

vegetarian

LIVING

Easy as pie

ENJOY A DELICIOUS SLICE OF OUR AUTUMNAL TREATS

JAMIE OLIVER

Great ideas for seasonal greens

BONFIRE NIGHT SUPPER

A warming menu for family and friends

GREAT BRITISH VEG

Recipes inspired by National Trust kitchen gardens

WORLD VEGAN MONTH

- Catch up with marathon runner Fiona Oakes
- Cupcakes from Fran Costigan
- Dave Spikey's Vegan Pledge

NUTS ABOUT SOAP

The family business committed to eco-friendly household cleaning

42
MEAT-FREE RECIPES

23
DAIRY-FREE IDEAS



JUMBLE BERRY TART



LISA FAULKNER

Why cooking is like therapy for the actress and *MasterChef* winner



SPICE IT UP

Easy-to-prepare colourful dishes for the home cook



JAMES MARTIN

Gorgeously simple desserts from the *Saturday Kitchen* host



PLUS: Eating out | Reader offers | Health advice | New products

vegetarian LIVING NOVEMBER 2013 JAMIE OLIVER | BONFIRE NIGHT SUPPER | USA FAULKNER | COMFORT FOOD

www.vegetarianliving.co.uk



Whether you're eating in or out

NOW Delivered to your door:

Our delicious meat-free range is now available from Ocado – simply order on-line for delivery to your home



Hot Dogs

(serving suggestions)



Pepper Steak Style Pies



Traditional Burgers

Award-winning...

Best Vegan 'Meat' Product, VegfestUK Awards
'Best Food Product', The Vegan Society Awards
Ethical Consumer Best Buy

Free From...

meat, fish, eggs, dairy products, GM ingredients, cholesterol, hydrogenated fats and artificial colours and preservatives



Food that speaks for itself...



In the freezer cabinet of your local health store and from local caterers too...

Listed with the UK's largest food service supplier – 3663 – so ask for them at your local pub, club, café, hotel, school, college, university, care home, hospital and leisure centre!

NOW available from Ocado

**Selected products from Holland + Barrett
Sample for FREE at VegfestUK London on
5th and 6th October at London Olympia**

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

Welcome

The UK's best-selling vegetarian magazine



The warmth of summer may be a distant memory and the breadth of seasonal crops dwindling, but there is still a great deal to look forward to, as the change of season brings with it the opportunity to indulge in comfort food.

For me, autumn is my favourite time in the foodie calendar, with a scrumptious assortment of dishes to relish, which is why I'm delighted that **Higgidy's Camilla Stephens** is sharing three mouth-watering pastry-based recipes with us, including our 'cover star', the jumble berry tart (page 44); plus we also have a selection of warming oven-baked dinners that the whole family will love (page 64).

Jamie Oliver returns to *VL's* pages with great money-saving meals for the budget-conscious cook (page 39); and *Saturday Kitchen's James Martin* whips up some delightfully decadent desserts that can be created in next to no time (page 52).

Lindsey Harrad talks exclusively with actress and *Celebrity MasterChef* winner **Lisa Faulkner** about the importance food and family, and her long-held passion for cooking (page 26).

November is also World Vegan Month, and our search for a truly inspirational embodiment of this annual celebration led us to the remarkable vegan marathon runner **Fiona Oakes** (page 48). Plus, vegan pastry chef **Fran Costigan** shares with us two classic American treats (page 68).

Also, celebrate Bonfire Night in style with Liz Martin's crowd-pleasing menu for family and friends (page 20); food writer **Sybil Kapoor** provides plenty of inspiration for seasonal suppers (page 34); top chef **Paul Merrett** spices up your dinner table with three colourful dishes (page 60); and Sara Niven Smith discovers a family business committed to eco-friendly cleaning (page 63); plus much more!

Enjoy the issue...
Paul Morgan, Editor



DOWNLOAD VEGETARIAN LIVING TODAY

The UK's best-selling vegetarian magazine is available to download on your iPad, iPad Mini, iPhone, iPod Touch and Android phone/tablet. Turn to page 70 for more information.

Vegetarian Living, PO Box 6337
Bournemouth BH1 9EH
Subscription enquiries
t. +44 (0)1202 586848 • chris@selectps.com

MEET THE TEAM

Editor
Paul Morgan • paul@vegmag.co.uk

Managing Editor
Sarah Moran • sarah@vegmag.co.uk

Nutrition Editor
Sue Baic

Contributing Editor
Sara Niven Smith

Food Editor
Liz Martin

Gardening Editor
Alice Whitehead

Vegan Editor
Alice Gunn

Production Editor
Suzanne Juby

Contributors
Sarah Beattie, Kelly Rose Bradford, Alex Bourke, Rachel Demuth, Alex Gazzola, Lindsey Harrad, Karen Hollocks, Sarah Scott

Design
Launchpad Studios Limited

Cover images
Jumble berry tart © Dan Jones 2013
Lisa Faulkner © Chris Terry
Spice it up © Jan Baldwin
James Martin © Tara Fisher
Additional images courtesy of Shutterstock

PUBLISHING

Publisher
Tim Harris

Group Advertising Manager
Julia O'Gorman • julia@selectps.com
t. +44 (0)1491 874440

Advertising Sales Manager
Wendy Kearns • wendy@vegmag.co.uk
t. +44 (0)1392 466099

Online Marketing Executive
Adrian Lito • adrian@selectps.com

Circulation Manager
Tim Harris

Production Manager
John Beare

IT Manager
Vince Jones

Subscriptions Manager
Chris Wigg • 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 resold 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 Or visit: www.vegetarianliving.co.uk



In this issue...

WIN!
TURN TO PAGE 77
TO ENTER ALL
COMPETITIONS
AND READER
OFFERS



44



19



20



68



34



58

ON THE COVER



44
39
20
34
48
63

26 60 52

COVER RECIPE

Jumble berry tart, page 46
Photography by Dan Jones
Cover image from *The Higgidy Cookbook: 100 Recipes for Pies and More* (published by Quercus)

FOOD MATTERS

18 In season

Find out what produce is at its best this month

20 Bonfire night supper

Crowd-pleasing recipes from Liz Martin

34 A walk in a walled kitchen garden

Seasonal dishes inspired by the gardens of the National Trust

39 Jamie's money-saving meals

Fresh ideas for the budget-conscious cook

44 Hurrah for Higgidy!

Higgidy pies founder Camilla Stephens shares favourite recipes from her new cookbook

52 Decadent desserts in minutes

James Martin's gorgeously simple puddings

60 Simple supper spice

Colourful dishes from top chef Paul Merrett

64 Home-cooked comforts

Warming and nourishing family suppers

68 American dream

Bite-sized vegan treats from Fran Costigan

72 In praise of parsnips

Sarah Beattie's deliciously different ideas

FEATURES

26 Lisa Faulkner

The actress and TV chef chats exclusively to Lindsey Harrad about food and family

48 Fiona Oakes

We meet the vegan athlete who runs extreme marathons to highlight the plight of animals

63 In a nutshell

The family business creating eco-friendly soap

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



60



26



54



34

REGULARS

03 Welcome

09 Share your thoughts

Let us know your views, comments and tips

10 New shoots

Veggie and vegan news, products and events

17 What shall I cook?

Warming weekend family meal ideas

57 Healthy living

Advice on nutrition and wellbeing

58 In the kitchen with Rachel Demuth

Cooking and storing autumn's apples

81 Next issue

Rachel Allen, Maria Elia and much more!

86 Back issues

Order any issues you've missed right here

88 The green man

PETA's Ben Williamson, top foods for prostate health, plus vegan hair and body bars

90 Places to go

A guide to veggie and vegan dining out

92 Essential facts and figures

98 The view from my table

Sarah Scott on the age-old art of preserving

GREENER LIVING

78 Doing our bit

An innovative new food programme, Next Green Car Awards, and Ethical Kidz's founder

82 From plot to plate

Growing winter lettuce, expert tips on planting rhubarb, and how to store plot produce

APPEARING THIS MONTH...

Jamie Oliver

'The best food in the world has always come from communities under massive financial pressure'

© DAVID LOFTUS 2013



What can you say about the British chef, restaurateur and media personality that everyone doesn't already know? The father of four is a

phenomenon in the world of food and one of Britain's most famous exports.

■ Try Jamie's delicious recipes for the budget-conscious, on page 39.

Lisa Faulkner

'Cooking in *Celebrity MasterChef* was very different to cooking for friends; it was the scariest thing I've ever done!'

© CHRIS TERRY



Since winning *Celebrity MasterChef*, the former *Brookside* and *Holby City* star has cooked regularly in a number of top restaurants. Her first book – *Recipes from My*

Mother for My Daughter – went to the top of the *Sunday Times* bestseller list.

■ Lisa chats exclusively with VL – plus recipes from her new book – on page 26.

James Martin

'To have people eat food that I've cooked makes me happier than anything else'

© TARA FISHER



James first appeared on our screens in 1996, but came to wider public attention on BBC2's *Ready Steady Cook*. The popular chef has just published a new book,

Fast Cooking, based on his experiences as host of *Saturday Kitchen*.

■ Enjoy James's quick and heavenly desserts, on page 52.

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



30



53



62

Your menu

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

Starters & light bites

- 20 Leek and red onion bhajis **A***
- 20 Oven-roasted pepper, tomato and squash soup **V***
- 75 Parsnip bhajis with mint raita **A**
- 72 Pear and parsnip soup with cardamom **V***
- 14 Sesame seed falafel **V**
- 44 Winter couscous filo tarts
- 12 Winter lentil and kale soup **V**

Main courses

- 61 After-work stovetop biriyani **V**
- 66 Baked rigatoni with mozzarella
- 32 Beetroot risotto
- 34 Borlotti bean, tomato and spinach soup **V***
- 64 Butternut squash and corn bread pudding
- 36 Creamy spiced chard
- 19 Curried cauliflower, red pepper and nigella seeds **V**
- 30 Homity pie
- 73 Köfte with kizilcik **A**
- 19 Leek, potato and Stilton omelette
- 22 Mushroom bourguignon with Gruyère toasts **A**
- 18 Mushrooms baked with hazelnuts and pecorino
- 39 My sag aloo
- 30 Orecchiette with tomato and basil sauce
- 40 Pappa alle zucchini **V**
- 75 Parsnip and tamarind curry **V***
- 64 Pasta and cherry tomato pies
- 45 Roasted beetroot galette
- 60 Roasted vegetable couscous with feta and pomegranate
- 62 Twenty-five-minute vegetable tagine with cauliflower couscous **V**
- 36 Twice-baked sweetcorn soufflés



20

Sweets & treats

- 59 Apple saffron samosas **A**
- 54 Baked chocolate and raspberry mousse **🕒**
- 68 Black bottom cupcakes **V**
- 69 Blondies **V***
- 76 Freckle bread
- 53 Instant passion fruit soufflé **🕒**
- 46 Jumble berry tart
- 43 Red velvet cupcakes **V**
- 53 Spiced charred pineapple with ice cream **A🕒**
- 25 Toffee popcorn **A**
- 25 Warm sticky spice cake *****

Dips, sauces, sides and more...

- 22 Baked red cabbage with apple **V***
- 98 Easy-does-it blackberry and pear jam **V**
- 76 Parsnip jam **V**

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.

Sous Vide

This method of cooking at low temperatures in a water bath brings a new dimension to flavours and textures. Our range includes water circulators, water ovens, vacuum packing equipment, books and accessories.

Although sous vide is a technique most commonly associated with meat and fish, it is exceptionally effective in cooking vegetables. A sous vide vegetable cooking guide will be available shortly.



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 siphons to pourers and from shakers to muddlers.



Cocktail

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

Bitters, in particular, are being rediscovered. Check out our Dr. Adam Elmegirab's Bitters, each based on an original 1800's recipe.



Barista

Making great coffee at home is even more satisfying with a few good barista tools. Our range includes jugs, whisks, stencils, tampers, grinders and thermometers.



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
Order online before 4.00pm for next day delivery



Adopt with confidence

Every year thousands of people put their faith and trust in Cats Protection when looking for a new addition to the family. Behind each volunteer and member of staff is a wealth of experience and expertise which means when you adopt one of our cats, you can feel safe in the knowledge that he has been given the best possible care.

When he leaves Cats Protection, your cat will have been treated to a top-to-tail medical.

This means he will have been:

- Fully examined by a veterinary surgeon
- Vaccinated at least once against flu and enteritis
- Treated against fleas, roundworm and tapeworm
- Neutered if old enough
- Microchipped

We also provide four weeks' free insurance (terms and conditions apply) giving invaluable peace of mind and reassurance as you and your cat embark upon this lifelong friendship.

All he needs now is a loving home to make his dreams come true – over to you!



Find a Cats Protection cat looking for a home in your area. Simply scan the QR code with your smart-phone to use our new *find-a-cat* search tool, or get in touch on the details below. Thank you.

T: 03000 12 12 12
E: helpline@cats.org.uk
W: www.cats.org.uk

Reg Charity 203644 (England and Wales) and SC037711 (Scotland)



Share your thoughts

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

LETTER OF THE MONTH

First impressions

I usually consider buying a magazine of any shape, size or description to be a luxury. As a pensioner my



budget is limited and I need to look after the pennies, relying on friends and family (as well as visits to the doctor and dentist!) to catch up on my commercial reading.

That said, I have recently become a 100 per cent vegetarian instead of a 'part time' one and needed some inspiration.

On a whim, I bought *Vegetarian Living* and was hugely impressed. I have tried many recipes and loved every one, and have heeded lots of new and sensible advice. I have now placed an order with my local newsagent!

Thank you for such a wonderful and educational, as well as fun, magazine.

Cathy Conway, West Yorkshire

Home and away

It's been more than a year since I started reading your magazine and I wanted to write to you.

First of all, I'd like to thank you,

because thanks to you I have discovered The Coach & Horses [August 2012 issue], the vegetarian pub in the West End. I had a wonderful meal there last year and cannot wait to go back!

I am a huge fan of your magazine and it gives me hope on my future life in England. Indeed, here in France we – the vegetarians and vegans – are not really liked. It is hard to find places to eat, and even foods in supermarkets do not have a 'suitable for vegetarians' label on them. That means that we have to read every ingredient all the time to be sure it is suitable.



I read the article in your August 2013 issue about institutional catering and I was amazed! Here meat or fish is mandatory at school for children.

On another subject, I am starting my own vegan baking business. My Facebook page is at www.facebook.com/mylittlebakerybymrscupcakes.

Thanks for everything you're doing!
Palmyre Février, France

Vegan brummies

Having been veggie since the early 1980s, I have had my fair share of suggestions on what's veggie at many restaurants, but living close to Birmingham there are plenty of places that cater for veggies due to the diverse cultures that live here.

The problem I do find is being able to buy off-the-shelf veggie products in one place and not having to read every label – that was until I discovered a small shop tucked round the back streets of Digbeth in Allison Street.

The One Earth shop has been there at least two years and caters for predominantly vegan foods and – depending on what day you go – can be bursting with stock or half empty if they have had a good day. The owner (Tarron) is extremely informative and cannot do enough to help.

I hope this is of help to anyone within reach of this shop so they can visit and judge for themselves.

Andrew Morris, Birmingham



COURTESY OF WWW.FOODSTUFFINDS.CO.UK

star GIFT

The letter of the month will receive a fantastic beauty set from Green People, which includes Hydrating Firming Serum (50ml), Day Solution Cream SPF15 (50ml), Firming Eye Gel (10ml) and Anti-Ageing Facial Oil (30ml). The set is worth more than £50!
www.greenpeople.co.uk



HOT TOPIC

To tie in with our news story this issue on the Next Green Car Awards (page 79), we asked: **Would you consider switching to an eco-friendly electric car?**



VIA FACEBOOK...

Yes I would, providing the range is extended, so I don't need to recharge every 150km. I have a better idea – use mass transportation, a bicycle, walk or use a car-sharing scheme.

Guy Comeau

Electricity has to be produced, mainly in coal-fired power stations. So until we can produce electricity in a consistently environmentally friendly way, it does seem like a bit of a sticking plaster, to make electric cars.

Karen Nutt

Yes, because I can use cheap overnight electricity to charge it and if I go into Leicester I can charge it in John Lewis's car park for free! Modern electric cars are very good.

Liz Martin

Depends on whether I can be guaranteed an eco-friendly source of electricity. If I could, then yes, absolutely. Currently we are supplied by a coal-fired power station, so it's a Peter versus Paul situation.

Emma Warrington

Definitely, if only my boss would get me one... company car and all. Our company already runs on solar power, so why not?

Lynn Ruymaekers



VIA TWITTER...

@Stephanie Lay Yes. In fact, we've already got one!

@SimonWH No. They are not eco-friendly and cost more to build, buy and run than 'normal' cars.

Subscribe today!

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

newshoots

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

A VEGAN VOW



World Vegan Day on 1 November kicks off World Vegan Month, which is chosen to mark the month the Vegan Society was founded nearly 70 years ago. During this time the charity is encouraging as many people as possible to take up a 7- or 30-day vegan challenge which involves following a vegan diet for their chosen period of time with support, advice and information along the way. Mentor volunteers will also be offered to anyone signing up for the month.

'Many pledgers say this gives them the motivation to actually try the vegan diet and research shows that if people sign up to something they are more likely to see it through,' points out Samantha Calvert from the Vegan Society. 'There's been an increase in searches for the word "vegan" on Google and great attendance figures at vegan fairs across the UK, so we know the interest is there but often people feel they don't know where to start. What would they cook? How would they get a balanced diet? All pledgers receive automated emails with encouragement and advice, and via the mentor scheme pledgers can also have specific questions answered, often by someone living in the same area who can provide local advice on shopping and restaurants.'

Among those getting involved are comedian Dave Spikey, who has been a vegetarian for more than 25 years but has pledged to go vegan for a week after signing up at London's VegfestUK in October. He says he is looking forward to the challenge.

'In the past, in addition to my rescue dogs, I have given a lifelong home to unwanted goats, sheep, turkeys and many ex-battery hens, who have had, until rescued, the same amount of space to live in as an iPad! I know veganism is kinder to animals like these and to our environment, so I hope that by taking the Vegan Pledge, I can help inspire others to try some delicious vegan food or to join me and take the pledge too.'

Ethical bank Triodos and energy company Ecotricity are two organisations who will be encouraging their staff to try going vegan for a week. Triodos business development manager

Tom Owen is one participant and says he sees the pledge as a form of consumer activism and is looking forward to it, adding: 'If I can just find a recipe for a vegan birthday cake, I'll be all set!'

Visit www.vegansociety.com/veganpledge for more information about the pledge. The World Vegan Month website can be found at www.worldveganmonth.net.



Pretty in pink

If you're looking for something rather pretty to decorate a special cake, these pink chocolate cigarettos from the Chocolate Trading Company (www.chocolatetradingco.com) caught our eye.

A delicate dusky pink and made from good quality Belgian white chocolate, they'd add an elegant touch to a christening, wedding or special birthday cake. Priced at £7.95 for a box of 50, the company suggest using them with dark chocolate buttercream or positioning them upright around the sides of a cake.

CIGARETTO STYLE

Seven winners will each receive a box of pink chocolate cigarettos. Turn to page 77 for details of how to enter.



EAT17 ONION JAM

This lovely sweet relish is made with over 50 per cent fresh onion, balsamic vinegar, fresh lemon and thyme, and goes brilliantly with cheese and crackers or in a toasted panini. It could also be stirred into a veggie gravy and poured on mash. Available at Waitrose for £3.49.



Perfect pairing

Look out for four new dishes from the M&S Vegetarian range which all come with a suggestion for a different, accompanying veggie-friendly beer.

Take your pick from Vegetable Tagine with Cous Cous, Macaroni Cheese with Leeks, Vegetarian Paneer & Cauliflower Korma with Pilau Rice, and last but not least, Roasted Root Vegetable Cobbler.

The dishes are priced from £2.99 to £3.49 and the four beers, which include Scottish Heather Honey Beer (to pair with the macaroni cheese) and Belgian Wheat Beer (to accompany the tagine), start from £2.29 for 500ml.

Another new veggie option from M&S is their Roasted Butternut Squash, Balsamic Onion & Fresh Spinach Pizza. It is made from slow-rising dough, then blast-cooked in a woodfired oven, and costs £2.99 for a 225g pizza.



Dates for the diary

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH

1–3 November 2013

Real Street Food Festival

A celebration of street food at the Southbank Centre in London, with more than 30 street food traders, live music, a craft beer bar, wine bar and cocktail bar. www.realfoodfestival.co.uk

2–3 November

Ipswich Christmas Crafts & Food Fair

Taking place at the Suffolk Showground, Trinity Park, Ipswich, this is a chance to buy and browse a range of arts, crafts, food and drink. www.oakleighfairs.co.uk/ipswich

8–10 November

Cake International

A show for cake baking and decorating fans – and featuring Mary Berry – visitors can explore the latest ideas and supplies, with demonstrations and workshops from industry experts. www.cakeinternational.co.uk

HAVE YOUR CAKE...



Ten readers will each win a pair of tickets to Cake International, worth £28 a pair. Turn to page 77 for further details.

15–17 November

BBC Good Food Show London

Shop, eat and see your favourite celebrities from TV shows including *The Great British Bake Off*, *MasterChef* and *Saturday Kitchen*. All advance general admission tickets will include a standard seat in the Supertheatre, so you can watch celebrity chefs cook live on stage. www.bbcgoodfoodshowlondon.com

JOIN THE SHOW



We have a pair of tickets to the BBC Good Food Show to give away – worth more than £50. See page 77 for details of how to enter.



FLOWER POWER

Bojje is a range of pretty flower-inspired kitchenware that includes everything from a Daisy potato masher to a Buttercup balloon whisk and Sorrell spoon. Made in Suffolk with natural materials, they cost £22.95 each and newly available at www.liberty.co.uk.



SIMPLY STATED

Simply Blanc is a brand-new cookware collaboration between John Lewis and Raymond Blanc. We love the sturdy simplicity of this cast-iron casserole dish, which retails at £70 – other items range from £40 for a milk pan to £85 for a chef's pan. Visit www.johnlewis.com.

Split the difference

Look out for Rachel's new Split Pot Yogurt range, which will be available in two packs at Sainsbury's and Ocado for £1.69. There are three Greek Style Natural Yogurt varieties to choose from: Raspberry Compote, Red Berry Granola, or Mango & Passionfruit Compote.



HAIL KALE!

This healthy and nutritious soup is quick to make and would be great for warming you up at a bonfire party. You can use canned lentils for extra speed. For more recipes using kale, visit www.discoverkale.co.uk.

Winter lentil and kale soup ✓

Serves 4 | Prep 10 mins | Cook 25 mins

- 150g Puy lentils
- 2 x 200g packs kale
- 1.5 litres vegetable stock
- 195g can sweetcorn, drained
- 4 sprigs thyme
- 400g can chopped tomatoes



Cook the lentils in boiling water for 15 minutes, drain and return to the pan. Add the kale, stock and the remaining ingredients. Simmer, covered, for 8 minutes, then season to taste before serving.

■ PER SERVING 236 cal, fat 2g, sat fat 0.5g, carbs 38.5g, sugars 12g, protein 14g, salt 0.9g, fibre 9g

Atten-shun!

Besides buying a poppy, if you enjoy a dollop of ketchup or brown sauce there's a new way you can help those who have served or are serving in the forces.

Forces Sauces is the brainchild of Bob Barrett, a former Queen's Life Guard. After being diagnosed with cancer, he benefitted from the help and support of Stoll, a London-based charity for veterans, and wanted to give something back.

Royalties from sales of Forces Sauces are split between the Royal British Legion and Stoll. Corporal Ketchup and Brigadier Brown are now on sale in Tesco, priced at £2.19 a bottle.



Not completely nuts!

When does peanut butter flavour contain no peanuts? When it comes in the form of the new Beanut Putter cheesecake from the English Cheesecake Company.

The latest addition to their range of luxury cheesecakes contains no nuts and instead uses soya to recreate the taste of peanut butter, meaning a nut allergy doesn't have to rule out enjoying it. It sounds a tad unusual, but we can vouch for the fact that it tastes (and looks) utterly wonderful, as do the two other varieties we sampled from their range, Strawberries & Queen, and Sicilian Lemon Crème Brûlée.

The Beanut Putter cheesecake provides 12 generous servings and costs £25 for 1.65kg, so it would be more of a special celebration or dinner party dessert than an everyday one.



Beanut Putter is available delivered frozen from www.englishcheesecake.com. Seven of their cheesecakes are also available direct from www.ocado.com, priced £14.95–£15.99 for a 1.26kg or 1.32kg dessert. Many English Cheesecake Company products are veggie-friendly, with clear information available when ordering online.

TAKE A STAND

Shelley Feldman and Kevin Young are two friends who run 1066 Cake Stand, (www.1066cakestand.co.uk) a vegan cake shop in Hastings, East Sussex, that also offers a mail order service.



Shelley, who has been vegan for nearly 20 years, tells us about their business.

How did 1066 Cake Stand come to be?

I'd been made redundant from my previous job when I noticed that the cake stall had gone from the local market and thought there might be a gap. I had no food or business experience, but chatted to Kevin about my idea – the next thing we knew we had agreed to set up a cake stall together!

Were there any difficulties along the way?

Our business almost didn't get off the ground over confusion at the farmers' market rules. As a vegan business, we couldn't promise to use local eggs and milk, so almost didn't get a stall at all. In the end, an agreement was reached on the basis that we'd promise to use Sussex carrots and Kent apples regularly!

Why the name?

We chose the name 1066 Cake Stand as it reflected what we were initially (before the stand turned into our current, proper shop after two years) and the '1066' prefix located us as a local business based in Hastings.

Who are your customers?

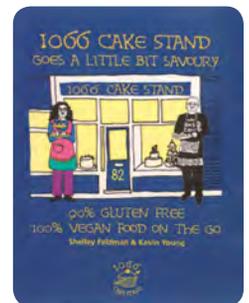
Most aren't actually vegan; they buy our cakes based on taste and texture. One of our signature cakes, rose and lemon sponge, came second in a local bake-off and we only told the judges it was vegan after they'd scored it. We also cater a lot for people with allergies; a recent customer whose children have multiple allergies said it was the first gluten- and dairy-free (and egg-free) cake her whole family were happy to eat.



GET BAKING

One lucky reader will win a signed set of two books – *The Compendium* and *1066 Cake Stand Goes a Little Bit Savoury*

– along with £20 worth of vegan cakes and biscuits. Two runners up will each win a set of both books. Readers can also buy both books for just £15! See page 77 for details.



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

Authentic eating

Falafel is a traditional street food originating from the Middle East that can be eaten as a side dish, main course or snack. The golden-brown croquettes should be crispy on the outside and moist on the inside. The following recipe has been created by Gerard Murphy, consultant chef at www.justfalafel.com.

Sesame seed falafel ✔

Serves 6 | Prep 20 mins + chilling
Cook 10 mins

100g ready-to-eat chickpeas in water, drained and rinsed
200g split dried broad beans, soaked overnight, or 250g fresh broad beans
5 cloves garlic, crushed
½ small onion, finely chopped
25g coriander leaves, finely chopped
25g flat-leaf parsley, finely chopped
½ tsp cardamom, pounded, seeds removed
½ tsp cumin seeds
½ tsp ground cumin
¼ tsp cayenne pepper
½ tsp salt
½ tsp baking powder
100g sesame seeds
sunflower oil, for frying



1 Combine the chickpeas and broad beans with the garlic, onion, coriander and parsley leaves. Blend in batches in a food processor – keep it finely chopped, not mushy. If you have a mincer, then use this and pass the ingredients through.

2 Add the spices, salt, baking powder, and 2 tablespoons of water. Leave the mixture in the fridge and chill for 30 minutes to 1 hour.

3 Form the mixture into golf-ball size pieces, flatten slightly, then dip and roll in sesame seeds to evenly coat each falafel.

4 Fill a heavy-based saucepan with sunflower oil or preheat your fat fryer to 180C. Fry the falafel in 5cm of oil for a few minutes until golden brown, turning occasionally; do not overcook. Place on paper towels to soak up any excess oil.

5 Serve the falafel by themselves, or in a hot wrap or pitta bread with some freshly diced tomato, pickled cucumber, crispy salad and tahini sauce or hummus.

■ PER SERVING 292 cals, fat 23g, sat fat 3g, carbs 10g, sugars 1.5g, protein 8.5g, salt 0.8g, fibre 7g

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



My new favourite thing

As we all know, being in a stressed state is detrimental to our health, but I was surprised to learn that 75–90 per cent of visits to the doctor are attributed to stress. Apparently, our brainwaves change with stress as well, so I've been trying out Alphamusic, which has been purposefully created by renowned composer and meditation expert John Levine to induce alpha brainwaves, a state which improves health and wellbeing on numerous levels.



There are 17 different-themed Alphasound CDs to buy online at www.silenceofmusic.com, starting from £11.99.

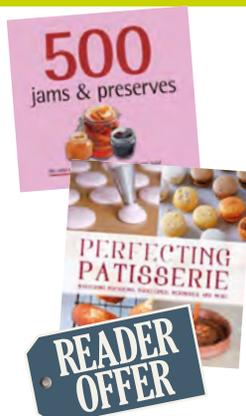
• For cookery, celebrities and news, visit www.veggievision.tv.

On the shelf

Books for cooks

500 Jams and Preserves by Clippy McKenna (Apple Press, £9.99) is a lovely little book full of recipes for jams, preserves, chutneys and relishes, many with a twist – we love the sound of blackberry ketchup and spiced plumberry relish for starters! If you know a keen jam or chutney maker or fancy giving it a try this autumn, then this provides lots of inspiration.

Also new from Apple Press is *Perfecting Patisserie: Mastering Macarons, Madeleines, Meringues and More* by former MasterChef finalist Tim Kinnaird (£14.99). It's a great book for anyone who enjoys whipping up a scrumptious afternoon tea and fancies more of a baking challenge, with lots of techniques explained.



BOOK BONANZA

We have five copies each of *500 Jams and Preserves* and *Perfecting Patisserie* to give away. Turn to page 77 for details of how to enter.



Crunchy goodness

Darling Spuds are a new crisp company set up by committed veggie Judy Willis and her husband Dave. Not surprisingly, all the six varieties are vegetarian and the crisps are also 100 per cent gluten- and GM-free, officially approved by the Coeliac Society and free from anything artificial. Choose from flavours including Sun Ripened Tomato, Green Olive & Oregano, West Country Cheddar, Leek & Pink Peppercorns, Fire Roasted Jalapeño Peppers. Our favourites were the jalapeño peppers! They are available from a number of stores, including Tesco (find them in the free-from aisle) priced at 90p for 40g and £1.90 for 140g.

BAG A PACKET

One reader will get a month's supply of Darling Spuds crisps. To find out how to enter, turn to page 77.





TOAST TOPPERS

If you're breakfasting on the go, have access to a toaster at work or just fancy a quick post-gym snack, Whole Earth's new Crunchy Peanut Butter sachets might be a handy option.

They are available in boxes of seven 32g sachets - one for each day of the week, perhaps! You can find them at Waitrose, priced at £3.49.



Shop & go

Vegetarian and vegan frozen food brand Fry's Vegetarian is now available through online retailer Ocado, in what the company say they see as 'marking a milestone'.

Fry's entire range of 17 products can now be bought via the online store in a move that the company say is a major step forward for all vegan and vegetarian food producers and suppliers, adding: 'The availability of such a wide range of vegan products through a mainstream retailer shows how ready the UK is for meat replacements.'

The range includes best sellers Polony Slicing Sausage, Traditional Burgers, and Chicken-style Nuggets, as well as the recently launched Pepper Steak and Country Mushroom Pies, with prices at Ocado ranging from £2.99 to £3.55.

Kelly Rose Bradford on the wonders of vegetarian comfort food – but only if you make it at home!



VEGGIE VENTS

Aren't autumn and winter the absolute best time to be vegetarian? Forget the sticky, hot, rain-soaked and windswept days of summer with their smelly barbecues and limp lettuce sandwiches, it's those darkening evenings and crisp mornings that really make me pleased to be a veggie.

Why? Well, because I like a bit of stodge, and routinely eat my way through the winter months as though I were a small bear prepping for hibernation. I am greedy and I love to eat, and the fact that so many trad winter dishes can be translated into veggie-speak sends lip-licking surges of want through my entire being.

Obviously this doesn't always filter through to caterers, though, as I do not find eating out from October to February any more palate-inspiring than the rest of the year, but at home, my table is heaving, thank you very much.

These sorts of dishes are all very simple and hearty, and cheap and easy to make, which as usual makes me wonder – just what is it that so puzzles, confounds and prohibits chefs from being a bit more adventurous than defrosting a goat's cheese and red onion tart or reheating a frozen lasagne?

Veggie sausage casserole (with more onions than is decent) served with fluffy, stomach-comforting dumplings – if this kitchen-shy journo can manage this particular winter warmer blindfold while simultaneously writing a rant piece, why can't professional cooks?

Thick and flavoursome winter veg soups, thickened even more with handfuls of pearl barley, flavoured with any and all available herbs and set a-simmering at breakfast (mmm, breakfast! – porridge oats, skimmed



'Just what is it that so puzzles, confounds and prohibits chefs in eateries from being a bit more adventurous'

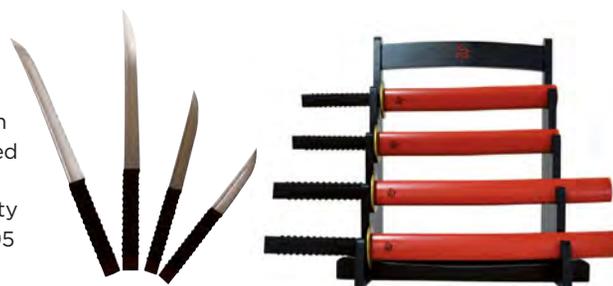
milk and super-sized portions of golden syrup, please), so as to be ready for lunch and all-day snacking. Served with riotous amounts of crusty bread and butter for blissful satiation. Toddlers could make this. But not pub grub chefs...

Traditional roast dinner, with as many Yorkshire puds as a 5-foot-2-inch person can fit in, served with extra-crispy roast potatoes (lashings of olive oil, salt rubbed in the skin), parsnips, carrots and butternut squash roasted in honey, served with veggie sausages and a veggie onion gravy. My 10-year-old can prepare this – shame on any professional caterer who can't!

My tummy is rumbling like an express train just writing about my winter dinners – what are your favourite plate fillers now the nights are drawing in?

KARATE CHOP

These Samurai Kitchen knives add a fun touch to prepping food. Presented in red cases and laid on an arty stand, the set includes a chef's knife, bread knife, utility knife and a paring knife, and cost £39.95 from www.prezzybox.com.



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

What shall I cook?

Family fare

Weekends are great for spending time cooking and gathering everyone together. Try one of these delicious dinners that everyone will love.



© RYLAND PETERS & SMALL

64

Pasta and cherry tomato pies



© RYLAND PETERS & SMALL

66

Baked rigatoni with mozzarella



© KAREN THOMAS

36

Twice-baked sweetcorn soufflés



© JAN BALDWIN

60

Roasted vegetable couscous with feta and pomegranate

in season NOVEMBER

This month's recipes are three easy weekday seasonal supper dishes, featuring mushrooms, cauliflower and leeks.



Fruit

Cranberries, Raspberries



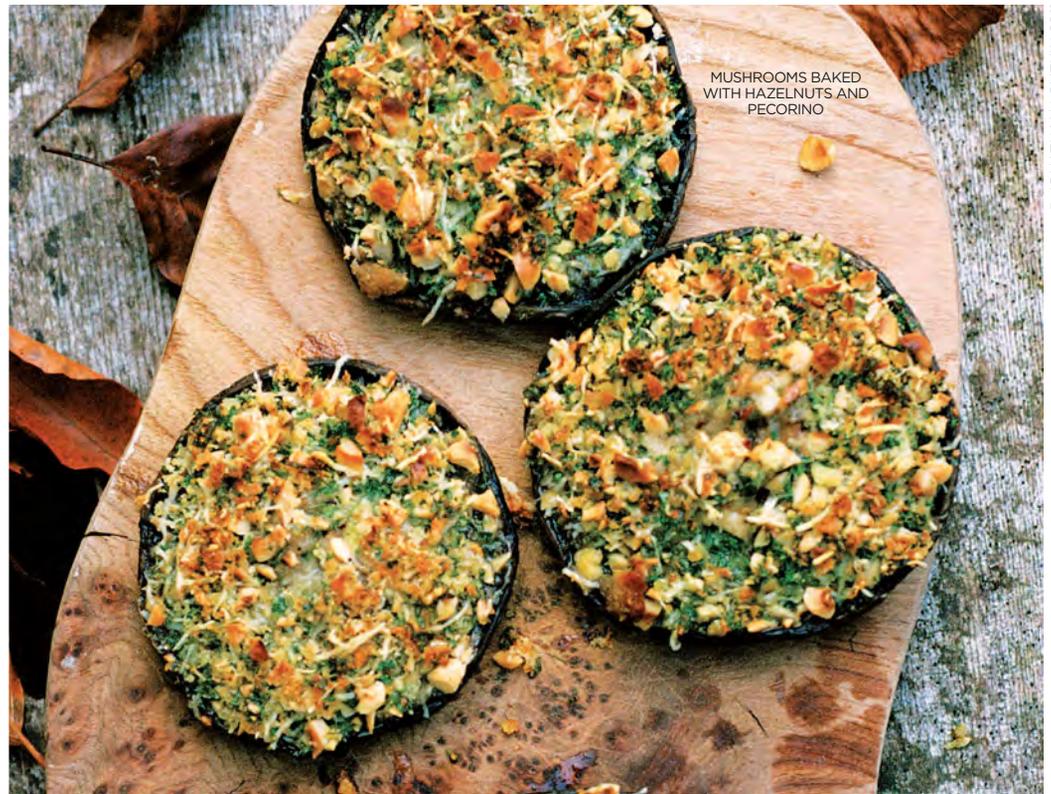
Salads

Celery, Endive, Lettuces,
Oriental brassicas, Salad leaves,
Winter radishes



Vegetables

Brussels sprouts, Cabbages,
Carrots, Cauliflowers,
Celeriac, French beans,
Jerusalem artichokes, Kale,
Kohlrabi, Leeks, Parsnips,
Spinach, Sprouting broccoli,
Swede, Swiss chard, Turnips,
Wild mushrooms



Valentine Warner's mushrooms baked with hazelnuts and pecorino

Makes 4 | Prep 10 mins | Cook 25 mins

4 large portobello or field mushrooms, wiped clean
50g blanched hazelnuts
25g semi-fresh white bread (ideally focaccia or a white sourdough)
4 tbsp finely chopped young curly-leaf parsley
3 small cloves garlic, finely chopped
50g vegetarian pecorino cheese, finely grated
finely grated zest of ½ medium unwaxed lemon
2 tbsp olive oil, plus extra for the mushrooms
flaked sea salt and black pepper

1 Preheat the oven to 220C/fan 200C/gas 7, with a roasting tray for the mushrooms inside it. Cut the mushroom stalks down to the same level as the gills and rub the caps with a little oil, then set aside (these can be used at another time for stock).

2 Scatter the hazelnuts over a baking tray and toast them in the oven for about 4 minutes, or until they turn golden and emit a toasted smell

(don't forget them – I have incinerated at least £200-worth over the years). Leave to cool for a few minutes.

3 Tear up the bread, put it in a food processor and blitz to medium-fine crumbs, then add the nuts and whizz them to medium-fine as well (were you to put the nuts in at the same time as the bread, they would be chopped too small).

4 Transfer to a bowl. Mix in the parsley, garlic, pecorino, lemon zest and the oil. Season with salt and plenty of ground black pepper. Divide the mixture between the four mushrooms, lightly pressing it into the dark side of each cap but keeping it fairly loose.

5 Remove the baking tray from the oven. Place the loaded mushrooms on the tray, with the stuffing facing up. Return quickly to the oven and bake for 12–18 minutes, or until the mushrooms are tender and the topping is rich gold.

6 Serve hot with a little salad – shaved fennel with treviso leaves, dressed in a little lemon juice and good olive oil, would suit perfectly.

■ PER SERVING 244 cal, fat 20.5g, sat fat 4.5g, carbs 5g, sugars 1g, protein 8.5g, salt 1.4g, fibre 2.5g

© SARAH MAINGOT



CURRIED CAULIFLOWER, RED PEPPER AND NIGELLA SEEDS



LEEK, POTATO AND STILTON OMELETTE

Curried cauliflower, red pepper and nigella seeds ✓

Serves 6 | Prep 10 mins | Cook 15 mins

50ml sunflower oil
 2 tsp medium curry powder
 2 tsp ground turmeric
 1 tsp mustard seeds
 1 tsp cumin seeds
 1 medium white onion, finely sliced
 1.4kg cauliflower, cut into small florets
 2 large red peppers, deseeded and cut into thin strips
 1 hot red chilli, deseeded and very finely chopped
 1 tbsp nigella (black onion) seeds, lightly toasted in a dry pan
 1 medium bunch of fresh coriander, leaves roughly chopped
 85g raisins
 ½ medium red onion, finely sliced
 50g toasted flaked almonds
 2 tbsp olive oil
 2 tsp lemon juice
 2 tsp white wine vinegar
 sea salt and freshly ground black pepper

1 Heat the sunflower oil in a large, wide, heavy-based sauté pan or shallow flame-proof casserole and gently heat the curry powder, turmeric, mustard and cumin seeds for a few seconds, until the mustard seeds begin to pop. Add the white onion and sauté until soft, stirring regularly.

2 Put the cauliflower, red peppers and chilli into the pan, making sure that the cauliflower is in a single layer, and cook over a medium heat for 5 minutes, until the cauliflower has lightly coloured, stirring regularly.

3 Add 6 tablespoons of water and continue to cook for 5 minutes more until the cauliflower has softened but still has a crunch to it (there should be no liquid remaining in the pan).

4 Remove the spiced vegetables from the heat, transfer to a large serving bowl and leave to cool. Then add the nigella seeds and all the rest of the ingredients, tumbling the salad lightly together and seasoning to taste.

COOK'S TIP Use a big and wide enough pan to allow the cauliflower space to sauté and take on a little colour, before adding some water and letting it soften. If you overcrowd the pan, you will bring the temperature of the oil down and the cauliflower will steam, rather than fry.

■ PER SERVING 346 cal, fat 21g, sat fat 3g, carbs 23g, sugars 21g, protein 12.5g, salt 1.1g, fibre 9g

Leek, potato and Stilton omelette

Serves 4 | Prep 10 mins | Cook 30 mins

500g Roseval potatoes, thickly sliced
 400g leeks, sliced
 8 medium free-range eggs

1 tbsp chopped rosemary
 1 tbsp olive oil
 100g Long Clawson Creamy Blue Stilton

1 Cook the potatoes in a large pan of boiling water for 5 minutes. Add the leeks and cook for another 2 minutes, then drain well.

2 Crack the eggs in a large bowl and beat together. Stir in the drained vegetables and the rosemary.

3 Heat the oil in a large non-stick frying pan and pour in the egg mixture. Crumble over the Stilton and cook over a gentle heat for 12-15 minutes until almost cooked through.

4 Pop under a preheated grill for a further 5 minutes or so until golden brown and completely set. Cut into wedges and serve warm.

■ PER SERVING 416 cal, fat 24.5g, sat fat 9.5g, carbs 24.5g, sugars 3g, protein 23.5g, salt 1g, fibre 5g

Adapted recipes and images are courtesy of the following: Leek, potato and Stilton omelette from www.waitrose.com (more than 5,000 recipes can be found at www.waitrose.com/recipes); Curried cauliflower, red pepper and nigella seeds from *A Love for Food: Recipes and Notes for Cooking and Eating Well* by Daylesford (Fourth Estate, £30); Mushrooms baked with hazelnuts and pecorino from *The Good Table* by Valentine Warner (Mitchell Beazley, £14.99). Both books also contain non-vegetarian recipes.



*Celebrate Guy Fawkes Night in style,
with Liz Martin's crowd-pleasing menu
for family and friends.*

BONFIRE NIGHT SUPPER

Oven-roasted pepper, tomato and squash soup

Serves 6 | Prep 15 mins | Cook 50 mins

3 tbsp olive oil
2 red peppers, cored, deseeded
and sliced
3 medium tomatoes, halved
550g squash, deseeded and cut
into cubes

2 cloves garlic, chopped
good handful of thyme leaves
1 tbsp ground paprika
2 tbsp sun-dried tomato paste
1 litre vegetable stock
herb croutons and thyme leaves,
to garnish

1 Preheat the oven to 200C/fan 180C/
gas 6. Toss the olive oil, peppers,
tomatoes, squash, garlic and thyme
together in a shallow roasting tin and
bake for 30–45 minutes, stirring once
until golden.

2 Remove the vegetables from
the oven and stir in the paprika
and tomato paste. Place in a large
saucepan, scrapping in the pan juices.
Add the stock, bring to the boil and
simmer for 5 minutes.

3 Pour into a food processor or
liquidiser and blend until smooth.
Return to the pan and keep warm
until ready to serve.

4 Pour the soup into warm mugs,
then scatter over a few croutons and
thyme leaves.

■ PER SERVING 137 cals, fat 6.5g, sat fat
1g, carbs 17g, sugars 8g, protein 4g,
salt 0.6g, fibre 3g

freezeme

 Allow to cool completely, cover and
freeze for up to 3 months. Thaw at room
temperature for 3 hours. Reheat thoroughly
and garnish as above.

Leek and red onion bhajis

Serves 6 | Prep 15 mins | Cook 20 mins

2 free-range eggs
1 chilli, finely chopped
2 leeks, shredded and separated
1 red onion, thinly sliced and
separated
1 tbsp tikka curry paste

100g plain flour
sunflower oil, for frying

For the spicy yogurt dip:

250ml Greek yogurt
1 tsp harissa paste
2 tbsp mango chutney
2 tbsp freshly snipped mint
pomegranate seeds and mint leaves,
to garnish

1 Beat the eggs, until blended. Add
the chilli, leeks, onion and curry paste
until well combined. Stir in the flour
until smooth.

2 Pour enough oil in a large deep-
sided saucepan to just cover the base.
Heat the oil and add large spoonfuls
of the mixture, well spaced apart.
Fry for about 2 minutes, until golden,
then cook the other sides for a further
2 minutes, until crisp and golden.
Remove from the pan, drain on
kitchen paper, then transfer to a plate
and keep warm in the oven. Repeat
with the remaining mixture.

3 To make the spicy yogurt dip, mix
together the yogurt, harissa paste,
mango chutney and mint. Spoon into
a serving bowl, then scatter over a
few pomegranate seeds and extra
mint leaves. Surround with bhajis
and serve.

■ PER SERVING 287 cals, fat 19g, sat
fat 4.5g, carbs 24.5g, sugars 10.5g,
protein 7.5g, salt 0.6g, fibre 2.5g

freezeme

 Allow the bhajis to cool completely, cover
and freeze for up to 3 months. Thaw
at room temperature for 3 hours. Reheat
thoroughly in a hot oven.

govegan

 Instead of using plain flour and eggs,
slowly add water (100ml is a good start)
to 100g gram flour, plus the chilli, leeks and
curry paste, until you achieve the required
consistency. A plain soya yogurt works just as
well in place of the Greek yogurt.



OVEN-ROASTED
PEPPER, TOMATO
AND SQUASH SOUP

RECIPES AND STYLING: LIZ MARTIN
PHOTOGRAPHY: MICHAEL DANNENBERG



LEEK AND
RED ONION
BHAJIS

Baked red cabbage with apple **V***

Serves 6 | Prep 15 mins | Cook 2 hrs 15 mins

3 tbsp olive oil
1 red onion, sliced
900g red cabbage, shredded
2 cloves garlic, chopped
2 apples, cored, peeled and chopped
grated zest and juice of 1 lemon
1 tbsp cider vinegar
100ml apple juice
2 tbsp soft brown sugar

1 Preheat the oven to 160C/fan 140C/gas 3. Heat the oil in an ovenproof dish and sauté the onion for 5 minutes. Add the cabbage and sauté for 5 minutes.

2 Add the remaining ingredients and sauté for 2 minutes, stirring occasionally.

3 Bring to the boil, cover and cook in the oven for 2 hours, stirring occasionally until tender. Serve.

■ PER SERVING 157 cals, fat 6g, sat fat 1g, carbs 24g, sugars 23g, protein 3g, salt 0.1g, fibre 5.5g

freeze me

* Allow to cool completely, cover and freeze for up to 3 months. Thaw at room temperature for 3 hours. Reheat thoroughly.

Mushroom bourguignon with Gruyère toasts

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

8 tbsp olive oil
1.3kg mixed mushrooms, e.g. cup, portobello, chestnut, halved or quartered, if large
400g shallots, peeled
2 carrots, chopped
3 cloves garlic, chopped
1 tbsp paprika
2 tbsp tomato purée
1 bay leaf
handful of thyme leaves
400ml vegetarian red wine
200ml vegetable stock
½ tsp sugar

For the Gruyère toasts:
olive ciabatta loaf, sliced
3 tbsp Dijon mustard
100g vegetarian Gruyère cheese, grated

1 Preheat the oven to 160C/fan 140C/gas 3. Heat 3 tablespoons of the oil in an ovenproof dish over a high heat and sauté half the mushrooms for 5 minutes, stirring occasionally, until golden. Using a slotted spoon, transfer to a plate and set aside. Heat



BAKED
RED CABBAGE
WITH APPLE

3 tablespoons of the remaining oil and sauté the remaining mushrooms. Remove from the heat and set aside.

2 Add the remaining oil to the pan and sauté the shallots and carrots for 5-10 minutes, stirring occasionally, until golden. Add the garlic and sauté for 1 minute. Stir in the paprika, tomato purée, bay leaf, thyme, wine, stock, sugar and reserved mushrooms and juices.

3 Bring to the boil, cover and cook in the oven for 1 hour, stirring once during cooking until the onions are tender.

4 Meanwhile, preheat the grill and toast the

bread slices on one side. Remove from the heat, then spread the untoasted sides with mustard. Scatter over the cheese and grill until golden.

5 Remove the mushroom bourguignon from the oven and serve with the toasts.

■ PER SERVING 389 cals, fat 23g, sat fat 6g, carbs 23.5g, sugars 9g, protein 12.5g, salt 1.4g, fibre 5.5g

govegan

V Grate and scatter a vegan cheese from Sheese, No Moo Vegusto, Cheezly or Tofutti over your toast. Look out for 'melting' varieties which will work better here.



MUSHROOM BOURGUIGNON
WITH GRUYÈRE TOASTS

This rich bourguignon, cooked in red wine and flavoured with warming paprika, can be left to gently simmer



WARM STICKY
SPICE CAKE

Warm sticky spice cake *

Serves 8 | Prep 20 mins | Cook 40 mins

For the cake:

225g butter, at room temperature
225g soft brown sugar
175g self-raising flour
1 tsp baking powder
1 tbsp ground ginger
grated zest of 1 orange, plus 1 tbsp of juice
4 free-range eggs, beaten
75g ground almonds
125g carrot, grated

For the topping:

50g soft brown sugar
50g butter
4 tbsp double cream

1 Preheat the oven to 180C/fan 160C/gas 4. Lightly oil and line a 23cm square baking tin with parchment paper.

2 In a large bowl, beat together the butter and sugar until pale and fluffy. Sift the flour, baking powder and ginger into the mixture, then add the orange zest and juice, eggs and almonds. Beat well for 1 minute and then stir in the carrots.

3 Spoon the mixture into the prepared tin and bake for 35–40 minutes, until risen and golden. Remove from the heat.

4 To make the topping, place the sugar, butter and cream together in a saucepan and warm gently on a low heat until smooth. Using a skewer, pierce the warm cake, spoon the mixture over the top, then leave to absorb. Serve either warm or cold, cut into pieces.

COOK'S TIP This cake is best made the day before.

■ PER SERVING 636 cals, fat 44g, sat fat 24.5g, carbs 55.5g, sugars 38.5g, protein 8.5g, salt 0.9g, fibre 2g

freezeme

* Allow to cool completely, cover and freeze for up to 3 months. Thaw at room temperature for 3 hours and serve either cold or warmed slightly in a medium oven.

Toffee popcorn

Serves 6 | Prep 10 mins | Cook 15 mins

2 tbsp sunflower oil
100g popcorn
50g soft brown sugar
2 tbsp golden syrup
1 tsp vanilla extract
50g butter

1 Heat the oil in a large saucepan. Scatter over the popcorn, swirl the pan and cover with a tight-fitting

lid. Cook over a low heat until the popcorn stops popping. Remove from the heat.

2 Place the remaining ingredients in a small pan and heat gently, stirring until the sugar has dissolved and everything is well blended.

3 Pour the toffee over the popcorn in a thin stream, stirring to coat. Allow to cool, then serve.

■ PER SERVING 207 cals, fat 11g, sat fat 5g, carbs 27.5g, sugars 14g, protein 1g, salt 0.3g, fibre 0.5g

govegan

V Vegans can use a dairy-free spread like Pure or foil-wrapped Stork.



TOFFEE POPCORN

'The kitchen is my place where I can go and not have to think too much. It's definitely my therapy'

Actress, presenter and TV chef Lisa Faulkner has always had a love of cooking. Lindsey Harrad talks exclusively to the former *Celebrity MasterChef* winner about the importance of food and family.

Lisa Faulkner has always been able to cook her way through a crisis. When her mother Julie died of throat cancer when Lisa was just 16, she inherited her glass rolling pin and talent for cooking. She helped support her father and younger sister through their grief by preparing the family meals, and discovered the therapeutic benefits of chopping, stirring and kneading.

She may be 40 now, but Lisa says that when things get tough, she still heads for the kitchen. 'I am a very mood-based cook and cooking makes me feel okay,' she says. 'The kitchen is my place where I can go and be totally fine and not have to think too much. It's definitely my therapy.'

As someone who has become a familiar face on TV over the last couple of decades, starring in popular dramas such as *Brookside*, *Burn It*, *Holby City* and *Spooks*, Lisa has gone through many of life's inevitable ups and downs in the public eye, including break-ups with celebrity boyfriends, three heartbreaking attempts to conceive through IVF and the end of her marriage to her actor husband Chris Coghill in 2012. The couple's adopted daughter Billie is now six, and Lisa says that becoming a mother herself has highlighted just how young her own mother was when she died.

'It feels imminent, approaching the same age my mum was when she died, and thinking that it's probably around my age now that she started to become ill,' says Lisa. 'She seemed so much older at the time. I still can't get to grips with it in some ways.'

But while the teenage Lisa was struggling to cope with her mother's illness, she was talent-spotted, age 16, at a London Underground station. 'I got asked if I wanted to model when I was at a tube station on my way to visit mummy in hospital,' she remembers. 'When I told her about it, she said to me that I must do it if I want to - she felt it was worth giving it a go, as long as I kept up my studies! I was never

interested in modelling at all, but it was a great opportunity and opened other doors for me. So my mother did see the beginnings of my career and some of my first test shots, but then she died. Even though she never got to see anything else I achieved, I still feel she's with me all the time. I know that might sound a bit weird but I cook with her stuff, her recipes, all her things are around me, and I think about her all the time.'

Highs and lows

After winning *Celebrity MasterChef* in 2010, Lisa started to carve out a new career in food, publishing a cookbook and appearing on a number of TV cooking shows. 'I'd been asked to do *MasterChef* the year before and I'd said no. But then they asked me again and must have caught me on a good day. I thought, "you know what, I'll give it a go". I'd get to meet John Torode and Gregg Wallace and have a nice day and that would be that.'

Despite her long-held passion for cooking, Lisa had no real idea just how talented she was in the kitchen, and this was also part of her on-screen charm, as she battled with nerves and tears to eventually beat finalists Christine Hamilton and Dick Strawbridge to the title.

'I've always cooked, I've been cooking forever, but had no clue if I was any good or not,' she says. 'People have always seemed to enjoy my food but cooking in *Celebrity MasterChef* was very different to cooking for friends; it was the scariest thing I've ever done. But I loved it even though I was petrified! It's scary because you're completely out of your comfort zone. Even when you know exactly what you are cooking, you are not used to doing it against the clock in a competition. Then, when you do well and get through to the next round, you just have to keep getting better because you don't want to be sent home.'

In a series that saw contestants cooking for Moulin Rouge dancers and serving up dishes on the Orient Express, Lisa says there were many personal highs and lows. 'My worst moment on the show was making my hollandaise sauce and it was a complete mess. I felt quite resigned to leaving,' she says. 'I said, "thanks very much I've had a lovely day" and thought that was it. It's ridiculous how often it's the simplest things that go wrong under pressure.'

Gaining confidence

Lisa says she got so much out of appearing on the show – not least a successful food career and a new relationship with judge John Torode, which started quietly in 2012



Lisa showing off her *Celebrity MasterChef* trophy

and still appears to be simmering nicely – but admits one of the most important benefits was a change of attitude towards her cooking.

'The best thing I've taken away from the experience is my confidence – I will try anything now, but I'm still working on my knife skills! I continue to learn so much from people and chefs I met through the show, from other contestants and *MasterChef* series winners, and chefs like Tom Kitchin who have been so amazing and kind, and have invited me to work in their kitchens.'

Many of these chefs and contestants have become part of her professional and social circle, and some of their names pop up in her latest cookbook. 'I still see Christine Hamilton

and Dhruv Baker, who won the "proper" *MasterChef*, as I like to call it, in the same year,' she says. 'I'm also friends with Shelina Permalloo (*MasterChef* winner in 2012) and Steve Groves (who won *MasterChef the Professionals*). I cook with Steve at Roux at Parliament Square – where he's head chef – whenever I can. He's just brilliant. Dhruv, Shelina and I regularly cook for each other.'

While Lisa works in professional kitchens as often as possible, parental responsibilities allowing, and has enjoyed working as a presenter on a number of TV food shows, from Channel 5's *Family Cook Off* to slots on ITV's *This Morning*, she says she does dream of owning her own restaurant one day. 'I'd love to open my own place at some point. I

love the atmosphere in a professional kitchen,' she says. 'I like the fact there are no distractions; I can turn my phone off and just get on with it. But I love being in the kitchen and on a TV set for different reasons. I think it's a shame people feel the need to label you as either an actress, or a singer or a chef, for example. But I think things are changing and they recognise that

it's possible to have a career based on several different things.'

As a model/celebrity, Lisa spent many years being judged on looks more than talent – she was voted one of FHM magazine's 'sexiest women' six times between 1999 and 2004 – and she says it was exciting to have an opportunity to prove herself in a new arena.

'Everyone was very kind and encouraging,' she says. 'Some people are more competitive than others, but most of the time people just want everyone to do well. We were watching the *Great British Bake Off* the other night and we commented on how nice they are to each other, it's such a lovely show. Although that element of competition is always there, it's not *against* anybody; it's about doing your best. It's terrifying being judged, though! My best feedback was actually on my last dish, the final one of the competition, and I got no bad comments at all. That was amazing. I was wondering if they were really talking about my food.'

After the series ended, *MasterChef* judge Gregg Wallace said in 2010: 'Lisa elevates humble food into something beautiful. She's possibly the best *Celebrity MasterChef* winner we've ever had.' And this is the essence of Lisa's cooking – her food is simple, honest and accessible, the kind of fare anyone can imagine serving up to friends and family, but with a few twists to make classic dishes something special. It's true to say that part of Lisa's appeal is that she comes across as terribly grounded and 'normal', and after growing up in a close, loving family, and one that was drawn further together by a shared tragedy, Lisa's life has always revolved around her love of family.

On the day we speak, she's been doing a photo shoot in a London hotel for *The Times*' 'Relative Values' feature with her sister Victoria, and says that one of the best aspects of winning *Celebrity MasterChef* was that it offered the opportunity to honour her mother's memory by writing *Recipes from My Mother for My Daughter*, a cookbook full of the recipes that inspired her throughout her childhood and beyond.

Childhood memories

'I use my first cookbook much more than any other book in my kitchen,' says Lisa. 'I was saying to a friend that it sounds a bit arrogant to say that, but these are all my mother's dishes that I've been making all my life, and it just means I have her recipes in one place now instead of on odd scraps of paper. It's very well thumbbed; it's lovely to have them properly published.'

'The one thing Billie will always know about is food and cooking; she can't be my daughter and not cook'





Rather like a first novel, *Recipes from My Mother for My Daughter* was a deeply personal first cookbook that Lisa says 'wrote itself', enriched by memories of Julie and the talent she passed on to her eldest daughter, a sense of childhood nostalgia that Lisa hopes to create for Billie too.

'The one thing Billie will always know about is food and cooking; she can't be my daughter and not cook,' says Lisa. 'She cooks all the time with me and adores it, and she knows she'll always find me in the kitchen. I hope she takes these memories of food with her throughout her life. The other day, she said the smell of her granola reminded her of me and the day I first gave her some of my own breakfast and she tasted it for the first time – she's already developing those first food memories, so I must be doing something right.'

Recipes from My Mother for My Daughter resonated with a public that had fallen for Lisa on *MasterChef*, and after achieving the number one slot on the *Sunday Times* bestseller list, she says there's definitely more pressure to produce an equally successful sequel. *The Way I Cook*, published by Simon & Schuster in September this year, is arranged around collections of recipes that capture the mood and spirit of a particular occasion or time of day, with chapters entitled 'Sunday Mornings' or 'When the Sun is Shining'.

'For the second book, I remember thinking that there are times when I want to cook different kinds of things,

when I've got people coming round and I want to make something special, or when it's raining – I hate the rain so I want to batten down the hatches and make things that take a long time, like sourdough,' she explains. 'I think what you want to cook depends so much on how you feel, the weather and how much time you have, so there are recipes to suit every mood. There's also a Sunday morning section as I had lots of lovely breakfast recipes I wanted to put in. I had so many recipes that, again, the book just wrote itself.'

Entertaining friends

The Way I Cook makes you wish you could count Lisa among your friends – her gatherings seem such deliciously relaxed affairs, with such elegantly simple food, and this impression can't be entirely attributed to savvy marketing and dreamy photography – it's rooted in reality.

'I have a big airy kitchen with huge windows that open out on to the deck and then into the garden, and I love having friends over,' she says. 'I moved into my Victorian terrace house specifically for the kitchen. I didn't care the upstairs was a bit small; my huge kitchen is my haven. If I had vegetarian friends coming over for dinner I would probably make my hominy pie, which always goes down really well. I also have a recipe for sweetcorn fritters, which is a good one, or for a family dinner with children then the orecchiette pasta with tomato and basil sauce is lovely. But I think my beetroot risotto is a stand-out dish for a grown-up dinner with friends, it's just delicious.'

Although her second book is another typically personal, comforting collection of recipes, with a smattering of dishes inherited from various family members and those 'borrowed' from friends in the food industry, there's a sense that Lisa is beginning to find her feet as a chef in her own right, not merely as the daughter of a brilliant cook with a notebook of inherited recipes. But, as she continues creating her own food history for her daughter and her fans – she's writing her third book as we speak – she says her mother's legacy will always be present in her kitchen.

'I've got her rolling pin, her spice



rack, her utensils, wooden spoons, a couple of knives, and so much of her pottery,' she says. 'There were certain things, like pieces of china and plates, that she didn't really use that much as they were too valuable, but I just use everything because I think it's so lovely to have her stuff around every day. She's everywhere around me, but I think my most powerful memory is of her hands on the glass rolling pin and the evocative smell of raw pastry, it's what I'll always remember about her.'

FIND OUT MORE

Lisa will be appearing at the BBC Good Food Show London on 17 November and the BBC Good Food Show Winter (Birmingham NEC) on 30 November (turn to page 11 for a chance to win tickets to the London show). She will be participating in cook-offs against this year's *MasterChef* winner Natalie Coleman on the Supertheatre stage at both shows, as well doing demos in the *MasterChef* Masterclass and Belling Stage at the NEC.

For more information and to book tickets, visit

www.bbcgoodfoodshow.com.

To find out more about Lisa, go to

www.lisafaulkner.co.uk.

LISA'S RECIPES FOR FAMILY AND FRIENDS

Orecchiette with tomato and basil sauce

I first learnt how to make this pasta when I went on a cookery show with Ed Baines. This is one the kids can really get involved in: especially when you push the pasta down and make the pig's ear shapes with your thumbs. It has become a real favourite in our house and the simple pasta sauce can be used as a base for anything.

**Serves 8 | Prep 30 mins + chilling
Cook 1 hr 5 mins**

For the sauce:

800g very ripe tomatoes, the best you can find

**3 cloves garlic, unpeeled
bunch of fresh basil, leaves torn and stalks finely chopped**

**1 tbsp caster sugar
1 tbsp sherry vinegar
2 tbsp olive oil
sea salt and pepper**

For the orecchiette:

500g fine semolina flour, plus extra for dusting

**pinch of fine sea salt
225ml warm water**

finely grated vegetarian Parmesan-style cheese, to serve

1 First, make the sauce. Preheat the oven to 160C/fan 140C/gas 3. Tip all the sauce ingredients into a large roasting tray.

2 Season and toss everything together. Roast for 1 hour, shaking the tray occasionally, until the tomatoes are soft.

3 Leave to cool, then slip the garlic out of their skins. Tip the tomatoes, garlic and roasting juices into a food processor or blender and blitz. Taste and check the seasoning, adding a little extra sugar and vinegar if necessary. Set aside until needed (this can be made ahead and stored in the fridge).

4 To make the orecchiette, pour the flour and salt into a bowl, make a well in the middle and gradually pour in the warm water, mixing with a fork. Once all of the water is combined, tip the mixture on to a floured work surface and knead for 2-3 minutes until the dough is smooth and elastic. Wrap the dough in cling film and refrigerate for 1-2 hours until firm.

5 Roll the dough out on a floured surface until around 1.5cm thick and then cut into 1.5cm wide strips.

6 Roll each strip lightly into a long sausage shape then cut into small lengths, again around 1.5cm. Using your thumb, press down on each piece of dough to form a small 'ear' shape. Repeat with the remaining dough, dusting the pieces with flour to stop them from sticking to each other.

7 Pour the sauce into a large wide pan and bring to a simmer.

8 Bring a large pan of salted water to the boil, add the pasta and cook for 2 minutes or until *al dente*. Add a ladleful of the cooking water to the sauce then drain the pasta and add to the pan. Stir to combine and then serve immediately with a sprinkling of grated Parmesan-style cheese and a crisp green salad.

COOK'S TIP This is a great way to use up lots of leftover, overripe tomatoes. I tend to make a large batch of the sauce and freeze half - always handy if you need a tasty meal in a hurry.

■ **PER SERVING** 324 cals, fat 7.5g, sat fat 2.5g, carbs 53.5g, sugars 7g, protein 12.5g, salt 1.3g, fibre 4g

Homity pie

This is a recipe from my teenage years. I used to be friends with a gorgeous girl called Holly who I thought was so cool. She lived in Devon and smoked roll-ups and wore clogs and had beautiful tapestry bags. My sister and I were fascinated by her. She could also cook, and one of the things she used to make was homity pie. I remember thinking she seemed so relaxed and confident in her own skin and I was completely the opposite. I tried to take a leaf out of her book, but I think I only came away with this recipe! This is called a 'pie', but it is actually more like a quiche as it has no lid.

Serves 8 | Prep 30 mins | Cook 35 mins

**1 quantity shortcrust pastry (see recipe, opposite)
flour, for dusting**

400g potatoes, peeled

60g butter

1 thyme stalk

4 small-medium onions, finely sliced

2 cloves garlic, finely sliced

100g vegetarian Cheddar cheese, grated

150ml double cream

**2 tsp mustard powder
salt and pepper**

1 Preheat the oven to 200C/fan 180C/gas 6. Roll out the pastry on a lightly floured surface and use it to line a 25cm pie or tart case. Bake blind in the preheated oven for about 15 minutes. Remove the baking beans, prick the base with a fork and bake for another 5 minutes.

2 Meanwhile, boil the potatoes in a large saucepan of water until tender and then chop into small cubes.

3 While the potatoes are boiling, melt the butter in a frying pan over a low heat, add the thyme and slowly soften the onions and garlic (I cook these really slowly so they become soft and sweet and slightly caramelised).

4 Add the cooked cubed potatoes and cheese to the onions and then add the cream, mustard powder and season with some salt and pepper.

5 Pour into the blind-baked pastry case and cook for a further 15 minutes until the top is golden. Serve with a green salad.

■ **PER SERVING** 576 cals, fat 38g, sat fat 19g, carbs 50g, sugars 4.5g, protein 10g, salt 2.2g, fibre 4g



ORECCHIETTE WITH TOMATO AND BASIL SAUCE



HOMITY PIE

SHORTCRUST PASTRY

375g plain flour
125g cold vegetable shortening, cubed
50g cold margarine, cubed
pinch of salt
1-2 tbsp cold water

Put the flour, vegetable shortening, margarine and salt in a food processor or stand mixer and pulse until the mixture resembles fine breadcrumbs. Add the cold water and pulse again until a dough is formed. Shape into a round dough, wrap in cling film and chill for 30 minutes before using.

Beetroot risotto

This dish is a real showstopper. The colour is amazing and it makes a great starter or main course.

Serves 4 as a main (or 6 as a starter)

Prep 10 mins | Cook 50 mins

1 tbsp olive oil
75g cold unsalted butter (50g of it cubed)
1 large onion, peeled and finely chopped
2 cloves garlic, crushed
300g Arborio risotto rice
150ml vegetarian dry white wine
750ml beetroot juice
250ml vegetable stock
2 heaped tbsp grated vegetarian Parmesan-style cheese
4 small cooked and peeled beetroot (shop-bought ones work perfectly), cut into small cubes
2 tbsp sherry vinegar
100g soft vegetarian goat's cheese, crumbled
a small bunch of tarragon, leaves picked and chopped
salt and pepper

1 Heat the olive oil and the 25g uncubed butter in a wide, heavy-based saucepan until the butter is foaming. Add the onion, garlic, a pinch of salt and some black pepper and cook gently for 5 minutes until softened.

2 Add the rice to the pan and fry for 5 minutes, until the rice starts to turn translucent and smells slightly nutty. Add the wine and boil rapidly, stirring continuously, until the liquid has evaporated. Meanwhile, pour the beetroot juice and vegetable stock into a saucepan and set over a low heat.

3 Add a ladleful of the hot beetroot stock to the rice and keep stirring until the liquid is almost absorbed. Continue adding the stock, stirring constantly until it has all been incorporated - this will take about 30-35 minutes. The rice should be soft but still have a little bite in the centre.

4 Remove the pan from the heat and whisk in the cold cubed butter and the Parmesan-style cheese. Make sure you whisk quite hard so that you work the butter into the rice and end up with a beautifully glossy risotto. Leave the risotto to rest for a couple of minutes.

5 Meanwhile, put the cubed beetroot and vinegar in a saucepan over a medium heat and simmer gently for a couple of minutes to warm the beetroot through.

6 Spoon the risotto into warm serving bowls and top with a spoonful of the warm pickled beetroot. Dot some goat's cheese over the top and finish with some chopped tarragon.

■ **PER SERVING** 634 cal, fat 27.5g, sat fat 15.5g, carbs 78g, sugars 12g, protein 15g, salt 3.9g, fibre 4g

Recipes adapted from *The Way I Cook* by Lisa Faulkner (Simon & Schuster, £20). The book also contains non-vegetarian recipes.



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  



A walk in a walled kitchen garden

The National Trust is a great champion of sustainably grown British vegetables through its restaurants, kitchen gardens and farms, where food writer Sybil Kapoor found plenty of inspiration for her seasonal recipes.

Borlotti bean, tomato and spinach soup

This can be made throughout September when fresh borlotti beans are available and homegrown tomatoes are bursting with flavour. You can, of course, use other beans, such as cannellini or flageolet. This soup freezes well.

Serves 8 | Prep 10 mins | Cook 3¼ hrs

5 tbsp extra-virgin olive oil
 3 large onions, finely diced
 4 cloves garlic, finely diced
 1 tsp dried chilli flakes
 ¼ tsp cumin seeds
 1.5kg ripe tomatoes
 1.25kg fresh borlotti beans (650g shelled weight)
 1 small bay leaf
 200g baby-leaf spinach, washed
 salt and freshly ground black pepper

1 Set a large saucepan over a low heat. Add the oil and, once hot, stir in the diced onions and garlic. Fry gently for 15 minutes, then stir in the spices and continue cooking for a further 5 minutes, or until the onions are soft and golden.

2 Peel the tomatoes by placing them in a bowl. Make a small nick in each tomato, cover with boiling water and leave for 2 minutes. Roughly

chop them and mix into the softened onions. Increase the heat slightly and bring up to the boil, then cook briskly for 10–15 minutes, stirring regularly, until the tomatoes form a thick sauce.

3 Add the shelled beans, bay leaf and 1.5 litres water. Turn the heat to high and bring up to the boil (this will take about 15 minutes), then reduce the temperature to low and simmer gently for just under 2½ hours.

4 Once the beans are tender and the soup tastes flavoursome, stir in the baby spinach. Season to taste and remove the bay leaf before serving.

■ PER SERVING 189 cals, fat 8.5g, sat fat 1.5g, carbs 20.5g, sugars 10.5g, protein 9.5g, salt 0.9g, fibre 10.5g





'For me, rambling old vegetable gardens are still a great source of culinary ideas. Just wandering around the lovely 18th-century kitchen garden at Attingham Park in Shropshire, for example, sets my mind humming'

Twice-baked sweetcorn soufflés

Twice-baked soufflés were very fashionable in the 1980s. They're perfect for dinner parties insofar as you can make them the day before they're needed and then reheat at the last moment, when they rise again.

Serves 6 | Prep 20 mins
Cook 1 hr 10 mins

40g unsalted butter, plus extra for greasing

4 heads sweetcorn (about 450g sweetcorn kernels)

450ml whipping cream

1 Thai chilli, or to taste, finely diced

40g plain flour

4 large free-range eggs, separated

115g finely grated mature vegetarian Cheddar

salt and freshly ground black pepper

½ tsp cayenne pepper, or to taste

120ml double cream

1 Preheat the oven to 210C/fan 190C/gas 6. Lightly butter six 200ml soufflé dishes. Place in a roasting tin. Also butter a large ovenproof china dish that can fit the soufflés, once cooked.

2 Clean the corn cobs and remove their kernels (see above right). Place the kernels in a saucepan with the whipping cream. Set over a low heat and simmer gently for 10 minutes, or until the kernels are very soft. Purée the mixture in a food processor, then push through a medium-fine sieve. Discard the debris.

3 Melt the butter in a heavy-bottomed saucepan over a low heat. Add the diced chilli and cook for 1 minute before stirring in the flour. Cook for 2–3 minutes, or until the flour turns paler. Slowly add the puréed corn, stirring all the time, so that it forms a lump-free sauce. Simmer gently, stirring regularly, for 5 minutes, or until smooth and thick.

4 Remove from the heat and cool until tepid. Then, using a wooden spoon, beat in the egg yolks, one at a time, followed by 85g grated cheese. Season to taste with the salt, black pepper and cayenne pepper.

5 In a clean dry bowl, whisk the egg whites until they form soft peaks. Add a spoonful to the sweetcorn mixture to slacken it. Gently fold the remaining egg whites into the mixture with a flat metal spoon. Divide the mixture evenly between the buttered

TO STRIP SWEETCORN KERNELS

Trim the stem, so that you can hold the cob upright, and use a small, serrated knife to cut the sides of the cob. The kernels will ping off but scoop them all up and place in a bowl with their starchy juice. One cob yields about 115g sweetcorn kernels.

soufflé dishes. Pour enough boiling water into the roasting tray to come halfway up the sides of the ramekins.

6 Bake in the preheated oven for 30 minutes, then using a cake slice, gently transfer the ramekins to a cooling rack, so that they don't continue to cook. Don't worry if the filling sinks slightly.

7 Once tepid, run a knife around their rims and gently turn each one out into the palm of your hand. Place them, right-side up, in the buttered dish. You can chill them at this stage, lightly covered in cling film, for 24 hours.

8 To serve, preheat the oven to 200C/fan 180C/gas 5. Let the soufflés come up to room temperature. Spoon the cream over their tops and sprinkle them with the remaining grated cheese. Bake for 20 minutes and serve immediately.

■ PER SERVING 666 cals, fat 55.5g, sat fat 33g, carbs 28g, sugars 10g, protein 15g, salt 2.1g, fibre 2g

Creamy spiced chard

This is one of those early autumn dishes you can eat with some bread, or a pilaff. If you wish to make it with rainbow chard, reduce the cooking time for the sliced stems and cook until tender.

Serves 4 | Prep 20 mins | Cook 55 mins

340g Swiss chard

3 tbsp sunflower oil

1 onion, finely diced

1 clove garlic, finely diced

1 small Thai red chilli, or to taste, finely diced

½ tsp ground turmeric

½ tsp ground cumin

1 small stick cinnamon, halved

340g ripe tomatoes, peeled and diced

55ml crème fraîche

salt



1 Prepare the chard (see below). Thickly slice the stems, set aside, and then thickly slice the leaves. Set aside.

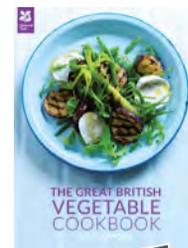
2 Set a wide pan on a medium-low heat. Once hot, add the oil, followed by the onion, garlic and chilli. Fry gently for 10 minutes, or until soft and golden, then mix in the spices. Cook for 5 minutes, then stir in the white chard stems. Continue to fry for 3 minutes.

3 Peel the tomatoes by placing them in a bowl. Make a small nick in each tomato, cover with boiling water and leave for 2 minutes. Drain, peel and roughly chop. Mix the tomatoes into the chard. Increase the heat slightly, and boil briskly until the tomatoes form a thick purée.

4 Stir in the crème fraîche and 250ml boiling water to form a sauce. Season to taste with salt, bring up to the boil, then simmer for 25–30 minutes, or until the chard stems are almost tender. Add the chard leaves and cook for a further 7 minutes, or until tender.

■ PER SERVING 178 cals, fat 15g, sat fat 4.5g, carbs 7.5g, sugars 6.5g, protein 4g, salt 0.4g, fibre 4g

Recipes adapted from *The Great British Vegetable Cookbook* by Sybil Kapoor (National Trust Books, £25).



READER OFFER

VEG OUT!
Buy *The Great British Vegetable Cookbook* for the special price of just £22. See page 77 for further details.

PREPARING THE CHARD

Cut the stalk 1cm below the leaf or, if mature, fold the two shiny long sides of the leaf together and pull the stem up and away from the leaf towards the leaf tip – like a zip. Pull away or pare any stringy fibres from the stem. Keep leaves and stem separate.



lavera
NATURAL COSMETICS



MEET MY **NEW SISTER**
SHE'S SOFTER THAN ME BUT
JUST AS EFFECTIVE!



100% NATURAL. 100% EFFECTIVE.

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



Jamie's

MONEY- SAVING MEALS



Requested by his many fans, Jamie Oliver has brought out a new book showing you how to get good value and great flavours from his budget-conscious recipes. Here we sample two of his deliciously simple dishes...

My sag aloo

Whenever I think about this dish my mouth starts to water. The sheer talent of our Indian brothers and sisters in the kitchen always blows me away - how can a simple dish taste so damn good? Have a go at this and you'll find out. Great value, tasty food that's good as part of a curry, or even celebrated as a dish in its own right. Delish.

Serves 6 | Prep/cook 50 mins

- 1 onion
- 2 ripe tomatoes
- ½ bunch of fresh coriander (15g)
- 2 heaped tbsp rogan josh curry paste
- groundnut oil
- 1.2kg potatoes
- 4 cloves garlic
- 1 fresh red chilli
- 2 tsp cumin seeds
- 300g frozen spinach
- 6 heaped tsp fat-free natural yogurt

1 Peel the onion and blitz with the tomatoes, coriander stalks and curry paste in a food processor until combined, then spoon into a large non-stick frying pan on a medium heat with a lug of oil.

2 Cook for 5 minutes, stirring regularly, while you cut the potatoes into 3cm chunks (I like to leave the skin on – it saves a job and is more nutritious). Add them to the pan

with a pinch of salt and pepper, then pour in enough water to come halfway up the potatoes but not cover them. Bring to the boil, pop the lid on or cover with tin foil, then simmer for 10–12 minutes, or until the potatoes are just cooked through.

3 Remove the lid, then turn the heat up to medium-high and reduce until all the liquid cooks away and the potatoes start to get

crispy and golden (around 15–20 minutes).

4 Meanwhile, to make the flavoured oil (called a temper – this really brings the sag aloo to life), peel the garlic and finely slice with the chilli, place in a small pan and fry with the cumin seeds and a good lug of oil until nicely golden, then take off the heat.

5 When the potatoes are looking good, stir the spinach into the pan and cook down for around 5 minutes, or until the liquid has evaporated and the potatoes are nice and crisp, stirring regularly.

6 Serve the sag aloo drizzled with the temper, dolloped with yogurt, and with the coriander leaves scattered on top. It's really delicious wrapped in soft round lettuce leaves with an ice-cold beer on the side.

■ PER SERVING 234 cal, fat 5.7g, sat fat 0.8g, carbs 36.4g, sugars 4.3g



Pappa alle zucchini ✔ COURGETTE AND BREAD SOUP

This amazing beauty of a soup is based on the Italian classic pappa al pomodoro (tomato and bread soup.) It's a principle you can embrace with lots of different veg, as it's essentially about cooking them low and slow to bring out their deep flavour and sweetness, then pairing them with some bread to add a bit of body. I've used courgettes here, which are great when they're in season, but it would also work well with fennel, peas, leeks or asparagus.

Serves 4 | Prep/cook 1 hr 35 mins

2 onions
2 cloves garlic
4 courgettes
olive oil
1 organic vegetable stock cube
½ loaf of ciabatta or stale bread
extra-virgin olive oil
½ bunch of fresh mint (15g)

1 Peel and finely slice the onions and garlic, then trim the courgettes and halve lengthways, cut away the fluffy core and finely slice them.

2 Put all these into a large pan on a medium-low heat with a lug of olive oil. Cook slowly for around 1 hour 15 minutes, stirring occasionally and adding a splash of water, if needed – you want the courgettes and onions to really cook down, and get super-soft and caramelised – go gently, and in return you get big flavour.

3 Once the time's up, crumble in the stock cube and tear in the bread in quite rough chunks. Pour in 1 litre of boiling water, bring back to the boil, then simmer for a further

'This book is relevant to every household – whether you're a couple, a family, a houseful of students or living on your own, I guarantee you'll find recipes and principles that you can use every day'

This recipe is perfect for using up stale bread, helping you waste less.

10 minutes, or until thick and delicious.

4 Season to perfection, add a good drizzle of extra-virgin olive oil, then finely chop the mint leaves and stir into the soup. Divide between your bowls and tuck in.

COOK'S TIP If you bought small or medium courgettes, or if you've grown your own, they won't be fluffy in the middle, so you won't need to cut out the core. And, if you've grown your own, you'll also get the wonderful courgette flowers for free, which will live very happily torn into the soup right at the end, adding an extra splash of colour.

■ PER SERVING 209 cals, fat 6.6g, sat fat 1g, carbs 26.2g, sugars 9.4g

PAPPA ALLE ZUCCHINE



Recipes taken from *Save with Jamie* by Jamie Oliver (Michael Joseph, Penguin, £26) © Jamie Oliver Enterprises Limited (www.jamieoliver.com). 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 an 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



Hurrah for Higgidy!



If you enjoy Higgidy's handmade pies, then you'll love the new cookbook from Camilla Stephens, the company's founder. Here she has chosen three of her favourite recipes from its pages, to share with us.

Winter couscous filo tarts

We're always on the lookout for recipes that can be prepared ahead, and this is a good example. The filo baskets can be stored in an airtight container; the couscous can sit happily in the fridge for several hours and you can throw it all together just before serving.

Makes 6 starter-sized tarts
Prep 30 mins | Cook 40 mins

3-4 sheets of filo pastry
40g unsalted butter, melted, plus a knob for the couscous
300g butternut squash, peeled and cut into 1.5cm pieces
1 red onion, cut into thin wedges
4 tbsp olive oil
1 tsp ground cumin
½ tsp smoked paprika
½ tsp dried chilli flakes
50g blanched hazelnuts, roughly chopped
100g couscous
½ x 400g can chickpeas, drained and rinsed
pinch of saffron threads
200ml hot vegetable stock
juice of 1 lemon
40g dried apricots, chopped
4 tbsp chopped fresh mint
4 tbsp chopped fresh coriander
100g vegetarian feta cheese, crumbled
salt and freshly ground black pepper

1 Preheat the oven to 200C/fan 180C/gas 6. You will need a muffin tray or six 10cm round tartlet tins. Lay the sheets of filo on top of one another and slice into quarters or eighths, depending on the size of your tins. Brush one of the squares with butter and lay a second square on top. Brush that with



PHOTOGRAPHY © DAN JONES 2013

WINTER COUSCOUS
FILO TARTS

butter and top with a third piece. You can set each piece at a different angle to make the baskets look really pretty. Repeat until you have enough filo stacks to line your tins.

2 Brush the tray or tins with a little butter and line each hole/tin with a filo stack, pressing well into the base and sides. Pop into the oven to cook for 15 minutes or until crisp and golden. Allow to cool a little so that you can handle them, then carefully remove from the tray or tins.

3 Place the squash and onion in a shallow baking tray. Add 2 tablespoons of olive oil, sprinkle in the spices and some salt, and give it all a good stir to evenly coat the vegetables. Roast in the oven for 20 minutes. Add the hazelnuts and continue to roast for a further 5 minutes.

4 Meanwhile, put the couscous into a large bowl. Stir in the chickpeas and add the saffron and remaining oil. Season with salt and pepper, then pour over the hot stock. Stir, then cover with a plate or cling film and set aside for 10 minutes.

5 Fluff up the couscous with a fork, then squeeze in the lemon juice and check the seasoning. Mix in the roasted vegetables and hazelnuts, the apricots, mint, coriander and feta. Spoon the mixture into the pastry shells and serve warm.

COOK'S TIP If you've prepared the filo baskets and couscous ahead, we advise very slightly reheating them both before assembling. Place in a moderate oven for about 10–12 minutes.

■ PER SERVING 426 cals, fat 25.5g, sat fat 8.5g, carbs 36.5g, sugars 6.5g, protein 12g, salt 2.5g, fibre 6g

Roasted beetroot galette

This is a beautiful tart made with a little hot horseradish spread on buttery puff pastry and topped with a layer of multicoloured beets. Beetroot has many health benefits, but one of its earliest uses was as an aphrodisiac during Roman times.

Serves 6 | Prep 20 mins | Cook 40 mins

1 uncooked French golden beetroot, scrubbed clean

1 uncooked French candy beetroot, scrubbed clean

2 cooked purple beetroots

30g butter

a little plain flour, for dusting

250g all-butter puff pastry

125g mascarpone

25g hot horseradish cream

a little olive oil, for brushing



ROASTED BEETROOT GALETTE

a few fresh thyme leaves

1 tbsp runny honey, warmed

salt and freshly ground black pepper

1 Start by preparing your beetroots; slice each one as thinly as you are able, 2–3mm thick. Over a low heat, melt the butter in a large frying pan and add the uncooked golden and candy beetroot slices.

2 Cut out a circle of non-stick baking paper, roughly the size of your frying pan. Scrunch it up and spread it out again into a crinkled paper circle (this helps trap steam to aid the cooking process). Lay it over your beetroot slices and allow to steam for 8 minutes or until just soft. Set aside to cool slightly.

3 Preheat the oven to 200C/fan 180C/gas 6. On a lightly floured work surface, roll out the pastry to a rectangle measuring roughly 20cm x 30cm, about 3mm thick. Transfer it

to a baking sheet and score a 2cm border around the edge using a sharp knife, making sure not to cut through the pastry.

4 Place the mascarpone in a small bowl and mix to soften, then stir in the horseradish until evenly distributed. Season with a little salt and pepper.

5 Spread the mascarpone mixture over the puff pastry, taking care not to go beyond the scored border. Top with a mixture of the softened beetroot and the ready-cooked beetroot slices. Brush each slice with olive oil, sprinkle over the thyme leaves, and bake for 30 minutes.

6 Remove from the oven and allow to cool slightly, then brush with warm honey just before serving.

■ PER SERVING 366 cals, fat 29g, sat fat 14g, carbs 23.5g, sugars 7.5g, protein 3.5g, salt 1.5g, fibre 2g

SWEET SHORTCRUST PASTRY

Makes 500g

250g plain flour, plus a little for dusting
50g icing sugar
pinch of salt
135g butter, well chilled and cut into small cubes
1 medium free-range egg, beaten
2-3 tbsp ice-cold water or whole milk

- 1 Sift the flour, icing sugar and salt into a large bowl or a food processor. Add the butter cubes and lightly rub in with your fingertips or pulse until the mixture resembles breadcrumbs.
- 2 Add the beaten egg and cold water or milk and use a round-bladed knife or pulse to combine the ingredients until the pastry comes together, adding a tiny bit more liquid if needed.
- 3 Gather it up with your hands and knead very briefly into a ball on a lightly floured surface. Try not to handle it too much at this stage, or the fat will get warm and the pastry will become tricky to use and may turn out tough and chewy.
- 4 Wrap in cling film and chill for 30 minutes before use.

Jumble berry tart

This gorgeous tart is full of oozy jam, sharp berries and fudgy almonds, all jumbled on top of delicious crisp pastry. It's perfect for just about any day of the year.

**Serves 8 | Prep 30 mins + chilling and cooling
Cook 30 mins**

1 quantity of sweet shortcrust pastry (see recipe, above)
a little plain flour, for dusting
75g butter, softened
75g caster sugar
75g ground almonds
50g self-raising flour
2 medium free-range eggs, beaten
juice and grated zest of 1 large orange
4 tbsp berry jam, e.g. raspberry or woodland
200g frozen berries, e.g. blackberries, blueberries, raspberries, strawberries, redcurrants
15g almonds, cut into slivers (ones with skins look prettiest)
2 tbsp apricot jam, warmed
thick double cream or crème fraîche, to serve

1 Make the sweet shortcrust pastry according to the method above and put it into the fridge to rest for 30 minutes.



- 2 On a lightly floured work surface, roll out your pastry to about 3mm thick, then drape it over your tart tin, pressing it well into the sides with your fingers. Roll your rolling pin over the top to remove the excess pastry. Chill the lined tart case for at least 30 minutes.
- 3 Meanwhile, make the frangipane for the filling. Using an electric whisk or a wooden spoon and a firm wrist, beat the butter, sugar, almonds, flour, eggs and orange juice and zest until smooth and creamy.
- 4 Preheat the oven to 200C/fan 180C/gas 6 and put a baking sheet in to heat up. Remove the tart tin from the fridge and spread 2 tablespoons of jam over the pastry base. Using a large spoon, dollop the frangipane on top of the jam, spreading it evenly across the base. Toss the frozen berries in the remaining jam and sprinkle over the frangipane. Sprinkle with the slivered almonds.
- 5 Place the tart on the hot baking sheet in the oven and bake for 30 minutes or until the filling is just firm to the touch. If

it needs a few minutes longer, reduce the oven temperature to 180C/fan 160C/gas 4. Remove the tart from the oven and set aside to cool for 30 minutes.

6 Brush the warm apricot jam all over the tart and serve warm or cold, cut into wedges, with dollops of thick double cream or crème fraîche.

■ PER SERVING 667 cals, fat 38.5g, sat fat 21g, carbs 74.5g, sugars 43.5g, protein 9.5g, salt 0.9g, fibre 3g

Recipes adapted from *The Higgidy Cookbook: 100 Recipes for Pies and More* by Camilla Stephens (Quercus, £16.99).

READER OFFER

HUMBLE PIE

Five readers will each win a copy of *The Higgidy Cookbook*. See page 77 for details of how to enter. The book also contains non-vegetarian recipes.

higgidy
heartwarming food



**GOODNESS
DIRECT.co.uk**



healthy

+



free from

+



eco

+



organic

**VEGGIESHOPPING
MADE EASY**



Veggie and vegan shopping from the online shop who gather together everything healthy, veggie, eco and organic + deliver everywhere in the UK.



£10 OFF*
Your next order
over £35

*Simply enter the code **32234P99** when checking out. Offer ends **31/12/13**. Offer limited to one order per household

T. 0871-871 6611

Looking for a unique gift?

Treat a friend or family member to membership and they will receive:

- **A personalised card** with your own message
- **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 their veggie needs, including access to our member-only mentor scheme.

Best of all, it lasts all year!

Also, by buying gift membership you will **help us educate, campaign and research** on behalf of vegetarians and food-lovers around the country.

www.vegsoc.org/giftmembership



**Vegetarian
SOCIETY**

Providing a stronger voice for vegetarians
thanks to your generous support

0161 925 2000

www.vegsoc.org

membership@vegsoc.org

Charity No. 259358



‘I don’t actually like running. It’s something I do for my animals and to raise the profile of the Vegan Society’

© KORTEBEIN



Coming first in the main race of the Great North Run

Vegan marathon runner Fiona Oakes is, quite simply, incredible. Sara Niven Smith caught up with Fiona – who holds five marathon course records – to find out why she pushes herself through the toughest terrain on the planet.

The phrase ‘a true inspiration’ is often used, but it would be hard to meet anyone it applies to more than Fiona Oakes.

This vegan amateur athlete, who as a teenager suffered a severe knee injury and was told she could struggle to walk again, let alone run, has gone on to complete numerous marathons, many in the most extreme conditions imaginable. From braving below -28C in the North Pole to above 52C in the Sahara desert, she has competed in no less than 26 to date, set records along the way and been the first woman to finish in many instances. Oh, and then there’s the animal sanctuary she runs and the fact she is also a retained fire fighter...

We caught up with this wonder woman at the end of a week where she’d flown to

Australia, ran a marathon less than 24 hours after the plane touched down, came third in the women’s race and then flew straight back again.

‘I don’t think Australian customs officials get many people coming in from the UK for such short stays, and they were pretty taken aback when they found out what I planned to do,’ Fiona recalls. ‘They suggested a healthy amount of recovery time might be a day for every time zone passed – in my case nine.’

Helping others

Fiona’s partner Martin, who works full time in finance, wasn’t there to offer support. In fact, he has never seen her cross a finishing line. When she is away he takes holiday from work to hold the fort at Fiona’s Essex-based animal



Percy Bear, Fiona's mascot



A rare moment of quiet reflection at her animal sanctuary

© KORTEBEIN

sanctuary. It is here her 400-plus rescued animals are housed and the reason she has to get back as soon as possible.

Her marathon motivation, she explains, comes from her beloved animals and a passion for promoting veganism. It must be strong, because fitting in training alongside caring for the animals means often getting by on four hours sleep – and a typical day begins at 3.30am. Her running often has to be done at night, when she dons a head torch. Yet Fiona has a startling admission.

'I don't actually like running,' she says. 'It's something I do for my animals and to raise the profile of the Vegan Society – an organisation I am proud to be Honorary Patron of – and veganism generally. If people see that someone can do this on a vegan diet, they can't dismiss us as tree huggers or see it as something that puts us at a physical disadvantage.'

A vegan from the age of six, Fiona has never veered from her beliefs. 'I told my mum I didn't want to eat anything that meant taking something from an animal,' she recalls. 'She didn't try to dissuade me and was always supportive, though my family did wonder if it was a passing fad.'

It wasn't. This same single-mindedness she showed back then has got her through some incredible feats of endurance as an adult. There are no expensive supplements, special shakes or energy gels involved when Fiona runs a marathon, and her diet is very basic – baked potatoes and beans often make a typical dinner.

'A lot of mental strength is involved when you are doing something physically very tough and mine comes from a genuine belief



that by doing this I am helping others,' she explains. 'For me, these "others" are the many animals who suffer in silence behind the closed doors of the food chain and factory farms.'

Feats of endurance

This April, Fiona took part in the North Pole marathon, finishing an amazing third overall and winning the women's marathon in 4 hours and 53 minutes. She admits it was harder than she could have imagined. 'Absolutely everything froze – even the water in my eyes. I took some boiled sweets for an energy boost but I hadn't realised they'd just freeze and become dust.'

Something else that froze in her pocket was Percy Bear, her animal sanctuary's

A marathon effort

Prior to Fiona's extreme marathons, she had come in the top 20 of many major road marathons, including London and Berlin, and has an impressive general track record. Her gruelling 2013 challenge to date, includes:

8–10 April, North Pole Marathon

The first woman and third competitor overall to finish.
www.npmarathon.com

11 August, Isle of Man Marathon

First woman to finish.
www.marathon.iomvac.co.uk

25 August, Adelaide Marathon, Australia

Third woman to finish.
www.adelaidemarathon.com.au

22 September, Siberian International Marathon, Omsk, Russia

www.runsim.ru/en/sim

13 October, Atlantic City Marathon, USA

www.acmarathon.org

27 October, Casablanca Marathon, Morocco

www.casablancamarathon.com

14 November, Volcano Marathon, San Pedro de Atacama, Chile

www.volcanomathon.com

22 November, Ice Marathon, a few hundred miles from the South Pole, at the foot of the Ellsworth Mountains

www.icemarathon.com



All creatures great and small at Fiona's sanctuary



Coping at 52C in the Sahara Desert

© KORTEBEIN

Seeking sanctuary

Fiona set up the Tower Hill Stables Animal Sanctuary in 1996. At the last count, she had 55 horses, 18 cats, 25 sheep, 26 dogs, 86 pigs, three cows, goats, chickens, turkeys, ducks, geese and more. Yet she knows all her animals individually and can recall the often harrowing story of how they came into her care.

There's Bess the abandoned pig who was so emaciated there were fears she might not survive the rescue, but thrived at the sanctuary and became a house pig. Then there's Horace, the blind and deaf elderly little terrier, thrown into a lake in a bag tied with string. Thankfully he was found by a fisherman and taken to Fiona. Despite the serious cases of neglect and cruelty she has seen first hand, she's keen to stress the positives of the work she does, commenting, 'it can be very doom and gloom and gruesome otherwise'.

The commitment means many personal sacrifices. In the past 17 years, Fiona and Martin haven't had a holiday together, a meal out or trip to the cinema – one of them is always at the sanctuary.

'It takes months to rebuild the lives of many of the animals after the trauma they have suffered and it would be impossible to introduce someone else on a very temporary basis,' she explains. 'Running a sanctuary for this many, and varied animals is all about trust, understanding and security. I try to focus on providing the care, dignity and love each of these animals deserves.'

www.towerhillstables.com

'A lot of mental strength is involved when you are doing something physically very tough and mine comes from a genuine belief that by doing this I am helping others'

globetrotting mascot. Fiona admits she thought twice about taking a stuffed toy to the North Pole, but 'he's been to all my marathons so I felt I couldn't leave him'.

It is hard to decide which of her many achievements could be considered the most awe-inspiring. A year prior to her North Pole triumph she became one of a tiny number of women to complete what has been described as the toughest race on earth. The Marathon de Sables involves running the equivalent of seven marathons in six days – a total of 154 miles – across the Sahara Desert. Competitors carry their own supplies for the week with only temporary shelter and water provided.

To make matters worse, just days before setting off, one of Fiona's elderly horses trod on her foot. Her decision to run with two fractured toes on top of her long-standing knee injury (she is missing a kneecap and is in constant pain when she runs) could have been considered foolhardy, to say the least. This is a race where the entry fee covers the cost of flying your body back and the risks are made clear.

'It wasn't a particularly pleasant experience,' she says, in what has to be a

considerable understatement. 'I did think, "remind me again what I'm doing here", but got so many messages of support that I'd have crawled to that finish if I'd had to.'

Fiona had another personal triumph during the race – one of her fellow competitors converted to veganism after being inspired by her example, although she is keen to point out she doesn't believe in preaching to others.

'I'm a realist. Even if meat-eaters adopted Meat Free Mondays and gave up meat one day a week, I'd see that as a positive.'

Promoting veganism

Fiona's current aim is to break the female world record for the fastest time taken to run a marathon on every continent plus the polar ice cap – the current record is 324 days and she hopes to do it in 226.

During November that means tackling the Volcano Marathon in the Atacama Desert. The following week she takes on the Antarctic Ice Marathon. She has put her work as a retained fire fighter temporarily on hold as a result, but it is not uncommon for her to be jumping into the car in her nightie to deal with a fire or other emergency situation.

The cost for competing in each race is considerable, running into thousands of pounds in most instances. Fiona has received funding for some from supporters and her parents recently remortgaged their home to help. It would be easy to question whether the costs don't outweigh any fundraising benefits, but with TV appearances and numerous magazine features resulting from her triumphs Fiona points out that the positive publicity is one money cannot buy.

So will the day come when she will hang up her running shoes? 'For me, running is about promoting veganism in a positive light – nothing more, nothing less. When I think I am no longer achieving this goal I'll look at doing something else.'

Whatever that involves, Fiona is unlikely to do it by halves.



100% VEGAN
Sheese[®]
 100% DAIRY-FREE
 CARE FOR ANIMALS - CARE FOR YOUR HEALTH



TRY OUT OUR MELTY CHEDDARS!



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



7 DELICIOUS VARIETIES OF MEAT-FREE CONTINENTAL SLICING SAUSAGES!

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

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

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

Bute Island Foods Tel: +44(0)1700 505357

Find out more at www.buteisland.com

Decadent desserts

in minutes

INSTANT
PASSION FRUIT
SOUFFLE

After years hosting *Saturday Kitchen*, James Martin has learned a thing or two about quick cooking and easy shortcuts, as he shows here with these gorgeously simple instant pudding ideas.



SPICED CHARRED PINEAPPLE WITH ICE CREAM

Instant passion fruit soufflé

This has got to be one of the best shortcuts: just shop-bought custard with a few egg whites and some passion fruits, and it works every time, I promise. You won't be worrying about cooking soufflés any more when you see how easy this really is.

Serves 4 | Prep/cook 20 mins

- soft butter, for greasing
- 4 tbsp caster sugar
- 4 passion fruits
- 150ml fresh ready-made custard
- 4 free-range egg whites
- 1 tsp icing sugar

1 Preheat the oven to 200C/fan 180C/gas 6. Grease 4 ovenproof ramekins generously with butter, then coat the insides with some of the caster sugar, tapping out the excess.

2 Cut the passion fruits in half and scoop out the seeds. Whisk the seeds and juice into the custard.

3 Whisk the egg whites to stiff peaks with the remaining sugar. Fold them into the passion fruit-custard mixture.

4 Divide the mixture among the prepared ramekins and bake for 8-10 minutes, until risen and golden. Dust with icing sugar and serve immediately.

■ PER SERVING 177 cals, fat 3g, sat fat 2g, carbs 35g, sugars 34g, protein 4.5g, salt 0.3g, fibre 0.5g

Spiced charred pineapple with ice cream

This idea came from when we were just messing around in the kitchen one night, looking for a garnish to go with something. It worked so well that I had to include it here, and thanks to my chef Chris for this one. I stopped him when he started chopping chillies to go on top of it, though!

Serves 4 | Prep/cook 20 mins

- 1 pineapple
- 100g caster sugar
- 2 tsp ground mixed spice
- 2 limes
- 4 scoops vanilla ice cream, to serve

1 Peel and core the pineapple, and cut it into 12 long wedges. Remove the inner core if it's tough. Mix together the sugar and mixed spice.

2 Heat a ridged griddle pan until hot. Sprinkle the spice and sugar mixture over the pineapple pieces, place them on the griddle pan and cook for 2-3 minutes on each side, until charred. Turn them with tongs.

3 Halve the limes and add them, cut-side down, for the last minute of cooking time.

4 Serve 3 slices of pineapple and a scoop of ice cream per person, with half a charred lime to squeeze over.

■ PER SERVING 271 cals, fat 6.5g, sat fat 4g, carbs 54.5g, sugars 53g, protein 3g, salt 0.1g, fibre 2g

govegan

V Serve this dessert with a dairy-free ice cream, such as Smooth Vanilla by Swedish Glace.

Baked chocolate and raspberry mousse

This is just what it says on the tin, really: a simple baked chocolate mousse, which could just go in the fridge to set before serving unbaked, if you like, but cooking it changes the flavour. Serve it with some pouring cream or ice cream, or both.

Serves 4 | Prep/cook 20 mins

200g dark chocolate, 70% cocoa solids

25g butter

4 free-range eggs

50g caster sugar

400g raspberries

pouring cream or ice cream, to serve

1 Preheat the oven to 200C/fan 180C/gas 6. Break the chocolate into pieces. Melt the chocolate and butter together in a heatproof bowl set over a pan of barely simmering water. Remove and allow to cool slightly.

2 Meanwhile, separate the eggs, reserving the whites, then whisk the egg yolks into the chocolate mixture.

3 Whisk the egg whites with the sugar to form stiff peaks, then fold them into the chocolate mixture.

4 Place the raspberries in a large ovenproof dish measuring approximately 15 x 20cm, then top with the chocolate mixture.

5 Bake in the oven for 12 minutes, then remove and serve immediately with cream or ice cream.

■ PER SERVING 523 cals, fat 31.5g, sat fat 17g, carbs 51.5g, sugars 48.5g, protein 11.5g, salt 0.4g, fibre 3g

Recipes adapted from *Fast Cooking* by James Martin (Quadrille, £20).



READER OFFER

SATURDAY SPECIALS

Buy *Fast Cooking* for the special price of £15. See page 77 for further details. The book also contains non-vegetarian recipes.

‘Doing a show like Saturday Kitchen means that I’ve quickly got used to fast cooking. Most dishes have to be cooked within 7 or 8 minutes, and the pressure is really on’

BAKED CHOCOLATE AND RASPBERRY MOUSSE



News!

If you love fabric, you'll love



Also available as a digital edition

Packed full of pretty projects!

Available in all good newsagents. You can also buy your copy online at www.selectps.com or by calling 01202 586848

On sale from August 29th



www.prettypatchesmagazine.com



www.facebook.com/PrettyPatchesMagazine



@PrettyPatches

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

To set up a Practitioners account contact:
Harri Grewal on 07946 820070



NEAL'S YARD REMEDIES
LONDON • TOKYO • BOSTON • DUBAI

GROW YOUR OWN BUSINESS ORGANICALLY

When you have an ethical company with over 30 years of success behind you, pure products that you can believe in, and the desire to help people lead healthier, happier lives, making money is easy!



Join NYR Organic Today!

uk.nyrorganic.com



“The Pick Of The Palms”

Coconoil™

Coconoil™ Virgin Coconut Oil offers a tropical treasure trove of health and wellbeing from coconuts grown on the sun drenched shores of the beautiful island of Sri Lanka.

Coconoil™ Virgin Coconut Oil contains a bounty of natural energy and immune boosting properties. Enrich and protect the health and wellbeing of your family, friends and yourself by enjoying Coconoil™ Virgin Coconut Oil as part of your daily life.

- Cholesterol Free
- Energy Boosting
- Anti Bacterial
- Trans Fat Free
- Heart Friendly
- Anti Fungal
- Sugar Free
- Slimming
- Anti Viral

"It is health that is real wealth not pieces of gold and silver." Mahatma Gandhi (1869-1948)



Organic & Original



“For Cooking, Fitness and Beauty”

www.coconoil.co.uk

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

Healthy living



COMPILED BY SARA NIVEN

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



BY GUM

Veggies have healthier gums than meat-eaters but may be more prone to tooth decay, according to a new study that compared the dental health of 100 vegetarians with 100 meat-eaters.

German researchers found that people with a vegetarian diet are less likely to suffer from bleeding gums and tooth loss. However, on the downside the study also revealed they are more at risk of tooth decay and were less likely to attend regular dental check-ups.

Chief executive of the British Dental Health Foundation, Dr Nigel Carter, commented: 'We know a vegetarian's diet can benefit their oral health. Fresh fruit and vegetables contain antioxidants, which have been proven to help prevent gum disease and reduce the risk of mouth cancer. On the flip side, vitamin D – and particularly calcium – are required for bone development, and if a vegetarian is not getting enough of these essentials in their diet, tooth decay becomes a real risk.'

Dr Carter advised making your dentist aware that you are vegetarian or vegan at your next check-up, and added: 'A daily supplement with all the necessary vitamins and minerals is also a good idea, especially for younger vegetarians as they continue to grow and develop.'

The study was carried out at the Department of Conservative Dentistry, Periodontology and Preventive Dentistry at the Hannover Medical School. Results also revealed that while vegetarians had a higher level of education, they tended to visit the dentist significantly less often.

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

Green for go

Public Health England have dropped plans to place a health kitemark on food products under the government Change4Life scheme. Some critics commented that seeing a Change4Life logo could confuse consumers and would clash with the new universal front-of-pack labelling scheme announced this summer by public health minister Anna Soubry. Many major retailers and food manufacturers have already signed up to this scheme which uses a combination of red, amber and green colour-coding with nutritional information to show how

much fat, saturated fat, salt, sugar and calories are in food products.

VL's nutrition editor, Sue Baic, says she is a fan of the traffic light labelling system on pre-packaged foods and believes it is currently the best bet for consumers looking for healthy options at a glance. 'The traffic light system shows whether foods fit into the low (green), medium (amber) or high (red) categories for fat, saturated fat, salt and sugar. When you're comparing similar products, try to go for those with more greens and ambers, and fewer reds.'

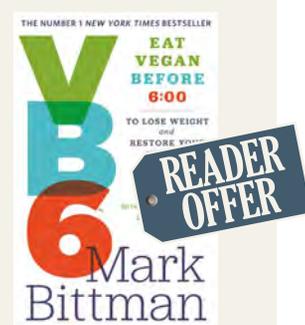


VEGAN VITALITY

VB6 (Eat Vegan Before 6:00) is a new book by respected New York-based food writer Mark Bittman, which advocates vegan-only meals before 6pm.

After being advised by his doctor to change his diet for health reasons, which included pre-diabetic symptoms, Mark set out to find a solution that would keep his doctor happy by improving his health but also be realistic for him to stick to.

He credits the VB6 plan, which involves eating exclusively vegan meals for breakfast and lunch, as doing just this and dramatically improving his general wellbeing. The book contains more than 60 recipes for everything from vegan burgers to tacos, as well as general advice on cutting out meat and animal products. *VB6* is published by Sphere at £12.99.



A HEALTHY DIET

Five readers can each win a copy of *VB6 (Eat Vegan Before 6:00)*. See page 77 for details of how to enter.

HAPPY MEAL

With the darker nights and mornings, it is common to feel a little less upbeat than in the summer months and in some cases Seasonal Affective Disorder (SAD) can cause many people to suffer from a very low mood.

A visit to your GP may be required if the problem is severe, but the right foods can also play a part too. 'The brain chemicals which affect mood are produced from two food groups, carbohydrates and protein,' explains *Vegetarian Living's* nutrition editor, Sue Baic. 'Protein-rich foods provide the amino acid tryptophan which the body can convert to the "feelgood" neurotransmitter serotonin, which elevates and enhances mood. Good vegetarian sources of tryptophan include eggs, dairy products, seeds, tofu and nuts (except peanuts, which are a poor source).'

Sue also explains that one of the symptoms of SAD can also be a craving for sweet and fatty foods – so be aware of snack attacks and choose wisely if they strike, to avoid consuming lots of empty calories.



Rachel Demuth

PHOTOGRAPH: MARK WOOD



Rachel has been chef-proprietor of the award-winning Demuths vegetarian restaurant in Bath for 25 years, and for the last decade has also run the Vegetarian Cookery School. She is the author of four vegetarian cookbooks, including *The Green Seasons Cookbook*.

FROM THE PANTRY

QUINCES

Quinces are the squat, pear-shaped fruit of *Cydonia oblonga*. They are an ancient fruit and preceded apple cultivation. They turn yellow when ripe, with a soft, white down. Although they are inedible raw, when cooked they turn pink and have a magical aroma. Try cooking them with apples, slowly baking them with honey and cardamom, add them to tagines or make into quince preserve. In Spain, quince preserve (known as membrillo) is served as an accompaniment to Manchego cheese, and the South American version, dulce de membrillo, is eaten as a jam.



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

AN APPLE A DAY...

Autumn and apples go together. There's nothing like the warm, heady aroma of baked apples with cinnamon and the evocative smell of apple pie cooling in the kitchen.

Long before modern apple varieties appeared in supermarkets, there were numerous traditional varieties bred and cherished for cooking, medicine, and cider making. The famous Brogdale Horticultural Trust in Kent grows over 2,000 varieties.

Dessert apples show great variety in colour, flavour, texture, sweetness and sharpness, and we all have our favourite apple. There used to be a great variety of cooking apples too, but now the ubiquitous Bramley is usually the only cooker on the supermarket shelves. This is sad, as there used to be an equally impressive range of cooking apples as eaters in British gardens and apple orchards.

Cooking with apples in the 18th and 19th centuries was more popular than eating them raw. There were early picked varieties and late pickers, all carefully stored in brick sheds without refrigeration, to maintain a supply of different varieties from the first crop in September and October until March or April the following spring, when the blossom for the next crop was already humming with bees.

Apples chosen for cooking reflect the specific requirement of each recipe. A good baked apple needs to hold its shape and not collapse into a soft mush, like the once mandatory garden variety, Golden Noble, which becomes a white foam like a soufflé as it rises in the oven to give the finest baked apple. Very tart and strong-flavoured apples



PHOTOGRAPH: MONICA SHAW

like Dumelow's Seedling (Queen Victoria's favourite apple) or the Yorkshire Goosesauce make perfect apple sauce. Soft apples that collapse into a froth, such as Keswick Codlin make wonderful apple snow.

The best pie apples are both sharp and also non-mushy, so there remains structure to hold the pie crust and give some contrasting texture in the fruit. As one fussy cook once wrote on choosing apples for pies, 'the flavour must be sharp or what's the use of Barbados sugar?'

Among traditional apple puddings, apple charlotte is best made with so-called dual-purpose varieties like Blenheim Orange or Golden Reinette. The same consideration of flavour and texture applies when choosing apples to make a tarte tatin. You can get away with a Cox's Orange or a Braeburn, but they don't have the depth of flavour and acidity of a true culinary apple, such as Ashmead Kernal.

Today, many traditional varieties can be found in farmer's markets, or sometimes your neighbours' gardens will reveal hidden supplies. Cooking with apples has always been popular, but cooking with varieties perfectly suited to your recipe is just apple heaven!

ESSENTIAL TIPS...

STORING A GLUT OF APPLES

- Windfalls may be bruised or damaged and won't store, so make these quickly into chutney, apple juice, cider or cider vinegar.
- Crab apples make an intense dark pink jelly.
- Apples can also be dried in rings. The famous variety of drying apple was the Norfolk Beefing

Apple. It was dried in the bread ovens as they cooled down, and then the dried apples – known as 'biffins' – were packed in boxes as a Christmas delicacy.

- To store your apples, lay them out on trays or in shallow boxes – plastic mushroom boxes are good as they are well ventilated, or ask your greengrocers for the indented foam separators they use in apple

boxes. You need to make sure that the apples don't touch each other, as one bad apple can turn the whole lot rotten very quickly. You can wrap each apple loosely in newspaper to prevent this. Store in a cool, dark, frost-free place and check regularly to make sure they don't go bad. Good keepers should stay crisp until Christmas and into the new year.





Apple saffron samosas

**Makes 20 mini samosas | Prep 30 mins + soaking
Cook 30 mins**

pinch of saffron
2 tbsp hot water
1 cooking apple, peeled, cored and diced into 1cm pieces
4 eating apples, peeled, cored and diced into 1cm pieces
7 tbsp vanilla sugar, plus extra for dusting (or just add 1 tsp vanilla extract to the saffron water)
1 pack filo pastry
3 tbsp butter or margarine, melted for brushing
Greek yogurt and honey, to serve

1 Preheat the oven to 200C/fan 180C/gas 6. Line a baking tray with parchment paper.

2 Place the saffron in a small bowl, cover with the hot water and leave for 30 minutes.

3 Put the apples into a saucepan with the saffron water and the vanilla sugar. Simmer gently with the lid on for about 5-10 minutes, until the fruit is soft but not falling apart. Leave to cool.

4 Lay the filo pastry out on the work surface and cut into 5 short strips. Stack them up into one pile. Lay out a single sheet and brush with melted butter or margarine, top with another sheet of filo and brush with more butter or margarine. Put half a tablespoon of apple mixture into the corner and fold up the line of pastry into a triangle shape.

5 Repeat the process and lay the samosas on the baking tray. Brush them with butter or margarine, then sprinkle the tops with vanilla sugar (or plain sugar).

6 Bake in the oven for 15-20 minutes, turning over halfway through cooking, until pale golden. Serve with Greek yogurt and honey.

COOK'S TIP We like French Feuilles de Filo made by Sofrabrick, which is available at Waitrose.

■ PER SERVING 158 cal, fat 6g, sat fat 3g, carbs 24g, sugars 17g, protein 4g, salt 0.2g, fibre 1.5g

govegan

V Ensure you opt for a dairy-free margarine, like Pure, for brushing. Serve with Alpro soya yogurt and either agave nectar, maple syrup or Sweet Freedom syrup.

Find out more at www.vegetariancookeryschool.com. For weekly seasonal recipes, follow Rachel's blog at www.racheldemuth.co.uk/blog.

Ask Rachel...

YOUR CULINARY DILEMMAS AND KITCHEN QUANDARIES ANSWERED

A perfect French tart

I don't have much success with making tarte tatin. Can you give me some tips for a perfect result?

Tarte tatin is baked upside-down with the pastry on the top and the apples on the bottom. It is then turned out and served the right way up, with caramelised apples oozing into the pastry.

First, you need to choose the right type of apple, one that will hold together and not disintegrate into a froth. I like Ashmead Kernals, which were first cultivated in 1700 by Dr Ashmead in Gloucester. They have a strong sweet-sharp intense flavour. They store well, so you will be able to make tarts into the new year. From the supermarket, good choices are Braeburn or Cox's Orange.

Make sure when you peel, core and quarter the apples that you put them straight into acidulated water – tap water with a squeeze of lemon juice. This will stop the apples turning brown.

You will need a heavy-based ovenproof frying pan (approximately 20cm) with straight sides, which can go in the oven (no plastic handle!). To make the caramel syrup, heat the frying pan, melt the unsalted butter and then add the caster sugar, gently stirring until the sugar has dissolved. Turn the heat up and keep on stirring as it bubbles, and when the mixture starts to go golden brown – but not as far as toffee – add the apples.

Arrange the apples in a cartwheel shape in the pan, but remember the bottom of the pie will be the top of



the tart, so place the best side of the apple facing downwards.

Cut the puff pastry 1cm bigger than the pan and lay it on top of the apples, tucking the pastry down the inside of the pan, like a hat. This helps to hold the filling in when you turn it out later. Bake until the pastry is puffed up and golden.

To up-end, let it cool a little and then loosen around the edge of the pan. Take a large plate that has a bigger diameter than the pan and, using oven gloves, place the plate on top of the pan and gently flip the pan over on to the plate. Lift the pan off, and if some of the apples have stuck to the bottom of the pan ease them off and place them back in the tart. Serve warm with lashings of cream.

● For the full recipe, visit the *Vegetarian Cookery School's autumn recipes:*

www.vegetariancookeryschool.com/recipes/autumn.

Simple supper spice

Like many top chefs, Paul Merrett was trained in classical French cuisine, but his real love is for the inventively spiced dishes from his childhood on the island of Zanzibar. Here he presents three easy-to-prepare colourful meals for the home cook.



ROASTED VEGETABLE
COUSCOUS WITH FETA AND
POMEGRANATE

Roasted vegetable couscous with feta and pomegranate

You could make this dish well ahead of time – possibly even the day before – but for best results serve at room temperature, never from the fridge. There are many ways to cook couscous. If you live next door to a North African who has given you her great grandmother's method, use that. If not, mine will work fine. Lastly, a quick word on the vegetables. The recipe title has 'roasted' vegetables, but we aren't going to roast them at all – we are going to cook them in a frying pan on the hob. Menu and recipe writers are allowed a little artistic licence!

Serves 4 | Prep 20 mins | Cook 30 mins

For the couscous:

250g couscous
90ml extra-virgin olive oil
1 tsp fennel seeds
2 tsp ras-el-hanout (see page 62 for my storecupboard blend of spices)
1 tsp cumin seeds
1 tsp ground turmeric
½ tsp chilli flakes
⅔ tsp salt
3 cloves garlic, chopped
180ml boiling water

For the 'roasted' vegetables:

about 200ml extra-virgin olive oil
1 small aubergine, cut into wedges
1 red onion, cut into wedges
1 red pepper, cut into large dice
1 yellow pepper, cut into large dice
1 head broccoli, cut into small florets
1 small sweet potato, peeled and diced
6 button mushrooms, sliced to serve
3 plum tomatoes, cut into chunky dice
200g vegetarian feta cheese, broken into chunks
25g coriander, chopped
5 mint leaves, chopped
1 pomegranate
300ml extra-virgin olive oil

1 Tip the couscous into a bowl. Heat the oil in a frying pan until hot but not smoking. Add the spices, salt and garlic and leave to fizz and splutter

PHOTOGRAPHY: JAN BALDWIN

for 2 minutes, then tip into the bowl with the couscous and mix well. The heat will bring out the flavour of the spices while the oil will help prevent the couscous from clumping up into lumps. Pour the boiling water over the couscous, stir and immediately cover tightly with cling film. Set aside for 8-10 minutes.

2 Now for the 'roasted' vegetables... all of which should be cooked over a medium-high heat until they are just cooked. Heat 70ml of the oil in a frying pan and fry the aubergine until dark brown and cooked through (7-8 minutes). Transfer to a plate and set aside. Pour another 30ml of the oil into the frying pan and fry the onion until golden brown and softened (3-4 minutes). Tip on to the same plate as the aubergine.

3 Add 20ml more of the oil to the frying pan and fry the peppers until slightly softened and beginning to caramelise (2-3 minutes). Transfer to the plate. Heat 30ml of the oil and cook the broccoli until lightly charred - be brave and let it catch and colour (2 minutes). Tip on to the cooked veg plate.

4 Pan-fry the sweet potato, using about 30ml more of the oil, until caramelised and soft (5-6 minutes), then remove to the plate. Heat the remaining 20ml oil and fry the button mushrooms until caramelised and soft (3-4 minutes), then tip on to the cooked veg plate.

5 Tip all of the vegetables into the bowl with the couscous. Fluff up the couscous using a fork, which will also mix in the veg.

6 To serve, add the tomatoes, feta and herbs to the couscous and mix through. Halve the pomegranate and use a spoon to scoop out the flesh, including any juice, and add to the couscous. Pour in the olive oil and give the whole thing a final mix. A side salad and yogurt dip go well with couscous.

■ PER SERVING 1,663 cals, fat 146.5g, sat fat 26g, carbs 67g, sugars 16g, protein 23.5g, salt 2.9g, fibre 12g

After-work stovetop biriyani ✔

A short while ago I was asked what would be my desert island dish, and biriyani got the nod. Every two weeks

or so I make the short trip to Southall near my home in London for some real Indian food, and I have to force myself to try new dishes rather than order what I really want - a biriyani.

The art of making a good, genuine biriyani can be very complex both in terms of ingredients and method. I certainly encourage you to experiment, but everyone needs a starting point and this is a simple stovetop, weekday supper version that won't challenge your cookery skills to the limit. A word about rice quantities: most recipes generally recommend 50g per serving, but in my house that's never enough, so I've upped it to 75g - you won't regret having more!

Serves 4 | Prep 20 mins | Cook 35 mins

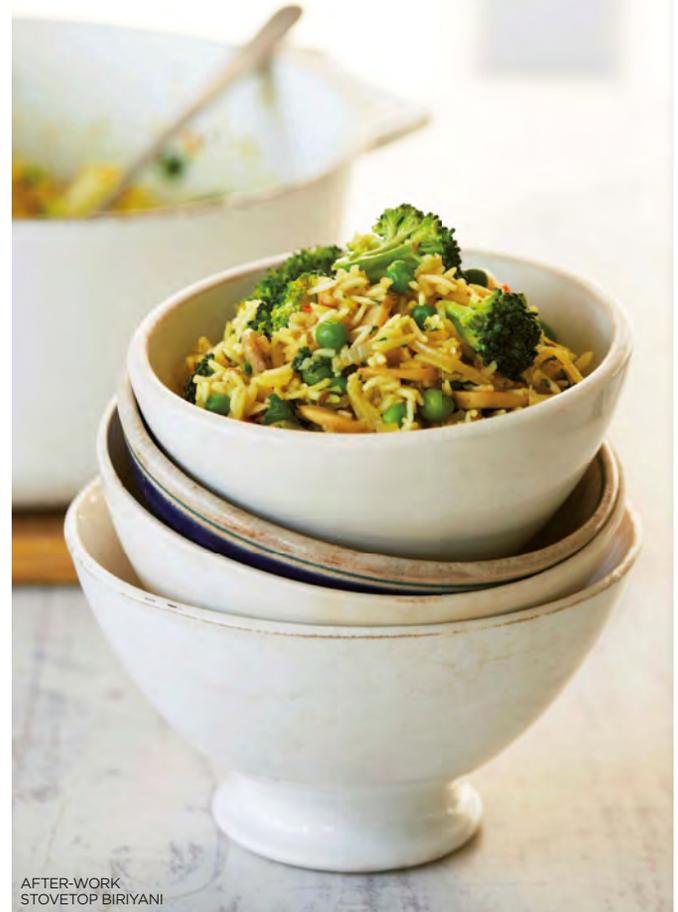
300g basmati rice
3 tbsp vegetable oil
1 large onion, finely sliced
12 button mushrooms, sliced
3 cloves garlic, finely chopped
60g fresh ginger, peeled and grated
2 plum tomatoes, finely chopped
2.5cm cinnamon stick
½ tsp fennel seeds
½ tsp cumin seeds
20 curry leaves
1 tbsp hot curry powder
½ tsp salt
150g frozen peas
400g broccoli, broken into small florets
1 tbsp chopped fresh coriander

1 Rinse the rice in a sieve under cold running water, drain thoroughly and set aside.

2 Heat the oil in a flameproof, lidded casserole pot roughly 25cm in diameter and 10cm deep. Chuck in the onion and mushrooms and fry for 5 minutes or until slightly coloured. Add the garlic, ginger and tomatoes and leave to sizzle for 2 minutes or until the moisture from the tomatoes has evaporated.

3 Add the cinnamon, fennel seeds, cumin seeds, curry leaves and curry powder and cook for a minute or so. Tip in the rice and salt and very gently stir to mix everything up a little. (Stirring rice causes the grains to release starch, which makes for a gluey, sticky supper, so go carefully.)

4 Now you need to add cold water - I haven't given a measurement here



AFTER-WORK
STOVETOP BIRIYANI

because I was taught to cook rice by an elderly Bangladeshi cook and he had an ingenious method. Fill a measuring jug with cold water; gently pour it into the casserole pot until it just covers the rice. At this point, put your index finger into the pot (trust me!) with the tip touching the rice, and pour in more water until it reaches the first joint of your finger. This may seem mad but it works - every time! Bring to a rapid boil. (I didn't mention removing your finger because I guessed you'd realise that!)

5 Tip in the peas and broccoli but don't stir. Bring back to the boil. Cover the casserole pot with foil and the lid to trap the steam. Cook for exactly 5 minutes, then switch off the heat and leave well alone for 20 minutes. Don't be tempted to lift the lid or the steam will escape.

6 After 20 minutes, lift the lid off your perfectly cooked biriyani, fluff up the rice, sprinkle over the coriander and serve.

■ PER SERVING 461 cals, fat 13g, sat fat 2g, carbs 77g, sugars 7g, protein 14.5g, salt 0.8g, fibre 9g

Twenty-five-minute (or thereabouts) vegetable tagine with cauliflower couscous ▼

A Moroccan tagine is a slow-cooked stew, named after the clay pot in which it's cooked. This recipe is possibly not as Moroccan as most – it's my make-it-quick-at-home version – so if you don't own a tagine, don't worry, I won't say a word. I have purposely tried to keep the ingredients limited and familiar because it seems wrong to boast that you can cook this in 25 minutes if it takes three days to track down authentic yet curious ingredients.

A word on the cauliflower couscous... I wish I had invented this quirky yet clever vegetable accompaniment, but sadly I didn't. I stole it. A few years ago I went to El Bulli in Spain and one of the dishes included cauliflower whizzed up and served as couscous. Simple. But ingenious.

Serves 4 | Prep/cook 25 mins

200ml olive oil
500g sweet potato, peeled and cut into chunky dice
500g new potatoes, thickly sliced
1 yellow pepper, diced
1 red pepper, diced
1 large red onion, cut into 12 wedges
8 cloves garlic, roughly chopped
400g can chopped tomatoes
pinch of salt
20 pitted green olives
400g can chickpeas, rinsed and drained
300g fresh or frozen broad beans
100g dried apricots, halved
1 cauliflower, broken into florets
1 tbsp flaked almonds, to serve

My storecupboard ras-el-hanout:

½ tbsp fennel seeds
large pinch of chilli flakes
½ tbsp cumin seeds
1 tsp coriander seeds
3cm cinnamon stick
1 tsp ground ginger
½ tbsp paprika

1 Okay, we've got to work quickly if we are going to get this done in 25 minutes. Pour 100ml of the olive oil into a pan and fry the sweet potato, new potatoes, peppers, onion and garlic until they are beginning to colour.

2 While this is going on, prepare the spice mix. Grind the fennel seeds, chilli flakes, cumin seeds, coriander seeds and cinnamon in a pestle and mortar and mix with the ginger and paprika.

3 Add the spice mix to the pan. Tip in the chopped tomatoes and pour in up to 600ml water, add the salt and bring to a simmer. Chuck in the olives, chickpeas, broad beans and apricots, and simmer until the potatoes are soft, about 10-12 minutes.

4 Meanwhile, whizz the cauliflower to a fine crumb in a blender or food processor until it cunningly resembles couscous. Steam the cauliflower in a sieve or colander over a pan of boiling water for 5 minutes.

5 Stir the remaining olive oil into the tagine, sprinkle with the almonds and serve with the cauliflower couscous.

■ PER SERVING 956 cals, fat 55.5g, sat fat 8g, carbs 95.5g, sugars 32g, protein 25g, salt 1.9g, fibre 22.5g

Recipes adapted from *Spice Odyssey* by Paul Merrett (Kyle Books, £19.99).

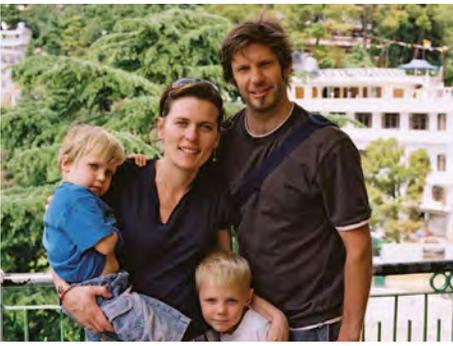


READER OFFER

SPICE TRAIL

Buy *Spice Odyssey* for the special price of £16.99. See page 77 for further details. The book also contains non-vegetarian recipes.

TWENTY-FIVE-MINUTE (OR THEREABOUTS) VEGETABLE TAGINE WITH CAULIFLOWER COUSCOUS



In a nutshell

When it comes to being environmentally aware, our daily household products can have a real impact. Sara Niven talks to the man behind the company aiming to give us a clean conscience, as well as home and hands.

From working in disaster zones to manufacturing eco-friendly cleaning products and soap, Nick Bridger and his family have seen their lifestyle change dramatically in the last few years.

Previously, Nick's job for the European Commission Humanitarian Aid Office meant they were based in India where his role involved providing an emergency response in the event of anything from earthquakes to floods. That all changed in 2008 after a visit from his French father-in-law, whose chance remark got Nick thinking and resulted in the birth of a new company, Greenfrog.

'We'd been living in India for three years when Julie's dad came out and got very excited about some soapnuts he saw in a market in Delhi,' Nick explains. 'I'd never paid them any attention but he recognised them and explained that in Paris he'd been using them to wash his clothes for years as they were cheap, natural and effective.'

Nick investigated and found out that soapnuts are extracted from the pulp of *Sapindus mukorossi* – also known as soapberries – that grow wild in the Himalayan foothills. They contain saponin, a natural soap with cleaning and foaming properties. Nick's wife, Julie, an economist, suggested that if they worked on clothes, what about other things – dishes, surfaces, even the body?

Natural approach

The Greenfrog range started as a small tadpole of an idea, but began rapidly gaining legs. A move back to the UK followed, as Nick and Julie set up their new business venture, with regular trips out to India where their factory is based.

To make their cleaning products, the soapnuts are harvested and then boiled to

extract the saponin before other natural ingredients are added, including essential oils. While there are a few companies selling raw soapnuts for laundry, he believes they are the first to produce a washing-up liquid, multi-surface cleaner and liquid hand soap. There are plans to expand the range early next year, with a laundry liquid, floor cleaner and body wash, along with different variations of the current lines.

Having worked for the Environment Agency, Nick is particularly keen to stress their products' eco-credentials.

'A lot of chemicals from cleaning products end up polluting the environment and affecting fish and other wildlife, for one thing. All our products are made from 100 per cent biodegradable plants and minerals and all our raw ingredients are available naturally – if we didn't harvest them they would still be growing.'

The couple chose a green frog as their company name and symbol, as the amphibian is dependent upon water quality, 'something close to the heart of our business'. Their products are transported by train and boat to reduce carbon footprint, and Nick adds: 'Obviously we want to make a living, but we have ethics and principles and we hope they show in our products.'

Greenfrog now provides part-time employment for around 20 workers. The Fairtrade mark is something he would be keen to apply for but admits it is currently just a question of finances. Gaining the Vegetarian Society's mark for their products is also important and something they are working towards as the company grows.

'All our products are suitable for vegetarians and all bar the one containing honey, also for vegans. We realise the logo

gives customers added confidence at a glance and we're now getting to the stage where we can invest in that.'

Time for change

'We were ready for a change,' admits Nick, who has two young sons Matthieu, 9, and Jim, 11. 'My previous job meant it was impossible to plan holidays, for one thing, as just a phone call to say something had happened meant I had to grab a bag and jump on a plane. You still have to work very hard when a business is in the early stages, but we made a deal that however difficult it got we wouldn't let things impact on family life. The children don't suffer and the time between them getting home from school and going to bed is pretty sacred.'

Recent attendance at the Natural Organic Products Show held in London earlier this year resulted in Greenfrog being nominated for the title of Best New Natural and Organic Living Home and Living Household Product. Nick admits that the couple took a more laid-back approach to the awards than other companies.

'We were given some cards to encourage people to vote for us, but didn't like to hassle anyone to fill them in and preferred to just chat about our products instead,' Nick recalls. 'We were probably a bit naïve, but were very pleased to be nominated and end up coming second despite that.'

Nick and Julie would love to have their products available in all independent natural and health food shops and see the market for them expanding. Nick adds: 'We're aiming to provide natural products that leave your house and you naturally clean and smelling great – not factory clean and smelling like a laboratory due to the chemicals they contain.'

www.greenfrogsoap.co.uk

Greenfrog
Naturally Better Cleaning

HOP ON BOARD

Three readers will each win a set of Greenfrog products. See page 77 for details of how to enter.



Home-cooked comforts

Spend some quality time in the kitchen, and make something warming and nourishing that the whole family will enjoy.

Butternut squash and corn bread pudding

In this delicious bake, the sweetness of the squash and corn go well with the creamy, cheesy bread 'pudding' part. In place of the baguette, you could save up the ends from sliced loaves. And any kind of cheese can be used here, as can a combination of cheeses, so it's a good way to use up odds and ends. Serve with a mixed salad.

Serves 6 | Prep 20 mins
Cook 1 hr 5 mins

1 tbsp olive oil
1 large onion, halved and thinly sliced
375ml milk
225ml single cream
3 free-range eggs, beaten
small bunch of fresh chives, snipped
leaves from a small bunch of fresh parsley, finely chopped
1 baguette, cut into 0.5cm slices
300g sweetcorn, canned or frozen
about 500g peeled and sliced butternut squash

100g mature vegetarian Cheddar cheese, grated
salt and freshly ground black pepper

1 Preheat the oven to 190C/fan 170C/gas 5. Butter a 30 x 20cm baking dish.
2 Heat the oil in a large frying pan. Add the onion and cook over low heat for 3-5 minutes, until soft. Season lightly and set aside.

3 Combine the milk, cream and eggs in a small bowl and whisk to combine. Season with 1½ teaspoons salt. Add the chives and parsley, mix well and set aside.

4 Arrange half the baguette slices in the prepared baking dish in a single layer; you may need to tear some to cover all the space. Put half of the onion slices on top, then scatter over half of the sweetcorn. Arrange half of the squash slices evenly on top and sprinkle with half of the cheese. Repeat one more time (bread, onion, sweetcorn, squash, cheese). Stir the milk mixture and pour it evenly all over the pudding.

5 Cover the dish tightly with foil and bake in the oven for 20 minutes. Remove the foil and continue baking for about 30-40 minutes, until golden. Serve immediately.

■ PER SERVING 432 cals, fat 21.5g, sat fat 10.5g, carbs 44g, sugars 13g, protein 16.5g, salt 2.4g, fibre 3g

2½ tbsp plain flour
pinch of cayenne pepper
pinch of English mustard powder
350ml milk
100g mature vegetarian Cheddar cheese, grated
30 cherry tomatoes, halved
50g vegetarian Parmesan-style cheese, grated
salt and freshly ground black pepper

For the hot water crust pastry:
450g plain flour
1 tsp salt
2 free-range eggs, beaten
160g vegetable shortening
100ml milk

1 Start making the pie crusts the day before. Sift the flour and salt into a mixing bowl. Make a well in the centre and pour in the eggs, flicking a little flour over the top. Put the vegetable shortening, milk and 6 tablespoons water into a saucepan and slowly bring to the boil (do not let it boil before the vegetable shortening is melted). Pour the boiling liquid into the flour and mix.

2 Tip out on to a floured surface and knead lightly until smooth and no longer streaky. Wrap in cling film and chill for at least 30 minutes. While the pastry is chilling, cover six 10cm straight-sided ramekins, jars or chef's rings with cling film.

3 Divide the pastry dough into 6 pieces. On a floured surface, roll out each piece thinly, drape over the upturned base of each mould and smooth to fit. Don't worry about uneven edges – these will be trimmed off later. Set on a tray and chill for 30 minutes.

4 When firmly set, use a sharp knife to trim the pastry on each one to 5cm deep. Carefully ease the pie crusts out of the moulds and pull out the cling film. Set the pie crusts on a tray and leave to dry out in a cool dry place for 24 hours.

5 Preheat the oven to 200C/fan 180C/gas 6. Cook the pasta according to the package instructions.

Pasta and cherry tomato pies

These classic Scottish pies always have a 1cm rim of pastry extending above the filling, to provide a space for additions such as mashed potatoes or baked beans.

Makes 6
Prep 30 mins + chilling
Cook 40 mins

110g dried pasta shapes, such as macaroni or fusilli
40g butter



BUTTERNUT SQUASH AND CORN BREAD PUDDING

PHOTOGRAPHY © RYLAND PETERS & SMALL



PASTA AND
CHERRY TOMATO PIES

6 While the pasta is cooking, melt the butter in a medium saucepan and add the flour, cayenne pepper and mustard. Cook, stirring, for 1 minute. Remove from the heat, pour in the milk and whisk in well. Return to the heat and stir until boiling. Simmer, stirring all the time, for 2 minutes.

7 Drain the pasta well and stir into the sauce. Season to taste and stir in the Cheddar. Set aside and leave to cool until tepid.

8 Spoon the pasta sauce into the dried pie crusts, leaving enough of a rim of pastry projecting above to hold the tomatoes. Pile the tomatoes over the surface of the pies and sprinkle with the Parmesan-style cheese.

9 Stand the pies in a shallow baking pan and bake in the preheated oven for 10–15 minutes to set the pastry. Reduce the oven temperature to 180C/fan 160C/gas 4 and bake for a further 20 minutes, or until golden and bubbling. Serve freshly baked from the oven.

■ PER SERVING 812 cals, fat 42g, sat fat 21g, carbs 88g, sugars 8g, protein 23g, salt 2.9g, fibre 5g

Baked rigatoni with mozzarella

Very simple to make, with virtuous quantities of vegetables, this is a good way to eat well with minimal effort. The important thing is to chop all the vegetables into dice of the same size, to allow them to nestle inside the pasta shapes.

Serves 6 | Prep 15 mins
Cook 1 hr 10 mins

3 tbsp olive oil
1 small onion, diced
1 carrot, finely diced
2–3 celery sticks, from the inner section, with leaves, diced
1 small red, yellow or orange pepper, deseeded and diced
100g mushrooms, diced
3 cloves garlic, finely chopped
125ml vegetarian dry white or red wine
½–1 tsp dried red chilli flakes, to taste
½ tsp fresh thyme leaves or 1 tsp dried thyme
large handful of fresh parsley or basil leaves, finely chopped
400g can chopped tomatoes
700g bottle passata



BAKED RIGATONI WITH MOZZARELLA

pinch of sugar
500g dried rigatoni
500g vegetarian mozzarella, sliced
sea salt and freshly ground black pepper

1 Heat the oil in a large saucepan, add the onion and cook over low heat for 3–5 minutes, until soft. Add the carrot, celery and pepper. Season and cook for 2–3 minutes. Stir in the mushrooms and garlic and cook for 1 minute more.

2 Add the wine and cook for 1 minute more. Stir in the chilli flakes, thyme, parsley, tomatoes, passata and sugar. Season generously and stir. Reduce the heat and simmer, uncovered, for 20–30 minutes. Taste and adjust the seasoning if necessary.

3 Meanwhile, cook the pasta according to the packet instructions until *al dente*. Drain well and set aside. Preheat the oven to 200C/fan 180C/gas 6. Oil a 30 x 20cm baking dish.

4 Combine the cooked pasta and the vegetable sauce and mix well. Spread half the pasta evenly in the prepared dish. Top with half of the mozzarella. Top with the remaining pasta in an even layer and arrange the remaining mozzarella slices on top.

5 Bake in the preheated oven for 25–30 minutes, until the cheese melts and bubbles. Serve immediately.

■ PER SERVING 644 cals, fat 24.5g, sat fat 12.5g, carbs 76.5g, sugars 16g, protein 27g, salt 4.3g, fibre 7.5g

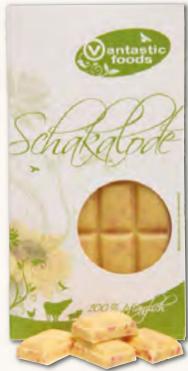
Adapted recipes and images from *The Easy Kitchen Comfort Food* (Ryland Peters & Small, £9.99).

READER OFFER

WINTER WARMERS

Buy *The Easy Kitchen Comfort Food* for the special price of £7.99. See page 77 for further details. The book also contains non-vegetarian recipes.

MAKE YOUR NEXT STOP VIVA'S CHOCOLATE SHOP



Dreamy n' Creamy White Chocolate

Dairy-free squares of white chocolate topped with strawberries, raspberries, coconut and sugar rice crisps.



Goopy n' Chewy 'Milk' Chocolate
Snack-size bars crammed with roasted nuts, toasted coconut and vanilla caramel.



Crunchy n' Munchy Dark Chocolate Snacks

Tiny morsels of toasted soya beans and pumpkin seeds covered in organic dark chocolate.

Viva!

GET YOUR CHOCOLATE FIX AT VIVA'S DEDICATED VEGAN SHOP
WWW.VIVASHOP.ORG.UK
ORDER ONLINE OR CALL 0117 944 1000 (MON-FRI, 9AM-6PM)

Viva!

RAISE A GLASS

Did you know many wine producers use animal-derived agents during the clarifying and fining process? Not in our wines – we are passionate about organic, animal-free tipples!

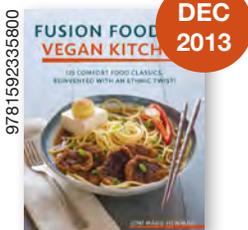
Viva!s Wine Club stocks over 350 award-winning vegan wines, beers and spirits. Ranging from oaky Chardonnays to citrusy Rieslings and spicy Merlots to plummy Pinot Noirs.



To order a cruelty-free case of wine, simply visit www.viva.org.uk/wineshop or call 0117 944 1000 (Mon-Fri, 9am-6pm)

GET COOKING!

With these fresh vegan cookbooks



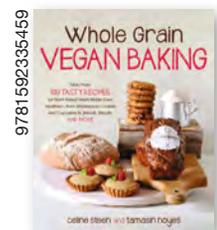
Fusion Food in the Vegan Kitchen
By Joni Marie Newman
£14.99



Cheers to Vegan Sweets!
By Kelly Pelozo
£14.99



Vegan Slow Cooking Two or Just for You
By Kathy Hester & Kate Lewis
£14.99



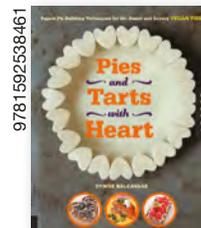
Whole Grain Vegan Baking
By Celine Steen & Tamasin Noyes
£12.99



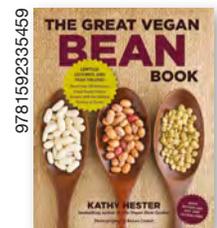
Raw & Simple
By Judita Wignall
£16.99



Home-Cooked Vegan Comfort Food
By Celine Steen & Joni Marie Newman
£12.99



Pies and Tarts with Heart
By Dymise Balcavage
£16.99



The Great Vegan Bean Book
By Kathy Hester
£12.99



Hungry for more? Take a look at our range of vegan, vegetarian and raw books at: www.qbookshopuk.co.uk

Available online and at your local bookshop

To celebrate World Vegan Month in style, we asked Fran Costigan, the internationally recognised authority on vegan pastry arts, for two of her favourite classic American treats to enjoy.

American dream



Black bottom cupcakes **V**

The chocolate-flecked vegan cream cheese bakes into chocolate cupcakes for a treat as yummy, if not yummiier, than the dairy version. Chocolate chips add to the flavour of the filling, and chia gel replaces the egg. The resulting bites of heaven fairly beg for a glass of ice-cold non-dairy milk or a freshly made espresso (the latter is my choice).

Makes 12 standard-size cupcakes or 24 mini
Prep 30 mins | Cook 27 mins

For the filling:

3g ground chia seeds
22.5ml warm water
227g non-dairy cream cheese spread, very cold
56g organic icing sugar, sifted
10ml pure vanilla extract
85g vegan dark chocolate chips

For the cake:

129g organic plain flour
70g organic wholemeal flour

159g organic granulated sugar
50g organic whole cane sugar, ground in a blender until powdered
25g natural cocoa powder (non-alkalised)
5g bicarbonate of soda
240ml non-dairy milk
90ml mild-tasting extra-virgin olive oil or organic neutral vegetable oil
15ml apple cider vinegar
5ml pure vanilla extract
5ml chocolate extract (optional)

- 1** To make the filling, mix the chia and water and set aside for a couple of minutes. Mix with a fork until thoroughly combined. Repeat twice, 5 minutes apart. The chia gel can be made a day ahead and refrigerated in a covered container. Mix before using.
- 2** Beat together the cream cheese, icing sugar and vanilla with an electric mixer. Add the chia gel and mix on medium for another 30 seconds until incorporated. Stir the chocolate chips into the filling. Refrigerate in a covered container while you make the cupcakes.
- 3** To make the cupcakes, position a rack on the rung just above the centre of the oven and preheat to 180C/fan 160C/gas 4. Lightly oil the top only of a 12-cup cupcake tin to make any bake-overs easier to clean, and line with paper liners that are slightly higher than the cups.
- 4** Put a sieve over a medium bowl. Add the plain flour, wholemeal flour, granulated sugar, whole cane sugar, cocoa, bicarbonate of soda and salt to the sieve. Stir with a whisk to sift the ingredients into the bowl and whisk to aerate. (If any very small bits remain in the sieve, add them to the mixture in the bowl.) Whisk to aerate the mixture.
- 5** In a separate small bowl, mix the non-dairy milk, oil, vinegar, vanilla and chocolate extract (if using) until thoroughly mixed. Immediately pour into the dry ingredients. Whisk hard until the batter is smooth.
- 6** Fill the cups close to three-quarters full with batter. Spoon or scoop 3 tablespoons of the filling - but not more - into the centre



of each cake. The cups will be filled almost to the top. That's okay.

7 Bake for 25–27 minutes, or until the edges of the cakes are firm when lightly tapped and the filling is set. Set the tins on a wire rack for 10 minutes. The filling will collapse into the cakes while they cool. Remove the cupcakes from the tin, and cool completely on a wire rack before serving. Refrigerate in an airtight container for up to 3 days.

COOK'S TIP Keep the 'cream cheese' in the refrigerator until ready to use, but do not freeze it. When making the regular-sized cupcakes, the tins will be almost completely full. If you are making minis, go for a maximum of two-thirds full and no more than 1½ teaspoons of filling.

■ PER SERVING 351 cals, fat 19.5g, sat fat 8.5g, carbs 41.5g, sugars 28.5g, protein 4g, salt 0.5g, fibre 1g

Blondies v *

Brownies without chocolate in the batter are considered blondies! These moist bar cookies are made with brown sugar, which is their defining flavour. As conventional brown sugar is just white sugar with the molasses added back in, I prefer to use organic whole cane sugar from which the molasses has never been removed. You can vary this recipe as you would a brownie recipe – for example, add a half-cup of chopped nuts. For a party, double the recipe and bake it in a 33 x 23cm baking tin.

Makes 9 | Prep 30 mins | Cook 22 mins

210ml canned unsweetened full-fat coconut milk, well-stirred (do not use light), divided
5ml apple cider vinegar
64g organic plain flour
70g organic wholemeal flour
27g coconut flour
½ tsp aluminium-free baking powder
¼ tsp ground cinnamon
¼ tsp fine sea salt
90ml coconut oil, melted, or mild-tasting extra-virgin olive oil
169g organic whole cane sugar, ground in a blender until powdered
15ml pure vanilla extract
85g vegan dark chocolate chips

1 Position a rack in the middle of the oven and preheat to 180C/fan 160C/gas 4. Oil the sides and bottom of a 20 x 20cm square baking tin, and line the bottom with parchment cut to fit. Do not oil the parchment.

2 Mix 120ml of the coconut milk with the vinegar and set aside for 30 minutes to curdle.

3 Place a sieve over a medium bowl. Add

the plain flour, wholemeal flour, coconut flour, baking powder, cinnamon and salt to the sieve and stir with a whisk to sift the ingredients into the bowl. (If any small bits remain in the sieve, add them to the mixture in the bowl.) Whisk to aerate the mixture.

4 Beat the oil and sugar in a separate medium bowl, with electric beaters on low speed for 2 minutes until thoroughly combined. Increase the speed to medium and beat another minute. Add the curdled coconut milk and beat on low until the mixture is smooth.

5 Add the sifted ingredients to the liquid ingredients in thirds, mixing on low between each addition. Add the remaining 90ml of coconut milk and the vanilla and beat on low until the batter is smooth. Stir the chocolate chips into the batter. Pour the batter into the pan and level the top.

6 Bake for 21–22 minutes, or until a wooden toothpick inserted in a few spots near the centre comes out mostly clean and not sticky. Cool on a wire rack. For the neatest

'When I perfected my first chocolate cake, I knew I had cracked the code!'



PHOTOGRAPHY © KATE LEWIS

slices, refrigerate or freeze the blondies before cutting. Serve at room temperature or chilled. Refrigerate for up to 2 days in an airtight container.

COOK'S TIP If you are using coconut oil, make sure the other liquid ingredients are at room temperature, or the coconut oil will harden into clumps during mixing.

■ PER SERVING 332 cals, fat 19.5g, sat fat 14.5g, carbs 37.5g, sugars 26.5g, protein 3g, salt 0.4g, fibre 1.5g

freezeme

* Freeze for up to 1 month in a tightly sealed container. Defrost uncovered at room temperature.



Recipes adapted from *Vegan Chocolate* by Fran Costigan (Running Press, £20).

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 is a great way to have your say!

vegetarian LIVING



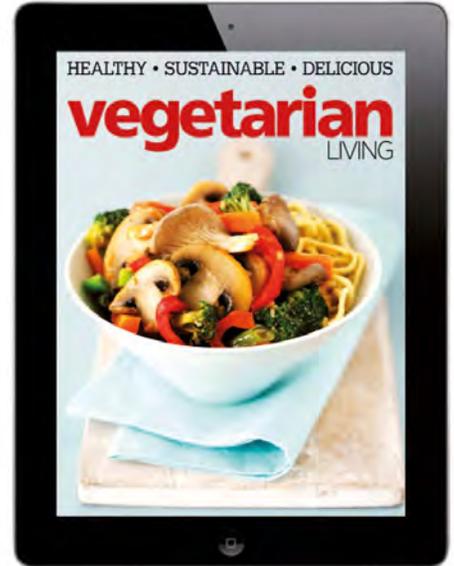
DOWNLOAD OUR APP TODAY!

The UK's best-selling vegetarian magazine is available for your iPad, iPad Mini, iPhone, iPod and Android device.

- 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 APP

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

Android users can download the app at
<http://bit.ly/VLandroid>

'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?'



www.vegetarianliving.co.uk



PEAR AND PARSNIP
SOUP WITH
CARDAMOM

In praise of parsnips

Usually relegated to a side veg on our plates, Sarah Beattie shows six deliciously different ways to make the most of this seasonal star.

Until fairly recently the French didn't eat parsnips, regarding them as animal fodder. Now they are chic and a *legume oublié* to be revered like black tomatoes and stripy beets. In the UK, parsnips are so commonplace that we really take them for granted. Mashed or roasted, they play second fiddle to other ingredients.

This month the parsnip is the star. Its aromatic sweetness is a perfect foil for spices and chilli. It adds body and flavour to soups and stews. Mashed or grated, it can find its way into breads, cakes, scones, fritters and pancakes. You can even make wine from it – you'll need a demi-john and plenty of patience, but if you fancy a go, read The Parsnip Wars blog post on www.twothirstygardeners.co.uk.

So toast the not-so-humble parsnip and appreciate its all-round versatility, especially as this month with the first frosts, its flavour should be even better.

Pear and parsnip soup with cardamom

Fruity and delicately spiced, this soup can be eaten hot or cold. If you have windfall pears, use them – you need about 300g. Seasoned Pioneers sell little pouches of green cardamom seeds without their pods. They are easy to grind or can be crushed with the back of a wide-bladed knife. The flavour and scent is so much better than using ready-ground.

Serves 6 | Prep 7 mins | Cook 30 mins

2 tbsp oil
2 large onions, peeled and chopped
600g parsnips, peeled and chopped
2 large pears, peeled, cored and roughly chopped
10 cardamom seeds, crushed
salt and pepper
1 litre water
basil oil (optional)

1 Heat the oil in a large pan. Fry the onions and parsnips, stirring occasionally until turning golden. Add the pears to the pan with the cardamom, a good pinch of salt and a generous grinding of pepper.
2 Cook a couple of minutes before adding the water. Bring to the boil and simmer until very tender. Blend until

smooth. Check the texture, adding a little more water if necessary. Check seasonings.

3 Reheat and serve with a few drops of basil oil. You can use the oil from the top of a jar of pesto, or make your own by blitzing basil leaves and oil in a blender. If you want to serve the soup cold, season strongly. Cool then chill in the fridge for at least 3 hours.

■ PER SERVING 205 cal, fat 10g, sat fat 1.5g, carbs 23g, sugars 15g, protein 3g, salt 1g, fibre 9g

freezeme

❄️ Pour the cooled soup into a sealable container. Defrost and reheat slowly, stirring frequently until hot and bubbling (watch out – it will spit!).

Köfte with kizilcik

Köfte are Turkish but kofta, kuffteh and many other variants are found throughout the Middle East, Iran into India and Pakistan and on to Southeast Asia. It is highly likely that they are the inspiration for Scotch eggs. Do allow enough time to chill the balls really well and then they are far less inclined to break up when you cook them. Don't try to cook too many at once.

Makes 8 | Prep 20 mins + chilling

Cook 20 mins

350g parsnips, peeled and cubed
1 tbsp oil, plus enough for deep-frying
1 small onion, peeled and chopped
1 tsp cumin seeds
1 tsp coriander seeds
½ tsp cinnamon
75g ground almonds
salt and pepper

For the filling:

100g mini vegetarian mozzarella or cherry tomatoes, olives, vegetarian feta, tofu, date purée

For the kizilcik:

2 tbsp oil
1 aubergine, cubed
1 clove garlic, peeled and chopped
125ml yogurt
some pomegranate seeds and pistachios (optional)
a little fresh coriander

1 Boil the parsnips until tender. While they are cooking, fry the onion in a tablespoon of oil until softened and golden. Add the cumin, coriander and cinnamon and cook, while stirring, for another minute.



KÖFTE WITH KIZILCIK

2 Turn off the heat. Drain and mash the parsnips and add to the onion. Mix in the ground almonds. Season well with salt and pepper. When cool enough to handle, divide into 8 and flatten each into a round.

3 Place a mini mozzarella or other chosen filling in the centre and shape the parsnip mixture up and around to completely enclose it, making a smooth round ball. Repeat with the remaining mixture. Stand the balls on a plate in the fridge to chill for at least 1 hour.

4 Make the kizilcik while the köfte are

chilling. Heat the oil and then fry the aubergine, shaking or stirring, until it's golden. Add the garlic and fry another minute. Turn out into a bowl. Spoon over the yogurt and, if liked, top with pomegranate and pistachios.

5 Remove the köfte from the fridge and deep-fry in hot oil. Cook a few at a time, until nicely browned. Drain on kitchen paper and serve hot with a scattering of freshly chopped coriander and the kizilcik.

■ PER SERVING 299 cal, fat 25g, sat fat 4g, carbs 9.5g, sugars 6g, protein 6.5g, salt 1.2g, fibre 5g

govegan

V Opt for the cherry tomatoes, olives or tofu for the köfte filling, and if serving with yogurt don't forget to choose a soya one.



PARSNIP BHAJIS
WITH MINT RAITA

Parsnip bhajis with mint raita

Crisp bhajis make a great start to an Indian meal. You'll find gram flour in delis, Middle Eastern or Asian grocers, wholefood stores and even supermarkets. Once you have it, you'll find it is really useful. You can use it for eggless pancakes, flatbreads and many other things too.

Serves 6 | Prep 10 mins | Cook 10 mins

1 medium parsnip, peeled
 1 small onion, peeled and thinly sliced
 1 green chilli, deseeded and very finely chopped
 2 tsp cumin seeds
 1 tsp coriander seeds
 6 black peppercorns
 ½ tsp mustard seeds
 ½ tsp salt
 125g gram (chickpea) flour
 ½ tsp turmeric
 120ml water (you can use sparkling water to make the bhajis lighter)
 vegetable oil, for frying
 125ml yogurt
 2 tbsp chopped mint
 salt and pepper

1 Parboil the parsnip for 5 minutes. Cool, then coarsely grate. Add the onion and chilli.
2 Crush the cumin, coriander, black pepper and mustard seeds with the salt in a mortar and pestle. Sprinkle over the parsnip mixture. Add the gram flour and turmeric. Mix well, then slowly add the water, using just enough to make a soft dough – it might not need all of it. (If you've added too much, add a bit more flour.)

3 Heat the oil in a deep-fat fryer or a wok. Fry spoonfuls until crisp and golden. Drain on kitchen paper and serve with chutney and minted raita.

4 To make the raita, combine the yogurt, mint, salt and pepper in a blender and whizz until smooth.

■ PER SERVING 222 cals, fat 14g, sat fat 1.5g, carbs 15.5g, sugars 4g, protein 7g, salt 1.4g, fibre 5g

govegan

V A simple switch of soya yogurt, like Alpro, ensures the raita for these bhajis is vegan-friendly.

Parsnip and tamarind curry **V***

The inherent sweetness of parsnips means that they are perfect in the hot and tart curries of southern India. Tamarind has a sour flavour – if you don't have any, you can add lemon or lime juice. It's not quite the same but will work. Bart sell little jars



PARSNIP AND TAMARIND CURRY

of prepared tamarind, ready strained with water. Seasoned Pioneers have pouches of tamarind paste that need to be slackened with boiling water.

Serves 6 | Prep 15 mins | Cook 30 mins

500g small parsnips, peeled and halved
 60ml vegetable oil
 1 large onion, chopped
 1 large mild green chilli, sliced
 2 cloves garlic, finely chopped
 2 tbsp finely grated ginger
 1 tsp cumin seeds
 2 tsp coriander seeds
 1 tsp mustard seeds
 1 cinnamon stick
 1 tsp turmeric
 ½ tsp chilli powder
 2 large tomatoes, chopped
 1 tbsp brown sugar
 2 tsp tamarind paste mixed with 1 tbsp boiling water or 1 tbsp prepared tamarind
 200ml coconut milk
 salt and pepper
 50g small chard or spinach leaves, washed

a few flaked almonds and fresh coriander (optional)

1 Parboil the parsnips for 10 minutes.
2 While they are cooking, heat the oil and fry the onion, green chilli, garlic, ginger, cumin, coriander, mustard and cinnamon. Stir frequently until golden.
3 Add the drained parsnips, turmeric and chilli powder. Cook for a minute then add the tomatoes, sugar and tamarind.
4 Cook for 5 minutes, then add the coconut milk and season well with salt and pepper. Cook, stirring until the mixture is simmering. Add the chard or spinach and cook a further 2 minutes.
5 Scatter over the almonds and coriander and serve with flatbreads or rice.
 ■ PER SERVING 279 cals, fat 20g, sat fat 6g, carbs 18.5g, sugars 12g, protein 4g, salt 1g, fibre 6g

freezeme

***** Put the cooled curry into a sealable container. Reheat thoroughly after defrosting, either in a casserole dish in the oven or in a pan on the stove.



Freckle bread

Based on an Irish-American recipe using potatoes, this bread is perfect for teatime. The sweetness of the parsnips adds to the flavour. It's rather like a Cornish saffron loaf with a slightly cakey texture.

**Makes 1 loaf | Prep 15 mins + proving
Cook 30 mins**

100g small parsnips, peeled and chopped
50g butter or vegetable margarine
500g plain flour
½ tsp salt
4 tbsp sugar
1 tsp instant dried yeast
150g currants
2 free-range eggs

- 1 Boil the parsnips in a little water until tender. Drain, reserving 125ml of the water. Add the butter or margarine to the water. Mash the parsnips.
- 2 Allow both to cool to blood heat while you mix the flour, salt, sugar, yeast and currants in a large bowl or in your mixer with a dough hook.
- 3 Add the parsnips, the buttery water and the eggs and combine to a soft dough, kneading well. Turn into a greased loaf tin and allow to almost double in size.
- 4 Preheat the oven to 190C/fan 170C/gas 5.

Bake for about 30 minutes, until browned and firm. Allow to cool in the tin on a rack, then turn out and serve sliced with butter or spread. It is also delicious toasted.

■ PER SLICE 257 cals, fat 5g, sat fat 2.5g, carbs 49g, sugars 16.5g, protein 5.5g, salt 0.4g, fibre 2.5g

Parsnip jam

Parsnip jam may sound odd but it is delicious. It's still found in country areas of the north of England or in Tasmania. You can also add dried fruit, spices and/or ginger and use brown sugar to make a more chutney-like preserve.

Makes about 8 jars | Prep 15 mins | Cook 1 hr

750g parsnips, peeled and chopped into small dice
3 lemons
1 litre water
1.5kg sugar

- 1 Put the parsnips into a large pan and add the coarsely grated zest of the lemons. Peel off the remaining white pith and then thinly slice the lemons and add to the pan.
- 2 Pour on the water, bring to the boil and simmer until the parsnips are tender. Stir in the sugar until it is dissolved.



PARSNIP JAM

3 Bring to the boil and boil hard until setting point is reached - when a drop on a cold saucer forms a skin that wrinkles. Pot into warm, dry, sterilised jars. Cover and cool in a dark place.

■ PER 25g SERVING 73 cals, fat 0g, sat fat 0g, carbs 18.5g, sugars 18g, protein 0g, salt 0g, fibre 0.5g

SEASONED PIONEERS

www.seasonedpioneers.co.uk

BART

www.bart-ingredients.co.uk

Competitions

WIN A VARIETY OF EXCELLENT PRIZES



Pink chocolate cigarettos
Win a box of pink chocolate cigarettos courtesy of The Chocolate Trading Company. We have seven to give away. (page 10)

BBC Good Food Show London
We have a pair of tickets to the BBC Good Food Show at Olympia, London, to give away – worth more than £50. (page 11)

Cake International
Ten winners will each receive a pair of tickets to Cake International: The Sugarcraft, Cake Decorating and Baking Show, worth £28 a pair. (page 11)

1066 Cake Stand
We have a signed set of *The Compendium* and *1066 Cake Stand Goes a Little Bit Savoury* to give away to one reader, along with £20 worth of vegan cakes and biscuits. Two runners-up will each win a set of both books. (page 12)

500 Jams and Preserves
Win a copy of *500 Jams and Preserves* by Clippy McKenna (Apple Press, £9.99). We have five to give away. (page 14)

Perfecting Patisserie
We have five copies of *Perfecting Patisserie: Mastering Macarons, Madeleines, Meringues and More* by Tim Kinnaird (Apple Press, £14.99) to give away. (page 14)

Darling Spuds
One reader will win a month's supply of Darling Spuds crisps. (page 14)



The Higgidy Cookbook
Five readers will each win a copy of *The Higgidy Cookbook: 100 Recipes for Pies and More* by Camilla Stephens (Quercus, £16.99). (page 46)

VB6 (Eat Vegan Before 6:00)
Win a copy of *VB6 (Eat Vegan Before 6:00)* by Mark Bittman (Sphere, £12.99). We have five copies to give away. (page 57)

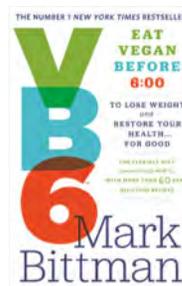
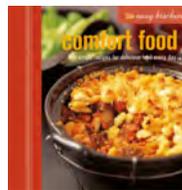
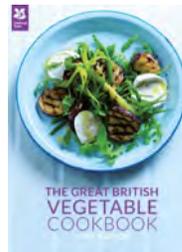
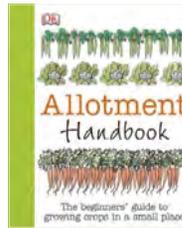
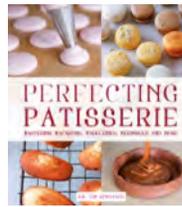
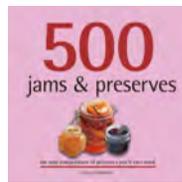
Greenfrog products
Three readers will each win a set of Greenfrog products, including a multi-surface kitchen cleaner, liquid soap, washing-up liquid, and laundry soapnuts – worth more than £15 per set. (page 63)

Allotment Handbook
We have six copies of *Allotment Handbook* by Simon Akeroyd (DK, £14.99) to give away. (page 84)

Vegetarian Guides
Five readers can each win a copy of *The Vegan Passport*, worth £4.99. (page 90)



HOW TO ENTER
Email your name, address and telephone number to comp@vegmag.co.uk with 'Name of competition' (e.g. 'Pink chocolate cigarettos') in the subject box, or post your details to 'Name of competition', *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH. Competitions end midday 23 October 2013.



Reader offers

EXCLUSIVE OFFERS FOR VEGETARIAN LIVING READERS

1066 Cake Stand
Buy *The Compendium* and *1066 Cake Stand Goes a Little Bit Savoury* for the combined price of just £15 (a saving of over 20%). Visit www.1066cakestand.co.uk/#/vegetarian-living/4555622712 and enter the code 'VLO'. (page 12)

The Great British Vegetable Cookbook
Order *The Great British Vegetable Cookbook* by Sybil Kapoor (National Trust Books, £25) for the special price of £22, including free UK p&p. Call 0844 576 8122, quoting reference 'CH1763'. (page 36)

Fast Cooking
Get *Fast Cooking* by James Martin (Quadrille, £20) for the special price of £15, including free p&p. Call 01256 302699, quoting reference '8ZV'. (page 54)

Spice Odyssey
Buy *Spice Odyssey* by Paul Merritt (Kyle Books, £19.99) for the special price of £16.99, including free p&p (UK mainland only). Call 01903 828503, quoting reference 'KB SO/VM'. Or email mailorders@lbsltd.co.uk. (page 62)

Easy Kitchen Comfort Food
Order *Easy Kitchen Comfort Food* (Ryland Peters & Small, £9.99) for the special price of £7.99, including free p&p. Call 01256 302699, quoting reference 'GLR 8SQ'. (page 66)

Ethical Kidz
Get 15% off items purchased from www.ethicalkidz.co.uk. Enter the code 'EKv115' at the online checkout. Offer runs 26 September to 24 October 2013. (page 80)

Oldroyd's Yorkshire rhubarb
See Janet Oldroyd's amazing forced rhubarb at her Yorkshire farm (www.yorkshirerhubarb.co.uk) and get a special £1 off the entrance fee by quoting 'TSJOH2014'. (page 83)



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 23 October 2013 (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.

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.



SUSTAINABLE FOOD CITIES PROGRAMME SET TO BENEFIT FROM £1 MILLION INVESTMENT

An innovative programme designed to transform access to local, affordable and sustainable food in urban areas is set to expand thanks to a £1 million investment.

The money will be invested in the Sustainable Food Cities programme, which uses good food to tackle social, economic and environmental problems including obesity, food poverty and climate change. The programme aims to provide access to sustainable food for people across the country within 500 metres of where they live.

The investment will be used to expand the programme, with 100 urban areas expected to sign up to the network in the next three years, joining the likes of Brighton, Bristol, London and Plymouth in a commitment to support sustainability.

The Sustainable Food Cities Network is an alliance of public, private and third sector organisations using food as a vehicle for driving positive changes. The Network helps people and places to share challenges, explore practical



solutions and develop best practice in all aspects of sustainable food.

Ben Reynolds, network director at Sustain, said: 'With more than 80 per cent of us now living in urban areas, people in towns and cities can have a huge impact on our food system. What we grow, buy, cook or throw away can not only improve the health and wellbeing of our families, but also protect our countryside, wildlife and precious marine life, and improve the livelihoods of people on our doorstep and millions of miles away. The Sustainable Food Cities programme will help local communities to make that happen.'

To find out more about the programme and how you and your community can get involved, visit www.sustainablefoodcities.org.



WHAT'S IT ALL ABOUT?

Tom Andrews, Soil Association programme manager of Sustainable Food Cities, explains what the initiative is all about:

'The Sustainable Food Cities programme is about using food to improve people's health and wellbeing, creating new businesses and jobs, and reducing our impact on the environment. Food is not only at the heart of some of today's greatest challenges but is also a vital part of the solution.'

'The Sustainable Food Cities network will create cities where every school, hospital, restaurant and workplace canteen serve only healthy and sustainable meals; where everyone has access to affordable fresh, seasonal, local and sustainably produced food no matter where they live; and where people of all ages and backgrounds have opportunities to learn about, grow and cook food.'

'It is about creating cities where good food is visible and celebrated in every corner and where people's right to eat healthy and sustainable food is embedded into every relevant policy and strategy.'

CLEAN LIVING

ECOVER LAUNCHES EAT CLEAN, FEEL GOOD CAMPAIGN

Green cleaning brand Ecover has joined forces with celebrity chef Rachel Allen to launch a new campaign designed to encourage us to think more carefully about what goes into our food – and into our washing-up bowls.

Ecover's washing-up liquid is up to 20 times less toxic than other brands, which can contain damaging 'nasties' not listed on labels. These can remain on our plates, dishes and cutlery even after rinsing, and may lead to skin, eye and respiratory irritations, as well as leaving residues in water supplies that are damaging to aquatic life.

The new Eat Clean, Feel Good campaign encourages the use of natural ingredients in both cooking and cleaning. Chef and mother of three, Rachel has produced a series of handy tips to support



the campaign, as well as a selection of Eat Clean, Feel Good recipes made with fresh, seasonal ingredients. Ecover has also teamed up with Hello Fresh for the campaign to offer a 20 per cent discount on veggie boxes, as well as a 5 per cent discount on Vinceremos Organic Wines.

To take advantage of these special offers and find out more, visit www.the-splash.co.uk/feel-good/eat-clean.

OUR FAVOURITE ECO-PRODUCTS

THE GLASS IS ALWAYS GREENER WITH THESE RECYCLED GLASS BOTTLE PRODUCTS

Decorated lemonade/ water bottle

From: www.greenglass.co.uk

Price: £4.95

Made from recycled glass, this stylish 750ml bottle is perfect for serving water at dinner. A sandblasted surface gives it a modern finish and there's a choice of two designs featuring fish or starfish.



Wine bottle serving tray

From: www.mycostore.co.uk

Price: £20

Serve up snacks in this recycled wine bottle, with two recesses that are ideal for nibbles and treats. The tray can also be used as a tea-light holder.



Bring your own glass

From: www.whosglass.com

Price: From £10 upwards

This Devon company will transform your favourite bottles into a glass or dish, making the perfect personalised gift. From little lemonade bottles to big brown beer bottles, they'll turn your empties into goodies – although they do suggest emailing them first so they can confirm that your chosen receptacle is likely to work!



DRIVING CHANGE

WINNERS OF THE NEXT GREEN CAR AWARDS ARE ANNOUNCED

The eight winners of this year's Next Green Car Awards were chosen from a shortlist of 26 of the UK's greenest new cars of 2013, all selected for their environmental Green Car Rating, level of innovation, value, drive experience and design.

The stylish BMW i3 electric picked up the award for best supermini, with Next Green Car (NGC) observing that the German car giant's forthcoming electric vehicle 'maximises electrification, connectivity, quality and driving performance'. The popular Nissan LEAF was named best small family car, and Volvo's V60 Plug-in Hybrid earned the title of best large family car, with NGC noting that it 'looks to the future with its innovation and vision'.

The Volkswagen Golf Estate 1.6 TDI BlueMotion, Citroen C4 Picasso 1.6 e-HDi, Renault Captur 1.5 dCi Start-Stop and Tesla Model S electric all picked up accolades, and the awards also highlighted Volkswagen's forthcoming e-Up! electric which NGC believes 'could be the catalyst for a step-change in urban electric car adoption'



thanks to the power and popularity of the VW brand. The e-Up! is VW's first battery-powered vehicle and is set to hit the UK in early 2014.

Dr Ben Lane, managing editor of Next Green Car, commented: 'The 2013 winners reflect two key elements underlying current green car development: drive-train electrification and continuing improvements in fuel efficiency. While all the winners are highly distinctive in the innovations they employ, they all excel at using new technologies to enhance the driver experience.'

For a full list of all the winners, visit www.nextgreencar.com.

GREEN PARENTING

HELP YOUR KIDS MAKE A DIFFERENCE TO THE WORLD AROUND THEM – AT HOME OR SCHOOL – WITH THESE ECO-FRIENDLY IDEAS AND PRODUCTS.

Ethical debate

An increasing number of parents are considering eco-credentials and ethical values when they shop for kids' kit. *Vegetarian Living* spoke to Tara Gold, the founder of online children's store Ethical Kidz, about why ethical shopping is so important today, and how a local approach can help to tackle a global problem...

When and why did you set up Ethical Kidz?

In 2007, after my third child, Ellen, was born. I wanted to be at home with my children, but also wanted to work at something I enjoyed.

What are your core values as a business?

The wellbeing of our family, friends and community is at the heart of our business. We wanted to form a company that would start taking steps towards tackling some of the issues that will affect the future of these special people and places, as well as protect other families and communities around the globe.

We believe that global warming is the biggest threat we face as we move into the future. As a result, our business values have developed around environmental considerations, ethical practices and sustainable behaviour.

We want our children to be healthy, happy and part of a caring community, as well as helping them to understand the issues our planet is facing. We have tried to set up a company that supports these goals.

Where and how do you source products?

We select suppliers that share our ethos – a concern for the environment and a belief in the need for ethical and sustainable practices. We choose products that fulfil certain criteria – they should be environmentally friendly, handmade, locally and ethically produced, with the ability to be reused or recycled; they should also be educational and encourage active, imaginative or creative play; and support cottage industries and sustainable practices. The more criteria each product fulfils the better!

However, we realise that some compromises still have to be made.

Rather than disregard a supplier because they don't tick every box on our list, we decided to credit them for their positive aspects. Sometimes we have to sacrifice one credential for another. For example, our Oskar & Ellen products offer a great range of hand-sewn fabric toys that encourage imaginative play. Although these products are made ethically and encourage sustainable business practices, they are not produced locally to us.

Local suppliers are contributing more and more products to our range. We are surrounded by some extremely creative cottage industries and we like to offer these small businesses a chance to promote and sell their work on a website without the need to set one up themselves. Included in this range are handmade children's clocks, knitting and baking sets, pencil cases and cushions.

Why is 'green' so important for kids – and parents?

Global warming will dramatically change the way we live our lives, if not during our lifetime, certainly during the lifetime of our children and our grandchildren. What we do now will make a difference. This is why we must act now.

What's new on the site – and what's next?

We're aiming to add more sections to our free activities and factsheet pages during



Tara Gold, the founder of Ethical Kidz, an online kids' store which promotes green and ethical values



the coming year. In particular, we want to add more information pages about how the environment works and also more healthy-eating sections. We are continually on the lookout for more handmade products too.

We are moving our family and Ethical Kidz to Bath this winter, and we hope to be seen attending the farmers' markets around Bath. We are currently an online store; however, following the move we also hope to set up a small shop.

● Visit Ethical Kidz at www.ethicalkidz.co.uk.



READER OFFER

KIDS' STUFF

Tara and the team at Ethical Kidz are offering *Vegetarian Living* readers the chance to get 15% off purchases. See page 77 for further details.

December issue
on sale 24 October



Table talk

Rachel Allen's simple lunch menu for those easy weekend get-togethers.

© TARA FISHER 2013



© ANDREW HAYES-WATKINS

Saturday Kitchen classics

Recreate recipes from the TV show, with Gennaro Contaldo, Michel Roux and Anthony Demetre.



Maria Elia

Gorgeous Greek cuisine based on traditional flavours, and inspired by Maria's own family roots.



© RYLAND PETERS & SMALL

Tantalising tagines

Experience the true taste of Morocco, with Ghillie Basan's one-pot authentic recipes.

ALL THIS, AND... *Darina Allen from the famous Ballymaloe Cookery School; do-ahead dinners from the Secret Larder supper club; start your Christmas prep with Liz Martin; plus scrumptious sticky buns and much more!*

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

9 November

Fungi Workshop

Get up close and personal with Hampstead Heath's weird and wonderful mushrooms on this one-day workshop – one of hundreds of fungi forays across the UK this month. www.fungitobewith.org

16 November

Growing apples, pears, plums and cherries

Get the low-down on growing a bumper crop of tree fruit next year with this workshop from expert John Nash, at West Dean College, near Chichester in West Sussex. www.westdean.org.uk

23 November – 23 February 2014

Winter Sculpture Exhibition

Take in the beautiful autumn colours at RHS Rosemoor at Great Torrington in Devon, on this sculpture trail where many of the artworks are for sale. www.rhs.org.uk



STEP-BY-STEP



Winter lettuce

With the right protection, there's still time to grow fresh salad leaves for winter.

- Opt for specialist winter salad leaves that tolerate the lower temperatures and try to get them in as early as possible, for instance, at the end of October or beginning of November so they get a head start. Once the leaves are up you can be picking right through to spring, under cloches or in the greenhouse.
- Good drainage is essential so they don't freeze or rot, so choose a sunny greenhouse bed or cold frame.
- Sow in short, shallow rows and cover with soil and a cloche if growing outdoors. Check regularly for slugs and caterpillars and pick off any you find!
- Keep soil moist but not wet (*only* water if the soil looks really dry) and keep the greenhouse or cold frame well ventilated – a door or lid ajar – so the seedlings don't damp off.
- Harvest cut-and-come-again leaves when about 5cm high. Expect lower yields and smaller leaves, but if the weather is mild it's possible to get two or three flushes of growth. Sow winter

hearting lettuce too and they will stand over winter and give you an early crop come spring.

BUY IT

Try corn salad 'Cavallo', a hearting cos-type such as lettuce 'Winter Gem' (both www.thompson-morgan.com) or bright purple mizuna 'Red Knight' (www.sarahraven.com). Spinach 'Mississippi' and oriental green Komatsuna 'Torasan F1' (www.nickys-nursery.co.uk) will also provide nutritious baby leaves if grown under glass.

TOP TIP

Winter leaves can be slightly bitter, but if you don't like this stronger flavour you could try blanching. Cover a few plants with an upturned flowerpot for a couple of days and then harvest the leaves when they are paler and sweeter.

DIG IN

They're hard to come by, so savour your fresh winter leaves and serve simply with apple slices and walnuts, and a dressing made with 4 tsp sugar, 2 tsp pumpkin seed oil, 2 tsp balsamic vinegar, a squeeze of lemon juice, and salt and pepper to taste.

THINGS TO DO NOW...

FORCE RHUBARB

Bring a rhubarb crown into the greenhouse this month – making sure it has already been nicely frosted – and cover with a bin or large pot to exclude the light. Kept covered until spring it should provide you with sweet pink sticks by January – highly sought after by chefs!

GET CRACKLING

With Bonfire Night looming, spare a thought for the creatures that might be using your woodpile as a winter home. Make sure you build the bonfire pile on the night, so hedgehogs and overwintering insects have time to take flight, and build well away from garden buildings.

MAKE LEAF MOULD

Collect fallen leaves for next year's mulch (for laying on top of the soil), or as a soil conditioner (for digging in) in two years. Oak, alder and hornbeam are best, placed in a wire mesh bin or, for speedier results, stuffed into black bin bags and kept in the shade.

PRUNE APPLES AND PEARS

Apples and pears can be pruned now and right up to late winter. Remove diseased, crossing and unproductive branches so you open up the centre of the tree for air and light to circulate. Only prune established trees and don't remove more than a quarter of the wood.

Trade secrets

The 'High Priestess of Rhubarb', Janet Oldroyd – grower of the famous Yorkshire forced rhubarb – gives her tips on planting rhubarb sets.

Getting started

Plant your set (root) as soon as possible but if you can't, wrap in newspaper and store in a dry shed for up to two weeks. If mould appears, gently brush off and rub with a hormone rooting powder, which contains anti-fungicide.

Planting

Select a well-drained area that has not cropped rhubarb in the last four to six years, not too close to hedging and not waterlogged. Ideally, you should dig compost or manure into the planting area four weeks prior to planting, but otherwise just use some around the root and not directly on top of it. Plant the crown uppermost (where the buds emerge) into well dug earth so

that the crown is approximately 5cm below the surface.

Tending your plant

Don't be tempted to harvest sticks from the root in its first year – simply allow them to rot back in the autumn. Leaving it alone will allow the root to establish. Water well in dry spells and, in spring, top dress with a high-nitrogen feed and spread organic compost around the perimeter of the root (never on top!). A mulch of bark will also keep weeds down.

For small gardens

If you want to grow rhubarb and only have pots, use a small root such as 'Timperley Early' and plant in the biggest pot you can find. Remember to water freely.

ESSENTIAL TIPS AND ADVICE FROM THE PEOPLE IN THE KNOW!



READER OFFER

FORCE OF NATURE

See Janet's amazing forced rhubarb at her Yorkshire farm (www.yorkshirerhubarb.co.uk) and get a special £1 off the entrance fee. See page 77 for further details.



BEE CAUSE

It's great to hear the government has launched an urgent review into bee decline, including introducing a national pollinator strategy. Friends of the Earth (FOE) figures suggest that up to two bumblebee species have become extinct; wild honeybees are nearly extinct in many parts of the UK; and solitary bees have declined in over half of the areas studied. Bees are vital for pollinating our fruit and veg, and without them it would cost more than £1.8 billion per year to pay farmers to hand-pollinate. Play your part and join the FOE's Bee Cause – and get a free Bee Saver Kit – or Keep Britain Buzzing at www.soilassociation.org. www.foe.co.uk

To sow this month Winter lettuce and radish under cover and broad beans outside. And plant: shallots, garlic and bare-root fruit bushes outdoors.

BIG IDEAS FOR LITTLE PLOTS

Grow your own mushrooms

A damp autumn day is an ideal time to turn your attention to fungi, and it's easy to grow your own with specialist kits using different methods.



LOG AND DOWEL Buy oyster or shiitake mushrooms on dowels that are impregnated with mushroom spawn and plant them into a freshly cut log. Oak, beech, birch and hazel are all good choices and the log should be around 10–15cm in diameter and 50cm long. Keep it moist and drill holes 15cm apart and in two or three rows down its length. Push the dowels in so they are flush with the surface and seal (wax is durable and waterproof). Keep them in a shady spot – under a tree is ideal – and look out for small white nodes.

STRAW BAG Oyster mushrooms can also be grown in a bag of straw. Pour hot water into the bag and once cool, add your spawn and give it a little shake. Keep the bag somewhere nice and

warm for a few weeks and then move to a cooler position, when you can move the straw on to a tray. Keep away from direct sunlight and moisten using a spray bottle.

GRASS Mushrooms often grow naturally in lawns or around the compost bin because they love the rich pickings. Bury your spawn under a section of lawn turf (as long as you don't want a pristine lawn!) and keep it moist.

Buy mushroom spawns, kits and dowels from www.thompson-morgan.com, www.gourmetmushrooms.co.uk, www.mushroombox.co.uk, or go on a growing course at www.woodfruit.co.uk.

NATURAL CROP PROTECTION

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

Now's a great time to sort out your shed and greenhouse, but tidiness has another benefit too – it gets rid of overwintering pests. Before planting winter crops, clean out pots with a little mild soap and water, and get a brush or cloth into hard-to-reach crevices and corners to flush out the bugs without harming them.





MINI MAKES

Homegrown, home-roasted seeds

You're bound to have some old pumpkins lying around after Halloween – and maybe even some crispy sunflower heads – so put them to good use and make the seeds into a yummy snack!

You will need:

- 1 pumpkin
- 1 sunflower head
- sharp knife
- rolling pin
- saucepan
- sieve
- greaseproof paper
- baking tray
- melted butter or vegetable oil
- salt and pepper
- seasonings

1 Get help to cut your pumpkin in half and clean out the seeds (inside their yellow/white hulls) by separating them from the flesh. Rub the front of your sunflower head and watch the seeds pop out!

2 Wash the seeds well in a bowl of water, rubbing them between your fingertips to polish off any debris.

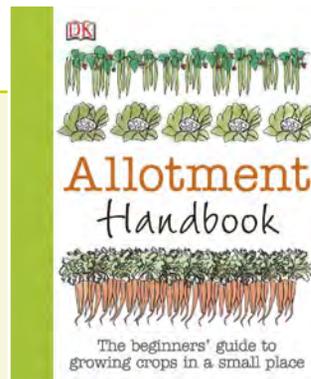
3 Roll a rolling pin over your pumpkin seeds, adding a little pressure so you break the hulls but don't damage the seed inside. Pop in a saucepan of boiling water for a few

minutes with a dash of salt (it adds a nice flavour). The split hulls should pop to the surface.

4 Strain all the seeds in a sieve (getting rid of any debris from the pumpkin seeds) and spread out on greaseproof paper to dry (you could even use a hairdryer!).

5 Once completely dry, spread in a single layer on a baking sheet and preheat the oven to 140C/fan 120C/gas 1. Lightly brush the seeds with melted butter or drizzle in oil, moving them around to coat, and add some fun flavourings, such as garlic and vegetarian Worcestershire sauce, or ginger and cinnamon – whatever you fancy.

6 Roast for approximately 20 minutes until golden, stirring occasionally as they can catch quickly. Cool, sprinkle with a little salt, and shell your sunflower seeds to get at the sweet kernel inside.



ARMCHAIR GARDENER

The *Allotment Handbook* by Simon Akeroyd (DK, £14.99) has everything you need to plan for next year, start afresh, or simply improve your plot, with growing advice for more than 70 crops and nifty projects such as compost bins, rabbit proof-fences and even sunken blueberry beds for the more ambitious.

'ALLOT' OF TIPS

We have six copies of the *Allotment Handbook* to give away. Turn to page 77 to find out how to enter.



VEG 
LIVING
LOVES

'NOT JUST FOR SHOPPING' TROLLEY

There's still lots to harvest from the plot right now – parsnips (possibly sweetened with the first frost), Brussels sprouts, cabbages, carrots, caulis and leeks, and it can be hard to lug it all home in plastic carrier bags. Help is at hand with these lovely shoppers on wheels that are recycled from cement bags. Roomy and mobile (£39.95), they're laminated for strength and fold flat when not in use. Once you've got one, your shed will never want to be without one!

www.thenaturalgardener.co.uk

4 WAYS TO... Store autumn produce

BOXES If frost is predicted, lift precious carrots and celeriac out of the ground and cut off the foliage. Pack in boxes of dry compost or sharp sand, so they're not touching, and place in a dark shed. Wrap apples and pears in newspaper and place in single layers in crates.

DRYING Onions, garlic and shallots can be platted, but it's pretty labour-intensive and, by November, most of the stems have disintegrated. Instead, choose a dry, dark location and hang in net bags or even old pairs of tights!

BOTTLING/PICKLING Great for fennel, onions, courgettes and peppers – cut into small chunks and place in a pan with 1 litre each of vinegar and water, and a little salt, then bring to the boil. Drain and pop into sterilised glass jars. Fill to the top (covering the veg) with olive oil mixed with a little crushed garlic and



chopped chillies. Tightly seal the lid and store for three months.

FREEZING Preserve all those lovely nutrients in your beans and broccoli by boiling them in a pan of water for a few minutes and then plunging into cold water to stop the cooking process. Drain, dry and pop into freezer bags.



GOLDEN SPICE £6.95 for 1 litre

This high quality natural pumpkin spice syrup comes in a sturdy, attractively shaped glass bottle. It contains all-natural ingredients and is made with traditional processes. The flavours and colours are all from natural extracts, mixed with sugar and pure water from the Alps... nothing else! It can be added to any beverage - tea, coffee, cocktail or milkshake - and can be used as a cooking ingredient.

www.creamsupplies.co.uk



SIMPLE SUPPER SENSATION £2.50 for 250g pack

Grilled, fried, baked, barbecued or microwaved - the versatility of Milky's Halum matches its incredible flavour. This fantastic cheese has a mouth-watering savoury saltiness and lovely springy texture. Made with 100% fresh British cow's and goat's milk, Halum contains less salt than Cypriot halloumi. With its long shelf life, keep a pack or two in the fridge for simple suppers for impromptu dinner guests.

www.waitrose.com



JAMS, JELLIES AND CURDS From £2.75-£2.95

Brighten up an autumn day with Uncle Roy's lovely award-winning country-style quality preserves. Try some Lavender Jelly on a scone, Passion Fruit Curd in a sponge or on some ice cream, or glorify your bread and butter with some Rose Petal Jam or the tangy Crab Apple Jelly. And with their handy half-pound size and attractive labels they make perfect gifts...

www.uncleroys.co.uk

THE ESSENTIAL COLLECTION

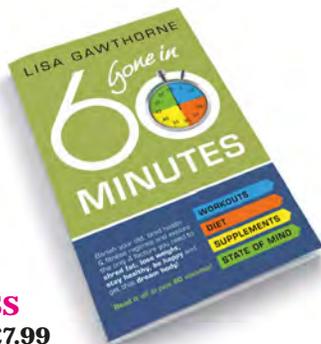
*A shopping guide to
the latest products for
your vegetarian or
vegan lifestyle...*



BATHTIME BLISS £8.50 for 500g

Enjoy some relaxation time and melt away the tensions of the day with these soothing, wonderfully fragrant bath salts from Akamuti. Simply add to your bathwater to unlock the magic! Created with sea salt, rose petals and 100% pure essential oils.

www.akamuti.co.uk



FITNESS FIRST £7.99

An energising book written by vegan athlete Lisa Gawthorne, *Gone in 60 Minutes* covers the best-kept secrets and tips for workouts, diet, supplementation and motivation. We love that the book can be read in just 60 minutes and it comes complete with a perpetual training calendar to plan your workouts.

www.amazon.co.uk

OATY GOODNESS £17 (mixed box of 20 bars; 35g per bar)

Online offer: Buy 20 bars
for just £10!

The orange Frank bar is a deliciously indulgent vegan snack bar made with 100% natural ingredients, such as wholegrain oats, dates and dried plums and topped with a delicious coconut cream chocolate. Free from gluten, wheat, soya, dairy, eggs, nuts and seeds. Four other delicious flavours are available too: Strawberry, Blueberry, Chocolate, and Oat.

www.honestsnacking.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.



Veggie guy

Ben Williamson, 28, press officer



'I switched to eating only vegan meals on the night of the UEFA Champions League semi-final between Arsenal and Manchester United in 2009, on the back of a bus heading to the stadium. I've never looked back. It's the best thing I've ever done. I knew it was something easy that I could do that would make a big difference to the lives of others: I'd be saving animals from a lifetime of suffering.

'It was only several years later, when I re-founded the Vegetarian/Vegan Society at the London School of Economics, that I began to appreciate being vegan for reasons of environmental protection and global justice. But if you stripped out all other reasons, I'd still be vegan because, morally, it's the right thing to do.

3 OF THE BEST...

VEGAN HAIR & BODY BARS

The Soap Deli Coffee and Ginger Hair and Body Soap (£4.99 for 90g)

With olive, sunflower and coconut oils, plus shea butter.

www.the-soapdeli.co.uk



Pure Nuff Stuff Peppermint Hair and Body Bar (£4 for 100g)

Glycerine-rich, and with oils of rapeseed, castor and coconut.

www.purenuffstuff.co.uk



Pure Scents Shampoo Hair and Body Bar (£4.50 for 125g)

Contains lemongrass, tea-tree, mint and neem oil.

www.purescents.co.uk



'Working at People for the Ethical Treatment of Animals (PETA) makes me the first port of call for journalists. I produce statements, write letters, pitch stories and get interviewed. In the news office, the story changes every day. One minute I'm outside Fortnum & Mason talking to journalists about the store's sale of foie gras, and the next I'm in the studio debating the ethics of wearing animal skins with someone from the fashion industry. It's fast, it's exciting - and it's all for animals.

'Cows on dairy farms have their calves taken away from them within hours of birth so humans can drink their milk, and chickens on factory farms have the ends of their beaks cut off so humans can eat their eggs. The only way to stop this is for people to stop eating animal products, and I'm proud to be part of an organisation that helps people make that connection. I can't imagine myself working anywhere other than PETA.

'Being vegan at PETA is wonderful because people are always bringing in food and you never have to ask what's in it. Sometimes, we even get visitors who turn up at our new offices in King's Cross, London, with treats. When I started out, I'd make vegan full English breakfasts with vegan sausages and faux bacon, but now I'm much keener on simple, healthy food.

'Just like Ultimate Fighting Championship winners Mac Danzig and Jake Shields, who have starred in vegetarian ads for PETA US, I try to stay fit and help dispel myths about vegan males. I play footy three times a week, swim most mornings and cycle to work. Being vegan means looking after not only my own health but also that of the planet.'

www.peta.org.uk

Potent plants for prostate

Delicious and nutritious plant foods, including pomegranate, green tea, turmeric and broccoli, may be among the most powerful foods to keep prostate cancer at bay,

according to new research headed up by Professor Robert Thomas of Cambridge University Hospitals.

His team of researchers found 63 per cent lower levels of Prostate-Specific Antigen - which prostate cells produce - in men taking extracts of the four plant extracts compared with men in a placebo group taking 'dummy' extracts, supporting the idea that eating a range of plant foods rich in polyphenol antioxidants (often green and other brightly coloured fruit and veg of all types) could have anti-cancer effects.

In a separate study from the US, scientists from the University of California found that prostate cancer patients who increased their consumption of vegetable fats and reduced their intake of saturated fat, carbohydrates and animal fats lowered their risk of early death.

Meanwhile, a prospective study published in the *Journal of the National Cancer Institute* reveals that a high blood level of omega-3 fish oils can increase the risk of prostate cancer. These studies offer much support to a 2005 study that found a vegan diet combined with exercise could stop or even reverse prostate cancer progression.

Get in the hood

If you're looking for a hoodie to keep your bones warm during the coming chillier months, you may want to check out this new and classic style from Rapanui, which offers the bonus of passing the VL boys' desirability and virtuousness tests with flying colours.

Soft? Check. Comfy? Check.

Warm? Check. Organic cotton, assembled in a wind-powered factory, and ship- not air-transported? Check, check and thrice check. Get yours for £49.95 from www.rapanui clothing.com.



Wise words

'Even if man were created a carnivorous animal, is there no way for him to outgrow it as he becomes more intelligent?' - *Otoman Zar-Adusht Hanish (1856-1936), religious founder, writer, philosopher*



ethicalWARES

cruelty free footwear & accessories

Footwear and lifestyle accessories from sources which promote life and rights for animals and humans alike.

For those who Love Life too.



Love Life



www.ethicalwares.com

Telephone enquiries: 01570 471155

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.

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!

onevillage.com

One Village Soap,
Charlbury, OX7 3SQ
☎ 01608 811811

Wheat Free Vegetarian & Raw Gluten Free

Visit us online at: 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 Curlys

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



Places to go

Alex Bourke visits two country cafés and three trailblazing new urban places with vegan chefs.



NORTH

WORLD PEACE CAFÉ

1 Lawkholme Crescent, Keighley, W. Yorks BD21 3NR
Tel: 01535 958189
Open: Tue-Sat 10.00-16.00; Sun-Mon closed

Vegetarian café run by volunteers at the Buddha Land Kadampa Buddhist Centre. Come for 'Soup & Serenity' (£4.50), a half-hour meditation at 1pm with soup and a roll before or after. Or book for last Friday 'Stop the Week', 7.30-9.30pm, with a meditation and three-course meal (£12-£15) themed on a country such as France, Japan or Scandinavia.

Light meals (£2.60-£4.60) range through toasts, sandwiches and panini, burger with salad, salad platter, and soup and sandwich combo. Special of the day (£5.50-£6.10), such as aubergine and walnut bake, or cauliflower and spinach dhal with naan bread and mango chutney.

Toasted teacake or cakes (£1.35-£2.50), such as fruitcake, gluten-free chocolate clementine, and vegan orange raisin loaf.

Pot of tea £1.40, for two £2. Children's sandwich and crisps £2.50. Cash only.
www.enjoymeditation.org



EAST

DEDHAM CENTRE TEA ROOM

Art & Crafts Centre, High Street, Dedham, Essex CO7 6AD
Tel: 01206 322677
Open: Mon-Sun 10.00-17.00

Vegetarian café just off the A12 in a centre with over 60 delightful art and craft shops. It's also handy for walkers going to Flatford Mill where Constable used to paint.

Two soups of the day with bread (£3.95), such as curried parsnip or broccoli and cashew. Salads (£5.25, or £6.50 with jacket potato) are luscious with mixed beans, red cabbage, sultanas, peppers, cashew nuts and their own coleslaw. Savoury mains, such as quiche or nut loaf (£7.50-£7.95), are usually not vegan, and come with salad or jacket potato.

Lots of cakes (£1.70) and desserts (£3.50-£4.40), such as apple and blueberry pie, but vegans may miss out.

Coffee or pot of tea £1.40. Free car park in the village. Children welcome; high chairs. You can park your dog outside and they provide water. Cash only; cashpoint nearby.

www.dedhamartandcraftcentre.co.uk



LONDON

CAKES 'N' TREATS

15 Pratt Street, Camden Town NW1 0AE
Tel: 07901 189325
Open: Tue-Sun 10.00-18.00; Mon closed

Camden's gorgeous new tea room majors in vegan cakes, fast food and raw.

Indulgent desserts are the mainstay (£1.90-£3.50). Treat yourself to cakes and cupcakes galore, cheesecake, muffins, cookies, marzipan-filled croissants, petits fours or a hot waffle with cream and fruit. Cupcakes include peanut butter chocolate with hazelnuts, vanilla banana, and double chocolate.

Savoury items (£3.50-£4.90) include hot dogs, burgers, bagels and sandwiches like 'chickin' mayo salad. Healthy options are big salads (£7.90), green smoothies and raw cakes, such as pineapple and coconut cream.

Drinks (£1.40-£5.90) include teas, coffee and Fentimans, but more tempting are chocolate chip or strawberry cream shakes, hot chocolate split, or almond crisp macchiato topped with nuts. Fantasy cakes crafted to order.

www.facebook.com/CakesnTreatsLondon



SOUTH

GREEN ROCKET CAFÉ

1 Pierrepoint Street, Bath BA1 1LB
Tel: 01225 420084
Open: Mon-Wed 9.00-17.00, Thu-Sat 9.00-21.30; Sun 10.00-17.00

New vegan café, with a couple of vegetarian options and lots of gluten-free, a minute from the Roman baths.

Breakfasts (£3.95-£7.95) range from beans on toast to full monster cooked. Starters (£4.50-£4.95) include soup of the day, raw courgette spaghetti or seared oyster mushrooms. Mains (lunch £6.75-£8.50, dinner £9.50-£12.50) feature Egyptian mezze, laksa curry, vegetable and ale stew with dumplings, mushroom burger with cashew cheese on gluten-free bread, thali and salads.

Cakes (£2-£3) feature death by chocolate, cherry Bakewell, and coffee and walnut. Evening desserts (£4.95) crank it up with raw blueberry cheesecake, or Kashmiri almond and pistachio pudding.

Totally vegan wine and beer list. House wine £3.70 medium glass, £13 bottle. Pot of tea £2.20. Children welcome; high chairs.

Facebook: The Green Rocket Café



WEST

BEJ

20 Market Street, Hoylake, Wirral CH47 2AE
Tel: 0151 632 1122
Open: Mon-Sat 12.00-22.00; Sun 11.00-20.00

The Wirral's first vegetarian restaurant has stunning global food, lots of organic, and the Venezuelan chef can veganise any dish.

Starters (£4-£4.50) feature soup of the day, sweet and sour tempura, wild mushroom bruschetta, or evening sharing platter. Mains (lunch £6-£7, dinner £7.50-£12.50) include open lasagne with soya mince, Sunday roast, falafel burger, pizzas with a selection of vegan cheeses, cottage pie, Thai green curry, or Venezuelan stuffed hallaca corn-maize parcels with fried plantain and rice.

Desserts (£4-£5.50), such as blueberry cheesecake, chocolate fondant, poached pear in chai latte on a marzipan and toffee tart.

Sunday cooked breakfast £4.95. All alcohol is vegan.

Organic house wine £4.50 large glass, £13.50 bottle. Children's menu; high chairs. Outdoor seating with canopy; dogs welcome there.

www.bejrestaurants.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*, *Breakfast Scoffer*, *Veggies Scoffer* and *A Vegan Taste of Leeds*. Find them at www.vegetarianguides.co.uk or call 020 3239 8433 (24 hours, Vegetarian Guides will call back).



Win an essential guidebook!

We have five copies of the third edition of *The Vegan Passport* (worth £4.99) to give away! This passport-sized book has a page in each of 73 languages to ensure you get a perfect vegan meal in restaurants all over the world. See page 77 for details of how to enter.



New pack, new design, new flavours...



Made in the U.K. by

just
wholefoods

www.justwholefoods.co.uk

a totally vegetarian company



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
- A 3 course vegetarian dinner at Fellinis one night • fellinisambleside.com
- A 3 course vegetarian dinner at Zeffirellis one night • 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



**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

Stockists of: Akamuti, alva, Bulldog, evolve, Green People, Inika, Natural Bubbles, Scruffy Chops, Trilogly, Visionary Soap Company and more!

UK postage is free on orders over £40

My goodness!

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

It's really healthy and brilliant for every kind of cooking. Oh, and it makes the best roast potatoes!

How will you use your Mellow Yellow goodness?



Half the saturated fat of olive oil

Home grown in harmony with nature

**FARRINGTON'S
MELLOW YELLOW**

www.farrington-oils.co.uk

ESSENTIAL FACTS AND figures

All the information and guidance you need to support your vegetarian lifestyle.

Guideline Daily Amounts

An increasing number of food labels now carry Guideline Daily Amounts (GDAs). These little figures provide a quick and easy indication of the nutrients contained in food, displayed as a percentage of your recommended daily allowance. Although GDAs vary depending on your age and how active your lifestyle is, the figures provide a handy tool for maintaining a healthy diet for you and your family. The tables below give the recommended amounts for each of the five food groups typically displayed on labels, as well as protein and carbohydrate figures to help you achieve a balanced meat-free diet.

ADULT GDAs	Men	Women
Energy (calories)	2,500	2,000
Carbohydrates (g)	300	230
Of which sugars (g)	120	90
Fat (g)	95	70
Of which saturated (g)	30	20
Protein (g)	55	45
Fibre (g)	24	24
Sodium (g)	2.4	2.4
Salt (g)	6	6



KIDS' & TEENS' GDAs

BOYS	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,700	1,950	2,200	2,750
Carbohydrates (g)	215	245	275	345
Of which sugars (g)	85	100	100	140
Fat (g)	65	75	85	105
Of which saturated (g)	20	25	25	35
Protein (g)	20	28	42	55
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

GIRLS	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,550	1,750	1,850	2,100
Carbohydrates (g)	195	220	230	265
Of which sugars (g)	75	85	90	105
Fat (g)	60	70	70	80
Of which saturated (g)	20	20	25	25
Protein (g)	20	28	28	45
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

FORAGING AND THE LAW

Before you head out for a foraging trip, it's important to be aware of the legal issues that might impact on your activities – although the good news is that the law is on your side!

- The Theft Act (1968) states that in the case of mushrooms or plants growing wild on any land, you may take away foliage, fruit or parts of the plant without committing an offence, provided you are not taking them for commercial purposes. However, if you intend to sell the mushrooms or in some other way profit from them, you are breaking the law by taking them without the owner's permission.
- Be mindful of laws on trespassing when foraging, too. Unless the area you are in is common land, open access land, or a public right of way, then you are trespassing by entering it without the owner's permission, and the land owner has the right to ask you to leave by the shortest reasonable route, if they find you there.
- The Wild Mushroom Pickers' Code of Conduct, published by Natural England, gives guidance on good practice when foraging; in particular, it recommends that you ask permission of the owners of the land you are foraging on, follow the Country Code, and minimise damage to vegetation and the natural area. For more information, see www.bms.ac.uk/Code.html.
- Check on local by-laws before you head out too, as these may contain further restrictions; for example, some by-laws ban the collection of forest produce, which would include mushrooms.

RECIPE TERMS

Don't be put off if a recipe uses terms you're not familiar with. A number of foods – including a large number of vegetables – have different names in the US and UK, so use this quick reference guide to identify ingredients.

UK	US
Aubergine	Eggplant
Bicarbonate of soda	Baking soda
Broad beans	Fava beans
Celeriac	Celery root
Chickpeas	Garbanzo beans
Chicory	Endive
Coriander	Cilantro
Cornflour	Cornstarch
Courgette	Zucchini
Double cream	Whipping cream
French/green beans	String beans
Groundnut oil	Peanut oil
Haricot beans	Navy beans
Icing sugar	Confectioners' sugar
Pepper (capsicum)	Bell pepper
Polenta	Cornmeal
Rapeseed oil	Canola oil
Rocket	Arugula
Soya	Soy
Spring onion	Scallion
Swede	Rutabaga
Treacle	Molasses

Conversions

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at www.theonlineconverter.co.uk.

WEIGHT

10g	¼oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1¾oz	900g	2lb
75g	2¾oz	1kg	2lb 4oz
100g	3oz		
125g	4½oz		
150g	5½oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9¾oz		
300g	10½oz		
325g	11½oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 2oz		
600g	1lb 5oz		



OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (½ pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1¼ pints
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers

VEGETARIAN & VEGAN ALTERNATIVES

The shelves of health food stores and large supermarkets offer vegetarians and vegans a huge range of healthy and nutritional alternatives to meat and dairy. Popular options include:

Agar: A vegetable-based gelatin that can be used in recipes for thickening or jelling.

Cheese* substitutes: A range of dairy-free cheese substitutes are available: soya cheese comes in a variety of flavours and textures similar to dairy cheese; tofu cheese has a mild salty taste, but absorbs flavours well. Brands to look out for include Sheese – which produces a wide range of 100 per cent dairy-free cheeses, including spreads and blue cheese alternatives – and Cheezly. Tofutti produces a mozzarella-style dairy-free cheese with good melting qualities.

Egg replacer: A powdered formula of starches and leavening agents which can be used in recipes that call for eggs. Popular brands include Ener-G and Orgran No Egg.

Mycoprotein: A meat-free protein, and the main ingredient in the popular brand Quorn. Produced from a member of the fungi family, it is naturally low in fat. (Note: this is not vegan, as it contains a very small amount of egg.)

Rice milk: A slightly sweet milk alternative. Thinner than soya milk, and with a slightly translucent consistency. Often used in dessert recipes.

Seitan: Made from wheat gluten, this vegan meat alternative can be used in Asian dishes instead of tofu. Both spongy and stringy in texture, canned seitan generally retains a lot of flavour from the brine it is stored in.

Soya milk: A dairy-free alternative to milk that has almost as much protein, less fat, no cholesterol and comparable levels of calcium. Look out for brands fortified with vitamin B12 to support a vegan diet.

Texturised Vegetable Protein (TVP)/soya meat/soya protein: A high-protein food made by processing defatted soya flour to extract soluble sugars. Often used as a meat replacement.

Tofu: Made from soya beans, and popular in East Asian cuisine. High in protein and rich in vitamins, minerals and polyunsaturated fat, with no cholesterol.

**Vegetarians beware! Some cheeses by law can never be vegetarian (e.g. Parmesan, Gorgonzola and taleggio) because they contain animal rennet, in which case you should seek a cheese alternative.*

Useful organisations

The Vegetarian Society

A registered charity committed to promoting the health, environmental and animal welfare benefits of a vegetarian diet.
Tel: 0161 925 2000
Email: info@vegsoc.org
www.vegsoc.org

The Vegan Society

An educational charity that provides information and guidance on various aspects of veganism.
Tel: 0121 523 1730
Email: info@vegansociety.com
www.vegansociety.com

Vegetarian for Life

A charity providing sympathetic assistance to older vegetarians and vegans and their families throughout the UK.
Tel: 01683 220888
Email: info@vegetarianforlife.org.uk
www.vegetarianforlife.org.uk

Vegetarian & Vegan Foundation

A registered charity set up to monitor and explain the increasing amount of scientific research linking diet to health.
Tel: 0117 970 5190
www.vegetarian.org.uk

People for the Ethical Treatment of Animals (PETA)

The largest animal rights organisation in the world.
Tel: 020 7357 9229
Email: info@peta.org.uk
www.peta.org.uk

Vegetarians International Voice for Animals (Viva!)

Vegetarian and vegan group with everything you could need to change to a plant-based diet.
Tel: 0117 944 1000
Email: info@viva.org.uk
www.viva.org.uk

govegan

While the tips we suggest are vegan-friendly at the time of going to print, please always check packaging for ingredients before buying, as companies may choose to change them at any time. We often suggest that recipes are vegan if all ingredients listed are generally found to be vegan, for example, red Thai curry paste or vegetable stock, but it always pays to check first.

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.

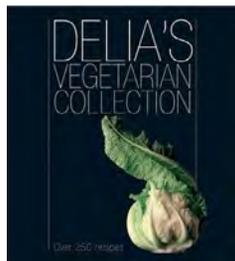
Lacto-vegetarian: Eats dairy products but not eggs.

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.

The essential cookbooks

A selection of favourite cookbooks as recommended by the *Vegetarian Living* food writers...



30-Minute Vegetarian Thai Cookbook by Sarah Beattie (Thorsons, £n/a*)

A Year in My Kitchen by Skye Gyngell (Quadrille Publishing, £14.99)

Appetite for Reduction: 100 Fast and Filling Low-Fat Vegan Recipes by Isa Chandra Moskowitz (Da Capo Press, £12.99)

Baby and Child Vegetarian Recipes by Carol Timperley & Stephen May (Ebury Press, £12.99)

Cooking Without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat by Barbara Cousins (Thorsons, £12.99)

The Cranks Recipe Book by David Canter (Orion, £n/a*)

Delia's Vegetarian Collection by Delia Smith (BBC Books, £15)

Eat Smart Eat Raw: Detox Recipes for a High-Energy Diet by Kate Wood (Grub Street, £10.99)

Eva Batt's Vegan Cooking by Eva Batt (Thorsons, £n/a*)

Food for Friends: Modern Vegetarian Cooking at Home by Jane Mostowfi, Ramin Mostowfi and Kalil Resende (Infinite Ideas, £16.99)

Good Housekeeping Step-by-Step Vegetarian Cookbook (Ebury Press, £19.99)

Indian Vegetarian Cookery by Jack Santa Maria (Rider & Co, £7.99)

La Dolce Vegan! Vegan Livin' Made Easy by Sarah Kramer (Arsenal Pulp Press, £16.99)

Leith's Vegetarian Bible by Polly Tyrer (Bloomsbury, £30)

Leon: Ingredients and Recipes by Allegra McEvedy (Conran Octopus, £20)

Linda McCartney's Home Cooking by Linda McCartney (Arcade, £n/a*)

The New Vegetarian Epicure: Menus for Family and Friends by Anna Thomas (Alfred A. Knopf, £n/a*)

Ottolenghi: The Cookbook by Yotam Ottolenghi and Sami Tamimi (Ebury Press, £25)

Plenty by Yotam Ottolenghi (Ebury Press, £25)

Rose Elliot's New Complete Vegetarian by Rose Elliot (HarperCollins, £25)

Terre à Terre: The Vegetarian Cookbook by Phil Taylor and Amanda Powley (Absolute Press, £20)

Vegan Brunch by Isa Chandra Moskowitz (Da Capo Press, £11.99)

Vegan Feasts: Essential Vegetarian Collection by Rose Elliot (Thorsons, £n/a*)

Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry (Da Capo Press, £10.99)

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz (Marlowe & Co, £17.99)

Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes by Isa Chandra Moskowitz (Grub Street, £9.99)

The Vegetarian Society's New Vegetarian Cookbook by Heather Thomas (HarperCollins, £n/a*)

World Food Café by Chris Caldicott, Carolyn Caldicott and James Merrell (Frances Lincoln, £14.99)

World Food Café 2: Easy Vegetarian Recipes from Around the Globe by Carolyn Caldicott and Chris Caldicott (Frances Lincoln, £14.99)

**Book does not have a current RRP listed, but can be bought through online bookstores such as Amazon and Waterstones.*



Suppliers

Recommended suppliers of ethical, vegetarian and vegan products

www.alotoforganics.co.uk

A useful UK organic search engine that features numerous organic, Fairtrade, ethical, eco-friendly, vegan and special diet products.

www.ethicalsuperstore.com

A supermarket of Fairtrade, organic and eco-friendly goods, from groceries to fashion.

www.fresh-network.com

A one-stop shop for all things related to raw food and holistic health, plus info on 'going raw'.

www.goodnessdirect.co.uk

A great selection of fitness and organic foods, vitamins and herbal remedies, cruelty-free toiletries and eco-friendly stuff.

www.hollandandbarrett.com

High-street suppliers of Fry's Vegetarian and Redwood, plus sausages, stir-fry strips, dried soya mince and chunks.

www.lowcarbmegastore.com

Supplier of low-carb and low-sugar products. Also stock wheat gluten powder

(for making seitan), plus nut and soya products.

www.rawliving.eu

Suppliers of a wide variety of raw foods, superfoods and supplements in the UK.

www.realfoods.co.uk

The largest Scottish retailer of organic, Fairtrade, vegetarian and special diet foods.

www.vbitesfoods.com

A selection of foods that are free from hydrogenated fats, eggs, GMOs, cholesterol, artificial colours and preservatives.

www.veganstore.co.uk

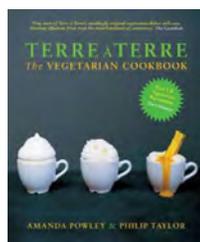
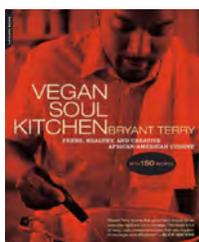
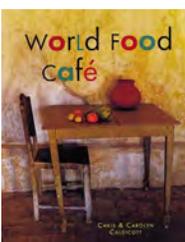
Endorsed by the Vegan Society, this online vegan store features over 800 cruelty-free products.

www.veggiestuff.com

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 and let us know.

VeggiePets.com 10th Anniversary!



THANK YOU to *all* our customers!

(Genuine customer photos of their happy and healthy companions)



VeggiePets.com

Since 2003, VeggiePets.com has been supplying ethical, healthy, alternative pet products all over the UK and the world! Vegetarian dog and cat foods, natural dog chews and biscuits, biodegradable cat litters and pooper bags, herbal remedies and more!

To celebrate 10 great years, we're giving 10% off for customers in September '13 - see website for details!

www.VeggiePets.com



Follow us! www.facebook.com/VeggiePets



Tel: 023 9245 3355 or write to VeggiePets.com, c/o Vegeco Ltd, Unit 5 Downley Point, Downley Rd, Havant, PO9 2NA

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

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!

ISLE OF WIGHT

Hayes Barton

Shanklin, Isle of Wight
01983 867747

AA

★★★★
Guest
Accommodation

A comfortable homely guest house with 9 en-suite bedrooms and an AA Dinner Award – evidence of the high quality of our home cooked meals. Relax in the knowledge that all Vegetarian, Vegan and Gluten-Free specialist choices are prepared with particular attention.

3 nights B&B, including car ferry, £158.00 pp*

3 nights BB and evening meal, including car ferry, £229.00 pp*

*Prices based on two people travelling in one car and sharing a double/twin room

Please contact Joan or Chris Williams for further information.

Email: williams.2000@virgin.net www.hayesbarton.co.uk T: 01983 867747



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
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

RCN 232208 Established 1963



VeggieRomance.com

find your other half



at

WWW.VEGGIEROMANCE.COM

Wine Distributor Wanted

Caledonia Australis/Mount Macleod is a super premium producer of organic wines produced to the highest environmental standards. We are seeking a like minded agent to distribute our wines to the UK market. For more information please contact Mark Matthews via

sales@caledoniaaustralis.com
or on +61432438325.

Find out more about us at:
<http://southgippslandwinecompany.com>



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

Absorb 100% Natural ingredients



www.oyasin.co.uk

Tel: 07968 299966 oyasinskinicare@yahoo.co.uk

Adopt a goat for Christmas



The ideal gift for the person who has everything

We take into care those that have suffered from neglect, abuse and abandonment, providing a loving home for the rest of their days

Buttercups
Sanctuary for Goats

Boughton Monchelsea, Maidstone, Kent, ME17 4JU

Visit our website at www.buttercups.org.uk

Registered Charity Number 1099627

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



If you don't eat animals
don't wear them



Send for
Free 2014
catalogue

www.freerangers.co.uk
email:info@freerangers.co.uk

Tel: 01207 565957

Freerangers, (Dept VLM11/13) 87 Derwent Street, Chopwell NE17 7HZ



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



As I get older, the term 'well preserved' takes on more and more significance, but on this occasion I'm talking about the age-old art of preserving food.

Nothing makes me happier in the kitchen than seeing rows of neatly stacked jars, freshly filled to the brim with homemade chutney, jam, jelly or curd. It's one of those kitchen accomplishments that commands a well-placed sense of pride and, if you're as hit and miss at general organisation as I am, some self-congratulatory back slapping.

Not only have you gathered from hedgerows, orchards or indeed the shops, the fruit or vegetables that are required, but you've also hauled out the preserving pan, collected jam jars, sterilised them and got busy with the knife and the chopping board, turning the raw ingredients into jars of delight (or jars of surprises if you don't label them, being certain you'll not forget what's in them - I can tell you from experience, you will absolutely forget!). Whether you know what's in them or not, they are there, ready to be prised open during leaner times in the coming season.

We've made attempts to preserve food for many thousands of years from smoking, salting and drying to storing in brine. Aside from the relatively new invention of refrigeration, our methods

have not changed that much. Neither has the necessity to use up gluts of crops or our desire for variety during the cold months. While there may be racks of jams, chutneys and jellies on the supermarket shelves, if you try to follow a seasonal diet then preserving is as important a part of the year's culinary cycle as spring's first bounty after winter's slim pickings.

What I like most about preserving is the process of saving a bit of the summer, brightening the dark winter months. Nothing is more summer-evoking than popping the top off a jar of tomato chutney, and if the tomatoes were homegrown too, then all the better. But no matter if they weren't, summer will still be lingering there in the sweet, sharp tang.

I love the change of the seasons and autumn brings with it many things that I adore: crisp frosty mornings, real fires, soups, stews and being cosseted in the warm kitchen, but I never can resist summer's allure.

For now, I'll take that in a jar of strawberry and vanilla jam, I know the strawberries were picked by us and that a great many of the fat, ripe fruits didn't make it to the weighing station at the local farm; children, rather than punnets, should be weighed before and after pick-your-own for a more reliable price. There's piccalilli too, stacked up in the back of the cupboard, full of French beans grown on a friend's allotment and given away by the carrier bag full, the mustard yellow brighter than today's pale sun.

Easy-does-it blackberry and pear jam **V**

This is barely a recipe, it's so simple - jam purists I apologise in advance. It's the way my grandma used to make jam, tasting as you go along to make sure you've got the right amount of sugar.

Makes 1kg

450g blackberries
450g pears, peeled, cored and diced
500g sugar (granulated, caster or preserving are all fine)

- 1 Sterilise your jam jars by washing them in hot soapy water and rinsing thoroughly. Leave them to dry in a very low oven.
 - 2 Add the prepared fruit to a large preserving pan and over a low heat cook the fruit in its own juice for about 10 minutes, stirring occasionally.
 - 3 Turn off the heat and add the sugar. Stir well until it's all absorbed, then turn the heat on again. Bring to the boil and bubble for around 10-15 minutes.
 - 4 Pour a spoonful of jam on to a saucer and leave to cool. If the jam starts to set, it's ready. You can taste the jam too and add a little more sugar, if required.
 - 5 Spoon carefully into the sterilised jars and seal up straight away.
- PER 20g SERVING 45 cal, fat 0g, sat fat 0g, carbs 12g, sugars 12g, protein 0g, salt 0g, fibre 0.5g



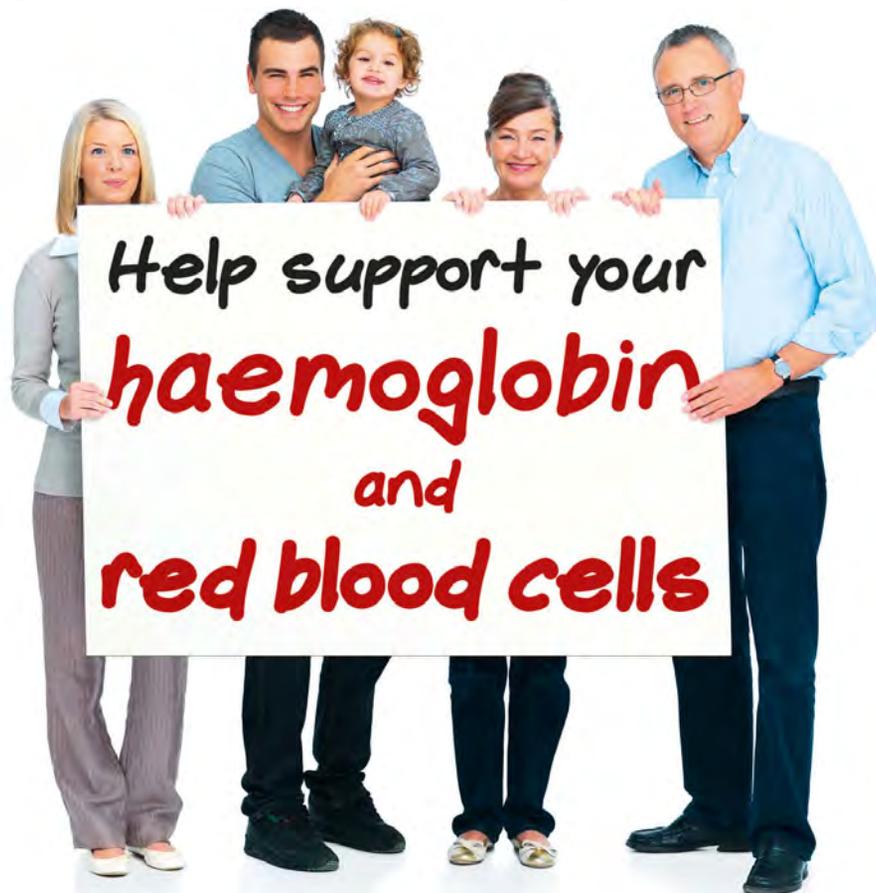
THIS MONTH I'M LOVING... WARNER EDWARDS ELDERFLOWER GIN

The name Warner Edwards comes from Tom Warner and Sion Edwards, old friends who use water from their own natural spring to make excellent craft, small-batch gin at their tiny distillery in Harrington, Northamptonshire.

I've visited the distillery a couple of times and seen the impressive German copper still working its magic. This small run of elderflower gin - just 2,000 bottles - made with elderflowers picked in Sion's native North Wales, is a perfect reminder of this year's beautiful summer.

www.warneredwards.com

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 supports iron absorption.

- ✓ GENTLE FORMULA
- ✓ EXCELLENT TASTE

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



Original Liquid

Plus Liquid

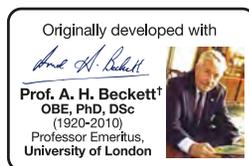
Available from



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

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

With Swiss Alpine malt



Britain's leading supplements for specific life stages



VITABIOTICS
SCIENCE OF HEALTHY LIVING



Turn your passion for baking into some serious dough!



The Pampered Chef is the UK's premier direct selling company for high-quality kitchen tools, presented through in-home Cooking Shows, demonstrating easy recipes that produce dramatic results. Pampered Chef Consultants can earn over **£500 a month** by holding just **2 cooking shows a week!***

Work the hours you choose • Pay for Christmas • Be the best boss you've ever had

*Based on 2012 Cooking Show sales average of more than £320 per show.

How?

As a Pampered Chef Consultant, you'll show guests how to create simple but spectacular recipes at in-home Cooking Shows, using a range of our fabulous kitchenware and utensils. Everyone gets involved in preparing the recipe and afterwards, your guests enjoy tasting the results whilst shopping from the full range of Pampered Chef products.

**To find out more about becoming a Consultant,
visit pamperedchef.co.uk
or call 0800 9 555 888**



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

 [@UKPamperedChef](https://twitter.com/UKPamperedChef)

