use a mechanical ice cream scoop), divide it among the 12 cases. Sprinkle the reserved pecans evenly over the tops and then pop the tin into the preheated oven to bake for 15 minutes or until a skewer inserted into one of the muffins comes out clean. Leave to cool for a few minutes and then enjoy!

**COOK'S TIP** They are lovely served cool, but also scrumptious reheated and eaten warm.

■ PER MUFFIN 211 cal, fat 9.5g, sat fat 1g, sugars 10.5g, protein 5.5g, salt 0.3g

Recipes adapted from *A Lighter Way to Bake* by Lorraine Pascale (Harper Collins, £20).



### BEST BAKES

Three readers can each win a copy of *A Lighter Way to Bake*. Turn to page 65 for details. (The book also contains non-vegetarian recipes).



# Could you taste the difference?

**Koko Dairy Free Original** tastes remarkably similar to semi-skimmed cow's milk, yet it's totally free of dairy, soya, and animal fats.

With just 2% fat, and made from freshly pressed coconut milk, fortified with calcium and vitamins, it not only looks like ordinary milk, but you can use it in just the same way. In tea, coffee, with cereals, and in cooking. The light, fresh taste won't dominate the foods you make, so you'll find you can use it as a direct replacement.

**Koko Dairy Free – a no sacrifice alternative to cow's milk.**



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

Looking for healthy, budget-friendly meals for the new year? Then let food writer Jenny Chandler tempt you with her flavoursome and filling winter recipes packed with pulses.



# Full of beans



## Tunisian chickpea and lemon broth

Known as *lablabi*, this is the traditional breakfast soup served up in virtually every Tunisian café. The magical combination of light, lemony broth with chickpeas, bread and poached egg will certainly set you up for the day.

This makes a perfect brunch dish. You could plate everything together as I've done or serve the basic soup and pass around small bowls with all the garnishes for your guests to add their own. Either way, it makes a fabulous, kaleidoscopic bowl of colour and flavour.

If you do get around to cooking your own chickpeas, their cooking water will really enhance the broth.

**Serves 4 | Prep 10 mins | Cook 10 mins**

- 3 tbsp olive oil
- 1 large onion, diced
- 5 cloves garlic, crushed
- 700g home-cooked chickpeas or 3 x 400g cans chickpeas
- 1 tsp ground cumin
- 1 tbsp harissa
- salt
- 850ml vegetable stock or chickpea cooking water
- juice of 1 lemon
- 2-4 slices of good, day-old rustic bread, ripped into large pieces
- 4 very fresh free-range eggs, poached
- 1 tsp wine vinegar

- To garnish:
- 4 tsp harissa
  - 1 tbsp chopped fresh parsley
  - 2 tbsp capers
  - 12 black olives, chopped
  - 2 roasted red peppers (see recipe, opposite) peeled, deseeded and cut into ribbons (optional)

TUNISIAN CHICKPEA AND LEMON BROTH

RECIPE PHOTOGRAPHY: CLARE WINFIELD

dash of extra-virgin olive oil  
1 lemon, quartered

- 1 Heat the olive oil in a large saucepan and cook the onion until soft and golden.
  - 2 Add the garlic and, once your kitchen is filled with its fabulous smell, throw in the chickpeas, cumin, harissa, a pinch of salt and the stock. Simmer for 5 minutes.
  - 3 Squeeze in the lemon juice and season with salt to taste.
  - 4 Place the ripped bread in individual soup bowls, the wider the better. Ladle over the broth and some chickpeas and place a poached egg on top.
  - 5 To garnish, I usually sit a small blob of harissa on top of the egg and serve some more at the table. Sprinkle all the other bits over the soup and serve with a wedge of lemon.
- PER SERVING 545 cals, fat 26g, sat fat 4.5g, carbs 52g, sugars 9.5g, protein 25.5g, salt 3.5g, fibre 12.5g

## ROASTED PEPPERS

I definitely prefer to roast rather than grill my peppers: the process takes a bit longer but it allows the flesh to soften and sweeten up beautifully. Try to prepare your peppers when you have the oven on for another job; they will keep for at least 3 days in the fridge.

- Preheat the oven to 200C/fan 180C/gas 6. Throw the peppers into a roasting pan and put about a tablespoon of olive oil into your hand. Turn the peppers in your hands to give them a light oiling.
- Roast the peppers for about 30 minutes, turning them once, until the skin is thoroughly blistered and starting to blacken. I can't be faffing about with plastic bags, so I just pile up the peppers in their roasting pan and cover with an upturned bowl or saucepan as they cool (the steam helps the skins to loosen for easy peeling).
- Once cool, cut the peppers in half, reserving all those ambrosial juices, remove the seeds and peel off the skins.

## Celeriac and lentil gratin \*

I've been cooking this recipe for years, but I can't remember where it came from, so thank you to whoever dreamt it up, it's inspired. The nutty celeriac has a wonderful texture and the creamy tomato sauce lends the lentils a touch of luxury. Serve with a big green salad and some really good bread.

**Serves 6 | Prep 10 mins**  
**Cook 1 hr 5 mins**

2 tbsp olive oil  
1 onion, finely diced  
4 cloves garlic, crushed  
2 x 400g cans chopped tomatoes  
300g Castelluccio lentils, rinsed  
salt and pepper  
large handful of parsley, roughly chopped  
225ml double cream  
1 celeriac, about 1kg, peeled, quartered and finely sliced  
zest and juice of ½ lemon  
100g vegetarian Parmesan-style cheese, grated

- 1 Preheat the oven to 190C/fan 170C/gas 5. Heat the oil in a large saucepan and cook the onion until soft and beginning to turn golden. Add the garlic and stir until its wonderful smell wafts up from the pan. Tip in the tomatoes and simmer for about 10 minutes.
- 2 Meanwhile, put the lentils in a pan, cover with about 5cm of water and simmer for about 20 minutes, until just soft and creamy rather than *al dente*. Drain if necessary, and then season well with salt and pepper. Stir in the parsley and 3 tablespoons of the cream.
- 3 Add the celeriac to the tomato sauce, cover and cook for about 15 minutes or until tender. At first, there will not appear to be enough tomato sauce, but the celeriac will release plenty of moisture as it cooks. When the celeriac is tender, add the remaining cream, the lemon zest and juice, and season with salt and plenty of black pepper to taste.
- 4 Layer the celeriac and tomato mixture alternately with the lentils in a large, shallow ovenproof dish, finishing with a layer of celeriac. Sprinkle with the grated Parmesan-style cheese and bake for about 30 minutes, until nicely browned on the top.



CELERIAC AND LENTIL GRATIN

**COOK'S TIP** You can use any whole brown or green lentil for the dish. Not red lentils though, as they will collapse into a mush.

■ PER SERVING 529 cals, fat 28g, sat fat 15g, carbs 43.5g, sugars 15g, protein 23.5g, salt 1.6g, fibre 9.5g

### freeze me

\* This can be prepared ahead and frozen. Thaw before baking for an extra 10-15 minutes, covering with foil if the top begins to get too dark.

## THE CASTELLUCCIO LENTIL

Also known as the Umbrian lentil, this variety grows on the Castelluccio plains in Italy and has its own protected geographical status. The Italians traditionally serve lentils at New Year, each lentil representing a tiny coin that swells in the stock and promises a prosperous year ahead.

## Keralan aubergines with lentils, cashew and tamarind

Small, egg-shaped aubergines are often available in Indian grocers and are worth seeking out for this dish. They look beautiful, opened out like paper lanterns. If you can't get them, the larger common aubergine will taste just as good.

I fell in love with this dish at a restaurant in Kochi (formerly known as Cochin), the ancient hub of the Indian spice trade. I asked an extremely courteous waiter how the aubergines were cooked and was, to my surprise, immediately ushered into the hottest hell-fire of a kitchen that I have ever experienced. I emerged about 10 minutes later feeling, and quite possibly looking, as if I had been in the tandoor itself, but most importantly I had scrawled down the recipe.

**Serves 4 | Prep 20 mins | Cook 30 mins**

- 3 large or 8-12 baby, egg-shaped aubergines
- 1 tbsp vegetable oil, plus extra for brushing
- 2 onions, finely diced
- 5 cloves garlic, crushed
- 5cm piece of fresh ginger, diced
- 2 tsp dried chilli flakes
- 100g red split lentils (masoor dhal), rinsed
- ½ tsp cumin seeds, roasted and ground salt
- 3 tbsp yogurt
- 3-4 tbsp tamarind paste (see right)
- handful of coriander leaves
- 3 tbsp cashew nuts, roasted

- On the top (optional):**
- 2 tbsp ghee or clarified butter
  - 1 tbsp mustard seeds
  - 4 dried chillies

**1** Preheat the oven to 200C/fan 180C/gas 6. Prick the aubergines once or twice, brush with a little oil, and roast in the oven until they are soft (about 30 minutes for regular aubergines, 15 minutes for the egg-sized ones). Cool for a few minutes.

**2** Meanwhile, heat the vegetable oil in a large frying pan and cook the onions until translucent. Add the garlic, ginger and chilli flakes and, once you are enveloped by the wafts of garlic, tip in the lentils and enough water to cover by 5cm.

**3** Simmer the lentils for about 20 minutes, until they are soft and creamy, topping up the water if necessary. Stir in the cumin and season with salt to taste.

**4** Cut large aubergines lengthwise into quarters. For egg-shaped aubergines, hold them by their stalks and make vertical slashes at regular intervals, leaving the base and top intact. Push down on the stalk, and the skin will open up like a Chinese lantern. Add the aubergines to the lentils, pushing them down halfway so that they're not totally engulfed. You can prepare the dish to this stage and reheat later.

**5** Dollop over the yogurt and tamarind. Don't stir it in, the idea is to get bursts of different flavours. Sprinkle with coriander and cashews.

**6** The topping is optional but it really is the icing on the cake. Just before serving, melt the ghee, and heat the mustard seeds and chillies until they sizzle and pop. Tip over the aubergines and eat at once with Indian flatbreads or rice.

■ PER SERVING 396 cals, fat 22g, sat fat 7.5g, carbs 32.5g, sugars 13g, protein 16g, salt 1.3g, fibre 9.5g

## TAMARIND PASTE

The sweet, sour, almost caramel flavour of tamarind is adored in much of southern India, Asia and Mexico. Many of us are well acquainted with the flavour without even knowing it: tamarind plays a starring role in Worcestershire sauce and is said to be one of Coca-Cola's secret ingredients. The sour paste, when teamed with sweet palm sugar or jaggery (concentrated, unrefined sugar cane juice), is magic in a fabulous yin and yang way.

You often see the pale brown pods of tamarind seeds piled up in Asian stores. The brittle pod encases the sticky flesh surrounding little pebble-like seeds (you'll need a filling if you bite on one). You just need to soak this flesh (seeds and all) in a little hot water for about 10 minutes, and then, using the back of a fork, squash the paste through a sieve, leaving behind the fibre and seeds. Follow the same procedure with the blocks of tamarind pulp you find in Asian stores; these will keep in the fridge for months once opened. The DIY paste is so much tastier – and cheaper – than the concentrate or ready-made stuff.



**READER OFFER**

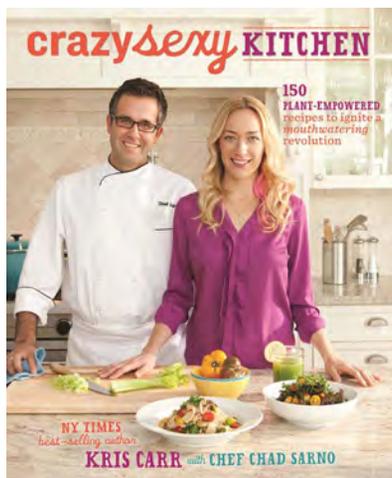
### ON THE PULSE

Buy *Pulse* for the special price of £22.50. See page 65 for further details. (The book also contains non-vegetarian recipes.)



KERALAN AUBERGINES WITH LENTILS, CASHEW AND TAMARIND

Recipes adapted from *Pulse* by Jenny Chandler (Pavilion, £25).



**Crazy Sexy Kitchen**  
by Kris Carr with Chad Sarno  
(Hay House UK)  
RRP £18.99  
Hardback, 288 pages  
Our price **£12**

# Grab a bargain!

Beginning this month is our new book club page, where you can purchase a great vegetarian or vegan cookbook at an unbeatable low price.

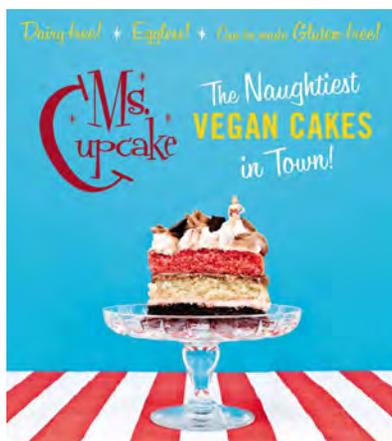
P&P  
JUST  
£2.99 PER  
BOOK



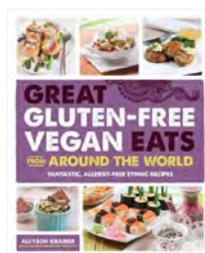
**Essential Vegan Cookbook**  
by Vanessa Almeida  
(self-published)  
RRP £9  
Paperback, 96 pages  
Our price **£8**



**Pies and Tarts with Heart**  
by Dynise Balcavage  
(Quarry)  
RRP £16.99  
Paperback, 160 pages  
Our price **£13**



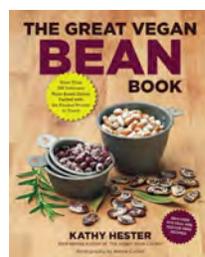
**Ms. Cupcake: The Naughtiest Vegan Cakes in Town**  
by Mellissa Morgan (Square Peg)  
RRP £16.99  
Hardback, 160 pages  
Our price **£10**



**Great Gluten-free Vegan Eats from Around the World**  
by Allyson Kramer  
(Fair Winds Press)  
RRP £14.99  
Paperback, 208 pages  
Our price **£12**



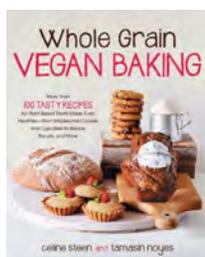
**Raw and Simple**  
by Judita Wignall  
(Quarry)  
RRP £16.99  
Paperback, 176 pages  
Our price **£12**



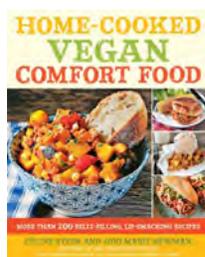
**The Great Vegan Bean Book**  
by Kathy Hester  
(Fair Winds Press)  
RRP £12.99  
Paperback, 192 pages  
Our price **£9**



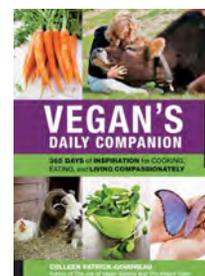
**Vegan Slow Cooking for Two or Just for You**  
by Kathy Hester  
(Fair Winds Press)  
RRP £14.99  
Paperback, 176 pages  
Our price **£12**



**Whole Grain Vegan Baking**  
by Celine Steen and Tamasin Noyes  
(Fair Winds Press)  
RRP £12.99  
Paperback, 176 pages  
Our price **£9**



**Home-cooked Vegan Comfort Food**  
by Celine Steen and Joni Marie Newman  
(Fair Winds Press)  
RRP £12.99  
Paperback, 272 pages  
Our price **£10**



**Vegan's Daily Companion**  
by Colleen Patrick-Goudreau  
(Quarry)  
RRP £10.99  
Paperback, 320 pages  
Our price **£7**

## How to order...

CALL **+44 (0)1202 586848**  
(Please have your bank details ready)

OR ORDER DIRECT AT  
<http://bit.ly/VLbookclub>

# At home with Michael Caines

*Gidleigh Park's renowned two-star Michelin chef takes us into his own home kitchen to prepare an elegant menu – with plenty of plan-ahead tips for stress-free entertaining.*



## Curried carrot soup

Carrots are so sweet when fully cooked, and go well with mild spices. This is such a warming, comforting soup, I eat it all year round.

**Serves 4 | Prep 10 mins | Cook 40 mins**

150g onions, chopped  
2 cloves garlic, peeled and lightly crushed  
500g carrots, peeled and chopped small  
150g unsalted butter  
½ tsp cumin seeds  
1 tsp Madras curry powder

300ml vegetable stock  
500ml water  
1 bouquet garni (parsley stalks, coriander stalks, thyme, bay leaf, celery and leek, tied with string)  
salt and freshly ground black pepper  
chopped fresh coriander leaves and deep-fried carrot, to garnish

- 1 Cook the onions, garlic and carrots gently in a saucepan in the melted butter with a pinch of salt, without colouring, for 5 minutes.
- 2 Meanwhile, toast the cumin seeds in a dry pan. Add the toasted cumin and Madras curry powder to the vegetables and cook for a further 2 minutes, then add the vegetable stock, water and bouquet garni.
- 3 Bring to the boil and add a little salt, then reduce to a simmer and leave to cook slowly for 30 minutes.
- 4 Remove the bouquet garni and transfer the soup to a blender and blend to a fine purée, then pass the purée through a sieve and return it to a clean pan. Check the seasoning and serve sprinkled with chopped fresh coriander leaves and deep-fried carrot strips (see below).

■ PER SERVING 381 cals, fat 34g, sat fat 21g, carbs 15g, sugars 13g, protein 2.5g, salt 2.1g, fibre 5g

## Deep-fried carrot

Wash 1 large carrot well and slice thinly on a mandolin. Heat vegetable oil to 140C in a deep-fat fryer, then place the carrots carefully in the oil, leaving enough space for them to lie flat. Fry until they stop bubbling with moisture, then remove to a tray and leave to cool. Season lightly with salt.

## Tagliatelle of wild mushrooms

This dish is delicious – the sherry cream sauce combined with the muskiness of the wild mushrooms and the saffron pasta is a match made in heaven.

**Serves 4 | Prep 10 mins (plus making the sherry cream sauce and pasta) Cook 10 mins**

30g unsalted butter  
10g shallots, chopped  
300g chopped wild mushrooms (morels, mousserons, girolles, pied bleu and shiitake)  
½ lemon  
300ml sherry cream sauce (see recipe, opposite)  
320g tagliatelle pasta dough (see recipe, opposite)  
olive oil  
salt and freshly ground black pepper  
chopped fresh chives  
sprigs of fresh chervil  
freshly grated vegetarian Parmesan-style cheese

- 1 Melt the butter in a heavy-based pan, add the chopped shallots with a pinch of salt, and cook gently for 3 minutes without colouring. Add the mushrooms and a few drops of lemon juice, stir, then put a lid on top for 2 minutes.
- 2 Now add half the sherry sauce and bring to a simmer. Season with salt and pepper, then remove from the heat, put the lid back on and leave to stand.
- 3 Now you are ready to cook the pasta. Bring your pan of water to the boil and add first a little olive oil and then your pasta, stirring once it's in the pan. Bring back to the boil and cook for approximately 3 minutes, until the pasta is *al dente*. Drain it in a colander,



CURRIED CARROT SOUP

then put the pan back on the stove and add the rest of the sherry sauce to it. Add the cooked pasta and season with salt and pepper.

**4** Using tongs, transfer the pasta to serving plates. Add the chopped chives to the mushrooms and spoon the mushroom and sherry sauce evenly over the top. Finish with sprigs of chervil and grated Parmesan-style cheese.

■ PER SERVING 562 cals, fat 30g, sat fat 17g, carbs 51g, sugars 3g, protein 17g, salt 2.4g, fibre 4g

## PLANNING AHEAD

- Make your tagliatelle and dry them the day before you need them.
- Make the sherry sauce in advance.

## Sherry cream sauce

Lovely cream sauce that can also be made with white wine in place of the sherry.

100g butter  
40g shallots, sliced  
5 sprigs of thyme  
50g button mushrooms, sliced  
100ml dry vegetarian sherry  
100ml vegetable stock  
100ml cream

- 1** Take 50g butter and sweat the shallots (without colouring) with the thyme, add the mushrooms and sweat until slippery in texture.
- 2** Add the sherry and reduce by half. Now add the vegetable stock and reduce by half. Add the cream and reduce by half, then whisk the remaining 50g butter into the sauce.
- 3** Pass through a fine sieve and reserve for later use. Season with salt and pepper.

## Tagliatelle pasta dough

I make my tagliatelle with saffron so it looks lovely and yellow, but you don't have to. I don't use oil here, as I'm not looking to work the dough into shapes - I just want to dry the pasta out, which is my preferred way to store this pasta.

**Makes 600g**

2 packets of saffron  
20ml water  
4 whole free-range eggs  
2 free-range egg yolks  
500g plain '00' flour  
2 tsp salt

TAGLIATELLE OF  
WILD MUSHROOMS

- 1 Put the saffron and water into a saucepan and bring to the boil, to dissolve the saffron. Leave to cool.
- 2 Put the whole eggs and egg yolks into a bowl and add the saffron liquid, stirring well.
- 3 Sieve the flour with the salt and place in a food processor. With the motor running, slowly add the liquid until the mixture has a sandy texture. Stop the machine, remove the lid, scrape down the sides, then test the texture by bringing the mixture together in your hand. If it's too dry, put the lid back on and add some more liquid.
- 4 Once you have the required texture, remove from the food processor and bring together on a floured work surface. Allow to rest for 30 minutes, then roll out using a pasta machine.

## Hot apple tart with vanilla ice cream

When I was living and working in France I fell in love with *chausson aux pommes* (puff pastry filled with a buttery apple compote with hints of vanilla), which was eaten at breakfast. This, and the classic apple tarts I would admire in French pastry shops, combine to make this inspired apple tart using the king of English apples, Cox.

**Serves 4 | Prep 30 mins (plus making the compote and ice cream)**  
**Cook 20 mins**

250g puff pastry  
8 Cox apples  
apple compote (see recipe, opposite)  
2 vanilla pods  
250g unsalted butter  
4 tbsp caster sugar  
vanilla ice cream (see recipe, opposite)

- 1 Preheat the oven to 200C/fan 180C/gas 6, then roll out your puff pastry. Be careful when doing this, as it has a high fat content that makes it difficult to work with if it is too warm. I recommend that if you buy frozen pastry, defrost it overnight in the fridge before using. Roll out the puff pastry approximately 3mm thick, then, using a 12cm cutter or by cutting around a plate, cut out 4 circles. Place directly on to a baking tray and leave to rest for 10 minutes in the fridge.
- 2 Using a peeler, peel the apples and cut them in half from top to bottom.





HOT APPLE TART WITH VANILLA ICE CREAM



Remove the cores, then slice the apples thinly.

**3** Remove the pastry from the fridge and prick the surface using a fork. Place some apple compote in the middle, then fan the apples around the tart base, finishing with some slices in the middle of the tart. Do this evenly, as it helps with the cooking time.

**4** Scrape the seeds from the vanilla pods and mix them with 150g of softened unsalted butter. Using a pastry brush, brush the vanilla butter over the tarts and then sprinkle lightly with sugar.

**5** Place in the oven for 10 minutes, then remove, brush with the vanilla butter again and put back into the oven for a further 8–10 minutes. Remove from the oven, brush again with the vanilla butter and leave to rest for 10 minutes. Serve with vanilla ice cream.

■ PER SERVING 1,225 cal, fat 88g, sat fat 52g, carbs 102g, sugars 80.5g, protein 9g, salt 2.2g, fibre 7.5g

#### PLANNING AHEAD

- Prepare the cream for the ice cream a day before you use it, to allow the flavours to mature.
- The apple compote can be made during the day and kept in the fridge until needed.
- Make sure your puff pastry is rolled out in advance of making the apple tarts, so that it can rest in the fridge, making it easier to work with.
- The tarts can also be made and baked in advance, then reheated in the oven or even eaten cold!

#### Apple compote

**50g unsalted butter**  
**400g Granny Smith apples, peeled, cored and chopped**  
**50g caster sugar**  
**½ vanilla pod**

- 1** Melt the butter in a stainless steel saucepan and add the apples and sugar. Scrape out the seeds from the vanilla pod, and add the seeds and pod to the apples.
- 2** Cook for approximately 30 minutes on a moderate heat, stirring from time to time, until you achieve a thick texture. If it is too runny, cook it for longer.
- 3** Remove the vanilla pod, and place the apples in a blender. Blend to a fine

## *My home is my table, my food and my family*

purée, then pass through a fine sieve.

**4** Place in a container and reserve for later use. The compote should keep for up to a week in the fridge, but can be frozen for 3 months.

**COOK'S TIP** Bramley apples can be used instead of Granny Smith for a sharper taste.

#### Vanilla ice cream

**Makes 700ml**

**5 free-range egg yolks**  
**75g caster sugar**  
**500ml milk**  
**25g milk powder**  
**100ml whipping cream**  
**2 vanilla pods, split and seeds scraped out**

- 1** Cream together the egg yolks and sugar until white and stiff.
- 2** Put the milk, milk powder, cream and split vanilla pods and seeds into a saucepan and bring to the boil. Pour some of the milk on to the creamed eggs and sugar, whisking continuously, then return the mixture to the saucepan over a medium heat and heat to 85C.
- 3** Strain through a sieve, put the vanilla pods back into the mixture, and cool. At this point, it can be kept for 3 days.
- 4** When required, pour into an ice cream machine and churn. Store in a deep-sided container in the freezer.



Recipes adapted from *Michael Caines at Home* by Michael Caines (Preface, £25). The book also contains non-vegetarian recipes.

# SUBSCRIBE TO VEGETARIAN LIVING AND GET\* ...

\*FOR READERS TAKING OUT A 12-MONTH SUBSCRIPTION; DOES NOT INCLUDE DIRECT DEBIT



*‘Scrumptious cakes everyone can eat!’*

## FREE!

### Ms Cupcake: The Naughtiest Vegan Cakes in Town!

The debut cookbook from Ms Cupcake (aka Mellissa Morgan), based on recipes from her award-winning vegan bakery.

## +16% OFF!

### The UK's best-selling vegetarian magazine

- The equivalent of two FREE issues!
- Pay as little as £39.50 for 12 issues
- FREE delivery direct to your door
- Never miss an issue

# Create fabulous cakes, such as...

## Red velvet cupcakes

Makes 12 large cupcakes, 24 fairy cakes or 48 mini cupcakes  
Prep 15 mins | Cook 15 mins

200ml soya milk  
20ml cider vinegar  
200g self-raising flour  
200g caster sugar  
20g cocoa powder  
¼ tsp salt  
¼ tsp bicarbonate of soda  
¼ tsp baking powder  
80ml light rapeseed or other flavourless oil  
1 tbsp vanilla extract or essence  
½-1 tsp red food colouring paste (not liquid)

For the finishing touches:  
1 x quantity cream cheese buttercream icing (see recipe, right)  
red sweets (optional)

- 1 Preheat the oven to 180C/fan 160C/gas 4 and line your muffin tray with muffin cases.
- 2 Mix the soya milk and vinegar together. Set aside for 10 minutes.
- 3 In a large bowl, mix the flour, caster sugar, cocoa powder, salt, bicarbonate of soda and baking powder by hand until fully combined. Add the soya milk mixture, the oil, vanilla and the red food colouring paste and, using a metal spoon, quickly mix everything together for about 10 seconds until the ingredients are just combined and the batter is still a little lumpy.



Recipe adapted from *Ms Cupcake: The Naughtiest Vegan Cakes in Town* by Mellissa Morgan (Square Peg, £16.99). Copyright © Mellissa Morgan 2013. Photography: Haraala Hamilton Photography 2013.

4 Tap the bowl on to the work surface to halt the raising agents from working too quickly – you will see the bubbles pop. Spoon the batter evenly into each of the muffin cases and tap the filled muffin tray on the work surface to pop the bubbles again.

5 Place in the oven and bake for about 15 minutes. Cool in the tray on a wire rack for 10 minutes, then transfer the cupcakes in their cases to the wire rack to cool completely.

6 For the finishing touches, pipe loads of zingy cream cheese buttercream icing on top and decorate with your favourite red sweet. Alternatively, keep one of the cupcake bases aside and crumble it over the rest of the iced cupcakes.

**GLUTEN-FREE?** Use a gluten-free, self-raising flour blend with ¼ teaspoon xanthan gum added.

## Cream cheese buttercream icing

25g dairy-free margarine  
75g vegetable fat (shortening)  
125g soya cream cheese  
1 tbsp vanilla extract  
about 30–40ml soya or rice milk  
750g icing sugar

Using a electric or a hand-held mixer, whip together the margarine, vegetable fat, cream cheese and vanilla until creamy (about 30 seconds). Add half of the icing sugar and 30ml milk and continue mixing, slowly at first and then bringing up to speed, until combined. Add the rest of the icing sugar and mix for about a minute until you have a smooth consistency. If the icing is too firm, then mix in a bit more milk. If it is too soft, add a bit more icing sugar.

# HERE'S HOW...



Visit <http://tiny.cc/VLsubscribe>



Call our subscription line on  
**+44 (0)1202 586848**  
(Please have your bank details ready)

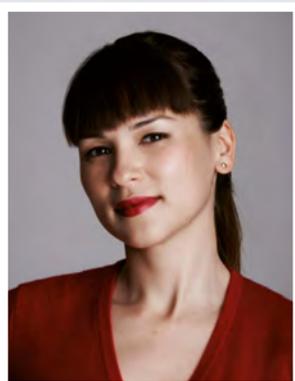


Complete the form on page 85



# Get your oats

**Parisian cook Rachel Khoo shows how to create your own delicious breakfast and snack ideas from homemade muesli and granola.**



© JOSEPH SERESIN



CRUNCHY  
HONEY  
GRANOLA

## Crunchy honey granola

Francesca Unsworth was my culinary collaborator until she moved to Australia. We often went out together in Paris to discover the city's gastronomic delights. This recipe was inspired by the Sonoma Café in Sydney – the Paddington neighbourhood's branch of the famous Australian artisan bakery – where she liked to go for a morning energy top-up.

**Makes about 1kg | Prep 10 mins  
Cook 45 mins**

**For the oat base:**

360g oats (mixture of buckwheat and large oats)

100g almonds, coarsely chopped

100g walnuts, coarsely chopped

1 tsp salt

**For the flavourings:**

2 tsp ground cinnamon

150g sultanas

**For the sweeteners:**

250g honey

2 tbsp sunflower oil

**1** Preheat the oven to 160C/fan 140C/gas 2-3. First prepare the sweeteners. Heat the honey and oil in a saucepan until the mixture becomes runny.

**2** Add all the dry ingredients, apart from the sultanas which are added at the end, and stir well.

**3** Spread the granola mixture over 2 baking sheets. Bake in the oven for about 45 minutes, stirring every 10 minutes, until nice and golden.

**4** Remove from the oven and leave to cool. Stir in the sultanas. Store the granola in an airtight tin.

■ PER 50g SERVING 204 cals, fat 9g, sat fat 1g, carbs 27g, sugars 15g, protein 4g, salt 0.3g, fibre 2.5g

## Mini muesli muffins \*

These are the perfect breakfast muffins – not too sweet with a delicious banana flavour.

**Makes 12 muffins | Prep 20 mins  
Cook 30 mins**

125g yogurt

2 free-range eggs

1 tsp vanilla essence

50g banana chips (soft, not the chewy type)



PHOTOGRAPHY © AKIKO IIDA

100g muesli base (see recipe, below)

100g softened butter

100g unrefined sugar

1 large banana (as ripe as possible – if you use just-ripe bananas, the texture of the muffin will be too moist and doughy)

200g flour

3 tsp baking powder

10g oats, for sprinkling

**1** Preheat the oven to 180C/fan 160C/gas 4. Place paper muffin cases in a muffin tin.

**2** Whisk the yogurt with the eggs and vanilla essence, then add the banana chips and muesli. Leave to soak for a few minutes so that they absorb the liquid.

**3** Work the butter and sugar together until fluffy. Chop the ripe banana into small pieces and add to the butter mixture. Stir into the yogurt mixture.

**4** Sift the flour and baking powder. Stir the butter and yogurt mixture into the flour. Important: don't stir too much. Muffins turn out better when the dough is slightly lumpy. Fill the muffin cases with the dough. Sprinkle the oats on top.

**5** Bake for 30 minutes or until the muffins are golden and spring back when you press them gently with your finger. Remove the muffins from the tin and leave to cool on a rack.

**COOK'S TIP** Muffins are best eaten warm or at least on the day they are made.

■ PER MUFFIN 264 cals, fat 10.5g, sat fat 5g, carbs 39g, sugars 21g, protein 5g, salt 0.7g, fibre 2g

## Muesli base

1 tbsp chopped nuts

6 tbsp oats

1 tbsp mixed seeds (sunflower, sesame, poppy or flax)

1 tsp golden caster sugar or sweetener of your choice

2 tbsp dried fruit, chopped

1 tsp powdered milk

pinch of salt

Toast the nuts, oats and seeds in a dry frying pan for 2-3 minutes or until they turn golden. Stir them into the remaining ingredients. Muesli base will keep in an airtight container for several months. That's if you can resist it that long...

## freezeme

\* Uncooked muffin dough can be frozen. Defrost overnight in the refrigerator then bake in the oven as above.

## Syllabub with citrus fruit granola

Syllabub is a classic British dessert based on cream or full-fat milk, lightly curdled with wine or cider. It has a light, creamy texture in perfect contrast to the crunchy granola. For a non-alcoholic version, use apple juice instead of wine.

**Serves 6 | Prep 15 mins + chilling**

**1 lemon (preferably unwaxed or organic)**

**50g caster sugar**

**50ml sweet white wine or Madeira (or apple juice for a non-alcoholic version)**

**250ml double cream**

**80g citrus fruit granola (see recipe, below)**

**1** Finely grate the lemon zest. Reserve half to decorate the syllabub and put the rest in a saucepan. Squeeze the juice from the lemon into the saucepan, add the sugar, then cook over a medium heat until the sugar has dissolved. Add the wine, Madeira or apple juice.

**2** Whip the cream until it forms peaks. Slowly pour the lemon mixture over the cream, continuing to whip.

**3** Divide the granola between 6 glasses. Top with the cream and lemon mixture and leave in the refrigerator

to chill for at least 1 hour. Sprinkle with the reserved lemon zest before serving.

■ PER SERVING 318 cals, fat 24.5g, sat fat 13g, carbs 20g, sugars 16.5g, protein 3g, salt 0.1g, fibre 1.5g



## Citrus fruit granola

**For the base:**

**350g oats (mixture of buckwheat and large oats)**

**100g mixed seeds (pumpkin, sunflower, sesame, flax and poppy)**

**100g mixed nuts, coarsely chopped**

**1 tsp salt**

**For the flavourings:**

**50g candied orange, chopped**

**50g candied lemon, chopped**

**zest of 2 oranges, finely grated**

**For the sweeteners:**

**200g honey**

**100g orange marmalade**

**2 tbsp sunflower oil**

**150g grapefruit and orange compote (see below)**

**1** Preheat the oven to 160C/fan 140C/gas 2-3. First prepare the sweeteners. Heat the fruit compote (put it through a blender first if it contains too many pieces), marmalade and sunflower oil in a saucepan until the mixture becomes runny.

**2** Stir in all the dry ingredients, apart from the candied fruit and orange zest which are added at the end.

**3** Spread the granola mixture over 2 baking sheets. Bake in the oven for about 45 minutes, stirring every 10 minutes, until nice and golden. Remove from the oven and leave to cool.

**4** Stir in the candied fruits and orange zest. Store the granola in an airtight container.

## Grapefruit and orange compote

**5 oranges (unwaxed)**

**3 grapefruits (unwaxed)**

**100g honey**

**1** Place the zest of 1 orange and 1 grapefruit in a large frying pan. Place the oranges and grapefruits on a chopping board. Cut off both ends of the fruit to expose the flesh. This helps the fruit to stay in place and not roll about. Take one of the pieces

of fruit in your hand. Starting at the top, cut the peel and pith into strips, following the natural curve of the fruit.

**2** When you have removed all the peel, hold the fruit firmly in your hand over a bowl and gently slide the blade of a knife along each membrane towards the centre of the fruit to separate it into segments. Pull the segments away from the fruit and put them in the bowl. Repeat the operation with the rest of the fruit.

**3** Pour the juice from the bowl into the frying pan with the zest. Add the honey and place the frying pan over a medium heat. Cook for about 20 minutes until the liquid turns golden and syrupy.

**4** Pour the syrup over the fruit and stir thoroughly. Pour the mixture into an airtight container and refrigerate.



### CRUNCH, MUNCH!

Five readers can each win a copy of *Rachel Khoo's Muesli and Granola*. See page 65 for details of how to enter. (The book contains one non-vegetarian recipe.)

Recipes adapted from *Rachel Khoo's Muesli and Granola* by Rachel Khoo (W&N, £14.99).



# KEEPING BRITAIN WARM SINCE 1675



100%  
Wholegrain  
—  
Helps Actively  
Lower  
Cholesterol\*  
—  
High in  
Fibre



\*As part of a varied and balanced diet and a healthy lifestyle, oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Organic Oats provides 1.6g of beta glucans from oats, which is 53% of 3g, the suggested daily amount.

*Family milling in Cheshire since 1675*  
[www.mornflake.com](http://www.mornflake.com)

With a penchant for Chinese takeaways, Kelly Rose Bradford visits the School of Wok – a leading oriental and Asian cookery school based in London – to learn how to make an authentic Chinese meal.



# WOK THIS WAY

If I had to choose one country's cuisine to dine on forever, it would be China's. A Chinese takeaway is a much anticipated treat in my house; only ever partaken on a Saturday night, and always savoured and enjoyed down to the last slither of bean sprout swimming in dregs of soy sauce, or grains of rice claggy with an eggy glaze.

But of course, as with any 'Westernised' fast food, what I am eating from my local restaurant is probably as far removed from what your average Chinese family dine on as chow mein is from a deep-fried Mars bar. So when I had the opportunity to learn to cook real Szechuan (or Sichuan) dishes at the marvellously named School of Wok in London, I jumped at the chance.

The School of Wok was founded in 2009 by Jeremy Pang, who is also the head chef. Jeremy's rather impressive credentials include coming from three generations of Chinese chefs, and having trained at the

prestigious Le Cordon Bleu, the world's largest hospitality training academy.

The school runs courses in all kinds of oriental and Asian cooking, and specific tutoring on wok and knife skills. On a rainy winter's Saturday I made the five-minute trek from London's Charing Cross station for an Understanding the Wok class. The session had been running all day, with the early birds having enjoyed a guided tour of Chinatown, and the history of the area. I arrived just for the cooking session; three hours of tuition ending in a feast, where we would consume the fruits of our labour.

## Adaptable cuisine

My tutor for the day was Nev Leaning, co-owner of the school, oriental cooking enthusiast and veggie sympathiser: 'The beauty of Asian cooking is that practically any dish can be adapted to be meat- and fish-free,' he told me.

I was the only veggie in the class and while my fellow students would be cooking stir-fried Szechuan chicken, Jeremy and Nev had sourced ingredients for an aubergine version for me.

'We can change anything,' Nev assured me. 'Veggie oyster sauce, no fish, it's all doable.'

I found it particularly reassuring that it was as simple as 'we can change anything' – the onus not being on *me* to adapt, but the school being able to work with my dietary requirements. Other establishments should take note.

In fact, I felt pretty accommodated all day. I am not a good cook, and have a terminal fear of knives, heat and naked flames... not the best phobias to bring to a working kitchen. In fact, when presented with a cleaver with which to chop my ingredients for our starter, a wonderful jiaozi – mushroom, garlic, onion and herb-filled dim-sum-style parcels – I almost ran for the



A guided tour of Chinatown



hills. Nev patiently explained how I could finely chop and still leave all my digits intact (using a crab claw movement so only the side of the knife can come into contact with the knuckles) and I was soon cleaving away. I admit my donation to the veggie pot for our starters was not quite as finely chopped as the others', but at least it was finger-free.

The school's classes are sociable affairs, and as we prepped (Chinese cookery is 95 per cent preparation, Nev told us) we chatted to our kitchen-mates – a good mix of men and women with varying cooking skills. I am always apprehensive about joining classes where I will potentially be the runt of the litter, unable to even lift a saucepan without giving myself a hernia, but here, if I was the kitchen idiot (and I was) I certainly didn't feel it. Despite us all being strangers, everyone joined in together, and a laid-back, fun atmosphere ensued.

## Kitchen duties

We made our starters as a group, all on various duties: I chopped garlic, the person next to me ginger, someone further down the table onion. All were combined, marinated in soy sauce, sesame oil and sugar, and spooned into rounds of dough ready to be deep-fried before serving.

Clearing and cleaning our workstations as we went, we moved on to our main courses, which in my case was the stir-fried Szechuan aubergine (see recipe on page 50).

Nev Leaning, co-owner of the School of Wok



I am a huge fan of aubergine, but at my local Chinese restaurant the only way to have it is deep-fried with garlic; hugely satisfying in the mouth, but also a heart attack on a plate (nothing soaks up oil quite like an aubergine). The School of Wok's recipe – a simple stir-fry with veggies, cashews, and a yellow bean sauce – was much more health conscious, though still bursting with flavours and maintaining a good 'meaty' texture, almost like a firm tofu.

Alongside our main dishes, we were serving egg fried rice and flash-fried morning

glory. I had never heard of morning glory, or indeed seen it; it is a very long stemmed, leafy green vegetable, easily sourced in Chinese supermarkets. We chopped it into 5cm lengths and fried it off in a very hot pan with chilli and garlic and a marinade of oyster (veggie version for me) and light soy sauces.

As we progressed through our dishes, the kitchen came alive with that distinct Chinese cooking smell – and you could almost taste the bitter-sweetness in the air. Nev told us the three ingredients which make Chinese food so instantly recognisable are light soy sauce, sugar and sesame oil – giving both intense richness and a sweet tang to sauces and marinades.

After almost three hours in the kitchen, chopping, talking, listening, learning, we were ready to stir-fry our ingredients in the wok,

*'The beauty of Asian cooking is that practically any dish can be adapted to be meat- and fish-free'*



starting with the egg fried rice. Nev had cooked up vast quantities of rice before we'd arrived because, he says, for the perfect dish, the rice has to be cooked dry and at least a few hours old (made the previous day is even better).

I've cooked egg fried rice at home before. Wrongly. My slap-dash version has always been with freshly cooked, sloppy rice, an egg chucked on top of it, and then frantically mixed together in an oil-drenched pan. I now know how to do it properly: in a very hot pan, cooking the egg first, before gently breaking it into long ribbons with the side of a spoon and then introducing the rice and any veg – we used peas on the course, but, Nev admitted, the dish is the perfect leftover recipe, with any veg being a welcome addition.

## A new skill set

Rice cooked, aubergine stir-fried and morning glory flash-fried, we left the kitchen and returned to the prep tables, which were now dressed for dinner. Nev had fried off our jiaozi starters, which were now golden half-moon pancakes, bursting with the ingredients we had so meticulously chopped at the start of the session. With windows steamed from the heat, and rained-

## WHAT I LEARNED...

- Make a 'wok clock'. Put your veggies out on a plate clock-style for cooking times – hard veg, such as onion, first at 1 o'clock, pepper at 2 o'clock and so on.
- Dip garlic in water for easy peeling.
- A cleaver is a multipurpose tool which you can also use as a spoon or a spatula. Really!
- To easily deseed and cut a pepper, top and tail it, then get the knife just under the skin and cut all the flesh away in one go.
- If onions and spices make your eyes sting when you chop them, work next to a running tap, or pant as you prep!
- 'In cooking, following lots of little rules makes for a big difference in your end result' (Nev Leaning).



on Londoners peering curiously through the shopfront, we sat down to dine.

It was a completely different Chinese meal to anything I'd had before. The freshness was the most apparent difference and the liveliness of the flavours on the palate; there was absolutely none of that 'fried' or oily taste you can get with takeaway dishes.

I am never going to be a goddess in the kitchen, but I left the School of Wok with a much-improved skill set: I can use a cleaver correctly, and I know how to properly prepare egg fried rice. Most importantly, I've learned how most Chinese dishes can be adapted to suit a meat- and fish-free diet, so for me, the School of Wok most definitely rocks.

● For more information on the School of Wok, visit [www.schoolofwok.co.uk](http://www.schoolofwok.co.uk).



Head chef  
Jeremy Pang



## Szechuan aubergine ✔

**Serves 3 | Prep 10 mins**  
**Cook 20 mins**

**2 large aubergines**  
**2 cloves garlic**  
**1 bird's-eye chilli**  
**vegetable oil, for frying**  
**salt and pepper to taste**  
**sesame oil and chopped coriander, to garnish**

### For the sauce:

**1 tbsp yellow bean sauce**  
**½ tsp chilli bean paste**  
**1 tbsp light soy sauce**  
**dash of dark soy sauce**  
**1 tsp red rice vinegar**  
**2 tsp sugar**  
**1 ladle water**

- 1** Preheat the oven to 200C/fan 180C/gas 6. Slice the aubergine lengthways into quarters. Bash the garlic cloves and remove the skin. Finely chop the chillies and place in a small bowl.
  - 2** Mix all the sauce ingredients together in a bowl.
  - 3** Heat 2 tablespoons of vegetable oil in a frying pan to medium-high heat. Place the aubergine in the pan, turn once immediately to wrap oil around both sides and fry until golden brown. Once golden brown on both sides, remove from the pan.
  - 4** Heat 1 tablespoon of vegetable oil in a wok to high heat. Add the whole cloves of garlic to the pan and then the aubergine. Add the chilli and immediately pour in the sauce mixture. Stir to combine.
  - 5** Spoon the aubergine into an ovenproof dish and bake for 20 minutes.
  - 6** Remove from the oven, drizzle with sesame oil and sprinkle chopped coriander over the top.
- PER SERVING 193 cals, fat 16g, sat fat 2g, carbs 9.5g, sugars 7.5g, protein 3.5g, salt 2.1g, fibre 5g

# Healthy living

COMPILED BY SARA NIVEN

Your low-down on nutrition, wellbeing and feeling good.

## THE ACID TEST

Could giving up meat lessen the risk of developing type 2 diabetes? A report published in the journal *Diabetologia* details a study suggesting that a high consumption of foods that create dietary acid, particularly red meat, could be linked to the development of type 2 diabetes in women.

The Meat Advisory Panel have been quick to refute this, with spokesperson Dr Emma Derbyshire saying that the way the study was carried out was subject to various inaccuracies and pointing out that other foods besides meat can contribute to dietary acid.

Our nutrition editor Sue Baic comments: 'The study does suggest an association between meat and type 2 diabetes in women. However, no evidence of how meat might



cause type 2 diabetes has been shown and there could be other factors which account for this link, such as higher calories in the diet of the meat-eaters or the fact they may eat fewer vegetables and wholegrains than non-meat-eaters. The good news is that it does suggest that many of the dietary practices of vegetarians are beneficial to health.'

## BUMP UP YOUR SUPPLEMENTS

A healthy, balanced diet is never more essential than when you're expecting and if 2014 is the year when you'll be starting or adding to a family, nutrition is likely to be a top concern.

A pregnancy supplement can provide added assurance and Veganicity's new Pregnancy Essentials (£9.95 for 60) is a vegan-friendly pregnancy vitamin and mineral combination, that includes 25 nutrients, including beta-carotene, vitamins C, D, E, and B complex, minerals, folic acid and vitamin K2.

Find it at health stores and online at [www.veganicity.co.uk](http://www.veganicity.co.uk).



### VITAMIN EFFICIENCY

Six readers can each win a bottle of Veganicity's new Pregnancy Essentials. See page 65 for details of how to enter.



## Timely advice

After lots of festive cheer the Love Your Liver campaign taking place throughout January is well timed.

The initiative is organised by the British Liver Trust who will be using it to heighten awareness of simple steps towards a healthier liver, such as staying off alcohol for two to three days at a time, avoiding fatty foods and taking regular exercise. There will also be a Love Your Liver Roadshow touring the UK, offering pop-up liver health clinics to get your liver health assessed.

For more info, visit [www.loveyourliver.org.uk](http://www.loveyourliver.org.uk).



## ASK THE EXPERTS



Advice from Susan Curtis, director of natural health at Neal's Yard Remedies ([www.nealsyardremedies.com](http://www.nealsyardremedies.com)).

### Beat the bloat

**I often feel bloated and suffer from indigestion. How can I combat this?**

Bloating, indigestion and heartburn can be very uncomfortable and distracting. Although we'll all experience these symptoms at some time, particularly after periods of overindulgence, if they persist, see your GP, because digestive symptoms can mask something more serious going on.

The good news is, if benign, that they will usually respond to some simple lifestyle changes and/or herbal remedies. First, try eating more slowly and chewing each mouthful properly - this stimulates the proper secretion of gastric juices and encourages the enzymes in them to break food down properly.

Ask your GP to exclude intolerance to lactose (found in all milk products) with a breath or blood test. This can sometimes lead to bloating, flatulence and diarrhoea.

According to studies on the effectiveness of herbs, a combination of fennel, peppermint and caraway can reduce symptoms of bloating, wind and indigestion. Crush the seeds and add a heaped teaspoonful of the mixture to a cupful of boiling water, then allow to infuse for 5 minutes. Drink after each meal or three times a day.

If you have any health questions you'd like answered, then send an email to: [editorial@vegmag.co.uk](mailto: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.

# POSH PIES



*Light, golden, crisp. Create a pie with a bit of style, from French chef Stéphane Reynaud – with not a soggy bottom in sight!*



## Carrot pie with cumin

**Serves 6 | Prep 35 mins + cooling  
Cook 55 mins**

500g pâte feuilletée (see recipe, opposite), or 2 packets puff pastry  
4 small yellow carrots  
4 small orange carrots  
4 small black carrots  
4 small onions  
5 free-range eggs  
200ml thin cream  
3 tsp ground cumin  
salt and pepper  
150g vegetarian Gruyère, grated

**1** Peel the carrots and cut them into 3mm sticks. Cook the yellow and orange carrots together in

boiling salted water for 10 minutes and refresh them immediately in cold water. Cook the black carrots separately in the same way, so they don't colour the others, and refresh them. Set aside.

**2** Peel and finely chop the onions.

**3** Set aside 1 egg yolk for the glaze. Whisk the remaining eggs and leftover white with the cream, add the cumin and season well.

**4** Line a round 20cm cake tin with baking paper, or grease and flour it. Roll out two-thirds of the pastry dough until 3mm thick and place it in the tin, with the edges hanging over the side. Fill with alternating layers: half the carrots, half the onions and half the cheese. Repeat

the process with the remaining ingredients and pour over the egg-cream-cumin mixture.

**5** Glaze the edges with the egg yolk. Roll out the remaining dough to make a second round and use it to cover the pie. Seal the two rounds of pastry dough together by pinching the edges and glaze the top of the pie.

**6** Make a light criss-cross pattern over the top with the back of a knife to decorate. Place on a preheated heavy-based baking tray and bake at 180C/fan 160C/gas 4 for 45 minutes. Serve cold, as an entrée.

■ PER SERVING 674 cal, fat 46g, sat fat 27.5g, carbs 47g, sugars 13g, protein 18.5g, salt 3g, fibre 5.5g

## Pâte feuilletée

**Makes about 1kg**  
**Prep 1 hr + resting**

**500g good quality plain flour**  
**250ml water**  
**370g good quality butter**  
**10g salt**

- 1** Flatten the butter between 2 sheets of cling film using a rolling pin to make a square shape about 1cm thick. Set aside in the refrigerator.
- 2** Combine the flour and salt on a work surface using your fingertips. Add all of the water, little by little, to make a smooth ball of dough.
- 3** Roll out the dough into a cross shape, keeping the centre part slightly thicker. Use the butter as a template: each part of the cross should be roughly the size of the square of butter.
- 4** Place the square of butter in the centre. Fold each arm of the cross into the centre, making sure the edges are aligned properly.
- 5** To seal the butter inside the dough and create the layers, it's now time for the 'tourage': the dough is rolled and folded into three 6 times.
- 6** Roll the square of dough into a strip. Fold the strip into three, by folding the ends over towards the centre. Turn the dough a quarter turn and repeat. Make 2 fingerprints in the dough to indicate it has had 2 folds, wrap in cling film and set aside in the refrigerator for 30 minutes.
- 7** Roll the dough out again into a strip in the opposite direction of the folding. Repeat the previous process to make 2 more folds of the dough. Make 4 fingerprints in the dough to indicate it has had 4 folds, wrap in cling film and set aside in the refrigerator for 30 minutes.
- 8** After the resting time, complete the last 2 folds in the same way. The pâte feuilletée is now ready, it will keep 3-4 days in the refrigerator wrapped in cling film.



PHOTOGRAPHY: MARIE PIERRE MOREL

## Herb and hazelnut pie

**Serves 6**  
**Prep 30 mins + cooling**  
**Cook 3 hrs 35 mins**

**250g pâte feuilletée (see recipe, left), or 1 packet puff pastry**  
**2 aubergines**  
**3 peppers, in different colours**  
**2 courgettes**  
**4 small onions**  
**2 sprigs of rosemary**  
**1 bay leaf**  
**150ml olive oil**  
**2 bunches of basil**  
**100g hazelnuts**  
**salt and pepper**  
**1 free-range egg**

- 1** Chop the aubergines, peppers and courgettes into large cubes. Peel and finely chop the onions.

- 2** Mix the vegetables together, add 1 sprig of rosemary and the bay leaf and drizzle with the olive oil. Arrange everything in a baking dish and bake for 3 hours at 150C/fan 130C/gas 2 – they should be well stewed down. Stir the vegetables regularly during cooking.
- 3** Pluck and finely chop the basil leaves. Place the hazelnuts on a baking tray and lightly toast at 180C/fan 160C/gas 4 for 5 minutes, then rub in a clean tea towel to remove the skins. Add them to the slow-cooked vegetables, along with the basil leaves. Season and allow to cool.

- 4** Divide the dough in half and roll out 2 rectangles of the same size until about 3mm thick. Line

a baking tray with baking paper and lay 1 rectangle of dough on top. Spread the slow-cooked vegetables over the pastry dough, leaving a 1cm border all around. Whisk the egg with 3 teaspoons of water and glaze the edges.

- 5** Cover with the second piece of pastry. Seal the 2 rectangles of pastry dough together by pinching the edges with the back of a fork. Glaze the top of the pie and decorate with the remaining sprig of rosemary.
- 6** Bake at 180C/fan 160C/gas 4 for 30 minutes. Serve hot, as an entrée or main course.

■ PER SERVING 597 cals, fat 48g, sat fat 13g, carbs 30g, sugars 12g, protein 8.5g, salt 1.8g, fibre 8g

## Spinach pie

Serves 6

Prep 30 mins + cooling

Cook 40 mins

7 sheets filo pastry

3 onions

3 cloves garlic

150g block vegetarian Parmesan-style cheese

100ml olive oil

1kg baby spinach

150g vegetarian ricotta cheese

100g butter

fine sea salt and cracked black pepper

2 tsp poppy seeds

**1** Peel the onions and garlic and roughly chop them with a knife. Roughly chop the block of Parmesan-style cheese.

**2** In a large, heavy frying pan, sauté the onions and garlic in the olive oil over medium heat until translucent. Add the spinach and cook until the water has completely evaporated. It is important to remove as much moisture as possible.

**3** Next add the Parmesan-style cheese and ricotta. Stew the mixture together for 10 minutes, stirring constantly. Set aside to cool.

**4** Melt the butter. Lay 1 sheet of filo pastry on the work surface, brush with the butter and season with some sea salt and cracked pepper. Cover with a second sheet of pastry at a 30-degree angle to the first, and butter and season in the same way. Repeat the

process, using all the sheets of filo to form a rosette.

**5** Arrange the layered filo sheets in a 20cm springform cake tin so the edges hang well over the side. Place the spinach-ricotta mixture in the middle and fold in the corners of each of the sheets, crumpling them at the same time.

**6** Sprinkle with the poppy seeds and bake at 180C/fan 160C/gas 4 for 20 minutes. Serve hot, as an entrée or main course.

■ PER SERVING 583 cal, fat 44g, sat fat 19g, carbs 24g, sugars 8g, protein 21g, salt 2.6g, fibre 7g

Recipes adapted from *Pies and Tarts* by Stéphane Reynaud (Murdoch Books, £20). The book also contains non-vegetarian recipes.





味噌



海藻



特選



乾麵



Japanese Miso



Sea Vegetables



Japanese Specialties



Japanese Noodles

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



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

# 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*.

## FROM THE PANTRY

### MISO

Miso is made with soya beans fermented with koji. Koji is cooked rice, barley or soya beans that have been inoculated with a fermentation culture – *Aspergillus*. Miso is very nutritious, rich in protein, minerals, B vitamins and calcium, but always add it at the end of cooking to avoid damaging the healthy enzymes. Hacho miso is made from soya beans, genmai miso from soya beans and brown rice, mugi miso from soya beans and barley, and natto miso is made from soya beans, barley, ginger and seaweed. The darker the miso the stronger the flavour, and it's already salty so there's no need to add more. You can use miso to make soups, dressings, marinades and sauces.



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



## NEW YEAR DETOX

The new year is traditionally the time to cut back after the festive excesses. Although we all like to have a blowout every once in a while, the Christmas overindulgence can be really hard on our bodies and any excess calories will be stored as body fat. High intakes of nutrients such as sugar, saturated fat, salt and alcohol can lead to feeling tired and sluggish after the festivities are over.

Some quick ways to perk up your system include fresh smoothies, colourful salads and vegetable soups. Monica Shaw, our detox and healthy-eating expert at the cookery school, recommends drinking smoothies as part of your January healthy-eating regime. They're crammed with good things such as vitamins, minerals, fibre, folic acid and other protective plant chemicals – often the colour of the fruit and vegetable itself!

To maximise your smoothie's nutrient potential, try to balance 60 per cent fruit with 40 per cent vegetables – with this ratio the sweetness of the fruit should ensure you won't taste the spinach!

For fresh salads, make the most of winter vegetables but try them raw. Julienned beetroot, squash and sweet potato, grated carrot with apple, grated celeriac with lemon (celeriace when peeled discolours quickly so toss in lemon juice) are all delicious. Mix the

salads with an oil-free dressing made with lemon, orange or apple juice. Kale, finely chopped and marinated in lemon juice with goji berries, works well with chicory and lots of fresh green parsley. Top with pomegranate pearls and lightly toasted pumpkin and sunflower seeds. You could also add shredded seaweed like arame and hiziki: soak the dried seaweed in warm water for 15 minutes, then drain and toss with tamari and sesame seeds.

Light Japanese soups are ideal for contributing to your five-a-day. Add noodles and your choice of vegetables – try julienned carrots or pumpkin and add broccoli or dark leafy vegetables. Flavour with nourishing miso and seaweed. On our Japanese cookery course Sachiko teaches shojin ryori, which means 'to progress the spirit'. Shojin cooking is a special way of preparing, cooking and eating for Zen Buddhist monks, based on the philosophy of balance, harmony and simplicity. It's a pure way of cooking, dairy-free with no pungent flavours from onions or garlic and using only grains, vegetables, soya products and sea vegetables. Soup is eaten every day and often a meal is defined by this saying: *Ichiju sansai* – 'one soup and a bowl of rice with three green dishes'. So miso soup is ideal for January healthy eating.

Sachiko's next Japanese course at the Vegetarian Cookery School is on 26 January 2014. For details, visit [www.vegetariancookeryschool.com/about/descriptions/japanese\\_master\\_class](http://www.vegetariancookeryschool.com/about/descriptions/japanese_master_class).

To learn more about making smoothies, check out Monica Shaw's book at <http://smootherfitter.com> and blog [smarterfitter.com](http://smarterfitter.com). In the spring, Monica will be teaching a detox course at the Vegetarian Cookery School.

Find out more at [www.vegetariancookeryschool.com](http://www.vegetariancookeryschool.com).  
For weekly seasonal recipes, follow Rachel's blog at [www.racheldemuth.co.uk/blog](http://www.racheldemuth.co.uk/blog).

## Miso ramen soup with shiitake and seaweed

**Serves 4**

**Prep 15 mins + soaking**

**Cook 5 mins**

2 tbsp arame seaweed  
100g soba ramen noodles  
750ml vegetable stock  
2 tbsp tamari  
1 tbsp ginger juice  
1 tbsp rice vinegar  
1 carrot, peeled, halved and cut in thin half-moons  
150g small broccoli florets  
100g shiitake mushrooms  
2 tbsp miso  
3 spring onions, sliced

**1** Soak the arame seaweed in hot water for 15 minutes.

**2** Boil the soba ramen noodles in plenty of water for 4 minutes, drain and divide between 4 bowls.

**3** Bring the stock to the boil and add the seaweed plus its soaking water, the tamari, ginger juice and rice vinegar. Then add the sliced carrots, broccoli florets, and shiitake mushrooms, and simmer gently for a couple



of minutes. Remove from the heat and stir in the miso and sliced spring onions.

**4** Pour the miso soup over the ramen noodles and eat at once.

**COOK'S TIP** Miso soup can be delicious with any seasonal vegetable.

■ PER SERVING 146 cal, fat 3g, sat fat 1g, carbs 22g, sugars 3g, protein 8g, salt 3.2g, fibre 4g

### govegan

**V** Buckwheat noodles should be vegan, but it is advisable always to check packaging for egg and milk ingredients, especially if you decide to use a different type of noodle or straight-to-wok.

## Ask Rachel...

YOUR CULINARY DILEMMAS AND KITCHEN QUANDARIES ANSWERED

### Homemade sushi

*How do I make vegetarian sushi at home?*

It's really easy to make your own sushi at home. Your essential kit is a sushi mat for rolling, sushi rice and sheets of ready-toasted nori seaweed.

My favourite filling is a simple combination of raw carrot, cucumber and mouli. Mouli is a Japanese radish, which is white and



crunchy. It can be a metre long and tastes less peppery than red radish. Avocado is popular, although it's not a traditional Japanese filling, but you can experiment with any fillings you like.

For a hot peppery flavour, wasabi can be spread delicately inside the roll or mixed with shoyu for dipping (I like the fresh wasabi available from The Wasabi Company: [www.thewasabicompany.co.uk](http://www.thewasabicompany.co.uk)).

Cook the rice carefully and then spread it out in a big dish to cool – in Japan the rice is fanned to cool it. Lay the nori sheet on the sushi mat and cover with a thin layer of rice and a line of vegetables, plus a touch of wasabi if using. Roll up like a Swiss roll using the sushi mat to roll, pressing as you go. Slice with a really sharp knife and eat quickly as the rolls are best eaten fresh and sushi rice doesn't like being refrigerated.

## ESSENTIAL TIPS...

### SEAWEED

Seaweeds grow around the coasts of the British Isles and are harvested from unpolluted shorelines. Edible seaweeds, which may be green (shallow water), brown, or red (deep water), are collected and then dried.

You can buy dried seaweed from wholefood and Japanese stores. Look out for the excellent Clearspring brand.

Seaweed is nutritious, a good source of iron, calcium, iodine, sodium, potassium, phosphorus and B vitamins.

To cook with seaweed, soak beforehand and add to soups and salads or dry-roast and sprinkle over salads and rice. There are many different varieties:

- Arame is a finely shredded seaweed and has a mild flavour for miso soups.
- Laver from West Wales is made into laver bread.
- Dulse is purple and native to Ireland; it is delicious dry-roasted.
- Konbu (kelp) is usually used for boiling to make stock.
- Nori comes dried in sheets and is used for making sushi, but make sure you buy ready-toasted if you're making vegetarian sushi rolls.
- Hiziki (also spelt hijiki) is a sweet, shredded seaweed and tastes good in salads.
- Carrageen is used as a natural thickener.
- Agar-agar is a vegetarian setting agent derived from seaweed and used as an alternative to gelatin. Japanese agar-agar is called kanten. It's made from a seaweed called *Gelidium* which is a small family of red algae (agar-agar is made from different seaweeds). Kanten has a slightly crunchy texture but sets stronger than agar-agar.



# My *Vietnamese* kitchen





*Born in Saigon and raised in London, Uyên Luu brings the colours and flavours of Vietnam to life through hosting supper clubs and cookery classes. Here she presents three traditional recipes for you to enjoy.*

### Omelette baguette

A freshly baked baguette, a tasty omelette and an abundance of coriander are one of my simplest but greatest pleasures. I love to eat this greedily on a beautiful sunny morning, quietly and alone to absorb the utter goodness! For an extra dimension, drop the sliced chillies into a bowl of good soy sauce and bruise them with the back of a spoon – this releases the chillies' flavour and heat. Drizzle over the baguette.

**Serves 2 | Prep 20 mins + resting  
Cook 10 mins**

**For the pickle:**

- 2 carrots, shredded
- ½ daikon (mooli), shredded
- 5 tbsp cider vinegar
- 5 tbsp sugar

**For the omelette:**

- 2 free-range eggs, beaten
- 2 spring onions, thinly sliced
- ½ tsp sugar



OMELETTE BAGUETTE

- pinch of salt
- pinch of black pepper
- 1 tsp soy sauce
- 1 tbsp cooking oil
- 2 Asian shallots, finely chopped

**To fill:**

- 2 Vietnamese baguettes or freshly baked, small French baguettes
- butter
- coriander
- bird's-eye chillies, thinly sliced (deseeded for less heat)

**1** To make the pickle, mix all the ingredients in a bowl and allow to rest for 15 minutes. Drain and wring with your hands.

**2** To make the omelette, beat the eggs in a bowl with the spring onions,

sugar, salt and pepper, and soy sauce. Heat the oil in a frying pan and briefly fry the shallots.

**3** Pour the egg mixture into the pan over the shallots and spread evenly. Cook for a couple of minutes until the underside looks golden brown (lift up one edge and check). Flip the omelette over and cook for a couple of minutes until brown. Remove from the heat and cut into strips.

**4** Slit the baguette lengthways and pull out the soft doughy inside (which can be used for breadcrumbs). Spread with butter and insert the omelette strips, pickle, coriander and chillies.

■ PER SERVING 777 cals, fat 15.5g, sat fat 3g, carbs 139.5g, sugars 73g, protein 23.5g, salt 4g, fibre 10g

PHOTOGRAPHY: CLAIRE WINFIELD



STIR-FRIED  
NOODLES AND  
BEAN SPROUTS

## Stir-fried noodles and bean sprouts V C

My mother excels at making the best of what she has, especially in her kitchen cupboard. This is particularly true of peanuts, which she adds to lots of dishes to add texture and make every bite crunchy and rich. Here, they contrast with the very silky glass (cellophane) noodles, and each and every simple and modest ingredient stands out.

**Serves 2 | Prep 10 mins + soaking  
Cook 10 mins**

200g glass (cellophane) noodles  
dash of cooking oil  
2 Asian shallots, finely chopped  
3 tbsp light soy sauce  
pinch of black pepper  
pinch of vegetable bouillon (optional)

1 bird's-eye chilli, thinly sliced  
100ml vegetarian white wine or water  
160g bean sprouts  
handful of garlic chives, cut into 2cm lengths (optional), or garden mint  
2 sprigs of coriander, chopped  
2 big tbsp roasted salted peanuts, crushed

**For the dipping sauce (optional):**  
3 tbsp soy sauce  
1 bird's-eye chilli, sliced

- 1 Put the noodles in a bowl, cover with warm water and allow to soak for 30 minutes. After 30 minutes, cut them into shorter lengths.
- 2 Heat the oil in a frying pan over low-medium heat and fry the shallots for about 5 minutes. Add the noodles, soy sauce, pepper and bouillon, if using, and stir-fry for 2-3 minutes.
- 3 Add the chilli, wine and bean sprouts.

Stir-fry for 2 minutes, then remove from the heat and mix in the garlic chives, coriander and peanuts. Serve hot or at room temperature.

**4** To make the dipping sauce, crush the chilli into the soy sauce with the back of a spoon.  
■ PER SERVING 672 cals, fat 22.5g, sat fat 4.5g, carbs 86g, sugars 8.5g, protein 25.5g, salt 7g, fibre 8g

## Banana fritters V

Fried foods are a vice and we all love fried food sometimes. Banana fritters are my particular weakness. The hot, melty bananas fried in sweet coconut-rice-flour batter are the ultimate treat to devour in front of the TV!

The smell of a fritter street stall also drives me bananas! Bananas are the most important traditional fruit of Vietnam. They are grown and sold everywhere and used in many dessert dishes. One lady vendor had a cast-iron sandwich press to cook the banana fritters and presented me with one that resembled a toastie or crêpe. Vietnamese bananas are short, stubby, black and bruised (but not rotten or over-ripe) and incredibly sweet. For this recipe, just-ripe bananas work best.

**Serves 10 | Prep 10 mins | Cook 20 mins**

6 just-ripe bananas  
200g rice flour  
400ml coconut milk  
100g caster sugar  
dash of vanilla extract or seeds from 1 vanilla bean  
4 tbsp sunflower oil  
icing sugar, to dust

**For the coconut custard:**  
400ml coconut milk  
1 tsp salt  
1 tsp sugar

- 1 Cut the bananas in half lengthways, then chop them into 7cm pieces.
- 2 Mix together the rice flour, coconut milk, sugar and vanilla in a bowl, making sure it is smooth and free of lumps. Add the bananas and mix to coat in the batter.
- 3 Heat the oil in a frying pan over medium heat and fry the bananas, in batches, for 2-3 minutes on each side or until golden brown. Set aside on kitchen paper.
- 4 To make the coconut custard, put the coconut milk, salt and sugar in a saucepan over low heat and heat until warm. Dust the fritters with icing sugar and serve warm or at room temperature with the coconut custard.  
■ PER SERVING 424 cals, fat 24.5g, sat fat 12.5g, carbs 49g, sugars 30g, protein 4.5g, salt 0.7g, fibre 1.5g



BANANA FRITTERS



## YIN AND YANG

The Vietnamese diet is very much based on the general rules of yin and yang. Everything has yin (cold) and yang (hot) aspects to it.

Ingredients are either hot, warm, neutral or cold and thereby affect the body and soul, having the potential to make it balanced, too heated or too cool. Onion, root vegetables and exotic fruits grown and ripened in high sun are very hot for the body, as are deep-fried foods. Green and leafy vegetables, melon and other fruits are cooling.

For thousands of years, this principle has been upheld and food has been treated as medicine. By paying attention to and understanding how our bodies respond to food, the right choices can be made for health, wellbeing and longevity.

Adapted recipes, text and images from *My Vietnamese Kitchen* by Uyên Luu (Ryland Peters & Small, £16.99).

## THE FRENCH INFLUENCE

The French left a colossal gastronomic mark during and after their colonisation of Vietnam in the late 19th century.

The famous French baguette and other foods like carrot, tomatoes, potatoes, peas, onions, asparagus, cream, butter, coffee, pâté, milk, custard, cake, flan, croissants, yogurt, omelette and wine were introduced by the French and the love affair began. The Vietnamese reshaped and re-energised their own cuisine by fusing it with the rich flavours of French food.

Today, floods of people pour out on to the street from coffee houses, and *cà phê* (café, i.e. coffee) is celebrated and drunk en masse with condensed milk and ice. Through cafés and coffee culture, people have adopted a French way of life, seeking solace and quiet away from the crowds.



**READER OFFER**



### SAIGON SUPPERS

Buy *My Vietnamese Kitchen* for the special price of £11.99. See page 65 for further details. (The book also contains non-vegetarian recipes.)

# Gordon's family food

*As well as making a name for himself with intricate dishes as a top chef, Gordon Ramsay also knows a thing or two about putting together easy home-cooked food for a busy family.*

## Avocado and black sesame sprinkle on sourdough

It doesn't take much to turn an avocado into a simple meal. As a treat when I was young I would occasionally have half an avocado with its hollow filled with Worcestershire sauce. I thought that was the height of sophistication, but avocado with chilli and sesame seeds is even better.

**Serves 4 | Prep 10 mins**

**4 large slices of sourdough bread**  
**zest and juice of 1 lemon**  
**2-4 pinches of chilli flakes, or to taste**  
**1 tbsp black sesame seeds**  
**2 ripe avocados**  
**sea salt and freshly ground black pepper**  
**olive oil**

**1** Season the bread with salt and pepper and drizzle with a little oil. Toast or griddle the bread until golden brown.

**2** Meanwhile, mix together the lemon zest, chilli flakes and sesame seeds with a pinch of salt and pepper.

## HOW TO STONE AN AVOCADO

Cut the avocado in half lengthways and then place the half with the stone still attached on a work surface. Chop into the stone with a sharp knife and you should be able to ease it out.

**3** Quarter the avocados, removing the stone and peeling off the skin. Slice each quarter lengthways, leaving the slices joined at the top. Fan out each quarter and place two on a piece of toast, pushing down to make them stick.

**govegan**  
V Vegans should check sourdough bread packaging, as it can often (but not always) contain milk.



**4** Squeeze a little lemon juice over the avocado, then sprinkle with the sesame seed mixture. Eat immediately while still warm.

■ PER SERVING 295 cals, fat 21.5g, sat fat 4g, carbs 21g, sugars 1.5g, protein 5.5g, salt 1.6g, fibre 4g

## Baked spicy Mexican eggs

Eggs poached or baked in a fiery tomato sauce is a popular breakfast all around the world. There's a famous North African version called shakshuka, which sometimes has artichokes or broad beans in it, but here I'm giving it a more Latin American flavour by adding black beans and cooking it on a base of corn tortillas. Grated cheese and chopped coriander finish it off nicely, but you could always go further and add sliced avocado and sour cream if you like.

**Serves 6 | Prep 10 mins | Cook 25 mins**

**olive oil, for frying and greasing**  
**1 red onion, peeled and diced**  
**1 wide green chilli, e.g. jalapeño, or ordinary green chilli if unavailable, sliced**  
**2 cloves garlic, peeled and finely sliced**  
**1 tsp cumin seeds**  
**400g can chopped tomatoes**  
**400g can cooked black beans, drained and rinsed**  
**4-6 corn tortillas, halved**  
**6 free-range eggs**  
**50g vegetarian Cheddar cheese, finely grated**

2 pinches of chilli flakes, or to taste  
small handful of coriander, finely  
chopped  
sea salt and freshly ground black  
pepper

**1** Preheat the oven to 180C/fan 160C/  
gas 4, and heat the grill as well if you  
have an oven grill function.

**2** Place a frying pan over a medium  
heat and add a glug of olive oil. Add the  
onion, chilli and garlic with a pinch of  
salt and pepper and sauté until tender  
and dark golden, about 6 minutes.

**3** Add the cumin and cook until  
aromatic. Stir in the tomatoes and  
gently simmer for 5 minutes. Add the  
beans, heat through for 2 minutes,  
then set aside.

**4** Grease a baking dish with a little oil  
and sprinkle some seasoning in the  
bottom of it. Line the dish with the  
tortillas, overlapping them and raising  
them slightly above the edge of the  
dish. Pour in the tomato mixture,  
then make 6 little wells in it.

**5** Break an egg into a cup, then  
pour it into a well so that the yolk  
sits neatly in the middle. Repeat  
with the remaining eggs. Sprinkle  
over the cheese and chilli flakes and  
season with salt and pepper.

**6** Place the dish on a shelf two-  
thirds of the way up the oven so  
that the grill (if on) can colour the  
cheese. Bake for 8-10 minutes, or  
until the egg whites are cooked  
through, the yolks runny and the  
cheese melted and golden. If you  
don't have an oven grill, bake for a  
further 3-4 minutes. Scatter with the  
coriander before serving.

■ PER SERVING 399 cals, fat 18.5g, sat fat  
5g, carbs 39g, sugars 4.5g, protein  
20g, salt 1.6g, fibre 4.5g

---

*'Home cooking has  
to be easy. It's got  
to be fast. It's got to  
be delicious. If you  
think you can't cook  
amazing food at  
home, think again'*

---

BAKED SPICY  
MEXICAN EGGS



## Halloumi, courgette and herb cakes

We know halloumi as 'squeaky cheese' in our house because of the noise it makes when you bite into it. The great thing about it is that it holds together well when you cook it, making it ideal for these patties.

**Serves 4 | Prep 30 mins + chilling  
Cook 20 mins**

2 carrots, peeled and grated  
1 courgette, grated  
500g vegetarian halloumi cheese, grated  
2-4 spring onions, trimmed and finely chopped  
2 tbsp chopped coriander leaves  
2 tbsp chopped mint leaves  
2 free-range eggs, lightly beaten  
2-4 tbsp breadcrumbs  
olive oil, for frying  
sea salt and freshly ground black pepper

**For the chilli dressing:**

1 red chilli, finely sliced on the diagonal  
2cm piece of fresh root ginger, peeled and finely diced  
2 tsp caster sugar  
2-3 tbsp rice wine vinegar  
2-3 tbsp olive oil  
pinch of salt

**1** To make the halloumi cakes, put the carrots and courgette in a sieve or colander and sprinkle with a decent pinch of salt to draw out the moisture. Place over a bowl to drain for 5 minutes, then tip into a clean tea towel and squeeze out all the excess water.

**2** Put the halloumi, carrot mixture, spring onions, coriander and mint into a bowl, season and mix together. Add the beaten eggs and mix well, then stir in 2 tablespoons of the breadcrumbs. The mixture should be sticky enough to form into patties, if it's not sticky enough add some more breadcrumbs.

**3** Shape the mixture into 8 larger patties about 1cm thick, or 16 smaller ones. To help shape the patties, place a large spoonful of the mix on to a spoon and press against your hand and squeeze out any excess liquid. Leave in the fridge uncovered for at least 20-25 minutes to firm up.

**4** Meanwhile, put all the chilli dressing ingredients into a bowl and stir well until the sugar has dissolved.



HALLOUMI, COURGETTE AND HERB CAKES

Taste and adjust the seasoning as necessary.

**5** Once you're ready to cook, heat a large heavy-based frying pan over a medium heat. Add a dash of oil and fry the halloumi cakes (in batches if necessary) until dark golden and crisp on either side and hot all the way through.

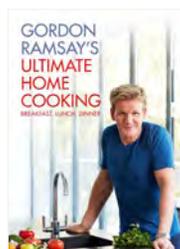
**6** Serve the cakes hot with spoonfuls of the chilli dressing over the top.

■ PER SERVING 702 cals, fat 54g, sat fat 23.5g, carbs 14.5g, sugars 7g, protein 38.5g, salt 5g, fibre 3g

Recipes adapted from *Gordon Ramsay's Ultimate Home Cooking* by Gordon Ramsay (Hodder & Stoughton, £25).

## HOW TO CHOP HERBS

Soft herbs, such as basil, parsley, coriander and mint, can bruise very easily, so try to ensure you cut them only once. The easiest way to do this is to roll them gently into a ball or cigar shape, and slice along their length. Don't be tempted to go back over them – unlike rosemary, say, they never have to be cut that fine.



**READER OFFER**

**GET GORDON!**

We have a copy of *Gordon Ramsay's Ultimate Home Cooking* to give away. See page 65 for details of how to enter. (The book also contains non-vegetarian recipes.)

# Competitions

WIN A VARIETY OF EXCELLENT PRIZES



## Kuhn Rikon Auto Safety Master Opener

Four winners will each receive a Kuhn Rikon Auto Safety Master Opener in either black or white. Please indicate on your entry which colour you would prefer. (page 11)

## Masha

Win a Masha kitchen utensil, worth £34.99 – we have two to give away. (page 12)

## Pura Vida Vegan Bakery flatbreads

Three winners will each receive the full range of five Pura Vida flatbreads, worth £21.25 per prize. (page 12)

## The Hungry Student Vegetarian Cookbook

We have seven copies of *The Hungry Student Vegetarian Cookbook* by Charlotte Pike (Quercus, £7.99) to give away. (page 14)

## Thermo Pot

One reader can win a Thermo Pot, worth £30. (page 15)

## A Lighter Way to Bake

Win a copy of *A Lighter Way to Bake* by Lorraine Pascale (Harper Collins, £20). We have three to give away. (page 32)

## Rachel Khoo's Muesli and Granola

We have copies of *Rachel Khoo's Muesli and Granola* by Rachel Khoo (W&N, £14.99) to give away to five readers. (page 46)

## Veganicity Pregnancy Essentials

Six readers can each win a bottle of Veganicity's new Pregnancy Essentials supplements. (page 51)



## Gordon Ramsay's Ultimate Home Cooking

We have a copy of *Gordon Ramsay's Ultimate Home Cooking* by Gordon Ramsay (Hodder & Stoughton, £25) to give away. (page 64)

## River Cottage Fruit Every Day

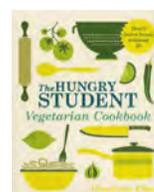
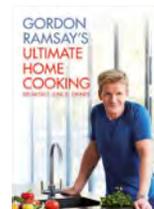
Two readers can each win a copy of *River Cottage Fruit Every Day* by Hugh Fearnley-Whittingstall (Bloomsbury, £25). (page 69)

## Vegetarian Paris

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. 'Kuhn Rikon') in the subject box, or post your details to 'Name of competition', *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH. Competitions end midday 22 January 2014.



# Reader offers

## EXCLUSIVE OFFERS FOR VEGETARIAN LIVING READERS

### 100% Bread

Receive 10% off any workshop at 100% Bread. For course details, visit [www.100percentbread.com](http://www.100percentbread.com), or to book, call 01304 611395. Offer ends 30 April 2014. (page 11)

### Hello Fresh

Receive 50% off your first order from Hello Fresh. Visit [www.hellofresh.co.uk/veg50](http://www.hellofresh.co.uk/veg50) and use the code 'VEG50' to claim your discount. Offer ends 31 March 2014. (page 11)

### Leiths School of Food and Wine

Get £10 off the Everyday Vegetarian course at Leiths School of Food and Wine (subject to places remaining). Call 020 8749 6400 and quote 'VEG10'. (page 11)

### Pulse

Buy *Pulse* by Jenny Chandler (Pavilion, £25) for the special price of £22.50, including free UK p&p. Call 0844 576 8122 and quote reference 'CH1779'. (page 36)

### My Vietnamese Kitchen

Order *My Vietnamese Kitchen* by Uyên Luu (Ryland Peters & Small, £16.99) for the special price of £11.99, including free p&p. Call 01256 302699 and quote reference 'GLR 8TF'. (page 61)

### Cardboard rocket playhouse

Receive 15% off a cardboard rocket playhouse (£37.99) from [www.nigelsecostore.com](http://www.nigelsecostore.com), when entering the code 'VEGL15' (case sensitive) at the online checkout. Order ends 31 January 2014. (page 67)

### Wilby

Get 20% off products from [www.wilbyclutch.com](http://www.wilbyclutch.com), by entering the code 'Custom 488070' at the online checkout. Offer ends 23 January 2014. (page 79)

## COMPETITION TERMS & CONDITIONS

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 22 January 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.

# What's in store?

Nigel Berman, founder of Nigel's Eco Store, chats to Lindsey Harrad about the rise of green products and new trends for 2014.

'Energy-saving products and technology will continue to be the most popular in 2014,' says Nigel Berman, founder of online eco-retailer Nigel's Eco Store. 'I heard on the news today that energy prices are predicted to go up by 18 per cent over the next five to 10 years, so anything that can save energy in a useful way and help reduce our bills will become paramount.'

Nigel was running an environmentally conscious publishing company in Brighton when he launched his website in 2005, initially inspired by an article in *The Independent* on the top green household products on the market at the time. At first, the stock was very much focused on nifty new products that the vast majority of us had never heard of.

'Eco balls [a natural alternative to washing powder] did very well; they were unusual and innovative and even though they'd been around for a few years not many people had heard of them,' says Nigel. 'But we

got into gadgets such as eco kettles quite early on, which were also really innovative back then, and we sold a lot of those.'

## The green message

Although in the early days people were willing to take a chance on new eco-products, inspired by a combination of the wow and feelgood factors, when the recession came along, attitudes changed. 'The market for these products was growing steadily and reached a peak in around 2008/2009, but then the recession hit everybody,' says Nigel. 'But I think it did affect green products particularly as they were perceived to be more expensive, which is not necessarily true.'

Even before the economic crisis, eco-product development was focused mostly on energy saving, and inevitably cutting back on waste also means saving money. But with the recession biting hard, it became even more important to

sell the dual benefits to customers, because everyone was more worried about losing their jobs today than environmental disasters in the future.

'There's also an influence from what's going on in the national media and how it affects our collective consciousness, because environmental issues haven't been in the news that much in recent years as



Nigel is always looking out for the next top eco-product



The Wonderbag, an insulated slow cooker



A popular Eco Store kit for growing mushrooms



*'We're communicating a message about a different way of living, a different way of doing things'*

the focus has been on the economy. But now the two issues have started to merge thanks to discussions about the Energy Bill, wind farms popping up all over the place, the Green Deal, and bad weather events happening overseas. It's all putting the environment back in our minds.'

But while it's easy to see why replacing a familiar device, such as your old standard kettle with an eco kettle, might be a good idea, there's more education required to sell a completely unknown product such as a radiator booster, and people will inevitably ask, 'Do I need it? Does it work? How much money will I save?'

'Our business is a lot about communication, it's about explaining how these innovative and unusual products work,' admits Nigel. 'We are communicating a message about a different way of living, a different way of doing things and saying you don't have to do what we've always done.'

### Changing lives and habits

So, what would Nigel like to have invented? 'I really like the Wonderbag. It was invented by a woman in South Africa, originally for use by poor families who were either cooking with kerosene, which is really smoky and noxious, or they were using firewood which they have to walk miles to collect. This insulated bag is essentially a slow cooker, and it means you can cook something for just 10-15 minutes, then pop it into the

bag and it continues cooking for three or four hours. It's a nice, low-tech product that really works, and for every bag that's bought, another is donated to a poor family in a developing country.'

The Wonderbag perfectly illustrates that some of these products have the power to change people's lives in demonstrable ways today, it's not just about the long-term benefit to the environment, and while in our own lives it's easier to fall in love with quirky, non-essential gadgetry - such as the very popular Rok zero-electricity espresso maker - than with a new type of central heating thermostat, every little change we make, even to the way we prepare our morning coffee, can save energy, resources, money and eventually, the planet.

Nigel admits that once you start reading about these issues, the scale of our waste can be hard to comprehend. 'One story just seemed to sum this up for me, when I discovered that some airlines give everyone a free toothbrush on long-haul flights, and at the end of the flight, whether the toothbrush has been used or not, they just throw the whole lot away. It's shocking to think of those thousands of plastic toothbrushes just going to waste every year...'

● Find Nigel's Eco Store at [www.nigelsecostore.com](http://www.nigelsecostore.com).



**READER OFFER**

**TO INFINITY, AND BEYOND!**

Get 15% off a cardboard rocket playhouse from Nigel's Eco Store. See page 65 for details.

Get ready for the first crimson-flushed stems of forced winter rhubarb, with this indulgent dessert from Hugh Fearnley-Whittingstall.



# In the pink!

## Rhubarb and ginger cheesecake

This is a recipe you can come back to throughout the year, using different fruits in season (see my ideas below). I like it made with cream cheese for that authentic cheesecake tang, but you can use mascarpone for a slightly milder flavour if you prefer.

**Serves 8**

**Prep 30 mins + chilling and cooling**

**Cook 45 mins**

**For the biscuit base:**

**85g butter, melted, plus extra for greasing**

**200g ginger biscuits**

**For the filling:**

**400g vegetarian cream cheese**

**(or use mascarpone, if you prefer)**

**3 balls of preserved stem ginger, finely chopped, plus 3 tbsp syrup from the jar**

**25g caster sugar**

**finely grated zest and juice of**

**½ orange**

**200ml double cream**

**For the rhubarb:**

**400g rhubarb, trimmed**

**75g caster sugar**

**finely grated zest and juice of**

**½ orange**

**1** Lightly butter a 20–23cm springform cake tin, line the base with baking parchment and then lightly butter the paper.

**2** To make the base, blitz the biscuits in a food processor (or bash in a bag with a rolling pin) until fairly fine. Pour

the melted butter through the feed tube, pulsing as you go, until the mix looks like wet sand. (Or mix the butter with the bashed crumbs in a mixing bowl.) Tip into the prepared tin and press in firmly with the bottom of a glass or ramekin so you get an even layer. Chill the base while you make the filling.

**3** For the filling, beat the cheese, ginger, ginger syrup, sugar, orange zest and juice together until well blended. Add the cream and beat until the mixture thickens enough to hold its shape. Spoon on to the biscuit base and spread into an even layer. Chill for 4 hours or overnight, until firm.

**4** For the rhubarb, preheat the oven to 150C/fan 130C/gas 2. Cut the rhubarb into 4cm lengths and place in a wide oven dish, ideally in one layer. Sprinkle with the sugar, orange zest and juice.

**5** Cover the dish with foil and bake for 25–45 minutes, until tender and juicy, stirring carefully to turn the pieces over after the first 10 minutes. Check it regularly: you want to catch it at the point when it's perfectly tender but still holding its shape. Leave to cool completely, then drain off the juice (it's delicious, so save to pour over ice cream or use in a drink or smoothie).

**6** Run a thin knife around the edge of the cheesecake and release the side of the tin. Serve with the cold baked rhubarb on top or on the side.

■ **PER SERVING** 630 cals, fat 49g, sat fat 30.5g, carbs 44.5g, sugars 33g, protein 4g, salt 0.9g, fibre 2g

Recipe adapted from *River Cottage Fruit Every Day* by Hugh Fearnley-Whittingstall (Bloomsbury, £25).

## FEELING FRUITY

TV favourite Hugh Fearnley-Whittingstall has come a long way since first roaring on to our screens enthusiastically advocating a bit of roadkill for the Sunday lunch. He has become a respected campaigner and food writer, known for his passionate belief in using locally sourced and grown ingredients, and supporting local producers.

In the last few years, his books and TV work have moved even closer towards the simpler life, with the innovative series *Three Good Things*, and the veggie-friendly *Veg Every Day* where Hugh argues that the time has come to move on from expecting meat or fish with every dish, and that wonderfully fresh, locally grown vegetables took centre stage. It might not have been news to veggies, but it was still good to have a bumper cookbook packed with (largely) vegetarian-friendly contemporary ideas.

Hugh's new book is really a sister title where he wants to encourage us to include more seasonal fruits in our cooking, written to tie in with the new TV series, *River Cottage to the Core*. The book is not vegetarian, but it has some inspiring ideas to use our wonderfully colourful and healthy native fruits in easy-to-produce dishes, many of which are meat-free.

## TRY SOMETHING DIFFERENT...

For the topping, instead of rhubarb, use fresh raspberries or macerated strawberries, or a lightly cooked blackcurrant purée, flavouring the filling with seeds from a vanilla pod rather than ginger, and using plain digestives for the biscuit base if you prefer. Or, in winter, try diced mango with passion fruit pulp, using lime zest and juice in place of the orange in the filling.

# Seasonal fruit

*'Although the plant is native to Siberia, I think of rhubarb as one of ours'*



**READER OFFER**

**PICK OF THE CROP**

Win a copy of *River Cottage Fruit Every Day* - we have two to give away. See page 65 for details of how to enter. (The book also contains non-vegetarian recipes.)

JOIN OUR  
COMMUNITY

*'What cruelty-free beauty products should I be using?'*

*'I'd like to read interviews with chefs, celebrities and others who live a lifestyle similar to mine'*

**GET IN TOUCH!**

Tell us what's on your mind and what you want to read about. [www.vegetarianliving.co.uk](http://www.vegetarianliving.co.uk) is a great way to have your say!



## DOWNLOAD OUR APP TODAY!

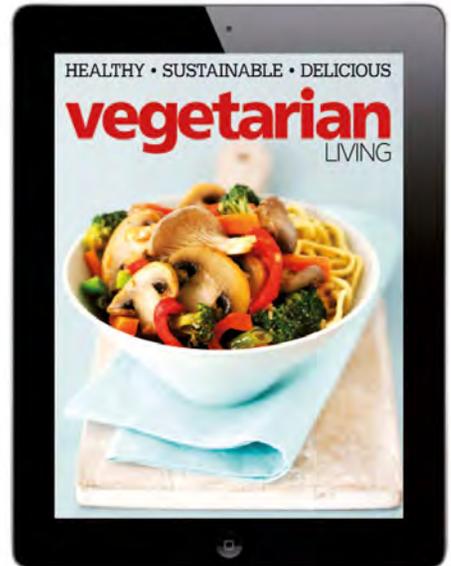
The UK's best-selling vegetarian magazine is available for your Apple iOS, Android, Amazon and Windows 8 devices.

- The app is available worldwide - £2.99 per individual issue
- Each issue will be released on the same UK street sale date as the printed magazine, so overseas fans no longer need to wait!
- Further future issues and back issues can be purchased within the app
- Subscriptions are also available within the app (a subscription will start from the next released issue)

Available subscriptions:

Six issues: £16.99/US\$23.99/€18.99

12 issues: £29.99/US\$42.99/€33.99



DOWNLOAD THE APPLE iOS APP

Find out more at <http://bit.ly/VLmagapp>  
iTunes store: search for 'Vegetarian Living'

For more information on the app, go to <http://bit.ly/VLmagazine>

'I need some healthy but delicious ideas for dinner tonight'

Find us on Facebook (VegetarianLivingMagazine) and chat with like-minded foodies. Follow us on Twitter (@VLmagazine) to keep up to date with the latest happenings in the world of *Vegetarian Living*.



*'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?'*





# Highland fling

*With Hogmanay and Burns Night on the calendar, January is the month to rediscover Scottish dishes, with Sarah Beattie's vegetarian adaptations of traditional recipes.*

'Some hae meat and canna eat, And some wad eat that want it, But we hae meat and we can eat, And sae the Lord be thankit,' runs Robert Burns' 'Selkirk Grace'. It was emblazoned on a tea towel my granny had (and is now *still* in use at my mother's). As a vegetarian, it's slightly irksome that sustenance is seen as 'meat', but that aside, this month's recipes are a celebration of Scots food, so call up some friends and add a little warmth and sparkle to January.

## 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.



## Mock-a-leekie \*

Cock-a-leekie is a traditional Scottish recipe probably based on a French one (the 'auld alliance' dates back to 1295), although there's no garlic in the Scots version. Barley is used to make it more substantial. Barley, like oats, grows better than wheat in Scotland's cooler climate. Prunes were added to round out the flavour and add richness. The parsley butter at the end adds a little freshness.

You can make the soup in advance and keep it in the fridge for a couple of days. Just ensure it's piping hot before you serve it: either to start your feast, to fill your stomach before you go out on the razzle, or to warm you up when you come home in the wee hours after first-footing.

**Serves 6 | Prep 10 mins**  
**Cook up to 2 hrs or all day**

50g barley  
1.5 litres boiling water  
oil  
1kg leeks, cleaned and sliced  
250g carrots, peeled and diced  
250g celeriac, peeled and diced  
250g swede, peeled and diced  
375g oyster mushrooms, sliced  
75g prunes, stoned and chopped  
salt and pepper

2 tbsp chopped parsley  
2 tbsp soft butter

- 1 Rinse the barley and put it in a bowl. Pour over the boiling water and leave to stand.
  - 2 Heat 2 tablespoons of oil in a large saucepan. Fry the leeks, carrots, celeriac and swede slowly until they are beginning to colour.
  - 3 Add the oyster mushrooms and fry for another couple of minutes. Add the prunes and the soaked barley with the water. Season with salt and pepper.
  - 4 Bring to the boil, cover and simmer slowly for at least an hour but preferably two. You could leave the soup all day in a slow cooker, if you like.
  - 5 Just before serving, check the seasoning. Mix the parsley and butter together well. Ladle the soup into bowls and top each with a knob of parsley butter. Serve immediately.
- PER SERVING 230 cals, fat 10.5g, sat fat 4.5g, carbs 24g, sugars 15g, protein 6g, salt 1.1g, fibre 10g

## govegan

**V** Opt for dairy-free margarine instead of butter, like Pure, available from all major supermarkets.

## freezeme

**\*** Freeze in a sealable container. Defrost and reheat thoroughly, allowing to simmer for 5 minutes.



FOOD PHOTOGRAPHY © SARAH BEATTIE 2013

## Vegetarian haggis with tatties and neeps \*

Of course you can buy a vegetarian haggis from MacSween (they created their vegetarian version over a quarter of a century ago and now a quarter of all the haggis they sell are veggie) - or you can make your own.

MacSween's recipe uses beans, lentils and vegetables - as does the Vegetarian Society's - but I wanted to try to create something more akin to the real thing (not something I often do...). I was very happy with the results and will make it again frequently, even in the summer to cook in slices on a barbecue.

If you don't eat it all on New Year's Eve or for your Burns Night supper, you really can - as our grannies used to threaten us - have it fried for breakfast. You can steam your haggis a couple of days in advance and keep it in the fridge - or even several weeks if you freeze it, well wrapped. (Double the quantities and make two if you're having a crowd.) Last-minute preparation, on the night, is therefore minimal.

Tatties are potatoes and neeps are not turnips as the rest of Britain understands them, but swede.

**Serves 6 | Prep 20 mins | Cook 1 hr**

**For the haggis:**

- vegetable oil
- 150g finely chopped onion
- 300g frozen vegetarian mince
- 1 tsp ground coriander
- 1 tsp ground mace
- 1 tsp ground nutmeg
- generous amount of black pepper
- ½ tsp salt
- 150g oatmeal
- 125ml vegetable stock
- 50g vegetable suet



VEGETARIAN HAGGIS WITH TATTIES AND NEEPS



RUMBLEDETHUMPS

**To roast the haggis:**  
oil  
around 9 walnut-sized small onions,  
peeled and quartered  
100ml vegetarian whisky (optional)

**Accompaniments:**  
1.5kg white potatoes, peeled  
1kg swede, peeled  
salt and pepper  
butter

**1** To make the haggis, pour a little vegetable oil into a large frying pan. Add the onion and fry until it starts to colour. Add the frozen mince and the spices. Continue to fry, stirring often to prevent sticking. When the mince is defrosted, add the salt, oatmeal and stock. Cook, stirring until thick and a bit sticky. Stir in the suet.

**2** When cool enough to handle, squash together into a fat log. Roll up in cheesecloth and tie both ends. Put in a steamer basket over boiling water

and steam for 30 minutes. Cool and store until required.

**3** To roast the haggis, set the oven to 200C/fan 180C/gas 6. Pour enough oil into a roasting tin to cover the base. Add the quartered onions and turn them about to coat in the oil. Unwrap the haggis and place it on top of the onions. Drizzle a little more oil on the top of the haggis. Put into the oven for 25 minutes.

**4** Meanwhile, boil the potatoes and swede in separate pans. Season and mash them with plenty of black pepper and butter. Keep warm until the haggis is ready.

**5** To finish the haggis, pour the whisky over the haggis and put it back into the oven for a final 5 minutes. Serve on a platter with both mash, the onions and all the roasting tin scrapings.

■ PER SERVING 611 cals, fat 23g, sat fat 8g, carbs 73g, sugars 13g, protein 16g, salt 2.1g, fibre 14g

## Rumbledethumps \*

Rumbledethumps, or Kailkenny as it is known if you're from Aberdeenshire, is a humble but tasty dish, very similar to bubble and squeak, colcannon or champ. Sometimes made with leftovers, it's even tastier made from scratch. It's an excellent comfort food and just the thing after a bracing New Year's Day walk. Serve it with your best homemade chutney or pickles – in our house it was often augmented (if you had walked a really long way) with some fried, poached or baked eggs.

**Serves 6 | Prep 15 mins | Cook 20 mins**

1.5kg potatoes, peeled  
1 tbsp oil  
50g butter  
2 large onions, peeled and sliced  
500g shredded cabbage  
125ml milk  
salt, pepper and nutmeg  
100g grated vegetarian cheese

### govegan

✓ The haggis is vegan, so just make your mash with a dairy-free spread in place of the butter.

### freezeme

\* After steaming, wrap the haggis well, then freeze. Defrost, then roast, or slice and fry.

**1** Preheat the oven to 200C/fan 180C/gas 6. Cook the potatoes in boiling salted water until tender.

**2** Heat the oil and half the butter in a large frying pan. Slowly fry the onion and cabbage together until they are softened and become almost translucent.

**3** Mash the cooked potato with the rest of the butter or margarine and the milk. Season well and mix in the onions and cabbage.

**4** Pile into a greased ovenproof dish. Level the top and cover with the grated cheese. Bake for 20 minutes and then serve.

■ PER SERVING 402 cals, fat 16g, sat fat 9g, carbs 52g, sugars 9.5g, protein 12g, salt 1.5g, fibre 7g

## govegan

**V** Replace the dairy ingredients with non-dairy spread, soya milk and Sheese, or your favourite alternative. Forgo the eggs and serve instead with vegan sausages.

## freezeme

**\*** Freeze well wrapped. Defrost before reheating in a hot oven for 20 minutes.

## Whisky whim wham \*

Faster than a trifle, lighter than a tiramisu, a whim wham can be whipped up at the last minute with bought sponge fingers, but it's nicer if you make your own.

**Serves 6 | Prep 30 mins | Cook 8 mins**

**For the fingers:**

2 free-range eggs

60g caster sugar, plus extra for sprinkling

60g flour

**For the whim wham:**

2 tbsp vegetarian whisky

2 tbsp heather honey

450ml double or whipping cream

200g fresh, bottled or frozen raspberries

toasted oat flakes or almonds, to garnish

**1** Preheat the oven to 200C/fan 180C/gas 6. Boil a kettle of water. Line a baking tray with baking parchment or use a silicon sponge finger mould.

**2** Pour the boiling water into a mixing bowl and leave to stand. Meanwhile, weigh out the ingredients and put the whisky and honey to warm in a small pan (turn off the heat when it starts to bubble).



**3** Empty the mixing bowl and quickly dry it. Add the eggs and sugar and whisk in the warmed bowl until thick and pale. Sift over the flour and carefully combine with a metal spoon – don't beat, you want to keep the light, airy texture.

**4** Scrape into a forcing bag with a 1cm nozzle and pipe 3cm lengths on the lined tray or into the moulds. Sprinkle with a little extra sugar, then put in the oven for about 8 minutes, until risen, firm and pale golden. Tip on to a rack and repeat with any leftover mixture – you should get around 20–24 fingers.

**5** When the whisky and honey mixture and the sponge fingers are cool, whip

the cream. As it begins to thicken, slowly add the whisky and honey in a thin stream, while continuing to beat. Stop as soon as the cream holds its shape, when it is thick and light.

**6** Put a layer of sponge fingers in the base of a pretty dish. Scatter over half the raspberries. Cover with half the cream. Add more sponge fingers, the rest of the raspberries and finally the remaining the cream. Shake the dish to level, then decorate the top with the toasted oats or almonds. Serve or chill until serving.

■ PER SERVING 462 cals, fat 31.5g, sat fat 18g, carbs 36.5g, sugars 27.5g, protein 5.5g, salt 0.2g, fibre 2g

## freezeme

**\*** The sponge fingers can be put in a sealable container and frozen.



## Lavender shortbread fingers

Shortbread and black bun were traditionally given as gifts to first-footers at Hogmanay or to the host at a New Year's Eve party. I love the addition of lavender; people can't always place the flavour but its aromatic overtones remind me of standing on a heather moor. You can buy ready-prepared lavender sugar from Lavender World.

**Makes 24 fingers | Prep 10 mins  
Cook 35 mins**

**1** tbsp dried lavender flowers  
**50g** caster sugar  
**175g** butter  
**175g** flour  
**50g** fine semolina (if you can't find this, use ground rice instead)

- 1** Preheat the oven to 150C/fan 130C/gas 2. Line a square 20cm baking tin with non-stick paper.
- 2** Whizz the lavender with the sugar in a liquidiser or grinder and then sift into a mixing bowl. Discard any big bits of flower in the sieve. Cream the sugar and butter until light.
- 3** Tip the flour and semolina into the sieve over the creamed mixture. Shake them through and then work quickly into the butter and sugar to make a soft dough. Press into the lined baking tin, flattening evenly. Prick all over with a fork or a skewer. Bake for 30–35 minutes.
- 4** While the shortbread is still warm, mark into fingers with a knife. Cool and then separate. Store in an airtight container when quite cold.

**COOK'S TIP** My mother-in-law puts a few sugar cubes in the container with her biscuits to absorb any dampness and keep the biscuits crisp.

■ PER FINGER 95 cals, fat 6g, sat fat 4g, carbs 9.5g, sugars 2.5g, protein 1g, salt 0.1g, fibre 0g

### govegan

**V** This is easy to adapt, just swap the butter for a dairy-free spread.

## Scottish black bun

Black bun is a bit like the forerunner of a 'cronut' or a 'duffin' – it's almost an amalgamation of a Christmas cake, a Christmas pud and mince pies. Its pastry crust is a throwback to the days of 'huff-paste'. This was when



SCOTTISH BLACK BUN

cooking methods were less reliable, so foods were protected by a crust that sealed in the flavours and the moisture, but wasn't meant to be eaten.

It keeps very well in an airtight tin – some cooks say it can be made a year ahead! In that case, I would certainly avoid eating the pastry. Different Scottish towns had differing shapes for their black buns. Mine is an Ecclefechan but you could make a Gowrie (oval in cross-section with pastry seam underneath) or a Harris (no separate lid but a stegosaurus-like seam down the centre of the bun).

**Makes 12 slices**

**Prep 10 mins (longer if you're making your own pastry)**

**Cook 3 hrs**

375g raisins

375g currants

50g ground almonds

50g whole almonds

50g mixed peel

175g muscovado sugar

75ml vegetarian whisky

175g plain flour

1 tsp baking powder

1 tsp ground allspice

1 tsp ground cinnamon

1 tsp ground ginger

1 tsp ground black pepper

1 free-range egg

100ml milk

375g shortcrust pastry  
(homemade with 250g flour and  
125g fat or shop bought)

**1** Preheat the oven to 130C/  
fan 110C/gas 1. Line a 20cm loaf  
tin with baking paper.

**2** Put the dried fruit, nuts, peel  
and sugar in a bowl. Pour over  
the whisky. Sift the flour with the  
baking powder and spices. Beat  
the egg with the milk. Mix the  
flour and milk and egg into the  
fruit. Combine well.

**3** Roll out the pastry thinly and  
line the base and sides of the  
loaf tin. Allow the pastry to hang  
over the edges of the tin and  
press it carefully into the angles  
(don't let your fingernails pierce  
the dough). Trim and re-roll the  
trimmings to make a pastry lid.

**4** Scrape the cake mixture into  
the pastry-lined tin. Add a drop  
or two of milk or water to the  
residue left in the jug or bowl in  
which you mixed the egg and  
milk. Use this to brush the edges  
of the pastry. Cover with the lid,  
then pinch and crimp the edges  
to seal.

**5** Put in the oven and bake for  
3 hours. Cool slowly. When  
completely cold, remove from  
the loaf tin and store in an  
airtight tin. Serve in slices.

■ PER SERVING 534 cals, fat 16g,  
sat fat 4.5g, carbs 90g, sugars  
62g, protein 7.5g, salt 0.6g,  
fibre 4g

**LAVENDER WORLD**  
[www.lavenderworld.co.uk](http://www.lavenderworld.co.uk)

On sale  
23 January  
2014



*Delicious home-cooked family food that's good for the body and the soul.*

# Doing our bit

COMPILED BY: KAREN HOLLOCKS

*Helping to make our world a greener, more ethical place*



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.

## BRIGHT SPARKS

NEW RESEARCH SHINES A LIGHT ON THE UK'S ELECTRICITY USAGE

New research has been unveiled which suggests that many UK households are in the dark about the amount of electricity used for lighting and household appliances.

The survey of 2,000 households, which was conducted by OnePoll in September 2013, revealed that many of us wrongly believe our cookers and washing machines guzzle the most electricity in the home. In reality, it is cold appliances such as fridges and freezers that are the worst offenders to our electricity bills, but household lighting – perceived by many to be relatively low-cost – comes in at a close second.

This misconception costs British households thousands, says lighting manufacturer LED Hut. The company claims households could be making savings of up to 90 per cent on their lighting costs by switching traditional bulbs to LED equivalents: 'This is exactly why we've launched

the Savvy Switch campaign,' says LED Hut's Keith Scott. 'People genuinely don't realise how much inefficient lighting is costing them, or that they could be saving hundreds year-on-year from a simple light bulb switch. With today's energy prices, we think that's something worth knowing!'

The new Savvy Switch campaign is fronted by TV property guru Sarah Beeny, who explains: 'With energy bills continuing to soar, it's time people become savvier in the home. Our campaign is urging us all to become more energy conscious in our everyday lives, and highlights how small, simple changes like switching our light bulbs can make a huge difference – not just to our wallets, but to the environment too.'

LED bulbs emit the same light quality and intensity as a standard bulb or halogen, reaching full brightness at the flick of a switch. A higher upfront cost is balanced by 90 per cent lower electricity usage and long lifespan. In fact, LED Hut claims LEDs will typically pay for themselves in less than six months – and provide up to 50,000 hours of lighting.

To find out more about LED Hut and the Savvy Switch campaign, visit [www.LEDHut.co.uk](http://www.LEDHut.co.uk).



### SWITCH ON TO SAVINGS

The new OnePoll survey proved we don't know as much as we thought about what uses the most electricity in our homes...

#### THE NATION'S OPINION

##### 1 Cooking appliances

(ovens, hobs, microwaves)

##### 2 Wet appliances

(washing machines, dishwashers)

##### 3 Cold appliances

(fridges, freezers)

##### 4 Consumer electronics

(TVs, games consoles, DVD players)

##### 5 Computers

(PCs, laptops)

##### 6 Lighting

#### THE REALITY

##### 1 Cold appliances

(fridges, freezers)

##### 2 Lighting

##### 3 Consumer electronics

(TVs, games consoles, DVD players)

##### 4 Cooking appliances

(ovens, hobs, microwaves)

##### 5 Wet appliances

(washing machines, dishwashers)

##### 6 Computers

(PCs, laptops)



# Made in Chelsea

LUXE BAG BRAND TEAMS UP WITH THE WORLD LAND TRUST FOR FASHION WITH A CONSCIENCE

Chelsea bag brand Wilby is offering planet-friendly fashionistas an opportunity to ease their eco-conscience with its new Bag4Tree campaign.

For every clutch bag purchased from Wilby's stylish range, the company will plant a tree in the rainforests of the Amazon, Kenya and Central America in partnership with the World Land Trust.

Wilby boasts strong ethical credentials elsewhere too. Each bag comes with a sustainability rating, and all are produced using sustainable and ethical materials, such as organic cotton and hemp. Naturally, all products are vegan, and Wilby are also the only bag range to be certified by the Vegetarian Society.

The range of six bags includes standout prints and stylish evening clutches. We're big



fans of the retro-style Red Orome Dip Clutch (£65) which boasts a 'high' sustainability rating according to the company's own measure, and the sleek midnight blue Lily Evening Clutch (£50) which has a 'medium' sustainability rating.

To browse the range and shop online, visit [www.wilbyclutch.com](http://www.wilbyclutch.com).



**READER OFFER**

**CLUTCH AT THIS OFFER!**

Go online and get 20% off all products from Wilby. For further details, turn to page 65.

# NORDIC TREASURES

Online retailer House of Bulldog & Moose has introduced a new homeware brand to the UK in the eco-friendly form of Saana ja Olli soft furnishings.

Made from sustainable, high-quality European hemp, the Finnish company's products combine traditional Nordic craft techniques with contemporary designs. Designers Saana and Olli started their business in 2008 and keep their production process as transparent and local as possible. The whole process, including design, printing, sewing and packaging, is carried out in small villages in southwestern Finland, supporting the local economy and the heritage of the Finnish textile industry.

The range includes floor and sofa cushions, tea towels, throws, aprons and oven mitts. To shop online, visit [www.bulldogandmoose.com](http://www.bulldogandmoose.com).



## OUR FAVOURITE HOMEWARE APPLIANCES

Save on energy bills with these green gadgets.

### Kenwood Turin 2-Slice Toaster

From: [www.currys.co.uk](http://www.currys.co.uk)

Price: £39.99

The ideal toaster for the eco-conscious, this kitchen essential features a special 'eco-slot' function that means it can toast just one slice at a time, saving 50% of the normal energy used. It's also sleek and stylish thanks to a smart stainless steel silver finish.



### Rowenta Eco Focus Iron

From: [www.homeandcook.co.uk](http://www.homeandcook.co.uk)

Price: £69.99

Stylish and practical, the Eco Focus uses 30% less energy than a standard iron thanks to micro-size holes which increase steam efficiency and so conserve energy. The iron combines a steady steam output with optional steam shot for stubborn creases, and also features an autosteam control, which regulates output depending on the fabric. Clever!



### Eco Kettle 3

From: [www.nigelsecostore.com](http://www.nigelsecostore.com)

Price: £59.99

The perfect kettle for a perfect brew, this eco-friendly gadget features a unique dual-chamber design that transfers exactly the amount of water needed for boiling while the rest is kept fresh for the next use. There's also a temperature control which ensures water reaches just the right temperature and no higher - including an 80-degree setting that's ideal for speciality teas - and it comes with the stamp of approval from the Energy Saving Trust.



# GREEN PARENTING

HELP YOUR KIDS MAKE A DIFFERENCE TO THE WORLD AROUND THEM - AT HOME OR SCHOOL - WITH THESE ECO-FRIENDLY IDEAS AND PRODUCTS



## Wild and wonderful

### HATS OFF TO PACHAMAMA'S ETHICAL WINTER HEADGEAR

Designed and produced with admirable ethical standards, Pachamama's 'endangered animals' range of Fairtrade hats and mittens are ideal for keeping little ones wrapped up this winter.

The range includes an array of friendly animal faces including tigers, monkeys, zebras, pandas and - our particular favourite - a grinning koala.

The woollen hats are all designed with flaps and ties to keep tiny ears toasty, and both hats and mittens are felt-lined to stop itching and irritation. All are handmade and priced at £11.95 for hats and £11.95 for mittens.

Pachamama originated trading goods from the Andean Mountains of South America - hence the name, which means 'Earth Mother' in Quechua, the ancient language of the Incas. Since 1996 the company has

been trading in handmade wool and cotton products from Nepal.

In both countries the majority of production is village-based, with knitters supplementing their incomes from farming and fitting production around family and work commitments. The company also employs a small number of people in a factory environment to hand finish and pack garments, and to produce hand-felted items. Pachamama promises that all their employees work in excellent conditions and receive benefits and pay above local standards.

On top of all that, the company also donates 10 per cent of all profits to a children's charity in Nepal, and uses recycled products for all packaging and labelling.

To browse the full range and find out more, visit [www.pachamamaknitwear.com](http://www.pachamamaknitwear.com).



## SMOOTH OPERATOR

NEW NATURAL BEAUTY RANGE PROMISES TO LEAVE KIDS' HAIR TANGLE-FREE

Natural beauty brand Love Boo has launched a new range of hair products that are ideal for taming unruly locks, meaning tangle-free hair - and tantrum-free brushing!

Love Boo's family-friendly hair care range is made in the UK with natural ingredients, including argan oil to leave hair luxuriously silky smooth, and a gorgeously fruity combination of fig, coconut and papaya extract. The company also promises its products are free from nasties, with no

parabens, sulphates, petrochemicals or synthetic colours.

The hair care range includes Natural Soft & Shiny shampoo and conditioner, both priced at £8.99 for 250ml, plus No More Knots detangling spray, priced at £11.99 for 250ml.

Visit [www.loveboo.com](http://www.loveboo.com) to find out more and browse Love Boo's full range of natural products, which also includes pre- and post-pregnancy skincare treats and gentle bathtime soaks.



**EXPLORE**  
a whole new  
**Veggie World!**  
on Planet-v.co.uk

**SEARCH**

Veggie restaurants, hotels, holidays, local social groups and more....



**Check**

What veggie events are happening this year!



**Find**

Nutrition advice from blog & Veggie Advice area!



**SHOP**

Thousands of veggie products from over 100 shops on one site!



**[Pick Up]**

Delicious & healthy vegetarian recipes.



like [Planet-v.co.uk](http://Planet-v.co.uk) on



sign up to our newsletter!

follow [@Jane\\_PlanetV](https://twitter.com/Jane_PlanetV) on



Visit us at [www.Planet-v.co.uk](http://www.Planet-v.co.uk)



**Are you making a change for good?**

If you're thinking of making a fresh start this year, join us today and you will fantastic benefits, such as:

- **Members' magazine** every 3 months packed with recipes and articles
- **Hundreds of discounts** around the country including 10% off in Holland and Barrett
- **Advice and support** for all your veggie needs, including access to our member-only mentor scheme and online forum.

Also, as an educational charity, buying membership for yourself or as a gift will help us to **influence, inspire** and **support** people like you to embrace and maintain a vegetarian lifestyle.

[www.vegsoc.org/join](http://www.vegsoc.org/join)



**Vegetarian**  
SOCIETY

Providing a stronger voice for vegetarians  
thanks to your generous support

0161 925 2000

[www.vegsoc.org](http://www.vegsoc.org)

[membership@vegsoc.org](mailto:membership@vegsoc.org)

Charity No. 259358

# 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 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

### 18 January–9 March

#### Butterflies in the Glasshouse

The RHS Wisley greenhouses will be aflutter with butterflies this winter, with children able to take part in building a giant butterfly willow sculpture (18–19 January).

[www.rhs.org.uk](http://www.rhs.org.uk)

### 25–26 January

#### Big Garden Birdwatch

Get your pens and binoculars at the ready for another round of bumper bird spotting. Have a competition to see who can spot the most!

[www.rspb.org.uk](http://www.rspb.org.uk)

### 31 January

#### Sustainable soil care course

On this workshop, find out how to organically manage the fertility of your soil with mulching, green manures and liquid feed techniques.

[www.commonwork.org](http://www.commonwork.org)



### STEP-BY-STEP

## Early onions and leeks

Onion and leek seeds benefit from a nice long growing season, so get them in early in the greenhouse this month.

- Leeks can be grown in small modular trays, with one seed per module (root trainers are ideal as they can be opened up and the whole seedling taken out for planting), or you can sow several per module and thin out to the strongest seedling. Onions can be sown three to four to a module and planted out in clumps because they will push each other apart as they grow.
- Fill your trays with free-draining potting compost and pop the seeds on top, covering with 1cm of compost.
- The seeds will need a temperature of 10C to germinate, so either pop them in a propagator or seal inside plastic bags until they start growing. After this, they'll be happiest growing on in a cool but frost-free greenhouse or cold frame.
- When your leeks reach pencil thickness, around 20cm tall, and when your onion seedlings have three true leaves, gradually acclimatise them to outdoor conditions before transplanting into their final spot, around 20cm apart with around 30cm between rows, in mid-May.

### BUY IT

There are lots of reliable varieties to choose from, such as leek 'Musselburgh' or showbench onion 'Ailsa Craig' (both [www.thompson-morgan.com](http://www.thompson-morgan.com)), but you could also try 'Early Paris White', a bright white onion that can be harvested as a baby ([www.realseeds.co.uk](http://www.realseeds.co.uk)), or the unusually shaped onion 'Long Red Florence' ([www.suttons.co.uk](http://www.suttons.co.uk)).

### TOP TIP

It's frustrating when the home-grown onion harvest runs out, so make sure you plan for year-round supplies by doing two sowings, one in the greenhouse in January for picking in June and one outdoors in spring for a harvest in August.

### DIG IN

Onions and leeks are the stalwarts of the kitchen and really come into their own when slowly roasted with beetroot or parsnips. Toss in a little oil with fresh herbs and a dousing of balsamic vinegar, and serve with chopped walnuts or almonds and some crumbled cheese.

## THINGS TO DO NOW...

### SOW RADISHES INDOORS

The fresh, peppery crunch of radish is a welcome change come spring and you can get a head start by sowing into tubs or large pots of compost in the greenhouse or cold frame. They won't transplant, but will give you an earlier crop than if sown outdoors.

### HARVEST MATURE SPROUTS

Christmas may be over, but there should still be plenty of plump buttons on your Brussels to collect. And don't worry if you forget and find they've 'blown' – leafy ones can still be used as mini cabbages, and the tops of the plant are very tasty too.

### SAVOUR YOUR PARSNIPS

Frost has an almost magical effect on parsnips as the starch turns to sugar, changing them from earthy, faintly soapy roots into sweet, nutty treats, and they're one of the few veg happy to 'mature' in flavour, in the ground, for most of the winter.

### PROTECT WINTER CAULIS

Just as the sun can damage the precious curds of your caulis, so can frost. Keep them chill-free by bending some of the outer leaves over the head. Leave until midday before harvesting, so they have had a chance to defrost and dry out a little.

## Trade secrets

All of the plants you tend at the allotment have a 'wild' side, says wild food chef and forager Mark Lloyd, so this winter, why not give these freebies a bit of space? You may be pleasantly surprised.

**Sorrel** One of the most recognisable of the wild greens, it's also one of the first – appearing in mid-January – and its small arrowhead leaves have the flavour of green apple skins. I use it anywhere a little 'zing' is needed, and on desserts like Eton mess to help counter the sweetness. I have even made a pesto-style salad dressing, substituting it for the lemon.

**Chickweed** This plant has a spreading habit with small oval leaves and tiny white flowers and can be very abundant at the allotment. While it was one of the Victorians' favourite salad leaves, gardeners now discard it – and we're missing a trick because the tips and leaves

make the most amazing salads and, blanched then blitzed, can be added to green soup.

### Cleavers/goose grass

Known for the way it sticks to your clothes, this plant is beginning to emerge in January with edible shoots and young stems. Later in the year, the tougher stalks have historically been used to make beer!

**Nettles** The bane of gardeners, but the forager's delight, you can cook the young tips like spinach, with blanched larger leaves used to wrap cheeses and make ale.

### Ribwort plantain

Known as 'white man's foot' by Native Americans due to

ESSENTIAL TIPS AND ADVICE FROM THE PEOPLE IN THE KNOW!



its proliferation, this extremely common weed with its ribbed leaves and brush-like flower heads on long stems can be shredded and stir-fried.

Professional chef Mark runs foraging and private cookery events around the UK from his base in Oxfordshire ([www.eatrealfood.co.uk](http://www.eatrealfood.co.uk)). In March, he will be appearing at The Edible Garden Show (28–30 March). Look out for free tickets to the show in next month's issue!



VEG LIVING LOVES

## POTATO DAYS

Now's a great time to start ordering in your seed potatoes and, towards the end of the month, placing them 'eye up' in egg boxes to chit, to give them a head start when you plant them out in March/April. If you're not sure what to do or what to plant this year, or you fancy unearthing a few unusual varieties such as 'Blue Kestrel', 'Pink Fir Apple' or 'Red King Edward', then get yourself along to one of the many Potato Days to speak to like-minded potato enthusiasts, bag a bargain and get advice on planting and harvesting.

[www.potato-days.net](http://www.potato-days.net)  
<http://potatoday.org>

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

Broad beans, fruit trees and bushes, garlic and rhubarb sets. And sow indoors: broad beans, cauliflower, leeks, onions, peas, radish, salad leaves and spinach.

### BIG IDEAS FOR LITTLE PLOTS

## Windowsill herbery

Take root divisions of herbs and pop them into pots in the kitchen for fresh pickings all winter.

It's sad when the cold weather puts paid to our fresh, fragrant summer herbs, but it's still possible to dig up small sections of established, hardy perennials now – and bring them indoors to the warmth of a windowsill or frost-free conservatory. It's a lovely job on a fine day, when there's not much else to do in the garden.

- Using a garden fork, dig up the plant (roots and all) and slice into sections with a spade or use your hands to pull each part of the plant apart.
- Replant the larger sections back into the garden or allotment with a good layer of mulch around them and plant the smaller sections, with one or two nice roots (don't worry if the tops look sad at this stage), into small pots or containers of compost.



- Good herbs to divide include chives, lovage, marjoram, oregano, thyme and lemon balm, but remember if you're planting several in one box they might require different conditions. For example, thyme and oregano like a good layer of broken crocks at the bottom of the pot and a gritty compost, while lovage likes a rich soil with plenty of moisture.
- Fresh shoots should appear as the plant grows, but don't be too hasty to pick them all – the plant won't grow as quickly as it does in the summer. It's best to have two or three of each variety to give you a bigger harvest.



## NATURAL CROP PROTECTION

### HOME-MADE REMEDIES TO DEAL WITH SEASONAL BUGS...

Make time to clear out old plant debris from greenhouses to reduce the chance of aphids, red spider mite, mealy bug, mildew and botrytis. Weeds under benches, overwintering plants and dead or dying vegetation can harbour insects and their eggs, so make it spick and span before the spring seed-sowing frenzy and ventilate on warm days.



## MINI MAKES

# Recycle your Christmas tree

Don't bin your old tree this year, find creative ways to reuse it in the garden and house instead. Here are four ideas...

**You will need:**  
 Christmas tree  
 pruning shears  
 scissors  
 drill  
 bird food  
 soil  
 evergreen or succulent plants  
 varnish

### 1 TASTY TOTEM POLE

Turn the clock back and make your old tree into a habitat for birds. Get help to cut off the branches and get mum or dad to drill holes at irregular intervals along the trunk, around 3–4cm in diameter. Hammer the trunk into the ground so it stands up and feels sturdy, and fill the cracks, crevices and holes with nuts and seeds, old apples and peanut butter.

### 2 WOODY WONDERS

The trunk of your tree can also be used for all sorts of craft projects. Get help to cut it into sections (around 30cm in length) and get mum or dad to hollow out the centre with a drill, and fill the

stump with soil to make homemade flowerpots for evergreen or succulent plants. Or, cut the trunk into circular discs and varnish to make everything from flowerpot trivets (to protect pots from frosty bottoms!) and Jenga-style towers, to hanging mobiles and mug coasters.

### 3 MULCH MAGIC

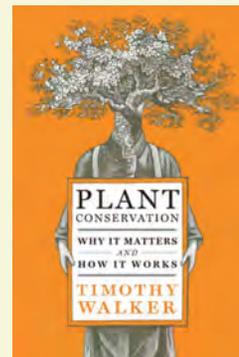
Strip the tree of its pine needles with your hands or scissors (they should come off easily by now) and use them as food for blueberry bushes, or other plants that like 'acidic' soil, by spreading them around the roots.

### 4 COOL COMPOST

The branches of your Christmas tree make a great base for new compost heaps because they allow air to flow around the base. Cut them to fit your compost bin, stacking them 10cm high, and top with kitchen scraps to produce free food for your fruit and vegetables next year.

# ARMCHAIR GARDENER

*Plant Conservation: Why it happens and how it works* (Timber Press, £14.99) is a weighty book (perfect for an inclement weekend), but with engaging prose from University of Oxford Botanic Garden director Timothy Walker, it takes us on a journey through botany and shows us why plant survival is vital to our own survival, and how becoming more ecologically aware as gardeners we can help save plants from extinction, and ultimately help the planet.



## VEG LIVING LOVES



## POT BRUSH

Cleaning out pots for the spring sowing season is a job that easily gets eclipsed by other more enjoyable tasks, but if you want healthy seedlings, free from mould and disease, then pot cleaning is essential, and it's good for the pocket and planet. This traditional bristle pot brush (£10), with its long pine handle and natural bassine bristles, takes the hard work out of scrubbing. Its conical-shaped head will fit inside most sizes of pots, and it can whizz through washing those hard-to-reach crevices.

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

## 4 WAYS TO...

# Force vegetables

**RHUBARB** Pop an old bin or large flowerpot over your rhubarb once there have been a few hard frosts, and cover with an old blanket or fleece. For the speediest crops, lift and keep covered at around 18C in a greenhouse, and use forcing varieties such as 'Timperley Early', 'Stockbridge Arrow' or 'Victoria'.

**SEAKALE** Planted from 'thongs' and, unsurprisingly, best grown in sandy soil that mirrors its native coastal home, you can harvest seakale after two years and, like rhubarb, it tastes best when forced outside using an upturned pot or box to exclude all light.

**TREVISIO** This long-leaf radicchio can be 'blanched' 7–14 days before harvesting. Pop the head of the plant inside a plastic bag or tie up the leaves with string, and make sure it's a dry day so the leaves aren't wet and likely to rot.

**POTATOES** While you can't strictly 'force' potatoes, if you plant indoors now in dark bags you get a much earlier crop. Plant 2–3 tubers (such as 'Swift') into half-filled black compost bags, with holes punched in the bottom, and add 15cm or so of compost on top. Pop in a frost-free greenhouse (preferably heated) and as the tubers grow, cover them with more compost until you fill the bags. Keep moist but not waterlogged and you should be harvesting by May.





## BACK ISSUES ORDER FORM

**YES!** I'd like to order back issues of *Vegetarian Living*.

### YOUR DETAILS

Mr/Mrs/Miss/Ms (delete as applicable)

First name .....

Surname .....

Address .....

.....

Postcode ..... Country .....

Email .....

Daytime phone .....

Mobile .....

.....

### PAYMENT DETAILS

Issues (month + year) of *Vegetarian Living* required

.....

Each back issue, up to and including December 2012, costs £3.50 (January 2013 issue and onwards cost £3.95) + £1 for p&p (UK only)\*

\*For overseas rates please visit our website at [www.selectps.com](http://www.selectps.com), or call +44 (0)1202 586848

### CHEQUE

I enclose a cheque for .....

(made payable to Select Publisher Services Ltd)

### CREDIT/DEBIT CARD

Visa  MasterCard  Maestro  Switch

Card Number

Expiry date

Valid from (if shown)

Issue number (if shown)

Security number

(last 3 digits on the back of the card)

Signature .....

Date

**RETURN THIS FORM TO:** *Vegetarian Living* Subscriptions, Select Publisher Services Ltd, PO Box 6337, Bournemouth BH1 9EH

Please tick this box if you DO NOT want to receive any other information from Select Publisher Services.

Please tick this box if you DO NOT want to receive any other information from other companies.

# back issues

IF YOU'VE JUST DISCOVERED *VEGETARIAN LIVING* AND LOVE IT, SEND OFF TODAY FOR ANY ISSUES YOU'VE MISSED.

Christmas 2013



December 2013



November 2013



October 2013



September 2013



August 2013



July 2013



June 2013



May 2013



April 2013



March 2013



February 2013



January 2013



December 2012



November 2012



October 2012



**BACK ISSUES STARTING FROM JUST £3.50 + p&p**

For overseas rates please visit our website, or call +44 (0)1202 586848

September 2012



August 2012



### THREE EASY WAYS TO ORDER:



**+44 (0)1202 586848**

Please have all your details to hand



Complete the form (left) and send to: *Vegetarian Living* Subscriptions, Select Publisher Services Ltd, PO Box 6337, Bournemouth BH1 9EH



**www.selectps.com**

Select 'Magazines', then 'Vegetarian Living Back Issues'



## SILKY SMOOTH £9 for 100ml

Sweetly scented Akamuti Lavender & Geranium Body Moisturiser has a pretty, uplifting fragrance and is perfect for everyday moisturising and skin maintenance. Lavender will soothe your senses, helping to regulate and condition your skin, while geranium invigorates and promotes a healthy glow. A firm Akamuti favourite!

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



## GORGEOUSLY SOFT SKIN

£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](http://www.sheatruth.com)



## TOTALLY TROPICAL

From £6.99 for 280g

Coconoil virgin coconut oil is a treasure trove of health and wellbeing from the sun-drenched shores of Sri Lanka. Brim full of energy-giving MCTs and immune system-boosting properties, Coconoil virgin coconut oil is possibly the healthiest cooking oil in the world!

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

# THE ESSENTIAL COLLECTION

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



## TAME YOUR TRESSES

£6.95 (inc. free delivery)

Lavera has just launched a new organic hair serum. This rose-scented serum contains natural and organic ingredients including macadamia oil, almond and rose extracts to moisturise and care for your hair. The organic formula helps to reduce split ends and tame flyaway hairs, while softening your hair, adding shine and glossiness for luscious locks.

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



## GET UP AND GO! £1.99 for 750g

Mornflake Organic Oats are perfect to wake up to on chilly mornings – bursting with pure, natural wholegrain goodness, you really can't beat them. Grown and milled organically, these oats are not only good for you but they're great for the environment too!

Available at Tesco, Morrisons and Ocado

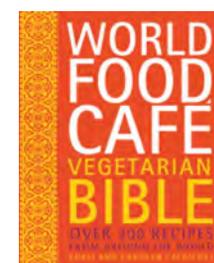


## TOP OF THE POPS

£3.98 for 100g; £13.99 for 500g

Crackle Crystals are a new range of popping candy which come in a variety of natural flavours. The small pieces of candy contain carbonated gas, which is released when it comes into contact with your mouth. Ideal in children's puddings, desserts or lining the rim of a cocktail glass! Find them online from Cream Supplies.

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



## RECIPES FROM AROUND THE WORLD £20

Chris and Carolyn Caldicott are the godparents of global vegetarian cuisine in the UK. *World Food Café Vegetarian Bible* is a collection of more than 200 recipes gleaned over two decades of globetrotting, tried and tested to be easy to make at home.

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

# 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](mailto:alex@vegmag.co.uk).



and man's best friend too. Claiming to make your faithful canine 'the coolest pooch in the park', these bike tyre dog collars are available in regular width (3-3.5cm) and (ahem) hipster-friendly skinny (2-2.5cm), in either slick or chunky tread, in four lengths. Converting him to a vegan diet may be trickier, but at least he'll have a wardrobe to be environmentally and ethically proud of... £15 from [www.katchabilek.com](http://www.katchabilek.com).



## Veggie guy

**Richard Twine, 39, sociologist**



'I went veggie at 18, vegan at 30. Some years later I regretted having waited that long, because when you're not vegan you think it's extreme, but once you become vegan, and get used to the habits of veganism, it's remarkably easy - especially so now, as vegan infrastructure has improved so much and choices have grown.

'The three main reasons for becoming vegan are animal ethics, health and the environment, but with me there was a fourth - gender identity. I was interested in veganism as a different way, basically, of being a man - putting forward a different conception of masculinity which wasn't about being dispassionate towards animals and enthusiastic about eating steak with the bravado that you find in some men. My argument is "let's redefine what masculinity is".

Masculinity isn't fixed: you can produce your own narrative.

'I'm a sociologist in Glasgow. I'm interested, within the context of climate change, in how we can move more people towards sustainable diets. While there are lots of dimensions to sustainable diets - choosing seasonal and local produce, not wasting food - one of them is fewer animal products. I interview vegans about their transitions to veganism, and want to get that knowledge to a wider audience so it becomes a less alien practice.

'I'm hoping to do international research on dietary change. Meat and dairy consumption is increasing globally and I want to learn why this is happening in places with a strong tradition of vegetarianism, such as India.

'Changing diets in society is a pressing issue. I want to change the social norm that an average meal includes an animal product. I want vegan food to become more mainstream. Even if you don't become vegan and yet eat vegan food two or three times a week, it will become more normal and comfortable.

'At the same time, I'm keen to increase the numbers of vegans and vegetarians in the country. We've been at 3-5 per cent for so long, that it would be an interesting shift in our food identity if we could get to 15-20 per cent. It needs more cultural visibility and legitimisation by popular voices - politicians, doctors. There are certain moments - such as Glasgow being voted best UK city for vegans by PETA - which have the potential for a knock-on effect. We need more of them.'

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

## 3 OF THE BEST...

### VEGAN MUSCLE SOAKS

**The Organic Pharmacy Arnica Soothing Muscle Soak** (£35.95 for 325g)  
Infused with sea salt, eucalyptus and ginger.  
[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)



**Natural Hero Hot Ginger Muscle Soak** (£9.99 for 6 x 18ml)  
With ginger root, rosemary and sweet fennel oils.  
[www.naturalhero.co.uk](http://www.naturalhero.co.uk)



**Scottish Fine Soaps Classic Male Grooming Muscle Soak** (£13.50 for 600g)  
Salts infused with clary sage and lavender.  
[www.scottishfinesoaps.com](http://www.scottishfinesoaps.com)



## Canine cool

Katcha Bilek uses abandoned vegan materials - often rubber - to make accessories such as wallets (which have graced these pages previously), and durable bags (including manbags and laptop bags).

Marvellously, they cater for woman, man -

## Work those muscles

When it comes to cholesterol, the basic mantra holds that LDL - low-density lipoprotein - cholesterol is 'bad', while HDL - high-density lipoprotein - is 'good'. The former deposits fat into the blood vessels (narrowing arteries, leading to cardiovascular disease) and the latter carries it to the processing and detoxing powerhouse that is the liver, where it can be dealt with.

But a new study in men, published in the *Journal of Applied Physiology*, suggests that things could be more complex. Researchers from the University of California found that the HDL in men who weight trained regularly behaved 'in a healthier way' than the HDL in less active men, by reducing inflammation, for instance. The poorly functioning HDL in sedentary men was associated with other heart disease risk factors.

Most importantly, weight did not seem to be a factor: keeping a good weight is no guaranteed pathway to healthy cholesterol function in itself - but regular weight-lifting or strength-training certainly can be, even if you remain a little bit overweight.

The message is clear: work that body, guys, and don't worry too much about a slightly above-average BMI.

## Wise words

'Life is life - whether in a cat, or dog or man. There is no difference there between a cat or a man. The idea of difference is a human conception for man's own advantage' - Sri Aurobindo (1872-1950), *Indian philosopher and yogi*

Wheat Free Vegetarian & Raw Gluten Free

Visit us online at: [www.VeggiePooch.co.uk](http://www.VeggiePooch.co.uk)  
10% off with voucher code: VegLiv10

# Veggie Pooch

Vegetarian treats for your best friend



Our handmade, 100% vegetarian pet treats are available in the following delicious flavours:  
Cucumber & Mint Pineapple & Carob Peanut Butter & Banana  
Kale & Seaweed Apple & Cabbage Carrot & Honey

As well as the original:  
Apple Rings Carrot Curls

[onevillage.com](http://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.

Ours is not at all like that. The substance of our soap is expensive active vegetable oils – such as neem oil from the neem tree, known for centuries for its amazing healing properties for skin and wellbeing.

No sodium lauryl sulfate, and no artificial scents. The sandalwood in our sandalwood soap is authentic powder and oil from the tree – a natural energizer and effective antiseptic.

[onevillage.com](http://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.

Here's your opportunity to try it. For only £10 you can order 4 generous bars, including free postage in UK. Choose any combination – 4 the same or your assortment of both soaps.

For speedy service, order at **Onevillage.com** – where other ideas also await you!

**One Village Soap,**  
Charlbury, OX7 3SQ  
☎ 01608 811811



# ethicalWARES

cruelty free footwear & accesories

Footwear and lifestyle accesories from sources which promote life and rights for animals and humans alike.

For those who Love Life too.



# Love Life

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

Telephone enquiries: 01570 471155



# HONESTY



A comprehensive range of vegan personal care and household products by mail order. Ranges include Honesty skin & hair care, plus items from Daniel Field (hair colours), Beauty Without Cruelty, Lavera, Dolma, Giovanni, Weleda, Jason, Bio D, Earth Friendly & more...

**Tel: 01629 814888**

Website & shop:

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



# Places to go

Find the best vegetarian cafés and restaurants with Alex Bourke's handy guide.



## NORTH

### ROOTS & FRUITS

10-11 Grand Arcade,  
Leeds LS1 6PG  
Tel: 0113 242 8313

This terrific café in an arcade near the Grand Theatre is under new management but retains its Asian and British dishes, many suitable for vegans, and has just added cakes.

All-day full cooked breakfast (£6.25) with a hot drink. Snacks and starters (from £3.95) include soup, samosas, spring rolls, and chickpea fritters. Mains with salad (£4.60-£7.25), such as falafel, chilli burritos, pasta with roast peppers, burgers, jacket potato with two fillings, big salads, baguette and focaccia sandwiches.

Desserts (£4.50) come with ice cream, cream or custard (can be vegan), such as crumble, warm chocolate tart, and sticky toffee pudding with toffee sauce. Also cakes (£2.50), like apple and walnut or chocolate mousse.

Bring your own wine; £3 corkage per bottle. Children welcome; high chair. Outside tables; dogs welcome there.  
[www.rootsandfruits.net](http://www.rootsandfruits.net)

## EAST

### MIRCH MASALA

37-39 Market Street,  
Leicester LE1 6DN  
Tel: 0116-247 0080

City centre family-friendly Indian vegetarian restaurant with a gigantic menu of Indian, Mexican, Italian and Indo-Chinese. Vegan items clearly marked.

Starters (£1.80-£5.25), such as crispy puri filled with potatoes and chickpeas, bhaji platter, garlic bread, carrot and coriander soup, and nachos. Main dishes (£3.95-£5.95) include dosas, uttapam, curries, biryani, stir-fry veg with rice, mixed veg Hakka noodles, risotto, pasta, pizzas, enchiladas, fajita, burrito, tacos and quesadilla wraps. The curry platter (£5.95) is amazing value with two curries, dhal, pilau rice, salad and chapatti. Also burgers (£2.50) and sandwiches (from £1.45).

Desserts (£1.95-£3.50) include chocolate cake, cheesecake, profiteroles, ice cream sundae, but nothing is vegan.

House wine £2.25 glass, £9.50 bottle. Fresh juice bar with smoothies. Children's menu; high chairs.  
[www.mirch-masala.co.uk](http://www.mirch-masala.co.uk)

## LONDON

### BLACK CAT

76 Clarence Road,  
Hackney E5 8HB  
Tel: 020 8985 7091

The old Pogo café has transformed into a beautiful new vegan restaurant, more upmarket but still fabulous value.

Weekend full cooked breakfast (£7-£8) till it runs out. Light meals (£3.50) could be broccoli and kale soup with soda bread, jacket potato with scrambled tofu and cheese, or three salads plate. Daily mains (£7), such as pie with mash, peas and gravy; smoky lentil burger with chips and salads; chef's plate with salads, homemade bread, cashew cheese, olives and roasted marinated tofu.

Desserts (£1.70-£3) dazzle, such as lemon meringue pie, banana and chocolate cake, spelt brownies and ice cream.

Have fun with milkshakes, cola floats and smoothies (£1.50-£2.50). Bring your own alcohol; free corkage. Child-friendly; high chair. Dogs welcome. Cash only. They sell vegan cheese, sweets and chocolate, plus cat and dog food.  
[www.blackcatcafe.co.uk](http://www.blackcatcafe.co.uk)

## SOUTH

### ACORN

2 North Parade Passage,  
Bath BA1 1NX  
Tel: 01225 446059

Formerly Demuths and still with the same chef, this top-notch gourmet vegetarian restaurant is perfect for a special date. Lots of local, vegan and gluten-free.

Prices increase during the day from lunch (two courses £12.95, three £15.95), pre-theatre 5.30-6.30pm (£15.95, £18.95), and evening (£22.40, £27.40). Starters such as celeriac soup with truffle oil served with sourdough bread, or carrot and cashew paté. Mains feature pear and pumpkin tagine with griddled leeks, butter beans and bulgur; or curried cauliflower fritter, hickory smoked potatoes and veg with raisin and tamarind purée.

Exquisite desserts, such as chocolate mocha pot with raspberries and candied pistachios, or saffron poached pear with pine nut parfait and granola.

Organic vegetarian and vegan wine from £3 small glass, £4.20 medium, £16.50 bottle.  
[www.acornvegetariankitchen.co.uk](http://www.acornvegetariankitchen.co.uk)

## WEST

### TEATIME COLLECTIVE

St Wilfred's Centre, Royce Rd,  
Hulme, Manchester M15 5BJ  
Tel: 07950 469 089

Fantastic new café and ice cream parlour in an old church. Everything is vegan apart from cow's milk for hot drinks, with plenty of gluten-free.

Breakfast (£1.80-£6.50) ranges from scrambled tofu on toast to American pancakes to full cooked. Lunches (£1.50-£6) feature soup, pie, cheesy garlic bread, exotic burgers with wedges and a special, such as wild mushroom stroganoff. Pizzas (£4.50-£7.50) made with Vegusto cheese; try Hawaiian, barbecue 'chicken', Mexican and the astounding English Breakfast with sausage, 'black pudding', 'bacon', beans and mushrooms.

Desserts (£1.50-£2.80) could be mocha and caramel cake, chocolate tiffin, cinnamon buns, and ice cream. Splurge on a sundae (£5) with four scoops, whipped cream and sauce.

Children welcome; high chairs. Dogs welcome. Free car park. Cash only.  
[www.teatimecollective.co.uk](http://www.teatimecollective.co.uk)

## 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](http://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](http://www.vegetarianparis.com). See page 65 for details of how to win one.



# Frozen Wheatgrass .co.uk

Delivered to your door.



- ✓ Organic
- ✓ Instantly frozen to retain nutrients
- ✓ Grown using natural sun energy, no artificial lighting

"Growing and juicing for over 8 years, we supply naturally grown wheatgrass in the UK. Our wheatgrass receives all the love and attention it deserves to maximise its' therapeutic and nutritional properties. Feel the difference instantly."

Fresh wheatgrass, books & juicers also available online.



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

To set up a Practitioners account contact:  
**Harri Grewal on 07946 820070**



## YEWFIELD ★★★★★

VEGETARIAN GUEST HOUSE IN THE HEART OF THE LAKES



### SPECIAL MID WEEK OFFER: £335 PER COUPLE

- 3 nights B&B at Yewfield 5 star Vegetarian Guest House, a peaceful retreat set in 80 acres of private grounds • [yewfield.co.uk](http://yewfield.co.uk)
- A 3 course vegetarian dinner at Fellinis one night • [fellinisambleside.com](http://fellinisambleside.com)
- A 3 course vegetarian dinner at Zeffirellis one night • [zeffirellis.com](http://zeffirellis.com)
- Available Sunday to Thursday

Offer based on 2 adults sharing a standard double or twin room. Superior room +£40. Suite +£70



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

YEWFIELD • HAWKSHEAD • CUMBRIA LA22 0PR • 015394 36765 • [YEWFIELD.CO.UK](http://YEWFIELD.CO.UK)

## Learn to cook healthy, nutritious vegetarian dishes at the home of vegetarian cuisine.

Wide range of courses | Altrincham, near Manchester

You don't have to be a vegetarian to learn to cook great tasting vegetarian cuisine. Whether you're a keen amateur who wants to have fun learning more about food or a professional chef, we've got a course for you - we even run classes for kids.

And where better to learn than at the Vegetarian Society's internationally renowned Cordon Vert Cookery School? So, whether you want to learn to cook British classics or exotic foods from around the world, we can offer you a great cooking experience.

**To book and discover more about courses to suit all tastes visit [cordonvert.co.uk](http://cordonvert.co.uk)**

**CORDON VERT**  
VEGETARIAN COOKERY SCHOOL

For further information contact **0161 925 2015** or email [enquiries@cordonvert.co.uk](mailto:enquiries@cordonvert.co.uk)  
Cordon Vert | The Vegetarian Society | Dunham Road | Altrincham | WA14 4QG



**Vegetarian**  
SOCIETY

# 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](http://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](http://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](mailto:info@vegsoc.org)  
[www.vegsoc.org](http://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](mailto:info@vegansociety.com)  
[www.vegansociety.com](http://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](mailto:info@vegetarianforlife.org.uk)  
[www.vegetarianforlife.org.uk](http://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](http://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](mailto:info@peta.org.uk)  
[www.peta.org.uk](http://www.peta.org.uk)

## Vegetarians International Voice for Animals (Viva!)

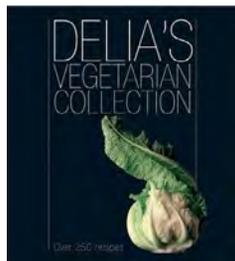
Vegetarian and vegan group with everything you could need to change to a plant-based diet.  
Tel: 0117 944 1000  
Email: [info@viva.org.uk](mailto:info@viva.org.uk)  
[www.viva.org.uk](http://www.viva.org.uk)

# 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\*)

**Good Housekeeping Step-by-Step Vegetarian Cookbook** (Ebury Press, £19.99)

**Vegan Brunch** by Isa Chandra Moskowitz (Da Capo Press, £11.99)

**A Year in My Kitchen** by Skye Gyngell (Quadrille Publishing, £14.99)

**Indian Vegetarian Cookery** by Jack Santa Maria (Rider & Co, £7.99)

**Vegan Feasts: Essential Vegetarian Collection** by Rose Elliot (Thorsons, £n/a\*)

**Appetite for Reduction: 100 Fast and Filling Low-Fat Vegan Recipes** by Isa Chandra Moskowitz (Da Capo Press, £12.99)

**La Dolce Vegan! Vegan Livin' Made Easy** by Sarah Kramer (Arsenal Pulp Press, £16.99)

**Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine** by Bryant Terry (Da Capo Press, £10.99)

**Baby and Child Vegetarian Recipes** by Carol Timperley & Stephen May (Ebury Press, £12.99)

**Leith's Vegetarian Bible** by Polly Tyrer (Bloomsbury, £30)

**Veganomicon: The Ultimate Vegan Cookbook** by Isa Chandra Moskowitz (Marlowe & Co, £17.99)

**Cooking Without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat** by Barbara Cousins (Thorsons, £12.99)

**Leon: Ingredients and Recipes** by Allegra McEvedy (Conran Octopus, £20)

**Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes** by Isa Chandra Moskowitz (Grub Street, £9.99)

**The Cranks Recipe Book** by David Canter (Orion, £n/a\*)

**Linda McCartney's Home Cooking** by Linda McCartney (Arcade, £n/a\*)

**The Vegetarian Society's New Vegetarian Cookbook** by Heather Thomas (HarperCollins, £n/a\*)

**Delia's Vegetarian Collection** by Delia Smith (BBC Books, £15)

**The New Vegetarian Epicure: Menus for Family and Friends** by Anna Thomas (Alfred A. Knopf, £n/a\*)

**World Food Café** by Chris Caldicott, Carolyn Caldicott and James Merrell (Frances Lincoln, £14.99)

**Eat Smart Eat Raw: Detox Recipes for a High-Energy Diet** by Kate Wood (Grub Street, £10.99)

**Ottolenghi: The Cookbook** by Yotam Ottolenghi and Sami Tamimi (Ebury Press, £25)

**World Food Café 2: Easy Vegetarian Recipes from Around the Globe** by Carolyn Caldicott and Chris Caldicott (Frances Lincoln, £14.99)

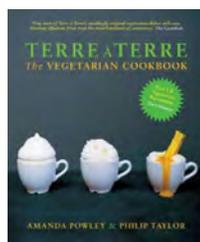
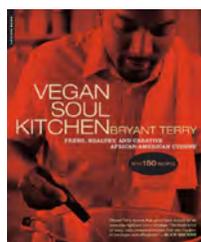
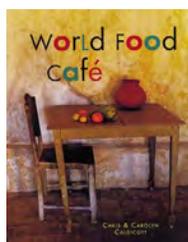
**Eva Batt's Vegan Cooking** by Eva Batt (Thorsons, £n/a\*)

**Plenty** by Yotam Ottolenghi (Ebury Press, £25)

*\*Book does not have a current RRP listed, but can be bought through online bookstores such as Amazon and Waterstones.*

**Food for Friends: Modern Vegetarian Cooking at Home** by Jane Mostowfi, Ramin Mostowfi and Kalil Resende (Infinite Ideas, £16.99)

**Terre à Terre: The Vegetarian Cookbook** by Phil Taylor and Amanda Powley (Absolute Press, £20)



## 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.

making it easier to shop for a healthier lifestyle.

### www.ethicalsuperstore.com

A supermarket of Fairtrade, organic and eco-friendly goods, from groceries to fashion.

### www.rawliving.eu

Suppliers of a wide variety of raw foods, superfoods and supplements in the UK.

### www.fresh-network.com

A one-stop shop for all things related to raw food and holistic health, plus info on 'going raw'.

### www.realfoods.co.uk

The largest Scottish retailer of organic, Fairtrade, vegetarian and special diet foods.

### www.goodnessdirect.co.uk

A great selection of fitness and organic foods, vitamins and herbal remedies, cruelty-free toiletries and eco-friendly stuff.

### www.vbitesfoods.com

A selection of foods that are free from hydrogenated fats, eggs, GMOs, cholesterol, artificial colours and preservatives.

### www.hollandandbarrett.com

High-street suppliers of Fry's Vegetarian and Redwood, plus sausages, stir-fry strips, dried soya mince and chunks.

### www.veganstore.co.uk

Endorsed by the Vegan Society, this online vegan store features over 800 cruelty-free products.

### www.planet-v.co.uk

A vegetarian and vegan website that brings together vegetarian companies and products,

### www.veggiestuff.com

A wide range of ethical, vegetarian and vegan products, delivered throughout the UK.

### www.vegusto.co.uk

A Swiss supplier of vegan meats and cheese, plus other items such as coffee and pet food.



Are we missing a great cookbook or supplier? Then send an email to [editorial@vegmag.co.uk](mailto:editorial@vegmag.co.uk) and let us know.



I CHOOSE  
WHAT I USE



...because beauty doesn't have to be ugly

Vegetarian  
~  
Natural  
~  
Cruelty Free  
~  
Vegan  
~  
Organic  
~  
Fairtrade



Women  
~  
Men  
~  
Children  
~  
Pets  
~  
Back to Basics  
~  
Sun Care

We've got skin, hair & beauty products with a conscience for you and every member of your family

Proud to be 100% Vegetarian!



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

Stockists of: Akamuti, alva, Bulldog, evolve, Green People, Inika, Natural Bubbles, Scruffy Chops, Trilogy, Visionary Soap Company and more!

UK postage is free on orders over £40

sheatruth™  
raw organic living



We are the 'Care' in PersonalCare!

Vegan Skincare for Women, Men and Kids



Handmade with Heart Using Nourishing Cocoa Butter, Shea Butter, Evening Primrose and other Delicious Stuff!

- 100% Synthetic Chemical Free
- 100% Organic Food Ingredients
- 100% Natural and Wax Free
- 100% Bio-Degradable Packaging

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



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



@Sheatruthraw

# 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](mailto:info@animalaid.org.uk) quoting VEG2  
or phone: 01732 364546



View our short film about  
the life of dairy cows

## HIPPO



Registered Charity No. 1075400

"Feeding the World with Compassion"

HELP INTERNATIONAL  
PLANT PROTEIN ORGANISATION  
Churchfield House, Weston under Penyard,  
Ross-on-Wye HR9 7PA  
Telephone: 01989 762192  
Email: [hippocharity@btinternet.com](mailto:hippocharity@btinternet.com)

In Africa HIPPO is providing plant-based foods for four vegetarian orphanages and four schools. In northern Kenya which has been hit by prolonged drought we are making significant progress in helping pastoralists to grow crops and move to a more sustainable way of living without cattle. In our famine relief work we make good use of textured soya protein (TVP) which is ideal for the purpose being lightweight to transport, imperishable in storage, pre-cooked (thus saving firewood and the time spent gathering it), easy to use, adaptable to all recipes, very palatable, nutritious, and efficient and humane to produce. New supporters are very welcome! Our Trustees personally pay all the charity's expenses, office costs, and travel costs when visiting projects, so all donations go to the work. Please send cheques to HIPPO or request more information. Thank you!

## 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.



demuths  
restaurant  
positively vegetarian

## vegetarian cookery school

Interested in learning how to cook creative vegetarian food? Then come and join us in the beautiful city of Bath.

A Gift Voucher is a perfect present for a birthday, Christmas or any special occasion.

Vegetarian Cookery School, 6 Terrace Walk, Bath BA1 1LN  
Bookings 01225 427938  
Email us @ [vegetariancookeryschool.com](mailto:vegetariancookeryschool.com)  
[www.vegetariancookeryschool.com](http://www.vegetariancookeryschool.com)



## Vegfam

"Feeds The Hungry Without Exploiting Animals"

Projects: vegetable growing, fruit & nut tree planting, safe water supplies. 'Helping people to help themselves.' You can make a difference and save lives. Every donation counts. Please support our projects this year.

Tel: 01550 721197

[www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)

RCN 232208 Established 1963



## VeggieRomance.com

find your other half



at



[WWW.VEGGIEROMANCE.COM](http://WWW.VEGGIEROMANCE.COM)



## Ceridwen Centre

Ceridwen Centre, self-catered, (or catered - we have resident chef), varied comfortable accommodation on rural Carmarthenshire organic farm with strong eco ethics and veggie owners, including Ceridwen, (sleeps 19), The Byre, (sleeps 7), farmhouse B&B, three fabulous yurts and gypsy wagon. Also limited camping. Vegetarian Society approved. Function/workshop space in Old Dairy. Wedding licence. Family and pet friendly.

01559 370517

[info@ceridwencentre.co.uk](mailto:info@ceridwencentre.co.uk)



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

and on Facebook



### Trustee Wanted

VfL is the advocacy and educational charity for older vegetarians and vegans

We are looking for a vegetarian to join our small board of trustees who meet four times a year in Cheshire

Experience of catering in the care or hospital sectors would be welcomed

This is a voluntary role – with expenses paid

Contact [admin@vegetarianforlife.org.uk](mailto:admin@vegetarianforlife.org.uk) for information pack  
Closing Date: 10<sup>th</sup> January 2014

[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)

Charity No 1120687 Company No 6294709

## Heyford Vegan B&B

In rural North Oxfordshire.  
Easy access to Oxford, Blenheim, Rousham, The Cotswolds, Oxford Canal etc.  
Dog friendly accommodation.  
Wi-Fi available.  
Train & bus routes.

**Call: 01869 340664 / 07773 262099**  
**or email:**  
**[jenny@tamblyn2.orangehome.co.uk](mailto:jenny@tamblyn2.orangehome.co.uk)**

Animal-free footwear & more  
**Freerangers**

If you don't eat animals  
don't wear them

Send for  
Free 2014  
catalogue

[www.freerangers.co.uk](http://www.freerangers.co.uk)  
email: [info@freerangers.co.uk](mailto:info@freerangers.co.uk)  
Tel: 01207 565957

Freerangers, (Dept VLM12/13) 87 Derwent Street, Chopwell NE17 7HZ

hand made in the UK

## Over the Rainbow

Vegetarian Guest House  
Cardigan Bay, West Wales

Relaxed, quality B&B accommodation with ensuite rooms  
Venue for residential courses & workshops

01239 811 155 [www.overtherainbowwales.co.uk](http://www.overtherainbowwales.co.uk)

Absorb 100% Natural ingredients

**www.oyasin.co.uk**  
Tel: 07968 299966 [oyasinskincare@yahoo.co.uk](mailto:oyasinskincare@yahoo.co.uk)

# The view from my table

**SARAH SCOTT** is a freelance writer with a passion for food and drink. She's been vegetarian for 28 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 her online blog, The View from the Table – and now this column.

FOLLOW ME ON TWITTER @TalkingTable



## Leek, mushroom and Cheddar risotto

Part of the joy of cooking is to always be evolving and learning. Perfecting risotto: to overcome my fear of making it was one of my personal kitchen triumphs last year.

**Serves 2 | Prep 5 mins  
Cook 40 mins**

**1 large or 2 small leeks, sliced**  
**2 tbsp olive oil**  
**1 punnet chestnut mushrooms, sliced**  
**1 clove garlic**  
**120g risotto rice**  
**400ml vegetable stock**  
**good glug of vegetarian white wine**  
**50g vegetarian Cheddar cheese, grated**  
**salt and pepper**  
**handful of torn basil leaves**

- 1 Soften the leek in oil for 5–10 minutes, then add the mushrooms and garlic. Cook for a further 5 minutes.
  - 2 Add the risotto rice and stir to coat the grains with the oil. Pour in the stock and wine.
  - 3 Lower the heat and cook for 20–25 minutes, stirring frequently so the mixture doesn't stick. Add a little more water or wine if necessary.
  - 4 When the rice is soft, turn off the heat. Add the cheese, check the seasoning and scatter with torn basil leaves.
- PER SERVING 498 cals, fat 23g, sat fat 8g, carbs 55.5g, sugars 2.5g, protein 16g, salt 2.8g, fibre 5g

I can't believe it's been a year since I started writing this column. It's gone so quickly, but doesn't it just? Around about now, after the madness of Christmas, thoughts turn as they do to a shiny new year. All those possibilities – and there are so many, if you are looking out for them. But as much as January is a time of looking forward, it's always been a time for reflecting back too, taking stock of the year that's passed to memory. So, imagine me if you will, sitting in a wing-back chair next to a crackling fire, dram of whisky in hand, ruminating over the last year and the things I've learned. (Can I get a smoking jacket over here?)

- Question what you're eating and how it got there. If the horsemeat scandal taught us anything, it must be that.
- Stop thinking that the environment is someone else's problem. It's mine and yours, and well, every other person that inhabits this planet.
- You were most certainly not the only one who'd had

more than a sniff of the barmaid's apron at the night out/party/wedding/birthday bash. It's called a social hangover, so stop making yourself feel even worse than the wine, cider, gin and Jägermeister already has.

- Friendships don't always last. Even the long-haul ones you were certain would, sometimes don't. It hurts; in fact, it cuts you to the quick, but sometimes you have to just let it go.
- Do the things that make you happy. So simple but so easy to overlook in life's maelstrom.
- Don't spend your precious time with people who make you feel uncomfortable or unhappy. Spend it with the good guys.
- Don't judge other people's lives on their social media status. If their life was that fabulous they'd really have no time to update their feed.
- Stop judging yourself on other people's or the media's metrics.
- Be kind.
- Say 'sorry' and admit when you are wrong.

- Say 'I love you', say it often and say why.
- Find humour wherever you can. Be silly, it's good for the soul.
- Look up.
- Dance in your kitchen.
- Shout about the things that make you angry. Make your voice heard.
- Stop moaning about getting old. The other option is really not that appealing.
- Don't smoke; look after your health.
- Learn the names of trees and birds.
- Read as many books as you can.
- Turn your computer and phone off frequently.
- Write letters and postcards.
- Take lots of photographs – of people not just food.
- Listen to your children. Really listen to them.
- Have a dream – mine's to take my daughters to Mexico to experience the Day of the Dead.

All that's left to say is: here's to 2014. I wish you the very best of everything.



## THIS MONTH I'M LOVING... LETTERS OF NOTE

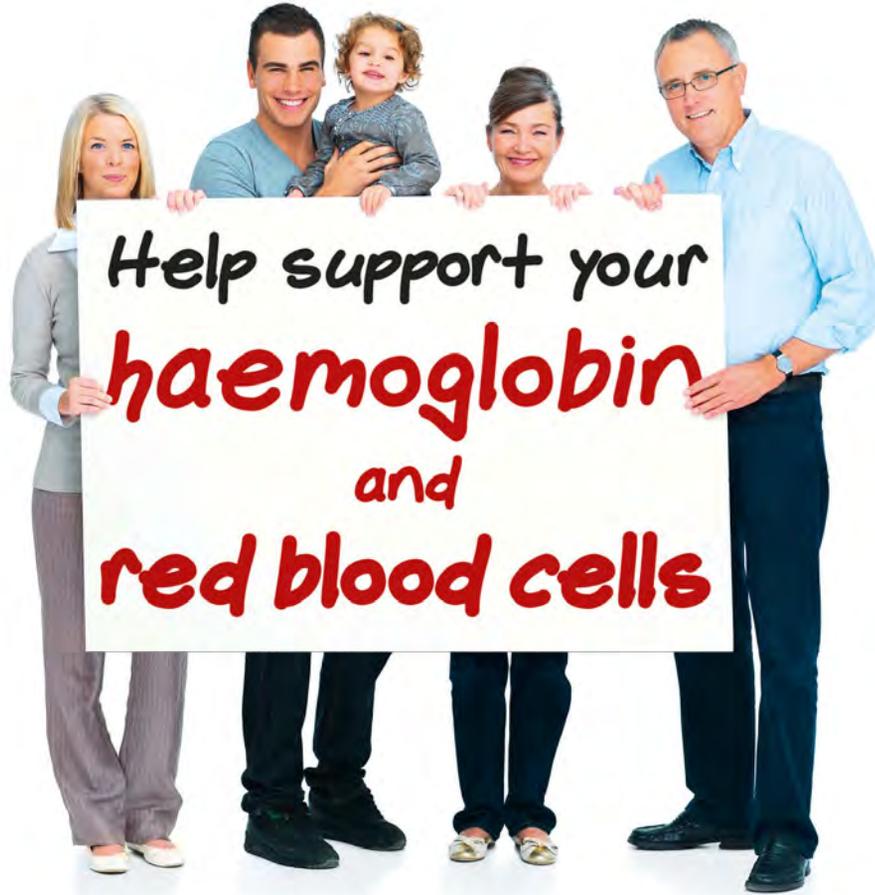
I discovered this wonderful site last year when Lauren Laverne interviewed the website's author, Shaun Usher, on her 6 Music show. The site is a 'blog-based archive of fascinating correspondence complete with scans and transcripts of the original missives where available'. It's addictive reading and puts the importance of letters into context. Part of the joy of this blog is the diversity of the authors: from Muppet creator Jim Henson to JFK to Anton Chekhov, Gertrude Stein and F. Scott Fitzgerald via Bert Bernbach – one of the original Mad Men – and Che Guevara. Fascinating and compulsive reading. Will we be cataloguing emails like this in years to come?

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

**govegan**

**V** Substitute the cheese for 1 tbsp nutritional yeast flakes.

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



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

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

- ✓ GENTLE FORMULA
- ✓ EXCELLENT TASTE



Original Liquid



Plus Liquid

With Swiss  Alpine malt

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

Available from



Superdrug, Holland & Barrett, GNC, chemists, health stores, supermarkets & [www.vitabiotics.com](http://www.vitabiotics.com)

Vitamin supplements may benefit those with nutritionally inadequate diets. \*(IRI value data. 52 w/e 13 Jul, 13).



# FUELLING YOUR DAILY MARATHON



Seeds contain all 9 essential amino acids and provide a great source of compact natural nutrition and energy. 9bar's unique mix of seeds and natural ingredients can help sustain you throughout the day whether you're taking part in competitive sport or simply running a busy life.\*



\*As part of a balanced diet.

# 9bar™

The great tasting nutritious mixed seed energy bar!

Find out more at [9bar.com](http://9bar.com)  