

HEALTHY • SUSTAINABLE • DELICIOUS

# vegetarian

## LIVING

### World food

A VEGETARIAN JOURNEY  
WITH CHRIS AND CAROLYN CALDICOTT

#### SEASONAL SUPPERS

Making the most of autumn's new fruit and veg

#### PRESERVES FROM THE PANTRY

Delicious home-made chutneys

#### ECO PIONEER

Cornwall's creative designer who works with waste

#### STORECUPBOARD STAPLES

Sarah Beattie's traditional pies and puddings

#### CLASSIC BISTRO MENU

French fine dining from Michelin-starred chef Bruno Loubet



**45**  
MEAT-FREE  
RECIPES  
**27**  
DAIRY-FREE  
IDEAS

PUMPKIN AND PEA  
COCONUT CURRY



#### ANTONIO CARLUCCIO

Fabulous ways to enjoy this month's foraged fungi



#### CHOCOLATE INDULGENCE

Grown-up comfort food from master pâtissier Eric Lanlard



#### BILL GRANGER

Fresh, everyday dinner ideas for busy families



PLUS: Gardening | Nutrition advice | Top eco-products | Chef's tips



# The taste of summer...

Light, tasty ideas for summer indoor and outdoor eating – popular slicing garlic sausage, succulent chicken-style strips and delicious Louisiana Tenders



Polony (Slicing Garlic Sausage)

(serving suggestions)



Wraps with Chicken-Style Strips



Louisiana Tenders

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# Welcome

**The UK's best-selling vegetarian magazine just got better!**



As the saying goes, 'variety is the spice of life', and this is never truer than in the food we eat. An array of world cuisine is readily available to us, which is why we enjoy showcasing the many wonderful flavours different countries and cultures have to offer.

With this in mind, Lindsey Harrad chats exclusively with **Chris and Carolyn Caldicott** of the World Food Café, whose globetrotting adventures from Burma to Finland in search of the world's finest vegetarian cuisine has resulted in some inspiring tales, as well as some fantastic meals (page 26); also 'spice master' **John Gregory-Smith** brings us recipes inspired by his travels to find the best street food at markets and stalls from Istanbul to Mexico (page 50).

Back at home, *VL* favourite **Bill Granger** offers fresh inspiration for family meals, with easy-to-create dinners, including our mouth-watering cover recipe (page 34); and one of Italy's greatest food ambassadors, **Antonio Carluccio**, celebrates this season's hidden treasures with three simple ways to enjoy wild mushrooms (page 44).

Sara Niven meets former top model Georgina Jones, who now creates natural remedies and skincare products from her home in rural north Wales (page 48).

Also, master pâtissier **Eric Lanlard** indulges in his favourite ingredient – chocolate – to create gorgeous grown-up treats (page 58); Michelin-starred chef **Bruno Loubet** prepares a French-style bistro menu to entertain your friends (page 38); and Liz Martin presents sweet and savoury dishes full of autumn's new seasonal fruit and veg (page 20).

And if that wasn't enough, Sarah Beattie crafts wondrous pies, puddings and cakes using an essential storecupboard ingredient, vegetarian suet (page 72); we meet the designer turning recycled coffee cups into stylish homeware (page 63); and help you stock your pantry with our tangy home-made chutneys (page 64); plus much more!

Enjoy the issue...  
Paul Morgan, Editor



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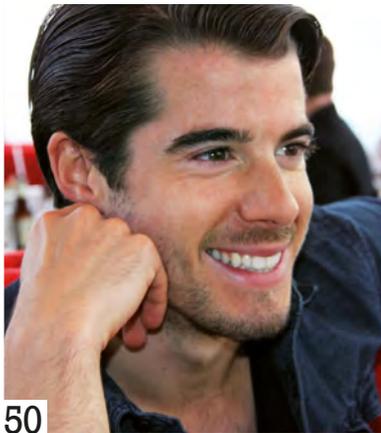
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## APPEARING THIS MONTH...

### Bill Granger

'Providing nutritious and delicious meals for loved ones is one of life's prime sources of satisfaction'

© JOHN KERNICK



The Australian-born restaurateur, food writer and TV chef is a self-taught cook and devoted father who believes that food should always be a joy, never a chore. Bill has written nine books and appeared on various TV shows.

■ Sample Bill's trademark simple, fuss-free food, on page 34.

### Antonio Carluccio

'When I started to run my restaurant in 1981, I had personally to collect all the mushrooms to be used!'

© ALASTAIR HENDY



The best-selling Italian cookery writer needs no introduction, having spent 50 years in the culinary world. Above all, Antonio believes it is important to remain true

to the ingredients and cooking traditions of his country.

■ Discover why Antonio is renowned for his love of wild fungi, on page 44.

### Eric Lanlard

'As much as I adore eating chocolate, it's as a baking ingredient that I love it the most'

© KATE WHITAKER



Eric Lanlard is a French master pâtissier and celebrity chef who moved to the UK in 1989 to work with Albert and Michel Roux. He has four TV series to his name, and in 2014 hopes to become the first chef to travel into space with Virgin Galactic!

■ Find out why Eric's desserts are out of this world, on page 58.

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



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## Your menu

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- V SUITABLE FOR VEGANS
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- C READY IN MINUTES

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## MEET THE FOOD TEAM



### Liz Martin

FOOD EDITOR

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



### Sue Baic

MSc RD RNutr

NUTRITION EDITOR

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



### Alice Gunn

VEGAN EDITOR

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

# 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.



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SMOKERS JAPANESE TEAS SYRUPS BITTERS BARISTA TOOLS SODA KIT WHIPPERS

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# Share your thoughts

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



## LETTER OF THE MONTH

### Very fine dining

I have been a vegan for nearly 20 years, so have watched things change for us and slowly improve in terms of eating out. I have just got back from a trip, which took me from Derbyshire to Shropshire, and I had such good experiences eating out that I felt the need to write about it.

All too often we share the negative things we experience, so we must learn to give credit where credit is due. My first meal out was at the Burnt Gate at Anslow, which offers a separate vegan menu – very nice food and refreshing to have a choice. Across in Shropshire we visited the Thai Mere restaurant in Ellesmere. The Thai chef/manager came to speak to me and sorted out what I liked and how he could adapt a meal to suit me. Delicious, and again refreshing to speak to a chef who understood and respected the vegan way.

And lastly we visited the Maypole Court Café Bistro in Wem where the chef came out to greet me and offer me options – all home-made and again delicious. And he would also cook something special if you rang ahead.

We are still a minority, but we are being heard and included. So get out there all you veggies and vegans because there is a lot of fine eating and socialising to do!

**Paula Bradfield, via website**

Not so good down under  
Until I found your magazine in the newsagent I had no idea of the world of other vegetarians out there. There are very few 'vegos' in Australia as it is a very meat-centric country and Kelly Rose Bradford's veggie vents column resonates every month – the issues she describes are a daily event for our family.

It has not been an easy ride. For example, products such as Quorn have only been in the shops here for about two years. Likewise, different varieties of tofu have only just reached our shores. If I were to try to write a booklet on vegetarian restaurants in Perth I believe it would contain three entries! Most restaurants have one or two options and that's about it – I hate to think how vegans manage. We just don't eat out very often!

My husband now buys me a subscription to your magazine for Christmas every year!

**Marion Hewitt, Safety Bay, Western Australia**



## VL in the USA

I discovered your magazine while visiting England in April. I absolutely love it! The recipes are amazing and easy to follow. The photography and layout are gorgeous! I live in Orlando, Florida. Is your magazine available in the United States? I hope so! Regardless, keep up the good work.

**Allison McGrath, via website**



*VL is indeed available in the US – we're currently stocked in selected Whole Foods and Barnes & Noble. In fact, we're expanding to even more B&N stores in November, so keep an eye out!*

## 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](http://www.greenpeople.co.uk)



## HOT TOPIC

To tie in with our main news story this issue (page 10), we asked: **Do you find that diets really work?**

## VIA FACEBOOK...

No. If by diet you mean 'temporary restriction of calorie intake and/or specific food groups'. Now, if you're suggesting a thorough re-evaluation of your menu, and the amount of physical activity you undertake, you might stand a chance.

**Agnès Denie**

A diet will only work if you really want it to be the catalyst for a complete change of lifestyle. You have to learn to recognise your own hunger and the triggers that can make you go off the rails. A 'diet' should be more of a lifestyle change, and it can be the littlest things that you change that matter. Small changes gradually done will make big improvements over the course of a couple of weeks and not feel like such a huge change in your life.

**Sue Hall**

## VIA TWITTER...

@Ian Jeffery Diets on their own are unsustainable – lifestyle change including a more balanced diet and exercise are more healthy and sustainable.

@Jackie Oohh Vegetarian and vegan diets work! Since going vegetarian I have more energy and dropped 12lbs without trying. Literally, I don't work out!

@Sean Constable Anything works if you are committed to it, but diets are about depriving – best solution is using common sense in eating.

@Shawneda Marks No, changing my eating choices and replacing old unhealthy staples with nutrient-dense alternatives worked for me.

## 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



## Don't count on it

The average British adult could spend more than three decades of their life on a diet, a new study reveals. More than 4,000 people were questioned about their dieting habits and three-quarters admitted being unhappy about their weight and yo-yo dieting regularly. The average amount of time spent on a diet each year was calculated as being a somewhat staggering 6.29 months.

The independent market research commissioned by Del Monte Naturally Light found that nearly all of those questioned (90 per cent) have no idea how many calories are in everyday foods and drinks, despite the figures being printed on packaging. More than half did not know the recommended daily calorie intake for men and women and 60 per cent said they were trying to lose weight not by following a specific diet plan but instead by constantly watching and controlling their food,

although in reality for many this was often more of a psychological than nutritional exercise. Common responses included the idea that 'If I have muesli for breakfast and a salad for lunch, I feel fine about having cake in the afternoon. It all balances out.'

*Vegetarian Living's* nutrition editor Sue Baic comments: 'If you are trying to lose weight, keeping an eye on calorie intake can be helpful but don't go too low - around 1,500-1,800 calories per day will lead to slow steady weight loss for most people. It can be useful to look at the calories on packs of many processed foods and even on menus in restaurants and coffee shops. Often items are higher in fat, sugar and calories than you realise and portion sizes can be large, meaning that there may be healthier choices available or that sharing something may be a better option.'



## EDIBLE EXPERIENCES

A unique series of vegetarian and vegan food and drink pop-ups, supper clubs, art exhibitions and events are set to appear in the heart of Soho in September. Over five weeks, the Kitchen Clinic will explore inventive ways in which you can use flavours and herbs within different cuisines.

These unique experiences come from the team behind Sutra Kitchen, Central London's first vegetarian and vegan cooking school. The Kitchen Clinic will host global supper clubs that include the World Brunch Club, Pan Asian, Mexican, Vegan Italian and Indian Street Food, as well as an Urban Supper Club hosted by Sutra Kitchen's Jay Morjaria where all the ingredients will be sourced within the M25.

In addition, pop-up wine company A Grape Night In will be hosting a sustainable wine dinner, and Ubuntu Chocolate will be setting up a chocolate tapas bar.

The Kitchen Clinic will run 7 September-14 October. For more information, visit [www.thekitchenclinic.com](http://www.thekitchenclinic.com) or follow them on Twitter @kitchenclinic.



## Packing a crunch

Organic, gluten-free and delicious, there's nothing not to like about two new crunchy granolas from Nature's Path. Choose from pumpkin seeds, almonds and raisins; or raspberries, strawberries and blueberries with yogurt chunks.

Both come in a 312g pouch costing £3.49 from Sainsbury's, Tesco, Waitrose and Ocado, plus independent health food shops.

# Wholefood news from Suma



*Emma Robinson gives us the low-down from Suma...*

Here at Suma it's no secret that we're keen on dried fruits, beans, pulses, grains and other wholesome foods. However, many of us like to dabble with foods of the homegrown variety too.

Starting late September is British Food Fortnight. Since you can't get much more local than homegrown, some of our more green-fingered members have offered to share some of their top grow-your-own tips for autumn:

- You need less space than you think to get started - many smaller plants and herbs can do very nicely on your desk or windowsill.
- On the veg patch, clear back summer-fruiting plants and sow overwintering seeds like spinach, turnip and onions.
- Recycled Suma tin cans make great fruit or veg planters!
- The wet weather brings those dreaded slugs - keep them at bay the natural way by scattering eggshell fragments around plants and setting beer traps.

On the subject of do-it-yourself British food, now is also a great time to dust off those empty jam jars and make some chutney. Autumn plants like apples, squashes, marrow and cauliflower can make delicious chutney; just add vinegar and sugar plus tasty extras like chilli, sultanas and spices and you're good to go. Make a big batch and you might have enough to last you all year round!

[www.suma.coop](http://www.suma.coop)



Suma workers with their tomato plants



Pictured: Suma Organic Sultanas (£2.75) - available from wholefood shops and online at [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com)



## SIMPLY BEASTLY

The new Magpie Beasties kitchenware range is a collaboration between English textile designer Carola van Dyke and Cotswold Trading. Beasties takes four of Carola's appliqué textile animals previously seen on soft furnishings like cushions, and places them on plates, mugs and tinware.

Prices start from £8.50 for a mug and go up to £25.99 for a set of three cake tins. All are available from mid-September at [www.cotswoldtrading.com](http://www.cotswoldtrading.com).

### COUNTRY SET

We have three sets of two porcelain mugs up for grabs in Mr Fox and Mr Stag designs (one of each). See page 62 for details of how to enter.



## SWEDISH STYLE

If like us you associate Denby with more chunky - albeit still very attractive-looking - tableware, then their brand new Malmo range may come as a surprise.

A combination of blue and white with a floral bloom shows a pretty Scandinavian influence, although, as with all their ranges, Malmo is handcrafted in Derbyshire, England.

Prices start from £13.75 for a salad plate to £69 for a teapot. Available from John Lewis and [www.denby.co.uk](http://www.denby.co.uk).



# Dates for the diary

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH

## 4-5 October

### London VegfestUK

Held at London's Olympia, this is a great day out for anyone interested in vegetarian food. Expect loads of offers and free tastings, bargains, cookery classes, talks, presentations, two workshop areas and much more.

[www.london.vegfest.co.uk](http://www.london.vegfest.co.uk)

## 14-20 October

### Chocolate Week

A three-day event with Salon du Chocolat ([www.salonduchocolat.co.uk](http://www.salonduchocolat.co.uk)) providing a spectacular finale for the week. Held at Olympia, London, it promises everything from chocolate sculptures and a fashion show to a children's chocolate club and chocolate café.

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



### CHOCOLATE HEAVEN

Five readers will each win a pair of tickets (worth £36 a pair) to Salon du Chocolat. See page 62 for details of how to enter.

## 30 October-3 November

### Country Living Magazine Christmas Fair

This event brings together hundreds of exhibitors from all over the UK, where you'll find inspiration for the festive season ahead. Enjoy mouth-watering treats from some of Britain's finest producers, indulge in glamorous party fashions, and pick up some clever tips and culinary secrets at entertaining demonstrations.

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



### GIFTS & GOODIES

We have three pairs of tickets (worth £35 a pair) to give away. Plus, readers can save 25% off the door price when booking tickets in advance. Turn to page 62 to find out more.

## Home on the range

Bake a batch of seasonal muffins as a Halloween treat with this recipe from a lovely new book called *Sweet Things from the Aga*, by Hannah Miles (Absolute Press, £17.99). Full of delicious ideas for everything from roulades to custard tarts and aimed at those who have an Aga, but the recipes also work for conventional ovens too.

### Pumpkin muffins

You can sometimes buy tinned pumpkin purée, but if not, prepare your own by roasting pumpkin (or butternut squash) which has been peeled, deseeded and cut into small pieces. Wrap them in foil with a little water and maple syrup and bake until the flesh is soft then purée in a food processor until smooth.

**Makes 12 | Prep 15 mins | Cook 20 mins**

- 100g butter
- 250g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 2 tsp vanilla extract
- 1 tbsp ginger syrup
- 2 tsp ground cinnamon
- 100g caster sugar
- 100g pecan nuts, chopped
- 150ml milk
- 100g Greek yogurt
- 2 free-range eggs
- 100g pumpkin purée



PHOTOGRAPH: MIKE COOPER

- 1 Place the butter in a heatproof bowl on top of the Aga (or on a conventional hob) to melt it, then leave to cool.
  - 2 Sift the flour, bicarbonate of soda and baking powder into a bowl. Add the vanilla, ginger syrup, cinnamon, sugar and chopped pecans and mix well.
  - 3 Whisk together the milk, yogurt and eggs and mix into the flour mixture. Pour in the cooled butter, add the pumpkin purée, and whisk again. Spoon the mixture into 12 muffin cases placed in a muffin tin.
  - 4 Bake on the middle runners of the roasting oven below a cold shelf (or at 180C/fan 160C/gas 4 in a conventional oven) for 15–20 minutes, turning the tray halfway through cooking. Leave the muffins to cool on a rack. They will keep for up to 2 days in an airtight container but are best eaten on the day.
- PER MUFFIN 264 cals, fat 15g, sat fat 6g, carbs 29g, sugars 12.5g, protein 5g, salt 0.5g, fibre 1.5g

### SWEET SENSATIONS

Five winners will each receive a copy of *Sweet Things from the Aga*. See page 62 for details of how to enter.

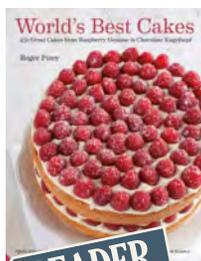


## On the shelf

### Books for cooks

Each recipe in this new book, *World's Best Cakes: 250 Great Cakes from Raspberry Genoise to Chocolate Kugelhof* (Jacqui Small, £30), has been meticulously researched and baked by Roger Pizey, one of the world's leading pastry chefs. It isn't cheap, but it is a substantial hardback with beautiful photography that would make a great gift for any cake or baking enthusiast wanting to impress, and is divided into chapters that enable you to pick and choose the recipes as your expertise develops.

Try your hand at everything from sponges to cheesecakes, tray bakes to tarts and fruit, nut and seed cakes – or buy it for someone who may be willing to bake them for you! The book is published on 19 September.



### TAKE THE CAKE

Two readers can each win a copy of *World's Best Cakes*. For more details, turn to page 62.

## TO BE FRANK

Former professional footballer Neil Robinson played for Everton in the 80s and has been a vegan for more than 30 years. He recently launched a new vegan-friendly, wheat-, nut- and gluten-free snack bar called Frank. We caught up with him to find out more.



### How did people react to you as a vegan footballer?

I didn't experience many problems – most players were inquisitive and some took the mickey, but generally I was 'accepted'. Every manager and coach I played for never once questioned my fitness or ability, which I think is testament to the fact that being a vegan athlete presents no problems whatsoever.

### What about your family?

My two daughters, Alison, 31, and Kathryn, 29, have been vegan for many years after being brought up as lifelong vegetarians and I'm really proud of them. My wife, Pauline, has been vegetarian ever since we got married in 1978, but I just can't tip her over into veganism!

### Veganism has become far more mainstream since the 1980s. Do you see this continuing?

It saddens me that with the advent of the internet, and through the power of online social media, the ethical and moral message of veganism is still not convincing enough people. Global veganism won't happen in my lifetime, but I hope that slowly but surely, we'll see a difference in coming years.

### How did you end up producing a vegan snack bar?

I started experimenting in the kitchen at home and my family loved them. We thought we may have a small cottage industry on our hands – and after a lot of help and investment The Frank Food Company was born!

Frank Bars are available in five flavours, from Selfridges, all five Planet Organic stores in London and online at [www.thefrankfoodcompany.com](http://www.thefrankfoodcompany.com). Prices vary depending on stockist, but a box of 20 bars costs £17 online.

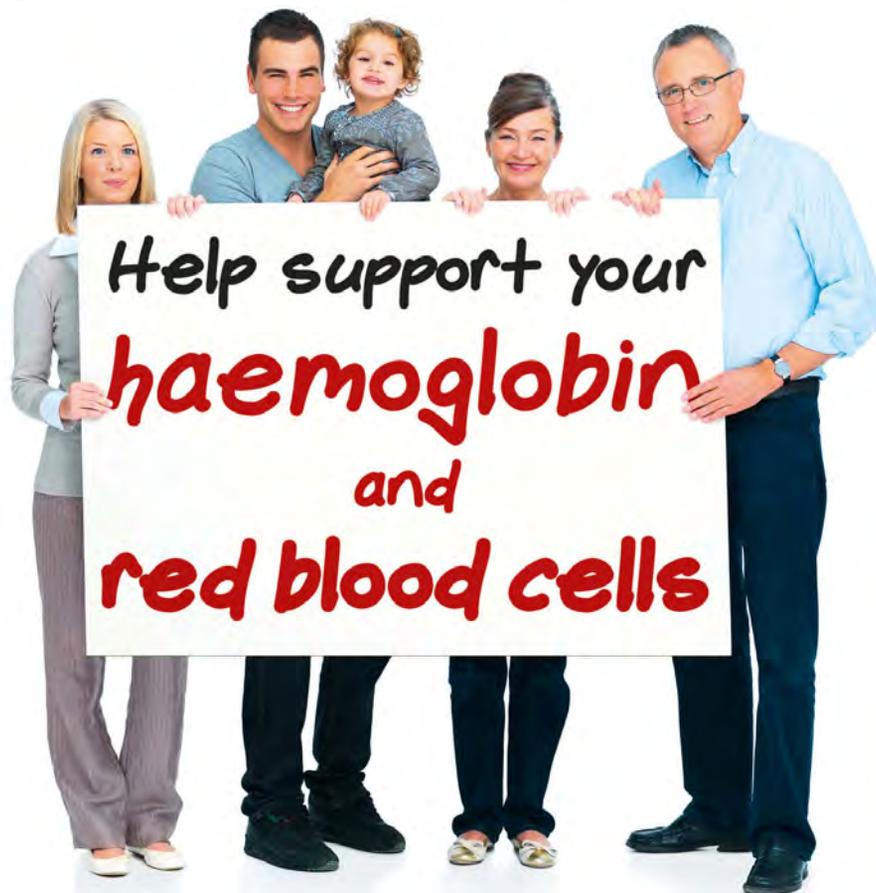


### BAG A BOX

We have three mixed boxes of Frank bars to give away, worth £17 a box. Turn to page 62 to find out more.



# 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

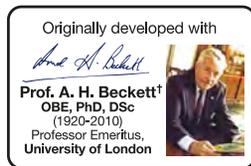
Available from



Superdrug, Holland & Barrett, GNC, chemists, health stores, supermarkets & [www.vitabiotics.com](http://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

## UPPER CRUST

To celebrate National Baking Week on 7-12 October, we have this delicious recipe for individual puff pastry pies, courtesy of [www.tenderstem.co.uk](http://www.tenderstem.co.uk). The pies can be made in advance and chilled before baking.

### Tenderstem, shallot, sweetcorn and tarragon butterbean pot pies

Makes 4 pies | Prep 25 mins | Cook 20 mins

- 50g unsalted butter
- 6 shallots, thinly sliced
- 50g plain flour
- 850ml milk (or a mix of milk with a little cream for extra indulgence)
- 2 x 410g cans butterbeans, drained and rinsed
- 240g Tenderstem broccoli
- 325g can sweetcorn, drained
- small bunch of tarragon, leaves chopped
- salt and freshly ground black pepper
- 1 sheet ready-made puff pastry

**1** Melt the butter in a heavy-based saucepan and add the shallots. Sweat over a medium-low heat for 10 minutes until they are starting to soften. Stir through the flour, mixing it well into the buttery juices and cook for 1 minute.

**2** Over a low heat, slowly pour in the milk, stirring all the time to prevent lumps forming. Once all the milk is combined, increase the heat a little and bring up to



the boil, cooking for a few minutes until the sauce is thick and glossy. Add the drained and rinsed butter beans and remove from the heat.

**3** Blanch the Tenderstem in boiling water, then drain well and stir through the sauce. Add the sweetcorn and tarragon, and season well with salt and freshly ground black pepper. Divide between 4 deep pie dishes, or split into smaller dishes for children's portions. Set aside to cool.

**4** Unroll the sheet of puff pastry on to a lightly floured worktop and cut into pieces large enough to fit on top of the pie dishes. If necessary, roll the pastry a touch thinner to make it a little larger. Lay the pastry over the pies and tuck well down over the filling. Make a cut on the surface for the steam to escape, brush with a little milk and sprinkle over a few flakes of sea salt. Chill until required.

**5** When you are ready to bake the pies, preheat the oven to 200C/fan 180C/gas 6. Bake for 20 minutes until the pastry is crisp and golden and the filling is bubbling hot. (If you are cooking smaller pies, reduce the time a little.)

■ PER SERVING 750 cals, fat 35g, sat fat 17g, carbs 84.5g, sugars 23g, protein 26g, salt 4.2g, fibre 15.5g

### go vegan

**V** Swap the butter and milk (or creamy milk) for soya alternatives, and double-check the pastry packaging for non-vegan ingredients.



## Cheesy does it

Online veggie and vegan one-stop shop Planet V is selling a new range of soya-free vegan cheese made from germinated wholegrain rice.

There are currently three products available – Mossa Risella, Creamy Risella, and Smokey Risella – with more being introduced soon. Each costs £3.85 or you can buy a tasting starter pack. All are available at [www.planet-v.co.uk](http://www.planet-v.co.uk).

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



## My new favourite thing

I was so pleased to be invited to the launch of goldenberries. Grown in the high altitude regions of South America, this is the new superfruit.



Also known as physalis, goldenberries have been eaten in South America for centuries as a folk medicine and are Fairtrade, organically grown, and 100 per cent natural with no additives or preservatives – they are also high in fibre and antioxidants.

I've been eating fresh physalis for some years now and I feel this is set to be the 'new cranberry', with juices coming too.

Terrafertil Goldenberries are available at Holland & Barrett, priced £2.99 for 100g.

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

## GUNPOWDER PLOT

M&S has launched a new food range, Modern Indian, which includes a number of meat-free dishes to try.

We love the sound of the vegan-friendly Gunpowder Potatoes (£1.99 for 200g) which are roasted new potatoes coated in aromatic spices with spring onions, red chilli and coriander. Crunchy Spiced Slaw (also vegan-friendly) is a salad of red and white cabbage, mango, pomegranate, coriander and parsley with a lime and chilli dressing (£1.99 for 125g), and Black Dhal (£1.99 for 250g) is a vegetarian spiced dhal made with black lentils, ginger, garlic and coriander.



**VEG**   
**LIVING**  
**LOVES**



## SOULFUL ONE POT

They may only have one veggie/vegan option in the current range, but we'd love to see more, as the Soulful One Pot Butternut, Lentil & Spinach Hotpot got us raving.

More substantial than soup, quick to heat in the microwave, and a very tasty combination of pulses and veg cooked with coconut and lemongrass, it made veggies and meat-eaters alike very happy.

We're not the only ones to think so, as it has also won a Great Taste Gold award. Each pot costs £3.59 from Ocado, Wholefoods and other independent stockists.



## Snack attack

Liberation is the UK's first Fairtrade and farmer-owned nut company and has recently launched two new snacks. We thought both the Oven Baked Chilli & Lime Cashews with Peanuts & Roasted Corn and the Oven Baked Salted Cashews & Peanuts were very tasty, although our heat-loving taste testers would have ideally loved a tad more chilli power in the former. Find them at Waitrose, priced at £1.49 for 100g bag.

If a sweet tooth is more your thing, Yu! healthy snacks have just launched four new products made with 100 per cent real fruit. Included in the range are fruit pieces, yogurt-coated fruit pieces, fruit and cereal bars, and granola and fruit pieces. Prices start from 45p and you'll find the dried fruit snacks in the home-baking sections of Tesco and Sainsbury's, and in the healthy snacking aisle in Waitrose.

Kelly Rose Bradford wants the 'experts' to get their facts right, before telling us all what constitutes a vegetarian diet.



# VEGGIE VENTS

It seems everyone has an opinion on vegetarian diets – friends, casual observers, strangers questioning what's in your sandwich – all pretty irritating, but par for the meat-free course. What is *very* irritating, though, is when an 'expert' is trotted out to pass comment on vegetarianism when they quite obviously do not have a clue about what it really means to follow a fleshless food plan.

Take this little gem from a celebrity doctor in a recently published piece on raising vegetarian children: 'Their diet should, if possible, contain dairy products, eggs and fish, and be planned carefully to contain all essential ingredients.'

I re-read it several times to see if I had misconstrued, misunderstood or even imagined the craziness that was printed on the page (or to be fair, on the web, as I was reading the article online). But no. The celeb doc really was telling readers that veggie kids should be eating fish. Fish, those water-based, gill and scale bearing things that swim and frolic and have a beating heart and are therefore a living creature and not, as far as veggies are concerned, dinner.

The whole vegetarians-and-fish thing has me pulling my hair out at the best of times, but I was staggered – and a bit appalled – that a respected doctor and journalist could get the fundamentals of vegetarianism so very, very wrong.

The piece also contained this line, which raised my fury levels to never before felt proportions: 'Children can be brought up vegetarian but it is worth paying attention to what they eat.'

I don't know if the 'can' was permission from the good doctor, or just an

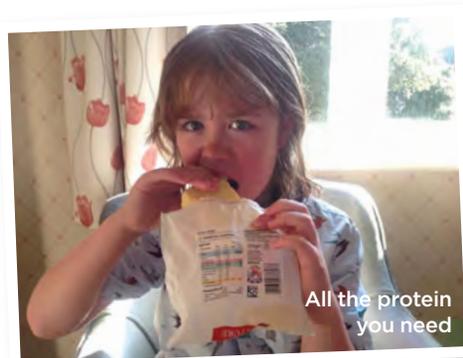
observation – either way it annoyed me, as did the 'but it is worth paying attention to what they eat' which followed.

Parents raising vegetarian children do little but pay attention to what they eat. They have to, when people are trying to feed them animal products at every turn and when the 'V' option on kids' menus is rarely anything more than a fatty cheese and tomato pizza (served with chips, of course).

While I am used to common or garden meat-eaters talking cobblers about what constitutes a veggie diet, and the possible health implications of the same, it is particularly disappointing when a so-called 'expert' spouts eye-brow raising guff posing as medical opinion. On the rare occasions vegetarianism is mentioned in the national press, why do they never roll out a spokesperson from the Vegetarian Society (or *Vegetarian Living!*) to comment on meat-free diets and nutrition?

It's not as if the correct info is not out there – obviously the Vegetarian Society is a fab resource, but the good old NHS also comes up trumps for simple, straightforward advice. The Live Well web campaign has pages on veggie and vegan diets, and a whole section on children and babies, with good info on veggie kids' needs for vitamin B12 and vitamin D, and foods rich in them.

The writer of those tips which so irked me might well have been a doctor, but when it comes to pontificating about vegetarianism, they would have done well to have consulted the NHS before penning their own words of wisdom, as meat-free eating is a topic they obviously knew nothing about. And when publications want to devote column inches to the veggie way of life, here's a novel idea – why not consult an actual vegetarian?



All the protein you need

*'When publications want to devote column inches to the veggie way of life, here's a novel idea – why not consult an actual vegetarian?'*

# Could you taste the difference?

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

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

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



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

*What shall I cook?*

# Time for tea

Children will love these delicious easy-to-eat dinner ideas, with simple filling flavours full of cheese and beans.



© JOHN KERNICK

37

**Quesadilla with black beans and green tomato salsa**



© MICHAEL DANNENBERG

20

**Herby leek and cheese bread pudding** \*



© WILLIAM LINGWOOD

52

**Condesa smoky beans with green salsa**



© SARAH BEATTIE 2013

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**Savoury pinwheels** \*

# in season OCTOBER

Tuck in to our delicious October recipes – cabbage 'cannelloni', a simple stir-fry and cheesy pumpkin scones.



## Fruit

Apples, Cranberries, Grapes, Melons, Pears, Plums, damsons and gages (late), Raspberries, Strawberries (late)



## Salads

Celery, Endive, Lettuces, Salad leaves, Tomatoes, Watercress, Winter radishes



## Vegetables

Aubergines (late), Beetroot, Broccoli, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Chillies and peppers, Courgettes (late), Florence fennel, French beans, Kohlrabi, Leaf beets, Leeks, Marrows, Oriental leaves, Parsnips, Peas, Pumpkins and squash, Runner beans, Spinach, Swede, Sweet potatoes, Turnips, Wild mushrooms



SAVOY CABBAGE PARCELS WITH MUSHROOMS AND RICOTTA

### Savoy cabbage parcels with mushrooms and ricotta

Serves 4 | Prep 20 mins | Cook 30 mins

1 medium savoy cabbage  
1 tsp olive oil  
2 shallots, finely chopped  
1 clove garlic, crushed  
100g chestnut mushrooms, chopped  
1 tsp caraway seeds  
125g vegetarian ricotta  
50g pine kernels, toasted  
350g tub essential Waitrose Tomato and Basil Sauce  
crusty bread, to serve

1 Preheat the oven to 200C/fan 180C/gas 6. Remove 8 outer leaves from the cabbage and shred the remainder, discarding any thick stalks. Cook the whole leaves in a large pan of boiling water for 2-3 minutes until tender. Drain and run under cold water, then pat dry with kitchen paper. Cut out the base of the central stalk on each leaf.

2 Heat the oil in a large non-stick frying pan and add the shallots, garlic and mushrooms. Cook for 3-4 minutes, stirring until softened, then add the shredded cabbage, caraway seeds and a dash of water. Season and cover the pan.

3 Cook over a gentle heat for 5 minutes until the cabbage is very tender. Stir in the ricotta and toasted pine kernels.

4 Spoon the sauce into the base of an ovenproof dish. Using a teaspoon, divide the mushroom mixture between the cabbage leaves and roll up into neat parcels, folding in the ends. Tuck into the dish so they fit neatly.

5 Bake for 15-20 minutes until heated through. Serve with crusty bread.

■ PER SERVING 383 cal, fat 20g, sat fat 4.5g, carbs 40g, sugars 14.5g, protein 14g, salt 1.5g, fibre 6g

### govegan

V Make your own vegan ricotta cheese by blitzing 350g soaked and drained cashew nuts with the juice of a lemon, 125ml water, 1 clove of garlic, 1 tbsp nutritional yeast flakes and salt to taste.

PHOTOGRAPH: CATH MUSCAT



PUMPKIN, CHEDDAR, ROSEMARY AND SAGE GLUTEN-FREE SCONES

## Pumpkin, Cheddar, rosemary and sage gluten-free scones

Makes 16 generous scones  
Prep 20 mins | Cook 20 mins

80g brown rice flour, plus extra, for patting out  
60g quinoa flour  
35g buckwheat flour  
35g teff flour, or 38g millet flour  
30g cornflour  
30g true arrowroot  
2 tsp baking powder  
½ tsp bicarbonate of soda  
1 tbsp rapadura sugar  
a generous pinch of sea salt and freshly ground black pepper  
1 tbsp finely chopped rosemary  
2 tbsp chopped sage  
100g grated sharp Cheddar cheese  
1 tsp apple cider vinegar  
250g cooked mashed pumpkin  
1 free-range egg, at room temperature  
1½ tbsp milk  
1½ tbsp cultured buttermilk  
100g very cold unsalted butter, cut into rough 1cm pieces

- 1 Preheat the oven to 190C/fan 170C/gas 5. Line 2 baking trays with baking paper.
- 2 Sieve all of the flours, starches, baking powder and baking soda into a mixing bowl. You may well be left with some bits in the base of the sieve – just tip those into the bowl. Add the sugar, salt, pepper, rosemary, half of the sage and half of the cheese and whisk through to evenly distribute.
- 3 Place the vinegar, pumpkin, egg and 1 tablespoon each of the milk and buttermilk in a small bowl and mix together well.
- 4 Using your fingertips or a pastry cutter, cut the butter into the flour until the mixture resembles coarse breadcrumbs – some bits

will be the size of a pea, this is fine. Add the wet mix and stir well – your mix will be moist, but it should look as if you can form it into a soft dough. Leave the mixture to sit for 5 minutes in the bowl as the moisture will be absorbed by the flours and it will be easier to handle.

5 Lightly flour the lined trays and place half of the dough in the centre of each. Pat each to form a rough circle about 16cm round and 2.5cm thick. You may need to lightly flour your hands.

6 Using a sharp, floured knife, cut each circle into 8 wedges (you may need to clean and re-flour the knife between cuts). Use the knife, or a palette knife, to slightly separate each wedge so there is a small gap between each. It doesn't matter if they lose some shape or collapse a little, or if they're not perfect circles.

7 Sprinkle each circle with the remaining sage and cheese and bake for 15–20 minutes or until golden and lightly browned and just cooked in the middle (you can break one open to check). Serve warm.

■ PER Scone 150 cals, fat 8.5g, sat fat 5g, carbs 16g, sugars 2g, protein 3.5g, salt 0.6g, fibre 1.5g

## Mary Berry's vegetables with marinated tofu

Serves 4 | Prep 20 mins + marinating  
Cook 15 mins

500g firm tofu, washed and patted dry with kitchen paper, then cut into cubes  
2 cloves garlic, peeled and finely chopped  
2 tbsp finely chopped fresh thyme  
1 tbsp sesame oil  
salt and freshly ground black pepper  
1 vegetable stock cube  
2 tbsp sunflower oil  
2 onions, peeled and thinly sliced

VEGETABLES WITH MARINATED TOFU



PHOTOGRAPH: TONY BRISCOE

250g button mushrooms, trimmed and thinly sliced

300g cauliflower florets

300g broccoli florets

150ml vegetarian dry white wine

1 tbsp cornflour

- 1 Place the chopped tofu in a dish. Sprinkle over the garlic, thyme, sesame oil, and salt and pepper. Cover and leave to marinate for 20 minutes.
  - 2 Dissolve the stock cube in 150ml boiling water. Heat a wok over a high heat for 1–2 minutes until very hot. Add the tofu together with its marinade and stir-fry over a medium heat until lightly browned. Transfer to a plate and keep warm.
  - 3 Heat the sunflower oil in the wok, add the onions, and stir-fry for 3–4 minutes. Add the mushrooms, stir-fry for about 2 minutes, then add the cauliflower and broccoli florets and stir-fry for 2 minutes. Pour in the wine and stock.
  - 4 Blend the cornflour with 2 tablespoons water, then make up to 100ml with more water. Pour into the wok, bring to the boil, and stir-fry until the vegetables are tender. Add salt and pepper, then sprinkle the tofu over the top.
- PER SERVING 311 cals, fat 15.5g, sat fat 2g, carbs 18.5g, sugars 8g, protein 19.5g, salt 1.5g, fibre 7g

Adapted recipes and images are courtesy of the following:

Pumpkin, Cheddar, rosemary and sage gluten-free scones from *Wholefood Baking* by Jude Blereau (Murdoch Books, £17.99); Savoy cabbage parcels with mushrooms and ricotta from [www.waitrose.com](http://www.waitrose.com) (more than 5,000 recipes can be found at [www.waitrose.com/recipes](http://www.waitrose.com/recipes)); Vegetables with marinated tofu from *Mary Berry's Cookery Course* by Mary Berry (DK, £25).



Welcome the changing seasons with Liz Martin's warming dishes full of delicious autumnal flavours.

# A harvest feast

## Herby leek and cheese bread pudding \*

Serves 4 | Prep 10 mins + standing  
Cook 50 mins

1 tbsp olive oil  
3 medium leeks, shredded  
2 x olive ciabatta loaves  
150g garlic and herb cream cheese  
2 free-range eggs, beaten  
¼ tsp English mustard powder  
500ml milk  
25g walnuts, chopped  
50g vegetarian Cheddar cheese, grated  
chopped spring onions and parsley,  
to garnish

- 1 Preheat the oven to 160C/fan 140C/gas 3. Lightly grease a shallow ovenproof dish.
- 2 Heat the oil and sauté the leeks for about 3 minutes, until softened. Remove from the heat and allow to cool.
- 3 Meanwhile, slice the bread into enough slices to create 16 sandwiches, then spread each slice with the cream cheese. Sandwich 2 slices together with the shredded leeks. Arrange in the shallow dish.
- 4 Beat together the eggs, mustard and milk, then strain over the sandwiches and leave to stand for 30 minutes.
- 5 Scatter the walnuts and Cheddar cheese over the sandwiches and bake for about 45 minutes, until set and crisp. Sprinkle over

some spring onions and chopped parsley, then serve.

■ PER SERVING 790 cals, fat 42.5g, sat fat 19.5g, carbs 76.5g, sugars 12g, protein 30g, salt 3g, fibre 10g

### freezeme

\* Allow to cool completely, cover and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 4 hours. Cover with foil and reheat for 30–35 minutes or until piping hot.

## Celeriac, sweet potato and thyme gratin \*

Serves 4 | Prep 20 mins | Cook 2 hrs

300g celeriac, peeled  
1kg sweet potatoes, peeled  
3 cloves garlic, chopped  
3 tbsp fresh thyme leaves  
220g vegetarian Gruyère cheese, grated  
700ml double cream

- 1 Preheat the oven to 180C/fan 160C/gas 4. Lightly grease a 2.5-litre shallow, ovenproof dish.
  - 2 Thinly slice the celeriac and potatoes. Layer the celeriac, potatoes, garlic, thyme and 150g of the Gruyère cheese in the prepared dish, finishing with potatoes and thyme.
  - 3 Pour the cream evenly into the dish and scatter over the remaining cheese.
  - 4 Cover with foil and bake for 1½ hours. Uncover and bake for a further 20–30 minutes, until the top is golden and the vegetables are tender.
- PER SERVING 1,242 cals, fat 102.5g, sat fat 63.5g, carbs 62.5g, sugars 23g, protein 21g, salt 1.3g, fibre 10g

### govegan

V Substitute the Gruyère cheese for a vegan blue 'cheese' like Sheese or Vegusto No Moo. Alpro soya cream is widely available in supermarkets.

### freezeme

\* Allow to cool completely, cover and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 4 hours. Cover with foil and reheat for 30–35 minutes or until piping hot.



HERBY LEEK AND CHEESE BREAD PUDDING

RECIPES AND STYLING: LIZ MARTIN  
PHOTOGRAPHY: MICHAEL DANNENBERG



CELERIAC, SWEET POTATO  
AND THYME GRATIN



OVEN-ROASTED  
BUTTERNUT  
SQUASH, ONION  
AND HORSERADISH  
RICOTTA GALETTE

**freezeme**

 Allow to cool completely, cover and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 3 hours. Reheat thoroughly.

## Oven-roasted butternut squash, onion and horseradish ricotta galette \*

**Serves 4**

**Prep 20 mins + cooling and chilling**

**Cook 1 hr 10 mins**

850g butternut squash, peeled, deseeded and cubed  
2 tbsp olive oil  
2 red onions, sliced  
2 cloves garlic, chopped  
good handful of fresh sprigs of thyme  
350g ready-made puff pastry  
250g vegetarian ricotta cheese  
3 tbsp creamed horseradish  
1 free-range egg, beaten  
fresh thyme leaves, to garnish

**1** Preheat the oven to 200C/fan 180C/gas 6. Mix together the squash and olive oil in a roasting tin and bake for 15 minutes.

**2** Remove the tin from the oven and stir in the onions, garlic and thyme. Roast for a further 20 minutes. Remove from the heat and allow to cool.

**3** Roll out the pastry on a lightly floured work surface to a 33cm diameter circle. Transfer to a baking sheet. Mix together the ricotta cheese and creamed horseradish. Spread the ricotta mixture over the pastry in a circle within 4cm of the edge.

**4** Spoon the squash mixture on top, spreading out evenly. Brush the edges of the pastry with water and then fold over 2cm from the edge to create a lip. Cover with cling film and chill for 30 minutes.

**5** Increase the oven temperature to 220C/fan 200C/gas 7. Brush the edges with beaten egg and bake for 30 minutes, until well risen and golden. Garnish with thyme leaves, then serve.

■ PER SERVING 630 cals, fat 45g, sat fat 16.5g, carbs 45g, sugars 13g, protein 13.5g, salt 1.2g, fibre 6g

## Autumn cassoulet \*

**Serves 4 | Prep 20 mins**

**Cook 1 hr 40 mins**

2 tbsp olive oil  
300g packet vegetarian frankfurters, thickly sliced  
4 vegetarian Cumberland-style sausages, halved  
2 carrots, chopped

2 leeks, sliced  
2 cloves garlic, chopped  
2 sticks celery, sliced  
250g celeriac, diced  
1 tsp dried chilli flakes  
3 sprigs of fresh thyme  
2 sprigs of fresh parsley  
1 fresh bay leaf  
2 tbsp tomato purée  
400g can chopped tomatoes  
400ml vegetarian red wine  
300ml vegetable stock  
400g can cannellini beans, drained  
400g can flageolet beans, drained  
¼ small savoy cabbage, shredded  
100g olive ciabatta breadcrumbs  
grated zest of 1 orange  
2 tbsp chopped fresh parsley  
50g freshly grated vegetarian Parmesan-style cheese

**1** Preheat the oven to 140C/fan 120C/gas 2. Heat the oil in a large ovenproof pan and sauté the frankfurters and sausages for about 5 minutes, turning

until golden. Using a slotted spoon, transfer to a plate and set aside.

**2** Add the carrots, leeks, garlic, celery, celeriac and chilli flakes and sauté for 5 minutes, stirring occasionally. Add the thyme, parsley and bay leaf and sauté for 1 minute. Stir in the tomato purée, tomatoes, wine and stock and bring to the boil. Cover and transfer to the oven for 1 hour.

**3** Remove the pan and stir in the beans, cabbage, frankfurters and sausages. Bring back to the boil, cover and return to the oven for a further 15 minutes.

**4** Preheat the grill. Mix together the breadcrumbs, orange zest, parsley and Parmesan-style cheese. Remove the pan from the oven and scatter the breadcrumb mixture evenly over the top. Grill for about 10 minutes, until golden. Serve.

■ PER SERVING 580 cals, fat 16.5g, sat fat 4.5g, carbs 55.5g, sugars 19.5g, protein 39g, salt 3.9g, fibre 25g

## govegan

**V** Check packaging to ensure your frankfurters and sausages are vegan-friendly. VBites (Redwood Foods) sausages are all vegan. Choose a melting dairy-free cheese, like Tofutti slices, which could be laid in strips across the breadcrumbs.

## freezeme

**\*** Allow to cool completely, cover and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 4 hours. Preheat the oven to the recipe temperature. Cover with foil and reheat until piping hot.



## Apple pancakes with blackberries, figs and maple syrup \*

Makes 16 | Prep 10 mins + standing  
Cook 25 mins

175g self-raising flour  
1 tsp ground cinnamon  
1 tsp bicarbonate of soda  
1 apple, peeled, cored and grated  
100ml buttermilk  
100ml semi-skimmed milk  
1 free-range egg, beaten  
fresh blackberries, fresh figs and maple syrup, to serve

**1** In a large bowl, mix together the flour, cinnamon and bicarbonate of soda. Add the apple, buttermilk, milk and egg and stir

together well, taking care not to over beat. Leave the batter mixture to stand for 10 minutes.

**2** Heat a non-stick frying pan until hot and drop spoonfuls of the batter mixture into the pan, well spaced apart. Cook for about 3 minutes on a medium heat, then flip over and cook for a further 3 minutes. Transfer to a plate and keep warm while you make the remaining pancakes.

**3** Serve the pancakes with fresh blackberries and figs, drizzled with maple syrup.

■ PER PANCAKE 109 cals, fat 1g, sat fat 0.5g, carbs 24g, sugars 15.5g, protein 2.5g, salt 0.2g, fibre 2.5g

### govegan

**V** Vegans can easily adapt this recipe using a basic pancake batter of 500g flour and 1.3 litres soya milk (makes 12 pancakes).

## freezeme

\* Allow the pancakes to cool completely. Layer between sheets of greaseproof paper and place in a plastic bag. Seal and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 1 hour. Reheat thoroughly in a pan or toaster.

## Plum and frangipane tart \*

Serves 6 | Prep 25 mins + chilling  
Cook 45 mins

For the pastry:

175g plain flour  
pinch of salt  
75g butter  
1 tbsp caster sugar  
1 free-range egg yolk

For the filling:

200g butter, at room temperature  
200g caster sugar  
3 free-range eggs, beaten  
225g ground almonds  
a few drops of almond extract  
5 ripe plums, stoned and cut into sixths  
25g flaked almonds  
2 tbsp apricot jam, sieved

**1** To make the pastry, sift the flour and salt into a mixing bowl. Rub in the butter using your fingertips until the mixture resembles breadcrumbs. Stir in the sugar, egg yolk and 3-4 tbsp cold water until the mixture forms a firm dough. Knead lightly on a floured work surface, then cover with cling film and chill for 30 minutes.

**2** Roll out the pastry on a lightly floured work surface and use to line a 25cm fluted flan tin. Cover and chill for 30 minutes.

**3** Preheat the oven to 180C/fan 160C/gas 4.

**4** To make the filling, beat together the butter and sugar in a large bowl, until pale and fluffy. Gradually beat in the eggs until combined. Fold in the ground almonds and almond extract. Spread the mixture over the base of the pastry case. Top with the fruit pieces, pushing into the mixture slightly. Scatter over the almonds.

**5** Bake for 35-45 minutes until risen and golden. Remove from the heat. Warm the apricot jam slightly and brush over tart. Serve either warm or cold with cream or custard.

■ PER SERVING 936 cals, fat 65g, sat fat 28g, carbs 76.5g, sugars 53.5g, protein 16g, salt 1.4g, fibre 5.5g

## freezeme

\* Allow to cool completely, cover and freeze for up to 3 months. To reheat from frozen, thaw at room temperature for 3 hours. Reheat thoroughly.

APPLE PANCAKES WITH BLACKBERRIES, FIGS AND MAPLE SYRUP





PLUM AND FRANGIPANE TART



# ‘Cooking is a world language, and everyone is interested in food’

AFTER RUNNING THE INCREDIBLY SUCCESSFUL WORLD FOOD CAFÉ IN COVENT GARDEN FOR 20 YEARS, CHRIS AND CAROLYN CALDICOTT HAVE BEEN CONTINUING THEIR MISSION TO DISCOVER THE BEST OF VEGETARIAN CUISINE FROM AROUND THE GLOBE.

WORDS: LINDSEY HARRAD



Waiting for the ferry to cross the Mekong river

After speaking to Chris and Carolyn Caldicott for only a few minutes, it seems surprising that this intrepid duo were ever tempted to put down roots for long enough to open their own restaurant. Nevertheless, they ran the World Food Café at Covent Garden in London for 20 years, serving up their unique vegetarian interpretations of the cuisine they had sampled around the world on their travels.

The adventurous pair were sitting on a beach while on holiday in Goa when they made the decision to launch the World Food Café, after being offered an opportunity to open a restaurant in Neal’s Yard.

‘It’s quite strange as the moment you open the doors of your restaurant, that’s it, you’re committed,’ says Carolyn. ‘You can’t just head off and go travelling anymore. If you care about your business, then you can’t leave whenever you want, it just doesn’t work as well. We went into this business because we love food and wanted to bring our vegetarian versions of the cuisine we’d experienced on our travels to other people.’

Prior to opening the World Food Café, Chris was busy pursuing his career as a professional traveller in his role as photographer in residence for the Royal Geographical Society. ‘I photographed the vanishing lifestyles of indigenous people all over the world,’ says Chris. ‘Many of the cultures I visited back then have already disappeared forever. From a food perspective, it was fascinating to eat home-cooked food with tribal people in remote locations.’

Carolyn initially trained as an actress and worked in the industry for 10 years, but eventually began to tire of the uncertain lifestyle.

‘I was too much of a control freak!’ she laughs. ‘You’re constantly changing jobs, because that’s how it is, and I was too practical to live that kind of life indefinitely. I always loved food so I eventually took a job as wholesale manager at Neal’s Yard dairy and ran that side of the business, supplying different cheeses to restaurants. It was a much smaller company back then – and although they are much bigger now, I still think they’re an extraordinary business and have really held on to their core



A shepherd's hut for the night on a recent foraging trip to Dorset



Learning invaluable tips at Metropole's Hanoi cooking school

values. I learnt a lot about running a food business from that experience. But after a while, I started to realise I could be running my own place.'

### A taste of the exotic

The World Food Café was not only unusual for being vegetarian and bringing almost unknown ethnic flavours and dishes to the London restaurant scene, but even the set-up inside was unique.

'We had the first "live" kitchen in London, I believe,' says Chris. 'It was a very small restaurant so we had to maximise the space available, and because we were going to be cooking there, we wanted it to be the nicest possible environment to work in, not a hot, airless kitchen out the back. So we put the kitchen in the same space as our customers. People loved choosing dishes from around the world and then seeing them being freshly cooked to order. We made absolutely everything on the premises; we didn't buy in anything ready-made. Very few people were doing that back then, only Cranks was offering something similar.'

Their restaurant was also a reaction to the brown, dull vegetarian food that tended to be quite typical fare in those days. 'We had enjoyed wonderful colourful, fresh, exciting food on our travels, and we didn't understand why vegetarian options in the UK were often so disappointing,' says Carolyn. 'We wanted to do something different, and customers

used to say that watching us cook in the open kitchen was like watching a well-choreographed dance as we all worked so well together.'

Within a few months of opening, positive press coverage and a favourable *Time Out* review helped to attract even more attention and they realised they had a strong, viable business on their hands. 'A lot of our customers weren't even vegetarian, they just loved good food, served in a bright, sociable, relaxed environment,' says Chris.

In 2011 the couple decided it was time to take a sabbatical and pursue their other interests in travel and food writing. 'We closed the restaurant two years ago, but we still hold the brand and we're currently looking into launching World Food Cafés in India, starting in Bombay,' says Carolyn. 'We've been talking about doing it for a couple of years now, so it's make or break at this point. We won't be relocating to India, although we will go over for three months to help with the set up, but on a consultancy basis. It's difficult to reconcile launching these restaurants with what's going on in the rest of our lives, as we're pretty busy already. If it does go ahead in India, as we expect it to, then we're thinking of opening up again here in the UK on the back of that.'

This begs the question, naturally, of why they closed the original World Food Café, when it was still hugely popular and successful? 'We were very hands-on in the way we ran

the restaurant before and we did it for 20 years, while also travelling and writing,' says Carolyn. 'It was so difficult to balance all the elements of our careers and we felt we needed to take a step back, but when a restaurant has been run in a certain way for so many years, it's difficult to change things.'

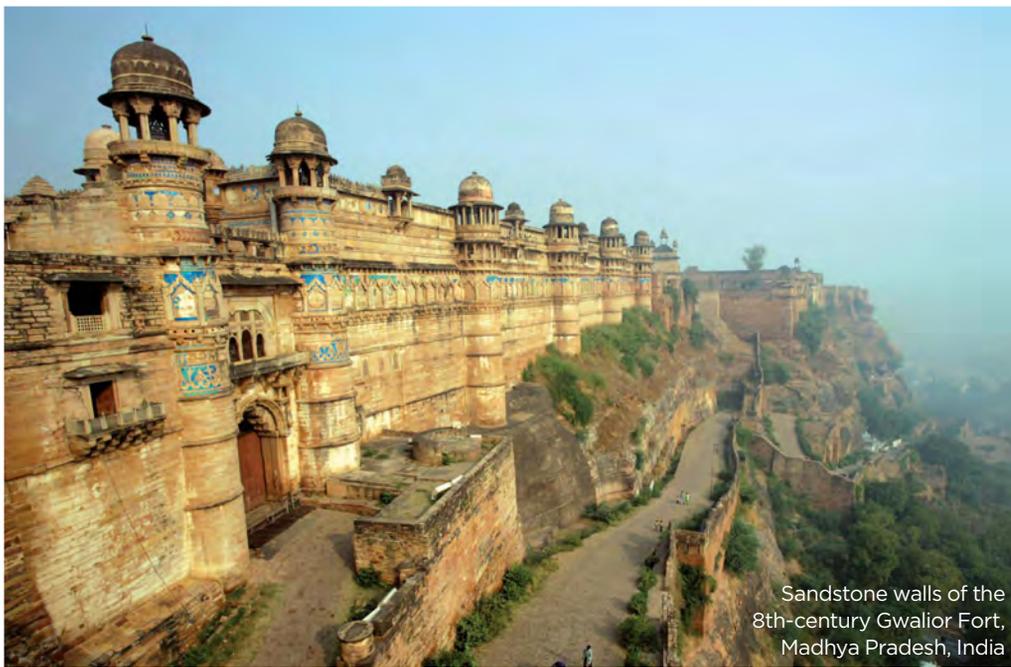
### The freedom to travel

With the closure of the World Food Café came the freedom to travel again, and to do more food writing. The latest cookbook in the World Food Café series – and the couple's fourth book with publishers Frances Lincoln – *World Food Café Quick and Easy* draws inspiration from new trips, including a trek across the Andes, an excursion down the Ganges delta, a visit to the mountain kingdom of Bhutan, an expedition through the remote jungle of upper Burma and their first foray into Japan, the only Asian country they had never

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*'We often chose jobs that took us to places we'd never travelled to before to fill the gaps in our culinary experience, such as Namibia, Syria, Finland and Japan'*

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Sandstone walls of the 8th-century Gwalior Fort, Madhya Pradesh, India



A Moroccan feast cooked at Riad el Arsat in Marrakech

previously visited, with each chapter of recipes being introduced with an evocative description of their travels.

'The choice of many of the destinations featured in the book was linked with our other work as photographers and travel writers,' says Carolyn. 'But we often deliberately chose jobs that took us to places we'd never travelled to before to fill the gaps in our culinary experience, such as Namibia, Syria, Finland and Japan.'

So what were the highlights of the trips featured in the new book? 'The most unusual place we visited, the one that we'd both like to go back to if possible, is Japan,' says Chris. 'We've spent so much time in the developing world, and you get used to travelling in hectic third world cities or remote villages, but then we came back to the developed world and experienced the complete anomaly of Japan, which is a first world country yet with a completely alien culture. It was just a stunning place and their approach to food is totally different to every other country we've visited. It's not always easy to be vegetarian there but they go out of their way to accommodate you. We discovered that very few people speak English so we did have to learn some stock phrases to get by, but we found everyone so lovely and helpful, despite the language barrier. We travelled on the bullet trains to some of the remotest parts of the country and everything was so easy, safe and just one hundred per cent exciting.'

### Vanishing cultures

As a photographer, Chris has dedicated his career to helping keep remote and precarious cultures alive by recording the traditions of indigenous communities before they disappear completely. But the couple

believes it's possible to preserve changing or vanishing cultures through food writing too.

'Years ago, a lot of people said we shouldn't go to Burma, for instance,' says Carolyn. 'But when we talked to people in the villages there, we found they were pleased we had come because unless you keep exposing a country to press attention, it gets forgotten, so it's important to keep them in people's minds.'

Chris agrees. 'Syria was another highlight of our more recent travels, and when we went there in 2010 the people there were just the most hospitable, kind and friendly we've ever met anywhere. It's terribly sad what's happening in their country now,' says Chris. 'We had to make a decision about whether to leave Syria in the book, but we felt that it was important as hopefully one day it will be back to being Syria again and the people will be the same, the food will be the same. It's a bit like what happened to Burma - but as Burma shows, these places do recover and the culture survives, so we wanted to help maintain a little piece of Syrian culture in the book.'

The Caldicotts have visited a number of cultures on the cusp of change, like Syria, and the couple have a bittersweet sense of being fortunate to have experienced a certain 'age of innocence' in some countries. 'We went to several places, like Cuba and Burma in particular, and Vietnam, all of

which were about to change forever,' says Chris. 'They used to be difficult to get access to, but they're all now in this golden period where you can travel there easily. But they are not too touristy and there's no cynicism among the locals about tourists and travellers, so they are welcoming places to visit and experience real local cooking. When a place becomes too popular, the relationship between tourists and indigenous people becomes a less comfortable one.'

### The language of food

To anyone less intrepid than the Caldicotts, it seems terribly adventurous to go and dine at the homes of complete strangers, especially in countries where you know not a single word of the local language.

'Cooking is a world language, and everyone is interested in food,' says Carolyn. 'We get to meet so many more people than we would otherwise because we are there to work, and we have contacts who can put us in touch with local people willing to share their culture with us. It's fantastic to go to a food market with someone who can explain what all the wonderful and strange ingredients are, for example. Food is just a great way to communicate.'

The couple admit that it can be disappointing to return to places they loved, only to discover they have changed irrevocably because of growth in tourism,

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*'We have a complete joy in travelling, even in places where conditions are quite basic. You soon adapt to things like bucket baths and get into the spirit of how things are done locally'*

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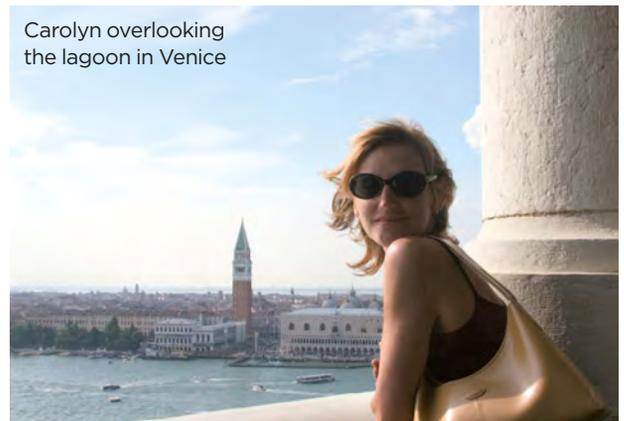
Despite 68 trips to India, the Taj Mahal still hasn't lost its magic for Chris



The communal breaking of bread at the Golden Temple in Amritsar, India



Bathing in the Ganges at the Sonpur Mela full-moon festival in Bihar, India



Carolyn overlooking the lagoon in Venice

but as Carolyn says, change doesn't always have to be for the worse. 'There is this idea that people want places to stay unchanged because they want to go and have this "authentic" remote experience, but it's a rather arrogant view. Why shouldn't the local people want TVs or other modern gadgets like we have here? Look at our own culture: it's always changing and developing.'

Chris feels the same. 'Change is not necessarily a negative thing. Often tourism brings benefits such as better healthcare or education for local people and this is a very positive side to development.'

Chris and Carolyn are united in their choice of India as the place they'd want to settle if they ever planned to live anywhere other than the UK. 'We could just do endless books on India forever! It's just so huge, so changing in some ways - yet rural India never changes. The cities are truly exciting,' says Carolyn. 'I've just returned from my 68th trip to India; it's a place I know as well as anywhere on earth,' adds Chris.

However, from a culinary perspective, they tend to prefer the clean, fresh, zesty

flavours of Asian cooking. 'In India, for all its loveliness, the food can be a bit oily and everything is curry. It's delicious and amazing, but sometimes you get a craving for something different!' laughs Carolyn. 'We're quite healthy eaters. We like foraging and growing our own vegetables, so for me, my favourite recipes in the book are from Japan. I like to make the silken tofu with ginger and chives; it's so easy, yet so delicious you can't believe it's just raw tofu. It has a wonderful texture and I like to cook it for guests, as it's so clean and amazing. I also love the buckwheat noodles and spinach with dipping sauce and wasabi, which is another very simple, healthy dish. The food in Japan is an art: it's about how you serve it, not just what you serve.'

### Embracing new experiences

For the last few months, Carolyn's had to take an unexpected break from travelling due to a broken kneecap, but she's been working hard from home, writing two new books. Despite her incredible productivity in the face of adversity, she's itching to get

back on the road, and the couple plan to revisit two of their favourite destinations from the book.

'In October we're going back to Burma for a month, and we're also hoping to fit in another trip to Finland, as we both enjoyed our visit there and were surprised by the food culture we discovered,' she says. 'Traditionally, we've usually looked East for inspiration, but the food is amazing in Finland and we felt very much at home in Helsinki. It's a very cosmopolitan city - it reminded us of New York. Yet everyone has these little summer cottages by the lakes where they go for weekends and grow vegetables, go foraging and have saunas - they manage to achieve a great balance between city and country life.'

It sounds idyllic, but it's hard to imagine Chris and Carolyn finding time to grow their own veg and have saunas. They show no sign of slowing down the pace now they've taken a break from the restaurant business, and in fact seem to be juggling more projects than ever. 'We just have a complete joy in travelling, even in places where

conditions are quite basic. You soon adapt to things like bucket baths and you get into the spirit of how things are done locally,' says Carolyn. 'We embrace new experiences; we don't like to be tied down. We're adaptable and we can chat to anyone. That's the thing about real travel, you just have to get involved.'

## RECIPES FROM CHRIS AND CAROLYN'S TRAVELS

### Pho noodle soup V

In the old quarter of Hanoi, we stumbled upon a street lined with pho noodle stalls. We joined a table at the most popular and, seated on low stools, shared the experience of slurping on a breakfast bowl of pho noodle soup.

Make the simple broth first and then assemble the condiments while it is simmering away. In keeping with tradition, serve the condiments in bowls on the table for people to pick and choose from.

**Serves 6 | Prep 15 mins | Cook 25 mins**

**For the broth:**

- 1 medium onion, quartered
- 6 cloves garlic, sliced
- 5cm piece of ginger root, peeled and sliced
- 4 star anise
- 2 cinnamon sticks
- 6 cloves
- 2 litres good vegetable stock
- 3 tbsp light soy sauce
- 1 leek, trimmed, washed and cut into four lengths
- 400g medium flat rice noodles, cooked as instructed on the packet, then drained and rinsed, to serve

**Condiments:**

- 150g fresh shiitake mushrooms, sliced
- 225g diced tofu
- 110g bean sprouts
- large handful of shredded spinach leaves
- 4 spring onions, thinly sliced
- 3 hot chillies, thinly sliced

**To garnish:**

- handful of basil leaves, roughly chopped
- handful of coriander leaves
- 2 limes, quartered
- small bowl of hoisin sauce

- 1** In a saucepan, dry-fry the onion, garlic and ginger for a few minutes, on a low heat, stirring constantly to avoid burning.
- 2** Add the spices and roast for a minute or so until aromatic.
- 3** Remove the pan from the heat, allow to cool for a few moments, and then add the



Learning about all the ingredients in the Hanoi street markets

stock, soy sauce, leek and seasoning to taste. Return to the heat, cover the pan and gently simmer for 20 minutes. Strain the broth and return it to the pan.

**4** Meanwhile, prepare the condiments and place in the centre of the table.

**5** To serve, place a portion of noodles in the bottom of a deep bowl, add your choice of condiments and then ladle broth over the top (make sure the broth is piping hot before serving).

**6** Garnish with basil and coriander leaves, a squeeze of lime juice and a little hoisin sauce.

■ PER SERVING 368 cals, fat 8.5g, sat fat 2g, carbs 59.5g, sugars 5.5g, protein 16.5g, salt 2.7g, fibre 5g



PHO NOODLE SOUP

### Yellow split pea fritters V

A delicious street snack topped with chopped onion and a squeeze of lemon – the perfect in-between-meals pick-me-up.

**Makes about 24 | Prep 20 mins + soaking  
Cook 25 mins**

- 225g yellow split peas, soaked overnight
- 2 medium onions, very finely chopped
- 2 red chillies, finely chopped
- ½ tsp turmeric
- ½ tsp paprika
- a good handful of chopped coriander
- ½ tsp black pepper
- salt, to taste
- oil, for frying

**To garnish:**

- thinly sliced shallots or red onion, mixed with a little chopped coriander and red chilli
- lemon, cut into wedges

**1** Drain and rinse the soaked yellow split peas. Blend half until a smooth paste forms and roughly chop the remaining half so that they still retain some bite.

**2** Combine the prepared yellow split peas with the remaining ingredients.

**3** Scoop out a dessertspoon of the mixture, roll between your hands to form a ball and then flatten to make a thickish patty. Repeat until all the mixture is used up.

**4** Fry the fritters in a wok, five at a time, until they are golden brown on both sides.

**5** Drain the fritters on kitchen paper before serving piping hot, sprinkled with the onion garnish and a good squeeze of lemon.

■ PER FRITTER 80 cals, fat 5g, sat fat 0.5g, carbs 7g, sugars 1.5g, protein 2.5g, salt 0.2g, fibre 1.5g



YELLOW SPLIT PEA FRITTERS

## Katen joshi thick red lentil soup with all the trimmings ✓

Soup is big in Burma and served with every meal, even breakfast. The options are endless: simple sweet broths, bitter broths, sour tamarind soups or thick and tasty pulse soups. After an early morning start, lentil soup served splashed on to rice, and topped with pickled green chillies, cubes of golden sweet potatoes, crunchy fried bread and caramelised onions, fortified us for the next stage of our journey.

Prepare the toppings while the soup is bubbling away. Serve in individual bowls placed in the centre of the table.

**Serves 6 | Prep 30 mins + soaking  
Cook 20 mins**

450g red split lentils  
1.75 litres vegetable stock  
medium bunch of coriander, finely chopped  
½ tsp cracked black pepper  
salt, to taste  
cooked white basmati rice, to serve

**For the toppings:**

6 green chillies, finely sliced and soaked in 3 tbsp white wine vinegar for at least 30 minutes  
3 medium red onions, sliced and gently fried in oil until caramelised  
1 medium sweet potato, peeled, diced and fried in oil until crisp and golden  
a couple of slices of day-old bread, cubed and fried in oil until crunchy  
chopped coriander leaves  
wedges of fresh lime

**1** Wash the lentils until the water runs clear, place in a saucepan and cover with the stock.

**2** Bring to the boil and gently simmer until the lentils break down and the soup has a porridge-like consistency. If any foam rises to the surface, simply skim off with a slotted spoon and discard. Stir in the chopped coriander, black pepper and salt.

**3** Place a scoop of rice in the bottom of a deep bowl, ladle over the soup and help yourself to as many toppings as you fancy. Finally, squeeze the lime wedges over the top.

■ PER SERVING 631 cals, fat 11.5g, sat fat 1.5g, carbs 113g, sugars 8g, protein 26g, salt 1.6g, fibre 7.5g



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Five winners will each receive a copy of *World Food Café Quick and Easy: Recipes from a Vegetarian Journey*. See page 62 for details of how to enter.

KATEN JOSHI THICK RED LENTIL SOUP WITH ALL THE TRIMMINGS

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

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JANE EASTON SASKIA FRASER  
DEBORAH DURRANT  
JAY MORJARIA HELEN ROSSITER  
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# The dinner dash

*Get fresh inspiration in the kitchen from Aussie chef Bill Granger with his simple, easy-to-create food for the whole family.*



## **Fried eggs with radicchio and torn bread** 🇨🇦

I love this dish because it's all-in-one. As simple as it sounds, coordinating eggs with sides – even for a short-order cook like me – can be a challenge!

**Serves 4 | Prep 5 mins | Cook 10 mins**

4 slices ciabatta or sourdough bread  
4 tbsp extra-virgin olive oil  
sea salt  
pinch of dried red chilli flakes  
8 medium free-range eggs  
2 small heads of radicchio or treviso, core removed, rinsed and torn into pieces  
2 tbsp red wine vinegar  
pinch of Aleppo pepper or sumac (optional)  
freshly ground black pepper

- 1** Tear the bread into small pieces. Depending on the size of your pan, you might need to cook these in two batches. Heat a frying pan over a medium-high heat until hot, then add the olive oil, bread, salt and chilli flakes. Stir until the bread is lightly toasted.
- 2** Reduce the heat to medium and break the eggs into the pan. Cook them to your liking – I prefer mine with a runny yolk.
- 3** Meanwhile, place most of the torn radicchio on a serving dish. Slide the bread and eggs from the pan on to the leaves and scatter over the rest of the radicchio.
- 4** Return the pan to the heat, add the wine vinegar and swirl for a few seconds to heat. Pour over the eggs and serve, sprinkled with Aleppo and/or black pepper.

■ PER SERVING 388 cals, fat 24.5g, sat fat 5.5g, carbs 25.5g, sugars 1.5g, protein 18.5g, salt 1.7g, fibre 1.5g

PHOTOGRAPHY: JOHN KERNICK

*‘Providing nutritious and delicious meals for loved ones – and taking time out to eat together – is one of life’s prime sources of satisfaction’*

FRIED EGGS WITH  
RADICCHIO AND  
TORN BREAD





## Pumpkin and pea coconut curry **V**

For an extra protein hit if you like, add cubes of firm tofu with the pumpkin.

**Serves 6 | Prep 10 mins | Cook 40 mins**

400ml tin coconut milk  
2 tbsp red curry paste  
700g peeled, deseeded pumpkin, cut into 3cm chunks  
100g fresh or frozen peas  
2 tomatoes, cut into eighths  
100g baby spinach leaves  
1 tsp brown sugar  
2 tsp vegetarian 'fish' sauce  
1 tbsp lime juice  
2 tbsp Thai basil leaves (or chopped coriander)  
steamed rice, to serve

- 1 Heat a wok or large saucepan over a medium heat. Pour in half the coconut milk and allow to simmer for 5–10 minutes, stirring occasionally, until it is reduced and thick.
- 2 Add the curry paste and cook, stirring, for 2 minutes or until fragrant. Add the remaining coconut milk and stir to combine.
- 3 Bring to the boil, then add the pumpkin. Pour in some water as necessary, so that the pumpkin is barely covered, then return to the boil. Reduce the heat to low and simmer for 15 minutes or until the pumpkin is tender.
- 4 Add the peas and tomatoes. Simmer for 10 minutes if using fresh peas, or 5 minutes if using frozen. Add the baby spinach, sugar, fish sauce and lime juice, and stir until the spinach is wilted. Garnish with Thai basil and serve with steamed rice.

■ PER SERVING 461 cals, fat 20g, sat fat 10.5g, carbs 65g, sugars 7g, protein 9g, salt 0.5g, fibre 4g

## *Quesadilla with black beans and green tomato salsa*

If you can sneak it in, a handful of wilted spinach (squeezed dry, finely chopped and mixed through the beans) will turn this into an all-in-one meal.

**Serves 4 | Prep 20 mins | Cook 40 mins**

2 x 400g cans black beans, drained and rinsed  
 125g vegetarian Emmental, provolone or other mild semi-hard cheese, diced or grated  
 8 spring onions, finely sliced  
 small handful of coriander leaves, chopped

sea salt  
 freshly ground black pepper  
 8 flour tortillas  
 2 tbsp extra-virgin olive oil

**For the tomato salsa:**  
 500g tomatoes (ideally green)  
 1 small white onion, diced  
 3 tbsp coriander leaves  
 1 green chilli, finely chopped (optional)  
 2 tbsp lime juice  
 ½ tsp caster sugar  
 ½ tsp sea salt

**1** Put the black beans, cheese, spring onions and coriander leaves in a bowl and stir gently to combine. Season with salt and pepper to taste. Divide the mixture between the 8 tortillas, spooning it on to one side, then fold each tortilla in half.

**2** To make the salsa, add the tomatoes to a pan of boiling water and simmer for 10–15 minutes until softened and starting to change colour. Drain the tomatoes and put them into a blender with all the rest of the ingredients. Pulse to the desired texture; I like mine quite chunky.

**3** Preheat the oven to low. Heat a ridged griddle or frying pan over a medium heat until hot. Drizzle in 1 teaspoon olive oil, then add 2 folded quesadillas and cook for 2–3 minutes on each side until browned. Keep them warm on a baking tray in the oven, while you cook the rest of your quesadillas. Serve with the tomato salsa.

■ PER SERVING 624 cals, fat 19g, sat fat 8g, carbs 86g, sugars 10.5g, protein 32.5g, salt 2.2g, fibre 10.5g





Inspired by his own upbringing in southwest France, Michelin-starred chef Bruno Loubet offers a classic bistro menu to impress your friends, all delivered with a dash of Gallic flair.

# *A French affair*



## Stilton fritters with pear and sour honey

This dish is one of my family's favourites to have in the evening served with extra salad. When you bite into them, the puffed, crisp fritters deliver a hot, light Stiltony mixture, which is delicious with the grilled pears and radish salad. It's actually a very simple starter to prepare and the mix could be made up the day before, leaving plenty of time to prepare your main course on the day.

**Serves 4 | Prep 25 mins | Cook 20 mins**

4 tbsp, plus 1 tsp milk  
 4 tbsp, plus 1 tsp water  
 ½ tsp caster sugar  
 75g plain flour  
 2 free-range eggs, lightly beaten  
 200g vegetarian Stilton, mashed with a fork  
 4 pinches of freshly grated nutmeg  
 2 pears, cored and cut lengthways into 6 wedges  
 4 tbsp olive oil, plus extra to serve  
 vegetable oil, to deep-fry  
 10 radishes, sliced  
 handful of celery leaves or watercress  
 1 tbsp sherry vinegar  
 2 tbsp clear honey  
 salt and black pepper

**1** Place the milk, water, sugar and a pinch of salt in a small saucepan and bring to the boil. Remove from the heat and add the flour, mixing well with a wooden spoon to break up any lumps. Return it to a low heat for 1 minute, mixing all the time, then remove and add the eggs a little at a time, continuing to mix until all the eggs are absorbed and the mixture is smooth and shiny. At this stage, add the cheese, nutmeg and some pepper. Mix well and set aside.

**2** Heat a cast-iron griddle until hot. Place the pears on a plate. Toss in the olive oil and season with salt and pepper, then grill the pears, marking them on both sides – they will need about a minute on each side.

**3** For a professional presentation, you can shape the fritters into quenelles then place on a sheet of lightly oiled greaseproof paper. Alternatively, you can put the

mixture into a piping bag fitted with a 15mm plain nozzle and pipe balls of the mixture on to the paper.

**4** Heat enough vegetable oil for deep-frying in a deep-fat fryer or deep saucepan to 170C (or check the oil is hot enough by dropping in a tiny amount of the fritter batter – it should brown quickly). Deep-fry the fritters in batches – this will take about 4 minutes per batch. Place on kitchen paper to drain.

**5** To serve, arrange the fritters on serving plates with the pears, radishes and celery leaves or watercress. Mix the vinegar and honey then drizzle over the plates. Drizzle over some olive oil and finish with a crack of black pepper.

■ PER SERVING 647 cals, fat 49.5g, sat fat 16g, carbs 34.5g, sugars 20g, protein 18g, salt 2.2g, fibre 4.5g

## Petits farcis de Provence

Many artists have been inspired by the light, smells and colours of Provence. Go to a local market in a Provençal village and somehow you can't help getting excited by the bounty of riches. It feels as if there is a natural energy around, a feelgood factor! This is a place you associate with holiday and friends, very much like its cooking. Stuffed vegetables are a great Provençal dish to cook for a big party because you can precook them and simply reheat them just before serving.

Served directly from the cooking dish, these look great and of course, to complete the Provençal experience, make sure you have some rosé in the fridge.

**Serves 6 | Prep 40 mins | Cook 45 mins**

6 mini aubergines  
 6 small squashes  
 6 red onions  
 6 vine-ripe tomatoes  
 4 tbsp olive oil  
 400g can good quality chopped tomatoes  
 handful of black olives  
 2 cloves garlic, chopped  
 12 sage leaves, chopped  
 1 tbsp rosemary leaves  
 1 tsp thyme leaves

**For the farce (stuffing):**  
 200g semolina couscous  
 1 tbsp olive oil  
 about 100ml boiling water



STILTON FRITTERS WITH PEAR AND SOUR HONEY

PHOTOGRAPHER: JONATHAN LOVEKIN

2 tbsp basil leaves  
 2 tbsp flat-leaf parsley  
 100g soft vegetarian goat's cheese  
 2 tbsp dried breadcrumbs  
 4 cloves garlic, finely chopped  
 50g vegetarian Parmesan-style cheese  
 1 free-range egg, lightly beaten  
 salt and black pepper

**1** Preheat the oven to 195C/fan 175C/gas 5½. Cut the tops off the vegetables and scoop out the centres with a small knife or spoon. Cut all the vegetable insides finely and place in a small pan with 2 tablespoons of the olive oil. Cook them over a low heat until soft, then remove from the heat and set aside.

**2** For the farce, place the couscous in a bowl, season with salt and add the olive oil. Pour over the boiling water, mix well, then press the top with the back of the spoon to compress the couscous. Cover with cling film and leave to absorb the water for about 5 minutes.

**3** Place the cooked vegetable trimmings in a food processor with the herbs, goat's cheese and breadcrumbs. Process until well chopped, then place in a bowl with



the couscous, Parmesan-style cheese and egg. Mix well with a spoon and check the seasoning.

**4** You need to start to cook the vegetables before they go in the oven. Heat the remaining 2 tablespoons of olive oil in a roasting tin placed over a medium heat. Add the hollowed-out aubergines, squash and onions and start to colour them all over – this should take about 4 minutes. Once lightly coloured, turn the heat off, lift the vegetables out of the tin and add the tomatoes, olives, garlic and herbs. Stir to mix.

**5** Fill the vegetables with the farce, then replace them in the roasting tin on top of the tomato mixture. Place the tin in the oven for 30 minutes, until the vegetables are soft and the stuffing is piping hot.

■ PER SERVING 389 cal, fat 19g, sat fat 6g, carbs 43g, sugars 13g, protein 15g, salt 2.5g, fibre 7g

## Tarte aux pommes

Do people realise how fortunate we are in the UK to have so many amazing varieties of apples? This is a question I often ask myself, especially when I see how little use is made of them on restaurant menus. But what is

worse is the large quantity of foreign offerings found in shops. It seems that the supermarket lobby decided that good looks and limited variety was the way to achieve maximum profit and as a consequence many British varieties went out of favour; we are now in danger of losing them all together. I really would urge you to try different British varieties by seeking them out at farmers' markets and to support the great British apple. Or support local produce by checking the provenance when shopping in supermarkets, and buy British.

French people are usually very proud of their apple tart recipes and often families work on a recipe passed down through generations. Mine is a very simple one my mum used to make. I simply add a bit of rosemary and that's my generation's contribution. The recipe is now ready to be passed on.

**Serves 8 | Prep 30 mins | Cook 30 mins**

**500g puff pastry**  
**15 Cox's Orange Pippin apples**  
**(see cook's tips, right), peeled, cored,**  
**halved and cut into 2mm slices**  
**20g butter**  
**1 tbsp rosemary leaves**  
**3 tbsp caster sugar**  
**5 tbsp apricot jam**  
**vanilla ice cream or crème fraîche,**  
**to serve**

**For the almond cream:**  
**60g soft butter**  
**75g icing sugar**  
**1 tsp vanilla extract**  
**2 drops of almond essence**  
**1 free-range egg**  
**100g ground almonds**  
**1 tsp cornflour**  
**3 tbsp vegetarian dark rum**

**1** Preheat the oven to 200C/fan 180C/gas 6. Start by making the almond cream. In a small bowl, whisk the butter with the sugar, vanilla and almond essence until the butter turns pale, then add the remaining ingredients for the cream. Whisk well and set aside.

**2** Roll out the puff pastry on a lightly floured work surface to a 32cm round, then place on a baking sheet lined with non-stick baking paper. Using the back of a small knife, draw a line 1cm in from the edge of the pastry all the way round. This will give the tart a

## COOK'S TIPS

- The best apple varieties for this tart are Cox's, Reinette and Egmont Russet.
- Keep all the puff pastry trimmings. Do not mash them into a ball but place them on top of each other to preserve the layers in the pastry. Roll them out to about 3–4mm thick and as you are nearing this thickness add lots of brown sugar and cinnamon. Cut into fingers and bake at 200C/fan 180C/gas 6 for about 8 minutes, until crisp. They make a great biscuit for afternoon tea!

border. Prick inside the marked circle all over with a fork, then cover with the almond cream.

**3** Starting from the outside, arrange the apple slices over the almond cream, overlapping them tightly so that only about 3mm of the previous slice is visible. Make a complete circle then start another circle, overlapping the previous one. Repeat this operation until the tart is complete. You should have 3–4 rings of apple.

**4** In a small frying pan, melt the butter with the rosemary until foaming, then add the sugar. Stir, then remove from the heat and brush the mixture over the apples.

**5** Bake for about 30 minutes or until the pastry is golden brown and the apples are well coloured around the edges. With a spatula, lift the tart carefully and check the bottom is cooked and crisp.

**6** Heat the jam in a small saucepan. Sieve it if you want a very smooth glaze but for a more rustic finish there's no need, then brush over the tart. Serve with vanilla ice cream or crème fraîche or simply as it is!

■ PER SERVING 783 cal, fat 41g, sat fat 17g, carbs 95g, sugars 71g, protein 9g, salt 0.9g, fibre 6g



Recipes adapted from *Mange Tout: Bistro Cooking with a Modern Twist* by Bruno Loubet (Ebury Press, £25). The book also contains non-vegetarian recipes.



TARTE AUX  
POMMES

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# 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.



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.

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.

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# Magical mushrooms: the quiet hunt

Antonio Carluccio is well known for his passion and expertise when it comes to wild mushrooms. Here he shares three simple recipes that celebrate the flavours of these hidden autumn treasures.

## Pumpkin and cep soup

Pumpkins and mushrooms both arrive in autumn, and this is the ideal time to make this heart-warming, USA-inspired soup. However, should you not be able to find fresh mushrooms, you could use dried ceps with fresh cultivated varieties such as blewits. The ceps recreate that inimitable 'wild' flavour. The pumpkin gives colour and a floury texture to the soup, as well as flavour, and I recommend that you serve it in the pumpkin shells for maximum effect. Scoop out the flesh to use in the soup, discarding the seeds. Keep the 'lids', and for safety, cut a tiny sliver off the base of the pumpkins so they stand upright.

**Serves 6 | Prep 20 mins | Cook 35 mins**

**300g fresh ceps, or 55g dried ceps, plus 300g cultivated blewits**  
**6 small pumpkins, hollowed out (you want 800g ripe flesh)**  
**1 medium onion, finely chopped**  
**85g butter**  
**2 tbsp olive oil**  
**plain flour, for dusting**  
**150ml vegetarian dry white wine**  
**vegetable stock (see recipe, right), as required**  
**2 tbsp finely chopped rosemary**  
**1 tsp marjoram leaves**  
**salt and pepper, to taste**

**1** Clean the fresh ceps or blewits, and slice. If using, soak the dried ceps for 20 minutes in warm water, then drain, retaining the water for use another time. Cut the soaked ceps into strips. Cut the pumpkin flesh into cubes.

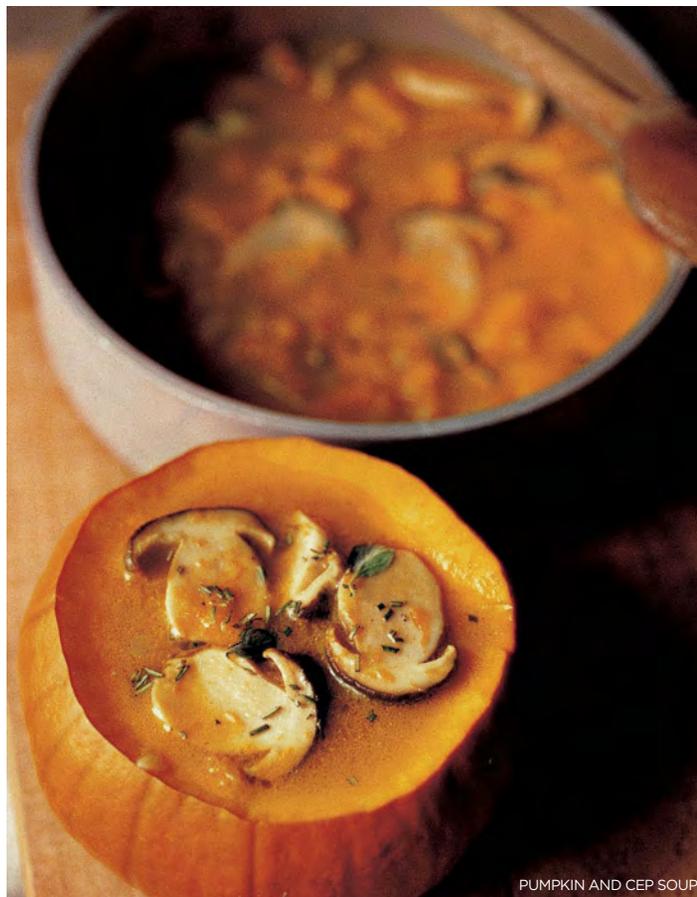
**2** Fry the onion in the butter and olive oil until soft. Dust the cubes of pumpkin with flour and fry in the same fat until golden.

**3** Add the wine, stir-fry a little to evaporate the alcohol, then cover with stock and bring to the boil. If using dried ceps, add them now, otherwise add the fresh variety after 15 minutes and cook for a further 10 minutes.

**4** Press down on some of the cubes of pumpkin to 'mash' them and obtain a thick soup. Add half of the herbs and some salt and pepper.

**5** Serve in the small pumpkins with their lids on (standing in soup plates for safety) and sprinkle over the rest of the herbs.

■ PER SERVING 192 cals, fat 16g, sat fat 8.5g, carbs 6.5g, sugars 4g, protein 2.5g, salt 0.3g, fibre 3g



PUMPKIN AND CEP SOUP

### Basic stock ✓

**Makes 2 litres**

**1 large onion, quartered**  
**4 medium carrots, diced**  
**2 celery sticks, diced**  
**3 cloves garlic, left whole**  
**10 black peppercorns**  
**2 bay leaves**  
**1 small bunch of parsley**  
**200g button mushrooms, sliced and dried briefly in a medium oven**  
**1 sprig of marjoram**

Put the ingredients into a large pan of boiling water, reduce the heat to simmering point and cook for 1½ hours. Strain the liquid through a fine sieve and if reduction is needed – to intensify the flavours – cook a little longer to allow evaporation. When cool, use or freeze for later use.

*'In Italy, you start to hunt for mushrooms from a very young age, either with parents or friends'*

## Wild mushroom crostini

This Italian dish is extremely popular because of its versatility: it can be served as a snack or antipasto, or with drinks. Crostini can be topped with a mixture of tomato, mozzarella and basil, or grilled vegetables. This version using wild mushrooms is exceptionally good – even if you can't get hold of any wild mushrooms and have to use cultivated instead. For the photograph we used chicken of the woods, horn of plenty, brown caps or chestnut mushrooms and oyster mushrooms.

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

400g mixed wild mushrooms (whatever you can get)  
2 cloves garlic, 1 finely chopped  
1 small fresh red chilli, finely chopped  
8 tbsp olive oil  
1 tbsp coarsely chopped parsley  
1 tbsp marjoram leaves (to replace the nepitella or wild mint used in Tuscany)  
4 large slices Pugliese bread  
salt and pepper, to taste

**1** Clean the mushrooms thoroughly and cut them all into cubes.

**2** Fry the finely chopped garlic and chilli in 6 tablespoons of the olive oil, and before the garlic starts to colour, add the mushrooms. Sauté or stir-fry them briefly for a few minutes only so that they retain their crisp texture. Add the parsley, marjoram and some salt and pepper.

**3** Meanwhile, toast the slices of bread on both sides, then rub them very slightly with the whole garlic clove. Brush with the remaining olive oil and top with the mushrooms. Serve immediately.

■ PER SERVING 311 cals, fat 23.5g, sat fat 3.5g, carbs 21g, sugars 1.5g, protein 6g, salt 1.5g, fibre 2.5g

## Mushroom strudel

Having lived for a couple of years in Vienna, strudel was known to me only as an excellent dessert, either filled with apples, pears or sour cherries, or with a paste of poppy seeds. The idea of making it savoury, with a mushroom filling, is perhaps not completely new in general terms, but it is for me, and here it is.

To be lazy, I use bought filo pastry, but if you are a skilful maker of the original strudel pastry, feel free!



WILD MUSHROOM CROSTINI

**Serves 4 | Prep 20 mins | Cook 25 mins**

200g packet filo pastry  
55g butter, melted  
1 free-range egg, beaten

**For the filling:**

500g mixed wild and cultivated mushrooms, cleaned weight  
1 medium onion, finely chopped  
40g butter  
lots of freshly grated nutmeg  
1 tbsp dry vegetarian sherry  
1 tbsp plain flour  
leaves from 1 sprig of marjoram  
30g vegetarian Parmesan-style cheese, freshly grated  
salt and pepper, to taste

**1** Preheat the oven to 200C/fan 180C/gas 6. Take 3 sheets of filo at a time. Brush 1 sheet on both sides with melted butter, then place it on top of another sheet with a third on top. Make 4 such piles of triple-layer filo. Cover with a damp cloth while you prepare the filling.

**2** Make sure the mushrooms are dust-

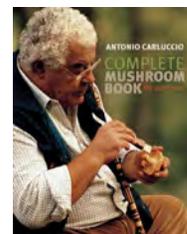
and sand-free, wash if appropriate (it rarely is) and trim if need be. Cook the onion in the butter and when soft add the mushroom with the nutmeg. Stir-fry for 3-4 minutes.

**3** Add the sherry and evaporate the alcohol by cooking over a low heat for 2-3 minutes. Add the flour, marjoram and some salt and pepper, stir well, and leave to cool. The mixture will be moist.

**4** Grease a baking tray with butter and lay on it, one at a time, the 4 piles of filo. Brush the edges with beaten egg. Put a quarter of the mushroom mix on the centre of each and before folding them up, add the Parmesan-style cheese. Brush with the beaten egg, turn so that the join is on the base, brush again, and bake in the preheated oven for 15 minutes. Serve warm.

■ PER SERVING 402 cals, fat 25.5g, sat fat 15.5g, carbs 31.5g, sugars 3.5g, protein 12g, salt 1.7g, fibre 4g

Recipes adapted from *Complete Mushroom Book: The quiet hunt* by Antonio Carluccio (Quadrille, £9.99).



ANTONIO CARLUCCIO  
COMPLETE MUSHROOM BOOK

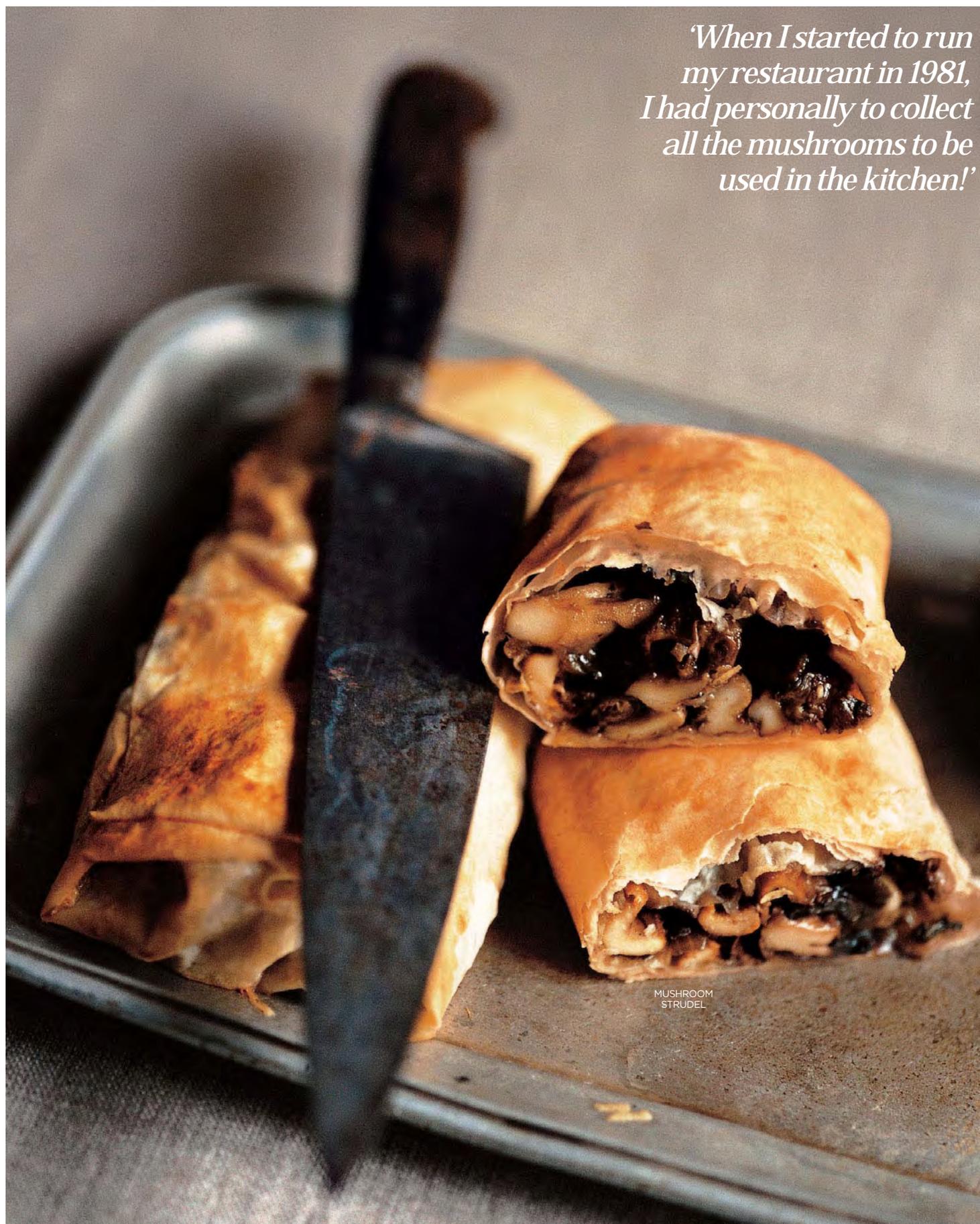
**READER OFFER**

**WOODLAND WONDERS**  
Buy *Complete Mushroom Book: The quiet hunt* for just £6.99.

Not only does the book contain recipes (including non-vegetarian ones), but it is also a practical field guide to collecting wild mushrooms. See page 62 for further details.

PHOTOGRAPHY: ALASTAIR HENDY

*'When I started to run my restaurant in 1981, I had personally to collect all the mushrooms to be used in the kitchen!'*



MUSHROOM  
STRUDEL



***These days, former top model George Jones is far happier mucking out her horse than being professionally preened for the cameras. But she hasn't turned her back completely on the beauty industry, as Sara Niven discovers.***

# Nurtured by nature

Jetting between London, Paris and Milan and fronting high-profile campaigns for top fashion houses like Armani and Burberry might sound like every girl's dream, but for George (Georgina) Jones it became anything but.

She was just 18 and about to sit her A levels with the aim of studying law, when her then boyfriend sent a photograph of her into a model competition being run by the BBC's *The Clothes Show*. A few months later she had been called into the regional heats, sailed through to the next round and ended up in the top three nationally.

'I naively presumed that after the competition I'd return to normal life and was more than happy with that, but suddenly agencies wanted to sign me up,' she explains.



'My mother was set on me going to university, but then we went to see a top agency called Models One who helped convince her.'

As a result, George moved from rural Dartmoor to share a flat in central London with other models. Her first job was for *Company* magazine who introduced her as 'the face of the 90s'. Other high-profile jobs followed and her contemporaries at the time included Lisa Snowden and Tess Daly.

'We were paid to look flawless and this was a time before airbrushing was commonplace. There was tremendous pressure to be thin but I never went down the drugs route; I turned to a vegetarian diet at this point and developed an interest in natural skincare, mixing my own face masks and trying to get the other models to share my interest in homeopathy and natural remedies. Their nickname for me was Earth Mother!'

Even so, after six years of modelling, the pressures eventually took their toll. While on a job in Milan, George found herself feeling overwhelmed and stressed out. She was also

upset to be missing a celebration for her brother's 21st birthday and made a sudden decision that she needed to be with family. A taxi, flight, train and car journey later she arrived, exhausted, at the family home.

'I sleepwalk when I'm overtired and that night I got up, very disorientated and fell on to the radiator in my bedroom. My mother raced in to my screams and the sight of me with a large gash on my jaw that needed stitches.'

## A holistic approach

It wasn't that wound that put an end to her modelling career, however, but a visit to an osteopath to treat the neck injury also sustained in her fall.

'Debbie was also a family friend who asked if I was happy carrying on modelling and I just said "no" and burst into tears. Then we got talking about what else I could do and she suggested osteopathy. It fitted with a lot of my interests and I loved the fact it was about someone's total wellbeing as opposed to just muscles and bones.'

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***'There was tremendous pressure to be thin but I never went down the drugs route; I turned to a vegetarian diet at this point and developed an interest in natural skincare'***

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PHOTOGRAPHY: HOLLY EDWARDS

Four years later George's days as a model were behind her and she graduated with a degree from the British School of Osteopathy. She had met her husband Simeon on the course and together they set up the Well Street Clinic in rural north Wales. Their children came along in quick succession and George found herself caring for three under-three-year-olds - a daunting prospect, even for an Earth Mother!

Most people might consider she had her hands full, but George's interests in natural remedies and skincare was sparked again when her son Titus, now nine (she also has Fuchsia, 10, and Scarlett, 12), began suffering from eczema. After experimenting with different home-made preparations, George eventually found one that helped him. The idea for Bathing Beauty was born and from those early days producing simple muslin bags of bath soak she now makes more than 50 natural products. All are suitable for vegetarians and the majority for vegans too.

With names like Blanket Balm, Soothe Body Oil and Gentle Souls Bath Milk there is a nurturing theme to her range and George explains that many products are developed with her patients' needs directly in mind, such as her Jones the Bones Muscle and Joint Oil. 'I used it to treat my own patients, and many say it really has reduced their pain and given them a better night's sleep.'

George begins the process of developing a new product by starting with a problem or skin condition and researching ingredients she feels would bring the most relief. She then sources ingredients either by foraging, growing her own or buying them from Fairtrade producers to use in her certified recipes. The products are then made in small batches at her workshop in Ruthin. It sounds idyllic but, as she explains, the reality is often far from it.

'Sometimes I'm out in the garden with a head torch on at 3am picking lavender or rosemary to use in a product and I've spent three long, cold winters doing 150-mile trips to sell at markets. It has been tough, but completely worth it as I've built up a strong customer base and got fantastic feedback in the process.'

## Made with love

Until recently, her products were only sold via shops in Wales and used as the toiletry range in two boutique hotels. That changed after her online store went live this summer and she is now happily dealing with orders from all over the UK.

It is difficult to see how she fits everything in. When asked about any 'me time', George



laughs heartily and says she considers that to be mucking out her horse.

'I get by most of the time with sheer determination and very little sleep which is ironic as I was paranoid about getting my full quota when I was modelling,' she says. 'I couldn't do this without a lot of support and a firm belief in what I'm doing. I feel very strongly that beauty and skincare products should be free from synthetic additives and it is also important they are as environmentally friendly as possible, so I use packaging that is either reusable, recyclable or biodegradable.'

Some of her bath products come in pots she commissions from the Anvil Pottery in the next village. Each piece is unique and George says she loves the fact they show the potter's fingerprints.

Her future plans for Bathing Beauty include setting up a larger production facility and creating a health and wellbeing centre where people can have treatments, walk around meditation gardens and enjoy a healthy lunch.

Life as an osteopath will continue, however. 'I love the work, so I'm not giving that up,' George confirms. 'I see Bathing Beauty as complementing it. Some of the heartfelt things people say about how my products have helped them moves me to tears - I admit sometimes that may be partly because I'm so tired! But mainly it is out of real gratitude that people value the care I put into creating my products.'

[www.bathing-beauty.co.uk](http://www.bathing-beauty.co.uk)



## A HELPING HAND

Five winners will each receive a Bathing Beauty Reveal gift set which contains a hand polish and conditioning salve, worth £19.95. See page 62 to find out how to enter.

**READER OFFER**

# Streets ahead

*'Spice master' John Gregory-Smith shows you how to broaden your repertoire, inspired by his own travels to find the best street food at markets and stalls from Istanbul to Mexico.*

KERALAN  
SPINACH AND  
SWEETCORN  
SALAD





SESAME  
AUBERGINE  
CURRY

## Sesame aubergine curry with Keralan spinach and sweetcorn salad **V**

This vegetarian feast is my take on a classic North Indian curry. It's served with a fresh spinach and sweetcorn dish, hailing from Kerala, which is a cross between a side dish and a salad, and makes the perfect contrast. A lovely touch for maximum flavour when preparing this curry is to cut a slit in the aubergines and then to rub in a little of the spice mix. You can really taste the difference – the aubergines suck up all the flavour of the spices while they cook gently in the sauce.

**Serves 4 | Prep/cook 45 mins**

**For the curry:**

- 1 tbsp ground coriander
- 1 tbsp sesame seeds
- ½ tsp chilli powder
- ½ tsp ground cumin
- 1½ tsp sea salt
- 350g baby aubergines
- 1 large red onion
- 2 tbsp groundnut oil
- 2.5cm piece fresh root ginger
- 4 cloves garlic
- 3 tomatoes
- pinch of sugar
- handful of coriander leaves
- ½ lemon
- 250g basmati rice

**For the keralan spinach and sweetcorn salad:**

- 1 tbsp groundnut oil
- 1 tsp cumin seeds
- 85g cashew nuts
- 225g spinach
- 1 red onion
- 1 lemon
- ½ red chilli
- 140g tinned sweetcorn
- 25g creamed coconut
- sea salt

**1** Put the ground coriander, sesame seeds, chilli powder, ground cumin and salt into a spice grinder, and grind into a fine powder. Remove the stalks from the baby aubergines, if you like, and cut a slit about 2.5cm deep into the opposite end. Rub a little of

the ground spices into the slits – use about half the spices for this. Peel and finely chop the onion.

**2** Heat the oil in a saucepan over a medium heat and chuck in the onion. Cook for 4–5 minutes, stirring occasionally, until golden. While the onion cooks, peel the ginger and garlic, then finely chop the ginger, garlic and tomatoes. Add to the cooked onion and mix well. Add the remaining ground spices, the sugar and the prepared aubergines. Mix everything together really well, then cover and simmer for 20 minutes to allow the aubergines to cook through.

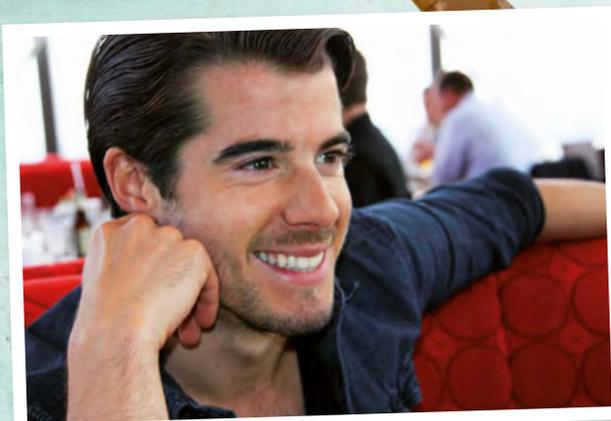
**3** Meanwhile, cook the rice in boiling water for 10–12 minutes until soft, or as directed on the packet. Drain and return to the pan. Cover the pan with a clean tea towel and then the lid. Leave to one side so that the rice can fluff up.

**4** Make the salad while the rice cooks. Heat the oil in a wok over a medium heat and add the cumin seeds and cashew nuts. Stir-fry for 45 seconds, then add the spinach and a pinch of salt. Continue to stir-fry for 2–3 minutes until the spinach has completely wilted. Remove from the heat and leave to one side.

**5** Peel and finely chop the onion, and put it in a mixing bowl. Squeeze over the juice from the lemon, add a pinch of salt and mix well. Finely chop the chilli and add it to the same bowl. Drain the sweetcorn and tip it into the bowl, then add the cooked spinach, making sure you scrape all the oil and cumin into the mixing bowl. Mix everything together really well and transfer to a serving bowl. Grate the coconut over the top, then cover and leave to one side.

**6** When the aubergines have cooked, remove the lid from the pan and cook for 5 minutes, stirring occasionally, to allow the sauce to thicken. Roughly tear up the coriander. Scatter the coriander over the cooked curry and squeeze over the juice from the lemon. Serve with the cooked rice and the colourful salad.

■ **PER SERVING** 861 cals, fat 67g, sat fat 41g, carbs 51g, sugars 19.5g, protein 16.5g, salt 3.5g, fibre 9g



## Blue Mosque goat's cheese tart

My goat's cheese tart is a twist on the classic Turkish snack borek. I have made one large tart instead of fiddly individual portions, and stuffed it with chilli, spring onions, olives, walnuts, tarragon, goat's cheese and paprika.

**Serves 2 | Prep/cook 25 mins**

1 green chilli  
3 spring onions  
55g pitted green olives  
55g walnuts  
large handful of tarragon leaves  
125g soft vegetarian goat's cheese  
¼ tsp paprika  
1 lemon  
2 tbsp olive oil  
3 sheets of filo pastry, defrosted if frozen  
100g yogurt  
sea salt and freshly ground black pepper

**1** Preheat the oven to 180C/fan 160C/gas 4. Cut the top off the chilli and roll the chilli between your hands to deseed it. Trim the spring onions. Put the chilli and spring onions into a food processor, and add the olives, walnuts and tarragon. Blend until coarsely

chopped, then add the goat's cheese and paprika. Squeeze in the juice of half the lemon and season with salt and pepper. Give it a quick blast to mix it all together.

**2** Take a piece of baking parchment, large enough to fit in a baking tray, and scrunch it between your hands – this stops the sides from curling up. Flatten the baking parchment on to a chopping board and brush with olive oil. Lay a piece of the filo pastry on top of the baking parchment and brush it all over with oil (cover the unused filo with a damp tea towel to prevent it from drying out). Put another piece of filo pastry over the top and brush it with oil.

**3** Scoop the filling into the centre of the pastry and spread it out into a rectangular shape about 1.5cm thick. Cover with the final sheet of filo pastry and fold in the sides to form a neat rectangle. Brush the top of the tart with oil and season with salt and pepper.

**4** Transfer the tart to a baking tray, by lifting up the sides of the baking parchment, then bake for 15–18 minutes until golden on top.

**5** Meanwhile, put the yogurt into a serving bowl, squeeze in the juice from the remaining ½ lemon and season with salt and pepper. Mix well. Serve the hot tart with the lemony yogurt.

■ PER SERVING 608 cals, fat 47.5g, sat fat 13g, carbs 25.5g, sugars 8g, protein 21g, salt 5.2g, fibre 4g

## Condesa smoky beans with green salsa

**Serves 4 | Prep/cook 30 mins**

250g long-grain rice

**For the smoky beans:**

1 chipotle chilli  
800g can pinto beans  
1 red pepper  
1 red onion  
2 tbsp olive oil  
2 bay leaves  
4 cloves garlic  
1 tsp ground cinnamon  
2 tsp ground cumin  
400g can chopped tomatoes  
1½ tbsp clear honey  
55g vegetarian Gruyère cheese  
sea salt

**For the green salsa:**

1 avocado  
3 spring onions  
1 green chilli  
2 large handfuls of coriander leaves and stalks  
2 tbsp olive oil  
1 lime

**1** Cook the rice in boiling water for 10–12 minutes until soft, or as directed on the packet. Drain in a colander, then cover the rice with a clean tea towel while still in the colander and leave to one side.

**2** Meanwhile, cut the chipotle chilli for the beans in half and put both halves in a small bowl. Cover with 2–3 tablespoons boiling water and leave to one side to soften for a couple of minutes.

**3** Drain and rinse the beans and leave to one side. Deseed the pepper and peel the onion, then finely chop both. Heat the oil in a large saucepan over a high heat and add the pepper and onion. Stir-fry for 3 minutes to soften, then reduce the heat to medium and add the bay leaves. Peel and crush in the garlic. Mix well.

**4** Add the cinnamon, cumin, tomatoes, honey and beans to the onion mixture. Season with salt. Pour in the chipotle and its water. Mix well, then cover and cook for 15 minutes, stirring occasionally, or until the beans are hot and the sauce is thick.

**5** Make the green salsa. Cut the avocado in half and remove the stone with a knife. Scoop out the flesh into a blender or food processor. Trim the spring onions and discard the top of the chilli, then chuck them into the blender with the coriander, oil and some salt. Squeeze in the lime and blend into a coarse salsa. Tip into a serving bowl.

**6** Serve the rice and beans with the cheese grated over the top and with the salsa.

■ PER SERVING 757 cals, fat 25g, sat fat 6.5g, carbs 110g, sugars 16.5g, protein 29.5g, salt 1.4g, fibre 13.5g



Recipes adapted from *Mighty Spice Express* by John Gregory-Smith (Watkins Publishing, £20). The book also contains non-vegetarian recipes.

*'Spices offer an escape and transport me somewhere else while I eat. They add the flavours, colour, heat and smell of some of the most beautiful and exotic places in the world'*



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**Suma**



# Healthy living

COMPILED BY SARA NIVEN

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

## GREAT EXPECTATIONS

There are plenty of books about nutrition during pregnancy, but none aimed specifically at vegetarians, until now.

*What to Eat When You're Pregnant and Vegetarian* (Pearson, £9.99) has been researched and written by pregnancy nutrition expert Dr Rana Conway. The handy handbag-sized book includes plenty of essential advice on good nutrition for the wellbeing of the mum-to-be and her unborn baby. It should help answer any questions or concerns – both your own and those of any well meaning friends and family members who may be keen to offer their opinion on your diet!

The author has a PhD for her research into the diets of pregnant vegetarians, and explains: 'Being a vegetarian has some benefits during pregnancy, but it's vital you don't miss out on particular nutrients. With the right diet and advice you can be confident you're doing the best for your baby.'



**READER OFFER**

### EATING FOR TWO

We have six copies of *What to Eat When You're Pregnant and Vegetarian* to give away. Turn to page 62 to find out how to win one.



## Have a heart

National Cholesterol Week takes place 14–20 October, with the aim of raising awareness of the dangers of high cholesterol as well as funds for Heart UK, the charity behind the event.

Cholesterol is a white, waxy substance carried in the blood; it is vital for good health as it helps form cell membranes in addition to performing other functions. Too much of it, however, increases the risk of heart disease.

Heart UK point out that the average cholesterol level in the UK is around 5.5 mmol/l, which is higher than ideal. In countries where heart disease is rare the levels are much lower. As many as 6 out of every 10 men and women have cholesterol levels above 5 mmol/l, so it is worthwhile getting your cholesterol checked with a simple finger-prick blood test.

Heart UK's dietitian, Linda Main, adds: 'Cholesterol can be raised for a number of reasons, including genetic factors, age and lifestyle. A good diet, rich in fruit, vegetables, wholegrain cereals and low in saturated fat and salt is a key part of managing raised cholesterol levels. While vegetarian diets are generally thought to be healthy, it's still important to take care and ensure that sources of saturated fat, such as full-fat dairy (butter, cheese, cream and full-cream milk), are kept to a minimum and where possible replaced with lower-fat versions.'

To find out more about protecting your heart, visit [www.heartuk.org.uk](http://www.heartuk.org.uk).

## Veggie vitamins

Many chewable children's vitamins contain gelatin, but a couple we came across recently are vegetarian-friendly, with one also suitable for vegans.

MultiSaurus are a naturally flavoured raspberry-lemonade dinosaur-shaped multivitamin, costing £6.98 for 60 tablets. Another option is vegan Yummy Greens, which are priced at £4.49 for 30 tablets and contain vitamin C as well as kelp, wheatgrass and alfalfa leaf.

Both are available in selected health food shops and online at [www.solarayuk.co.uk](http://www.solarayuk.co.uk).



**READER OFFER**

### A HEALTHY BOOST

Five readers can each win a bottle of both MultiSaurus and Yummy Greens. See page 62 for details.

## NOT MAKING THE GRADE

These days the majority of chain restaurants offer a kids' menu, but just how healthy are the meals on offer?

Not enough, according to Out to Lunch, a survey by the Soil Association and Organix who ranked 21 popular restaurants and pubs based on their children's menus with criteria including use of fresh food and good nutrition.

Jamie's Italian, Wagamama and Wetherspoons came out on top overall, while Prezzo, KFC and Burger King came bottom. Burgers and nuggets were found to dominate many kids' menus and five of the chains surveyed offered just one or no vegetarian option at all. Good examples of those providing three or more included



Carluccio's, Wagamama, Prezzo, Zizzi, Strada and Pizza Express.

Amy Leech, policy officer at the Soil Association, told *Vegetarian Living*: 'Shockingly, 8 out of the 21 chains offer no portions of veg in most of their children's meals. Over the coming year we will be working with restaurants to improve what they offer to children.'

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

# 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*.

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

## MAKE YOUR DAILY BREAD

Making your own bread is one of the most rewarding skills to master in the kitchen, and you don't need lots of gadgets or ingredients. All you need is a bowl, measuring spoons, a measuring jug and something to bake the loaf on or in – either a loaf tin or a baking tray. You could also try a baking stone, which you place in the oven to increase the bottom cooking temperature, and means you can bake directly on to the hot stone – they are great for sourdoughs, flatbreads and pizzas.

Always use strong bread flour, either white or wholemeal. Stoneground flour will give you better flavour, colour and texture. Bread flour has a higher gluten content than regular plain flour, which makes the dough stretchy and gives your finished loaf lightness and volume. You can make different types of bread with spelt and rye flours, which have lower gluten content and result in a denser loaf.

The ingredient that makes bread rise is yeast, and there are three types of yeast that you can use. Fresh yeast is available from bakeries and in-store bakeries in some supermarkets. It can be kept wrapped in the fridge for up to a week and for a month in the freezer. Fresh yeast isn't suitable for using in a bread machine. You will need 25g of fresh yeast for every kilo of bread flour.

Dried active yeast comes in a tin and you mix this with warm water and a little sugar before combining with the flour, which means you can kick-start the yeast and check it is still alive (bubbles form on the surface of the water). Keep your open tin of dried active



yeast in the fridge and use within three months. You will need 2 tablespoons of dried active yeast for every kilo of bread flour.

The third option is fast-acting yeast, which you add directly to the flour – it is easy to use and suitable for bread machines. You will need two 7g sachets of fast-acting yeast for every kilo of bread flour.

Cold doesn't kill yeast but excessive heat does, so don't add hot water to your yeast or leave dough to rise in a really hot place, such as on top of an Aga.

To improve the baking process, preheat your oven to its maximum temperature and reduce to baking temperature when you put the loaf in, adding a spray of water to create steam, which promotes the baking process.

### FROM THE PANTRY

#### SOURDOUGH STARTER

A starter is a population of wild yeasts that grow and multiply in a 'batter' of strong bread flour, either white or wholemeal, and water. The yeasts may come from the wheat berries in the flour, or have collected when the batter is exposed to the air.



After a few days, the yeast cells ferment the starches in the flour and multiply – just replenish the flour daily along with more water. The batter will start bubbling actively and give off sweet aromas of fermentation not found in ordinary bread dough. After 7–10 days you should have enough starter for a loaf (see recipe, opposite).

### ESSENTIAL TIPS...

#### BREAD MAKING

- Kneading puts energy into the dough to stretch the gluten. The stretchier the dough, the better it will hold the gasses released by the fermentation of the yeast, and the better the texture of the bread. Knead for at least 10 minutes.
- The dough should be sticky, but not too wet, and be able to hold its shape. When kneading, start with

a stickier rather than a drier dough, as it will come together as you knead.

- To check if your dough has been kneaded enough, lightly press with a finger – the indentation should pop straight back, if it doesn't, continue to knead!
- Cover your dough while it is rising to stop it drying out, using cling film greased with a little oil.
- Most recipes recommend

double proving your dough.

This means leaving it to rise until doubled in size, then knocking it back to its original size, forming into shape or placing in a greased tin and leaving to rise again. By doing this you get a lighter, less yeasty, good textured loaf.

- To test whether a loaf is cooked, turn it over and tap the bottom: it should sound hollow.





## PROVING BASKETS

I like to use a proving basket known as a 'banneton', which is made from birchwood cane. The basket helps to give the bread shape and structure as it rises, resulting in a more professional-looking loaf. Different shapes and sizes are available online from bakery specialists.



### Sourdough V

**Makes 2 loaves | Prep 15 mins + proving  
Cook 40 mins**

**500g strong bread flour**  
**300ml sourdough starter (see right)**  
**1 tsp sea salt (optional)**  
**150-300ml warm water (or enough to mix to a manageable dough)**

- 1** In a large bowl, mix the flour, sourdough starter, sea salt and enough water to make a sticky dough. Tip on to a lightly floured work surface and knead for 10 minutes.
- 2** Place in a large, oiled bowl and cover with oiled cling film. Leave to prove until doubled in size, and then gently tip on to a lightly floured work surface.
- 3** Divide the dough into two and gently fold and shape. Place each one in a well floured wicker proving basket (see above) with the

seam side up (as you will turn it out upside down to bake).

**4** Place the baskets in plastic bags in a very warm place. Leave to rise in the baskets until doubled in size or they reach the top of the basket. This can take as long as 12 hours.

**5** Preheat the oven to 220C/fan 200C/gas 7. Turn the dough gently out of each basket on to a hot baking tray or straight on to a baking stone. Slash the tops of the dough with a very sharp blade, making three diagonal slashes.

**6** Put the bread in the oven with a little water sprayed inside to create steam. Bake for 30-40 minutes or until well cooked, releasing the steam halfway through the cooking time by opening the oven door. To test whether the loaf is ready, tap the base - it should sound hollow.

■ PER SLICE 162 cals, fat 0.5g, sat fat 0g, carbs 37g, sugars 0.5g, protein 4.5g, salt 0.5g, fibre 2g

## Sourdough starter

### TO MAKE YOUR STARTER

Mix 4 tablespoons of strong bread flour with approximately the same amount of water to make a batter consistency. Leave overnight in a cool place in a covered container. The next day, add equal amounts of flour and water and stir well. Continue until you have a large enough quantity (500ml) and the starter looks creamy and bubbly - this will take a minimum of 7 days. Remember not to use the entire starter, as you need to keep some to feed on for your next loaf - use 300ml to make this loaf and 200ml to keep feeding for your next one.

### LOOKING AFTER YOUR STARTER

If you can't feed the starter for a while, leave it covered in the fridge. This slows everything down. It's best to freeze a small amount (500ml) in case you accidentally kill your starter through neglect. The frozen starter, when unfrozen, reactivates and starts fermenting again. If the starter separates with liquid on top, it has run out of food and needs feeding - feed once a day.

### HELP WITH RISING

Make your sourdough in a very warm, draught-free kitchen, as sourdough needs all the help it can get to rise and it takes a long time. Two hours before making the bread, feed the sourdough as normal and add a teaspoon of sugar, then leave in a warm place.

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

## Ask Rachel...

YOUR CULINARY DILEMMAS AND KITCHEN QUANDARIES ANSWERED

### Say goodbye to salt

*I've been advised to cut down on salt. Can I make bread without it?*

Yes, you can. I make salt-free bread regularly and now find shop-bought bread far too salty.

Most dough recipes use 2 per cent salt by weight, although salt in shop-bought bread can be far higher. A sliced loaf of bread can be as much as 7 per cent salt per 100g. Six slices of bread can contain as much as 3g of salt, which is over half the daily recommended maximum amount of salt. If you then add Cheddar cheese to make a sandwich, you will find yourself over the limit.

However, salt does perform the following functions in bread making: it helps to strengthen the gluten structure of the dough; acts as a preservative lengthening the shelf life of the bread; and it slows down the activity of the yeast. Salt also affects the crust colour - bread without salt will have a paler crust.

Salt is a flavour enhancer, so to begin with you will find salt-free bread bland, but you will get used to it as your taste adjusts to a low-salt diet. The Tuscans have been making salt-free bread for centuries. Making sourdough bread is an excellent way to add flavour from the fermentation process, which gives the bread a lovely tangy taste.



# Chocolate: pure indulgence

There's nothing quite like chocolate for the ultimate comfort food, as master pâtissier Eric Lanlard shows, with three gorgeously rich recipes for grown-ups.

## Mini chocolate syrup cakes

These cute puddings are perfect winter warmers and a great ending to a long, lazy Sunday lunch. The amaretto gives them a delicious continental touch. Best served with a dark chocolate sauce.

**Serves 6 | Prep 25 mins | Cook 30 mins**

- 100g unsalted butter, plus extra for greasing
- 100g dark chocolate, roughly chopped
- 2 free-range eggs
- 50g dark muscovado sugar
- 40g golden syrup
- 75g ground almonds
- 15g plain flour, plus extra for dusting
- ½ tsp baking powder
- 2 tbsp amaretto liqueur
- 6 amaretti biscuits, plus extra to decorate

**1** Grease 6 x 150ml individual pudding moulds and dust with flour, tapping out any excess. Cut out 6 small circles of baking paper to fit the bases and drop one into each mould. Grease 6 pieces of foil, each about 15cm square.

**2** Put the butter and chocolate into a saucepan and heat gently until melted. Leave to cool.

**3** Whisk the eggs, sugar and golden syrup together in a large bowl using an electric hand whisk until thick and foamy. Fold in the cooled chocolate mixture using a rubber spatula. Mix the ground almonds, flour and baking powder together in a separate bowl, then fold into the mixture with 1 tablespoon of the amaretto.

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

**5** Put the biscuits in a small bowl and splash over the remaining amaretto. Fill the prepared pudding moulds one-third full with cake mixture, then drop a soaked biscuit into each. Top with the remaining mixture, leaving 1cm between the mixture and the top of the moulds. Loosely scrunch a foil square over the top of each mould.

**6** Put the moulds into a roasting tin and pour in hot water to come about halfway up the sides of the moulds. Bake in the oven for 20–25 minutes, or until a skewer inserted into the centres comes out clean.

**7** To serve the puddings, use a sharp knife to slide around the edge of each pudding mould to release. Invert on to plates and carefully remove the moulds. Spoon over some chocolate sauce, allowing it to drizzle over the edges, then sprinkle with broken amaretti biscuits. Serve immediately.

■ PER SERVING 447 cals, fat 30.5g, sat fat 14.5g, carbs 36.5g, sugars 28g, protein 7g, salt 0.6g, fibre 2g

## Chocolate and pistachio biscotti

Originally from Italy, biscotti now adorn coffee shops across the world – they are the perfect combination with good coffee. These chocolate and pistachio ones are to die for...



**Makes 26 | Prep 20 mins + cooling  
Cook 55 mins**

- 100g unsalted butter, softened, plus extra for greasing
- 200g golden caster sugar
- 2 free-range eggs
- 275g plain flour, plus extra for dusting
- 50g cocoa powder
- 1 tsp bicarbonate of soda
- 125g shelled pistachio nuts
- 75g dark chocolate chips

**1** Preheat the oven to 180C/fan 160C/gas 4. Lightly grease 2 large baking sheets.

**2** In a large bowl, cream the butter and sugar together until pale and fluffy. Beat in the eggs one at a time, then sift the flour, cocoa powder and bicarbonate of soda together and fold in. Gently stir in the pistachios and chocolate chips.

**3** Turn the mixture out on to a floured surface and form into a large, slightly flattened loaf shape, about 30 x 7cm. Carefully transfer to one of the prepared baking sheets and bake for 30 minutes. Remove from the oven and leave to cool for 10 minutes. Reduce the oven temperature to 150C/fan 130C/gas 2.

**4** Place the warm loaf on a chopping board and slice into 1cm-thick slices. Arrange them on the baking sheets and return to the oven for a further 20–25 minutes, or until dry and crispy. Once cooked, transfer to a cooling rack to cool and harden.

**COOK'S TIP** You can store the biscotti in airtight containers for up to 2 weeks. They also make really nice presents when wrapped in a gift bag.

■ PER BISCUOTTI 142 cals, fat 7g, sat fat 3.5g, carbs 19g, sugars 10g, protein 2.5g, salt 0.2g, fibre 0.5g



PHOTOGRAPHY: KATE WHITAKER



CHOCOLATE AND  
PISTACHIO BISCOTTI

## Salted butter caramel cake

I am a great fan of salted butter caramel and after lots of experiments I've come up with this delicious recipe, which is made of layers of salted butter caramel biscuit baked into a rich and dark chocolate cake. A winning recipe...

**Serves 10**

**Prep 40 mins + chilling and cooling**

**Cook 45 mins**

200g dark chocolate, roughly chopped  
 100g unsalted butter, plus extra for greasing  
 150ml milk  
 4 free-range eggs, separated  
 125g golden caster sugar  
 100g plain flour  
 pinch of sea salt crystals, to decorate

**For the caramel biscuit:**

225g digestive biscuits  
 300g golden caster sugar  
 2 tbsp water  
 100ml single cream  
 100g salted butter, plus extra for greasing  
 2 pinches of sea salt

**For the chocolate glaze:**

200g dark chocolate, chopped  
 200ml single cream

**1** First make the caramel biscuit. Grease 2 x 22cm diameter sandwich cake tins and line the bases with baking paper.

**2** Put the biscuits into a food processor and whizz to fine crumbs. Put the sugar and water into a heavy-based saucepan and dissolve over a low heat. Increase the heat and cook until it forms an amber caramel. Remove from the heat and carefully stir in the cream, followed by the butter and salt. Stir the biscuit crumbs into the caramel, then divide equally between the prepared tins and press down with the back of a spoon. Place in the freezer to set.

**3** To make the sponge, preheat the oven to 180C/fan 160C/gas 4. Grease a deep 22cm diameter loose-bottomed cake tin and line with baking paper.

**4** Melt the chocolate, butter and milk together in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl.

*'As much as I adore eating eating chocolate, it's as a baking ingredient that I love it the most'*



SALTED BUTTER CARAMEL CAKE

**5** In a large bowl, whisk the egg yolks and sugar together using an electric hand whisk until pale and fluffy. Stir in the chocolate mixture, then fold in the flour. In a clean, dry bowl, whisk the egg whites to soft peaks, then gently fold into the chocolate mixture.

**6** Remove the caramel biscuit discs from the freezer and remove them from the tins, discarding the lining paper. Place one of the discs on the bottom of the prepared loose-bottomed cake tin and spread with half of the cake mixture. Lay the other biscuit disc on top and cover with the remaining cake mixture.

**7** Bake in the oven for 25–30 minutes until the cake is just cooked – it should be almost undercooked for extra gooeyness. Leave to cool in the tin for 10 minutes, then turn out on to a cooling rack to cool completely.

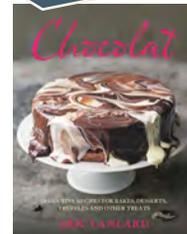
**8** To make the glaze, put the chocolate into a heatproof bowl. Put the cream into a saucepan and heat to simmering point, then pour one-quarter over the chocolate. Leave for 1 minute until the chocolate starts to melt, then gently stir in the rest of the cream until smooth and glossy.

**9** Cover the cooled cake with the chocolate glaze and use a palette knife to spread it evenly over the top and down the side. Lightly sprinkle sea salt crystals on top of the cake, then chill it in the refrigerator until set before serving.

■ PER SERVING 772 cals, fat 42g, sat fat 24.5g, carbs 95.5g, sugars 73.5g, protein 8.5g, salt 1.5g, fibre 1.5g

Recipes adapted from *Chocolat* by Eric Lanlard (Mitchell Beazley, £18.99).

**READER OFFER**



**CHOC THERAPY**

Buy a copy of *Chocolat* for just £12. See page 62 for further details.

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# Competitions

WIN A VARIETY OF EXCELLENT PRIZES

## Salon du Chocolat

Win a pair of tickets (worth £36 per pair) to Salon du Chocolat's spectacular finale to Chocolate Week (14–20 October), at London's Olympia. Win have five sets to give away. (page 11)

## Country Living Magazine Christmas Fair

Three readers will each receive a pair of tickets (worth £35 a pair) for this year's Country Living Magazine Christmas Fair in London (30 October–3 November). Please indicate on your entry which day you would prefer to attend. (page 11)

## Magpie Beasties kitchenware

Win a set of two porcelain mugs in Mr Fox and Mr Stag designs (one of each). We have three sets to give away. (page 11)

## Sweet Things from the Aga

Five winners will each receive a copy of *Sweet Things from the Aga* by Hannah Miles (Absolute Press, £17.99). (page 12)

## World's Best Cakes

Two readers can each win a copy of *World's Best Cakes* by Roger Pizely (Jacqui Small, £30). (page 12)

## Frank bars

We have three mixed boxes containing 20 Frank bars to give away, worth £17 a box. (page 12)

## World Food Café Quick and Easy: Recipes from a Vegetarian Journey

We have five copies of *World Food Café Quick and Easy: Recipes from a Vegetarian Journey* by Chris and Carolyn Caldicott (Frances Lincoln, £20) to give away. (page 32)

## HOW TO ENTER

Email your name, address and telephone number to [comp@vegmag.co.uk](mailto:comp@vegmag.co.uk) with 'Name of competition' (e.g. 'Salon du Chocolat') in the subject box, or post your details to 'Name of competition', *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH. Competitions end midday 25 September 2013.



## Bathing Beauty Reveal gift set

Win one of five Bathing Beauty Reveal gift sets. Each set contains a Fairtrade white sugar and rose petal hand polish, and a cuticle and hand conditioning salve, worth £19.95. (Please note: the salve does contain beeswax.) (page 49)

## Children's vitamins

Five readers can each win a bottle of both MultiSaurus and Yummy Greens multivitamins. (page 55)

## What to Eat When You're Pregnant and Vegetarian

We have six copies of *What to Eat when You're Pregnant and Vegetarian* by Dr Rana Conway (Pearson, £9.99) to give away. (page 55)

## Ella's Kitchen

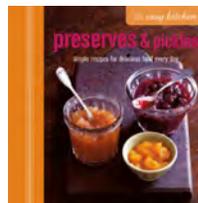
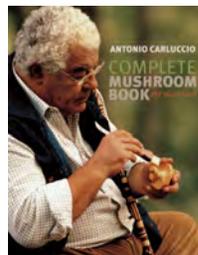
Win one of three bundles, each containing 15 assorted Ella's Kitchen products. (page 80)

## Eco Vegan Shoes

We have five pairs of London Walker Shoes from Eco Vegan Shoes to give away, worth £79 a pair. (page 88)

## Vegetarian Guides

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



# Reader offers

EXCLUSIVE OFFERS FOR VEGETARIAN LIVING READERS

## Country Living Magazine Christmas Fair

Get 25% off the door price to Country Living Magazine Christmas Fair (30 October–3 November) when booking tickets in advance (£12 instead of paying £16.50 on the door). Enter the code 'CLX132' in the 'discount code' box when booking online at [www.countrylivingfair.com](http://www.countrylivingfair.com). (page 11)

## Complete Mushroom Book: The Quiet Hunt

Buy *Complete Mushroom Book: The Quiet Hunt* by Antonio Carluccio (Quadrille, £9.99) for the special price of £6.99, with free p&p. Call 01256 302699 and quote reference '9DB'. (page 46)

## Chocolat

Get *Chocolat* by Eric Lanlard (Mitchell Beazley, £18.99) for the special price of £12, plus free UK p&p. Call 01903 828503 and quote reference 'Chocolat/MB556'. Offer subject to availability; please allow seven days for delivery. (page 60)

## Easy Kitchen Pickles & Preserves

Order *Easy Kitchen Pickles & Preserves* (Ryland Peters & Small, £9.99) for the special price of £7.99, including free p&p. Call 01256 302699 and quote reference 'GLR 8SP'. (page 66)

## Halloween Crafts

Purchase *Halloween Crafts* (CICO Books, £12.99) for the special price of £9.99, including free p&p. Call 01256 302699 and quote reference 'GLR 8UD'. For further information, please visit [www.cicobooks.co.uk](http://www.cicobooks.co.uk). (page 69)

## 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 25 September 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.



# PLASTIC FANTASTIC

*When Dan Dicker moved to the Cornish coast to set up his design company, he found this new location also brought a green ethos to his business. Lindsey Harrad heads west to meet the man who turns recycled coffee cups into stylish homeware.*

Many of us have been to the coast for a break and fallen in love with the idea of living near the sea. After taking a year off to travel round Australia and New Zealand, Dan Dicker and his wife Vicky didn't do the inevitable and emigrate, instead they decided to take the leap and start a new life on the Cornish coast. 'The UK is so diverse and interesting; ironically, our travels helped us fall back in love with this country,' laughs Dan.

With a background as an industrial designer, including a four-year stint working for Dyson on 'secret products', in 2003 Dan decided to set up his own company, A Short Walk – just 'a short walk' from the sea.

'None of the products I was working on at Dyson actually went into production, which says a lot about how hard it is to take a project from idea to the shop floor,' Dan says. 'One of the best aspects of running my own business is being able to oversee everything we make from initial design to finished product.'

## Eden's influence

Although A Short Walk has become something of a pioneer as a British gift and homeware company, using innovative recycled materials, back in 2003 it was early days for the recycling industry and Dan's first design, a tide clock, wasn't an eco-product.

'By 2007 we started to feel that we would prefer to make our products from recycled materials,' he says. 'Back then – and this is still largely true today – most materials produced from recycled waste were being used for commercial purposes, for example, old milk bottles would be made into new milk bottles. No one was using these materials to make consumer products, and as far as I'm aware, we were the first to use them on a smaller scale for domestic products.'

Dan has always been keen to create

products that are simple and stylish, but the emergence of new recycled materials started to have a greater influence on product development. 'We've been quite influenced by the Eden Project and the whole culture of being more eco-aware that exists down in Cornwall,' says Dan. 'We quickly discovered that our products made from recycled materials started to out-sell those made from traditional materials, so we began sourcing and working with suppliers who were recycling waste streams in new ways, and then working out what we could make from these innovative materials.'

Today, a team of seven designs and makes a number of award-winning indoor and outdoor products at the company's small factory in Perranporth, including condiment and pinch pot sets, coasters and place mats, wall clocks, house signs, and picture frames, which are sold through the company website but are also developed for larger retailers and charities such as WWF, John Lewis, Amnesty International, Oxfam, Homebase and over 500 independent shops throughout the UK. Many of the products are made from recycled vending machine coffee cups, which results in a surprisingly beautiful finish, with the look and feel of slate.

'Traditionally, products made from recycled plastic were not attractive, desirable products you'd want in your home,' says Dan. 'So we set out to make lovely things that people would want to buy, and the fact it's made from a recycled material is a bonus.'

## Closing the loop

The company's new Pot to Product scheme, which you'll see appearing at garden centres all over the country in the coming months, is a new initiative designed to reuse the 5 million redundant plastic plant pots the

nation has stashed in its sheds – that's 39 pots per household. Although they are rarely reused for plants, it's possible to turn 39 pots into a new house sign, eight birdfeeders or 30 plant labels. 'Most councils won't take these pots for household recycling,' says Dan. 'So we're providing a bin for people to recycle them, next to a display stand of our products that have been made from them.'

The Pot to Product scheme is designed to encourage people to 'close the loop' and be as committed to buying products made using recycled waste as they are to doing their weekly recycling.

'One of our bestsellers is the eco-birdfeeder,' says Dan. 'This product is popular because it is not only made of recycled plant pots, but it also enables you to recycle waste food and support your garden wildlife. It's just a very simple idea that works really well.'

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



*There's something special about making your own preserves, and these chutneys are just thing to liven up a sandwich, as a side dip for potato wedges or veggie sausages, or to serve with a curry.*

# *A jar from the pantry*



SQUASH AND  
AUBERGINE CHUTNEY

## Squash and aubergine chutney **V**

This golden chutney is flecked with dark purple and the red of the chilli peppers. Use white sugar to preserve the colours of the squash or pumpkin, and brown sugar for a deeper colour and flavour.

**Makes about 1.5 kg**

900g butternut squash or pumpkin  
 2 large aubergines (about 500g)  
 650g onions, chopped  
 4 cloves garlic, crushed  
 2-3 fresh red chillies, deseeded and thinly sliced or finely chopped  
 1 tbsp each crushed coriander seeds and brown mustard seeds  
 finely grated zest and freshly squeezed juice of 1 unwaxed orange  
 50g piece of fresh ginger  
 400ml cider vinegar or white wine vinegar  
 400g sugar, warmed (see cook's tip, below)  
 2 tsp salt, plus extra to taste  
 cayenne or chilli powder, to taste

**1** Cut the squash and aubergines into 1-2cm dice and place in a preserving pan with the onions, garlic, chillies, crushed coriander and mustard seeds, and the orange zest and juice. Bash the ginger with a rolling pin to bruise it, tie it in a piece of muslin and bury it in the mixture.

**2** Pour over the vinegar. Bring to the boil, then simmer very gently, part-covered, for 40-50 minutes until the squash is fully tender.

**3** Stir in the warmed sugar and the 2 teaspoons salt, stir until the sugar dissolves, then bring to the boil and cook briskly, stirring every few minutes, until the mixture is thick and the liquid almost all absorbed, about 30-40 minutes.

**4** Stir very frequently towards the end of cooking to stop the mixture sticking to the base of the pan. The chutney is ready when a wooden spoon drawn over the base of the pan leaves a clear channel for a few seconds. Season to taste with more salt, cayenne or chilli powder.

**5** Leave for 10 minutes, stir well, discard the ginger and then transfer to hot, dry sterilised jars. Seal immediately, then invert the jars. Let cool before turning the right way up. Store for at least 1 month before using. After opening, keep covered in the



INDIAN GREEN MANGO CHUTNEY

PHOTOGRAPHY © RYLAND PETERS & SMALL

refrigerator and use within 2 months.

**COOK'S TIP** Warm the sugar in a bowl in the oven (for about 20 minutes on its lowest setting) before adding it to the chutney, as this will help it to dissolve quicker.

■ PER 25g SERVING 36 cal, fat 0g, sat fat 0g, carbs 8.5g, sugars 8g, protein 0.5g, salt 0.2g, fibre 0.5g

## Indian green mango chutney **V**

This recipe, based on a traditional Indian pickle, goes well with spiced stir-fries, casseroles and curries. Use hard green fruit since ripe fruits will disintegrate too much, and you want to retain texture.

**Makes 800ml**

1 white onion, cut into quarters  
 2-5 green and red fresh chillies (to taste), halved and deseeded  
 4cm piece of fresh ginger, peeled and cut into quarters  
 2 cloves garlic, peeled

1 tbsp mixed mustard seeds  
 1 tbsp cumin seeds  
 2 tsp ground turmeric  
 ½ tsp salt  
 200ml white wine vinegar  
 1 tbsp olive oil  
 100g sugar  
 600g green mangoes

**1** Put the onion, chillies, ginger, garlic, mustard and cumin seeds, turmeric and salt in a blender, add 2-3 tablespoons of the vinegar, and grind to a paste.

**2** Put the oil in a saucepan and cook the paste over low heat for 10 minutes, adding the remaining vinegar as it cooks down. Add the sugar and continue cooking over low heat until dissolved.

**3** Add the fruit to the pan, stir well and simmer until just tender but not soft, about 10 minutes. Spoon the chutney into warm sterilised jars, cover and seal.

■ PER 25g SERVING 32 cal, fat 0.5g, sat fat 0g, carbs 6.5g, sugars 6g, protein 0.5g, salt 0.1g, fibre 0.5g

# Home-made chutney



PUMPKIN AND  
RED TOMATO  
CHUTNEY

## Pumpkin and red tomato chutney **V**

There are many varieties of pumpkin and this recipe can be used to preserve all of them. Make sure that the flesh is firm and not stringy, or it will spoil the finished texture of the chutney.

**Makes 500g**

400g peeled and deseeded firm pumpkin or butternut squash flesh, cut into 1cm cubes  
200g ripe tomatoes, skinned, deseeded and chopped  
200g white onions, chopped  
25g sultanas  
250g demerara sugar  
1 tsp salt  
3cm piece of fresh ginger, peeled and finely chopped  
1 clove garlic, finely chopped  
freshly grated nutmeg  
200ml malt vinegar, plus 100ml extra to add as the chutney boils down

**1** Put the pumpkin, tomatoes, onion, sultanas, sugar, salt, ginger, garlic, nutmeg and the 200ml vinegar in a preserving pan and bring slowly to the boil.

**2** Simmer for 1 hour, stirring from time to time. The chutney should look dark, dense and rich. Top up with extra vinegar if the chutney dries out too much while cooking.

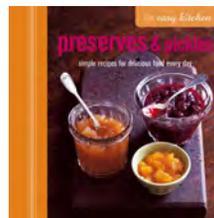
**3** Transfer to a warm sterilised jar, cover the surface of the chutney with a waxed disc, and seal at once. Keep for 1–6 months before opening. After opening, keep covered in the refrigerator and use within 2 months.

■ PER 25g SERVING 62 cal, fat 0g, sat fat 0g, carbs 15.5g, sugars 15g, protein 0.5g, salt 0.3g, fibre 0.5g

Adapted recipes and images from *Easy Kitchen Pickles & Preserves* (Ryland Peters & Small, £9.99).

## PRESERVING TIPS

- Jars with metal clip tops and rubber seals are best for chutneys.
- To sterilise your jars, wash them in hot soapy water, rinse in hot water and leave to air-dry. Place a folded tea towel on an oven shelf and lay the jars on their sides on top. Shortly before you need them, heat the oven to 110C/fan 90C/gas ¼, and leave the jars at this temperature for 20–30 minutes. Always prepare a few extra jars in case they are needed.
- Jars which have been filled to the brim can be left to cool upside down, as this helps to produce a vacuum as the preserve cools.



**READER OFFER**

### PICKLES, JAMS & RELISH

Buy *Easy Kitchen Pickles & Preserves* for the special price of £7.99. See page 62 for further details.

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**Calling all witches, wizards and ghosts!  
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with these devilishly delicious treats.**

# Ghoulish goodies

## **Toffee apples**

Look for small, preferably red-skinned apples and red lollipop sticks for these fun and popular toffee apples. When you come to buy the ingredients for this recipe, why not get some extra apples and at your party, fill a large tub with water, tip in the apples, and play bobbing for apples.

**Makes 8 | Prep 20 mins**

**8 small apples**  
**300g caster sugar**  
**2 tbsp light golden syrup**  
**juice of ½ lemon**  
**assorted orange, green and black sprinkles, for dipping**

**You will need:**

**8 lollipop sticks or wooden skewers**

**1** Wash and thoroughly dry each apple. Carefully push a lollipop stick or wooden skewer into the stalk end of each apple.

**2** Put the sugar, syrup and 150ml water in a heavy-based pan over a low heat. Leave until the sugar has completely dissolved.

**3** Turn up the heat and simmer until

the toffee turns an amber colour. Remove the pan from the heat and carefully add the lemon juice – take care as the hot toffee may splutter.

**4** To decorate, quickly dip each apple into the toffee and swirl it around until evenly coated. Allow to cool for no more than 10 seconds, then dip the bottoms of the apples in the assorted sprinkles.

**5** Sit the apples on baking parchment to harden. Serve on the same day.

**■ PER SERVING 232 cals, fat 0g, sat fat 0g, carbs 61g, sugars 61g, protein 0.5g, salt 0.1g, fibre 2g**

## **Glittery ghosts**

These ghost lollipops made from cookie dough are ideal for a Halloween party. Make them in ghoulish white and green and add lots of glitter for some spooky sparkle.

**Makes 12 | Prep 40 mins + chilling  
Cook 16 mins**

**For the cookie lollipops:**  
**250g plain flour**  
**125g self-raising flour**



TOFFEE APPLES

PHOTOGRAPHY © CICO BOOKS 2013

pinch of salt  
 250g unsalted butter, at room temperature  
 125g unrefined golden caster sugar  
 1 free-range egg yolk  
 1 tsp vanilla extract

To decorate:  
 500g royal icing powder  
 black or brown food-colouring paste  
 green food-colouring paste  
 edible glitter

You will need:  
 ghost cookie cutter  
 12 lollipop sticks  
 disposable piping bags with fine and thick tips

**1** First make the cookie dough. Sift the flours and salt into a mixing bowl and set aside. Cream the butter and sugar in another bowl until light and fluffy. Beat in the egg yolk and vanilla extract until they are fully incorporated.

**2** Add the flours and mix everything together until all the flour is incorporated and the mixture forms a dough. Put the dough in a sealable food bag and chill for at least 1 hour.

**3** Roll your cookie dough so it is about 1cm thick. Cut out 12 cookies using a ghost cutter or template. With one hand, gently twist a lollipop stick into the bottom of each cookie. Place the fingers of your other hand on the top of the cookie so that you can feel where the stick is. Keep twisting the stick until it is at least two-thirds of the way up the cookie.

**4** Carefully turn the cookie over. Roll a small sausage of cookie dough and attach it to the bottom of the cookie where the stick is. This will strengthen the cookie and will disappear when it is baked. Place the cookies on a baking sheet lined with greaseproof paper and chill for 30 minutes. Meanwhile, preheat the oven to 200C/fan 180C/gas 6.

**5** Bake for 12-16 minutes until the cookies are golden and smell baked.

**6** Prepare the royal icing according to the pack instructions, making it a little thicker than usual as you need it to be thick enough to pipe. Spoon 1-2 tablespoons into a small bowl and tint using the brown or black food-colouring paste. Cover and set aside. Divide the remaining icing into two bowls and tint one of them using the green food-colouring paste.



GLITTERY GHOSTS

## COOK'S TIP

Always check the packaging to make sure your sprinkles and food-colouring paste are veggie-friendly.

**7** Fit a piping bag with a fine tip and carefully pipe a thin outline around the edge of each cookie. Leave to dry for at least 10 minutes before flooding the middle with more white or green icing, either by using a teaspoon or a piping bag fitted with a thick tip. You may need to thin the icing a little. Leave the icing to dry for half an hour, then outline the cookies again.

**8** Put the cookies on some greaseproof paper and sprinkle with glitter. Finally, using white icing, pipe a circle for the mouth and two ovals for the eyes. Add a dot of black or brown icing to each eye to finish the cookie.

■ PER SERVING 470 cals, fat 18g, sat fat 11.5g, carbs 79g, sugars 55g, protein 3.5g, salt 0.5g, fibre 1.5g

Adapted recipes and images from *Halloween Crafts* (CICO Books, £12.99).



**READER OFFER**

## FIENDISH FUN!

Buy *Halloween Crafts* for the special price of £9.99. The book includes Halloween ideas for decorations, costumes and sweet treats. See page 62 for further details.

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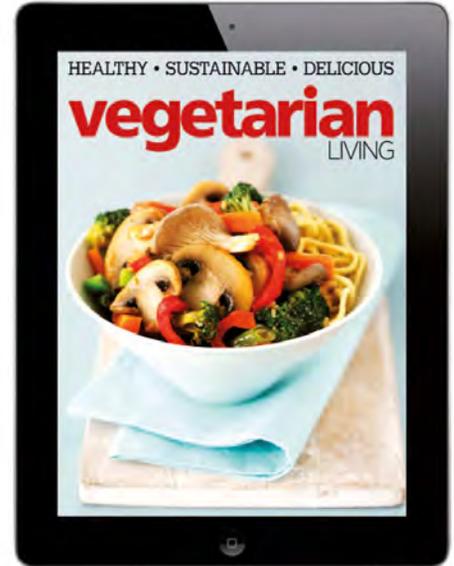
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[www.vegetarianliving.co.uk](http://www.vegetarianliving.co.uk)

# SUPER SUET

*As the season of comfort food draws ever closer, Sarah Beattie prepares pies, puddings and cake using one key storecupboard ingredient – vegetarian suet.*

There's something peculiarly British about a suet crust. Animal suet is the hard fat from around the kidneys. Almost a waste product, it was cleaned and minced for use in pies and boiled puddings. It was even pounded fine to stir into milk puddings to add richness (fat).

Today we can buy vegetarian suet which is hard white vegetable fat, extruded in little pieces and dusted in rice flour. It allows vegetarian cooks to make authentic traditional dishes and that Christmas staple, mincemeat. Because the fat is already chopped up, suet doughs are very quickly made so it's an ideal choice for cooks in a hurry. Boiled or steamed puddings take a long time to cook, though, but a pressure cooker will dramatically reduce the time needed.

Vegetable suet, unlike butter or margarine, doesn't require refrigeration, so can be kept in the

cupboard or used on camping trips. Use it for frying pan pizza over a campfire or herby dumplings in a stew, or try one of the recipes below.

## Jamaican patties \*

Jamaican patties are descended from the Cornish pasty with spicy Caribbean additions. My great-grandmother was the daughter of a Jamaican slave and her master, so I, too, have mixed cultural heritage (my recipe includes much else also: Welsh, Scots, Irish, Cockney, Scouse, Viking and Norman).

My granny, born and brought up in Port of Spain in Trinidad, never made patties, but her West Indian curries were legendary. I think she'd like the flaky crust and the chilli-warm, fragrant filling. Using suet means the pastry is quicker to make than the usual rough puff dough.

**Serves 6 | Prep 30 mins + resting  
Cook 30 mins**

250g plain flour  
1 tsp turmeric  
¼ tsp salt  
50g butter  
juice of ½ lemon  
about 125ml cold water  
100g vegetable suet  
1 tbsp oil  
1 onion, chopped  
10 allspice berries, crushed  
½–1 small Scotch bonnet chilli, deseeded and finely chopped  
½ tsp ground cinnamon  
50g mushrooms, chopped  
½ small green pepper, deseeded and chopped  
200g Quorn mince or rehydrated TVP mince  
salt and pepper  
1 free-range egg yolk (optional)

- 1 Combine the flour, turmeric and ¼ tsp salt. Rub in the butter. Mix in the lemon juice and as much of the water as is needed to make a soft dough. Knead lightly and then roll out thinly to a large oblong.
- 2 Cover half the dough with three-quarters of the suet, sprinkling it over the pastry. Fold the rest of the dough over the suet-covered half and press the edges with the rolling pin.
- 3 Roll again lightly and sprinkle the remaining suet over half the dough. Fold and press the edges together. Wrap in baking paper and put in the fridge until needed.
- 4 To make the filling, fry the onion in the oil until softening. Add the allspice, chilli, cinnamon, mushroom and green pepper, then cook, stirring, for a couple of minutes.
- 5 Add the mince and continue to cook over a moderate heat for 5 minutes – if the mixture is very dry, add a couple of tablespoons of water. Season to taste and allow to cool.



JAMAICAN  
PATTIES

**6** When you want to cook the patties, preheat the oven to 220C/fan 200C/gas 7. Roll out the dough and cut six 16cm rounds (some patty-makers create rectangular or triangular shapes, so you could do that if you prefer).

**7** Place 2 heaped tablespoons of the mixture on half of each pastry shape. Dampen the edges, fold over, enclosing the filling, then press and crimp to seal.

**8** Transfer to a baking sheet. Brush with beaten egg yolk, if using. Bake for 20 minutes until golden and firm. Serve hot, warm or cold.

**COOK'S TIP** If you don't care for meat substitutes, you could use more chopped onion and mushrooms instead.

■ PER SERVING 409 cals, fat 26g, sat fat 13.5g, carbs 37.5g, sugars 3g, protein 9g, salt 1g, fibre 4.5g

## govegan

**V** Opt for dairy-free spread such as Pure, instead of butter; rehydrated TVP mince instead of Quorn; and use a splash of soya milk to glaze in place of the egg.

## freezeme

**\*** Wrap the patties individually or pack into a rigid sealed box. Defrost and reheat in a hot oven for 15 minutes.

## Clangers **V\***

For many of us who grew up with BBC children's TV before it became CBeebies, Clangers are charming knitted creatures who speak in slide whistle tones and live on a planet with a Soup Dragon. However, in Bedfordshire, a clanger was the equivalent of a Cornish pasty. It was lunch for agricultural workers with a savoury end and a sweet end tucked inside a suet crust.

With the resurgence of interest in local foods, a Bedfordshire baker, Gunn's, reintroduced the almost forgotten clanger and they now sell all sorts, including a vegetarian one. They have changed to a baked pastry crust, though. If you want to bake yours, you can use the patty dough (above), omitting the turmeric, or use a shortcrust or bought puff pastry. Oven-steaming is easy – it just sounds complicated to set up. Alternatively, put your clangers on a trivet in a pressure cooker.

You may not want the traditional bottle of cold tea to wash your clanger down, but clangers do make great picnic food – whether you've been toiling in the field or just hiking through it.

**Serves 4 | Prep 15 mins | Cook 2 hrs**

1 tbsp oil  
300g leeks, cleaned



200g mushrooms  
a few sprigs of thyme  
salt and pepper  
1-2 apples, peeled and chopped  
1 tbsp cinnamon  
1 tbsp sugar  
400g plain flour  
2 tsp baking powder  
200g vegetable suet  
about 300ml water  
a few cloves

**1** Preheat the oven to 180C/fan 160C/gas 4. Put a kettle of water on to boil. Find a large roasting tin with a rack and have ready some kitchen foil.

**2** Fry the leeks and mushrooms briskly in the oil. Strip the leaves from the thyme and add to the leeks and season well. Prepare the apple and mix with the cinnamon and sugar.

**3** Combine the flour, baking powder and suet. Stir in as much water as is needed to make a stiff dough. Knead very lightly. Divide into 4 and, on a floured board, roll each out to a rectangle about 25 x 22cm.

**4** Trim the edges to neaten, and use the trimmings to make a dividing 'wall' two-thirds of the way along the pastry rectangle. Divide the leek mixture between the rectangles, placing it middle of the larger section of the dough. Put the apple the other side of the dividing 'wall'.

**5** Dampen the edges and fold the sides in to make a flattish baton shape. Press the ends to seal then put the clangers on the rack, seam-side down. Mark the apple end by pressing a few cloves into the dough.

**6** Carefully fill the roasting tin with water. Put the rack over the water and cover with a loose 'bonnet' of foil, scrunching the foil tightly around the edges of the tin. This will give the clangers room to expand but keep the steam from evaporating. Put the roasting tin in the oven and cook for 2 hours.

**7** Remove the foil very carefully so as to avoid being scalded by the steam. Serve, or if picnicking, wrap in foil and put in a 'cool' bag to keep warm.

■ PER SERVING 843 cals, fat 48g, sat fat 24.5g, carbs 96.5g, sugars 13g, protein 12g, salt 1.6g, fibre 8g

## freezeme

**\*** Wrap the clangers individually or pack into a rigid sealed box. Defrost and reheat in a steamer over boiling water for around 20 minutes.

## Savoury pinwheels **\***

We used to get something a bit like these for school dinners – they were rather large, greasy and stodgy, though. This is the more 'tasteful' version. Use them with a lovely soup for an informal lunch or serve them to the kids with baked beans for a quick supper.

Blue cheese (such as my favourite, Mrs Bells or Shropshire Blue) with red onions makes a delicious variation.

**Serves 6 | Prep 10 mins | Cook 15 mins**

1 tbsp oil  
1 onion, thinly sliced  
200g plain flour  
2 tsp baking powder  
pinch of salt



SAVOURY  
PINWHEELS

pinch of coarse ground chilli flakes  
 2 tbsp sun-dried tomato, cut into thin strips  
 70g vegetable suet  
 150ml milk  
 75g grated or crumbled vegetarian cheese

**1** Preheat the oven to 200C/fan 180C/gas 6. Heat the oil and slowly fry the onion until it starts to turn golden.

**2** Mix together the flour, baking powder, salt, chilli flakes, sun-dried tomato and suet. Stir in the milk to make a soft dough. Knead lightly and pat or roll out to a rectangle about 1cm thick.

**3** Cover with 50g of the cheese. Roll up like a sausage roll and cut into 6 or 8 slices. Place each slice, cut-side down, on a lined baking sheet. Divide the onions between the tops of each pinwheel. Bake for 10 minutes.

**4** Cover the onions with the remaining cheese and return to the oven for another couple of minutes. Serve warm or cold.

■ PER SERVING 316 cals, fat 18.5g, sat fat 9.5g, carbs 32g, sugars 4g, protein 8g, salt 1g, fibre 2g

## govegan

Swap the dairy ingredients for vegan-friendly soya milk and Bute Island Sheese.

## freeze-me

Wrap the pinwheels individually or pack into a rigid sealed box. Defrost and reheat in a hot oven for about 7 minutes.

## Sussex pond pudding

To give a twist on this classic steamed pud, I've added poppy seeds to the crust and stem ginger to the molten centre. This lightens the dough, reduces the tooth-achingly sweet syrup and adds the warmth of spice. You can vary the fruit too - try versions with limes, tangerines, little oranges or a handful of kumquats. You can also make the crust chocolatey with the substitution of 1 tablespoon of cocoa for 1 tablespoon of flour (omit the poppy seeds).

**Serves 6 | Prep 10 mins | Cook up to 3½ hrs**

200g plain flour  
 100g vegetable suet  
 2 tsp baking powder  
 2 tbsp blue poppy seeds  
 150ml milk  
 4 tbsp soft brown sugar  
 3 tbsp stem ginger, cut into small chunks  
 2 tbsp butter, plus extra for greasing  
 1 thin-skinned unwaxed lemon, washed and dried

**1** Put a kettle full of water on to boil. Grease a 1-litre pudding basin.

**2** Mix the flour, suet, baking powder and poppy seeds together and stir in the milk to make a soft dough. Flatten to about 1cm thick. Press carefully into the pudding basin, leaving the edges flopping over the sides. Ensure there are no holes in the dough.

**3** Spoon in half the sugar, half the ginger and half the butter, cut into small pieces.



SUSSEX POND  
PUDDING

Stab the lemon repeatedly all over with a fork then place it on the sugar, ginger and butter in the basin.

**4** Cover with the remaining sugar, ginger and butter, then fold over the edges of the suet pastry and seal by pinching and pressing the dough together. Cover with pleated baking paper and foil, and tie tightly with string.

**5** Put the basin in a big pan (or your pressure cooker). Pour in the boiling water from the kettle to come halfway up the sides of the basin.

**6** Cover with a tight-fitting lid and boil over a moderate heat for 3½ hours, topping up the water when necessary - don't let the pudding boil dry. (If you have a well-fitting lid, you'll need to top up much less frequently and your kitchen won't resemble a sauna!)

**7** To serve, turn out on to a deep plate, to catch all the syrupy juices. Cut up the softened lemon so everyone has a bit.

**COOK'S TIP** If you steam the pudding in a pressure cooker, you can reduce the cooking time by half if you have a 'jiggly' weight old-style cooker, or more if you have the new spring-loaded valve sort. Check details in your manual but ensure you allow 15 minutes pre-steaming before putting under pressure.

■ PER SERVING 403 cals, fat 23g, sat fat 13g, carbs 47g, sugars 19g, protein 4.5g, salt 0.6g, fibre 2g

## govegan

It's easy to veganise this recipe, using soya milk and dairy-free spread.

## Crumble for one V

Sometimes, if you are cooking for yourself, making a pudding seems a bit of a faff, a bit too self-indulgent. Having a packet of suet in the cupboard will mean that you can make yourself a comforting crumble in the same time as it takes to reheat a frozen lasagne and certainly quicker than baking a potato. If there are two or three of you, just scale up the recipe. The filling below was one of my kids' favourites, but you can use most fresh, frozen or tinned fruit.

**Serves 1 | Prep 5 mins | Cook 25 mins**

1 banana, peeled and cut into chunks  
handful of dried apricots  
juice of 1 mandarin, clementine or satsuma  
1 tbsp vegetable suet  
1 tbsp demerara sugar  
1 tbsp flaked almonds  
1 tbsp plain flour  
1 tbsp porridge oats

**1** Preheat the oven to 190C/fan 170C/gas 5. (The crumble isn't very fussy, if you're cooking something else at the same time at a slightly higher or slightly lower temperature, just use that and adjust the timing.)

**2** Put the banana and apricots into a small, heatproof dish. Squeeze over the little orange's juice. Combine the suet, sugar, almonds, flour and oats.

**3** Cover the fruit with the mixture and bake until nicely browned, about 20-25 minutes.

■ PER SERVING 634 cals, fat 21g, sat fat 7g, carbs 106g, sugars 69g, protein 11g, salt 0.1g, fibre 9g

## Plum dumplings

This recipe is a fusion between Eastern European (Hungarian, Romanian, Czech or Polish) plum dumplings in potato or noodle dough, and an old English recipe quoted by Eliza Acton in the mid-1800s.

I prefer dark plums for this recipe but any will do - you can also use fresh or dried apricots or prunes (soak dried fruit before making the dumplings).

I used a steamer basket, but some Eastern European cooks tie an old clean tea towel over the top of a large pan of boiling water, and cook the dumplings on the cloth with a lid on top of that.

**Serves 4-6 (depending on size)  
Prep 10 mins | Cook 45 mins**

125g plain flour  
1 tsp baking powder  
125g fresh (soft) breadcrumbs  
125g vegetable suet



CRUMBLE  
FOR ONE



PLUM DUMPLINGS



LEZZLE'S MARMALADE CAKE

finely grated zest and juice of 1 lemon

2 large free-range eggs, beaten

4–6 plums, stoned

2 tbsp butter

1 tbsp mixed spice

2 tbsp brown sugar

**1** Put a large pan of water on to boil.

**2** Combine the flour, baking powder, breadcrumbs, suet and lemon zest. Mix to a soft dough with as much of the egg as it requires – don't make it too sticky.

**3** Divide the dough into 4 or 6 depending on the number of plums you have (if they are very small you can make 8). Flatten each portion of dough and wrap each around a plum, ensuring the fruit is completely encased.

**4** Put the dough balls into the steamer over the boiling water and cook for 45 minutes.

**5** Just before the dumplings are ready, put the juice of the lemon, butter, spice and brown sugar into a small saucepan and heat, stirring, until bubbling hard. Turn off and pour over the dumplings to serve.

■ PER SERVING (FOR 6) 410 cals, fat 26g, sat fat 14.5g, carbs 39.5g, sugars 11.5g, protein 6.5g, salt 0.6g, fibre 2g

## govegan

■ Replace the eggs with 150ml soya cream and 1 tbsp soya flour, and ensure you use a dairy-free spread.

## Lezzle's marmalade cake \*

A friend gave me this recipe when my kids were tiny. It adapts well to being cooked with suet, making it even quicker to throw together. I'm always changing it slightly. This time I used home-made lime marmalade, but you can use thick-cut Seville, Golden Shred, lemon or grapefruit or even ginger jam. Use whatever dried fruit you want and you could add nuts too, if you like. For the photograph, I used dried cherries and currants which were a good combination, but I also like chopped dates (especially with sweet orange marmalade), prunes, raisins, sultanas (particularly with lemon marmalade) and dried blueberries.

This is a good, plain fruit cake that keeps well in a tin. I specify fine wholemeal flour but you can use white flour, if you prefer: you will probably need a little less liquid. Coarser (stoneground) wholemeal can be used, but will need some extra liquid. Make sure you preheat the oven before you start, as if not the cake will be ready before the oven is hot!

**Serves 12 | Prep 5 mins | Cook 45 mins**

225g fine wholemeal flour

2 tsp baking powder

1 tsp ground mixed spice or ¼ tsp ground cloves, ¼ tsp ground mace, ½ tsp cinnamon

110g vegetable suet

110g sugar

200g dried fruit (see left)

175ml milk

1 tsp vinegar

1 tbsp marmalade

2 tbsp demerara sugar

**1** Preheat the oven to 180C/fan 160C/gas 4. Grease a deep, 20cm cake tin.

**2** Combine all the dry ingredients in a large bowl. In a jug, mix together the milk, vinegar and marmalade, stirring well. Mix into the dry ingredients, combining to make a soft dropping consistency.

**3** Spoon into the cake tin. Level and sprinkle with the demerara sugar. Bake for 45 minutes. Cool in the tin.

**COOK'S TIP** If you are having a bigger gathering you can double the quantities, but cook for about 1–1¼ hours.

■ PER SERVING 237 cals, fat 9g, sat fat 5g, carbs 38g, sugars 25g, protein 3.5g, salt 0.2g, fibre 3g

## govegan

■ Ensure you use a dairy-free milk for the mixture, either soya or almond.

## freezeme

■ Make double quantities and freeze one tightly wrapped. Allow to defrost slowly, then store in a tin.



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# 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.



## CAUGHT BY THE BUZZ

### GOVERNMENT RESPONDS TO A HIVE OF ACTIVITY IN FRIENDS OF THE EARTH BEE CAMPAIGN

Friends of the Earth is celebrating after the government announced that it will review the decline of British bees and introduce a 'national pollinator strategy' at a summit held earlier this summer.

The environmental charity has generated a national buzz around the subject of UK bee decline following the launch of its Bee Cause campaign, which has been backed by big businesses, MPs and the public. Over 20,000 names were added to an online petition in just one week urging environmental minister Lord de Mauley for a Bee Action Plan and on 28 June, the Minister announced that the government would take action.

'We're delighted that enormous pressure for a Bee Action Plan from scientists, businesses and the public has stung the government into

action,' said Friends of the Earth executive director Andy Atkins. However, the charity is also demanding specific commitment from the government, including an action timetable beginning in April 2014, when bees wake from hibernation, and measurable targets for reversing the loss of bees and other pollinators.

'The minister's plan of action must be in place when bees emerge from hibernation next spring,' explains Atkins. 'We can't afford to gamble any longer with our food, countryside and economy.'

Friends of the Earth is promising to keep up the pressure on government until it is assured that the right actions are taken, and is urging those who back the cause to continue to lend their support. To add your voice and find out more, visit [www.foe.co.uk](http://www.foe.co.uk).



## WHY ALL THE FUSS?

Bees play a vital role in the natural cycle of food production in the UK - and they are disappearing fast. We rely on bees and other insects to pollinate almost all our fruit and vegetables, but disease, chemicals and a reduction in green spaces have led to rapidly declining numbers in recent years.

Wild honeybees are already nearly extinct and some species of bumblebee have been lost altogether. The University of Reading recently revealed that a dozen of the UK's most iconic bees - including our rarest solitary bee, the Large Mason Bee - are in serious jeopardy, and reported that a third of all honeybee colonies in England died over the winter.

The cost isn't just environmental, either. Without bees, farmers would need to find other ways to pollinate crops at a cost of over £1.8 billion a year, meaning a likely rise in food prices too.



## OUR FAVOURITE ECO-PRODUCTS

A COLOURFUL COLLECTION OF BAGS FOR SHOPPING OR STEPPING OUT ON THE TOWN

# SUPER BOWLS

FAIRWIND LAUNCHES NEW ECO-FRIENDLY BAMBOO HOMEWARE RANGE

Fairtrade website Fairwind has launched a fantastic new range of bamboo homeware that combines stylish eco-design with essential durability.

Handmade in Vietnam, the range includes salad bowls, small bowls and kitchen utensils, as well as salad servers and chopping boards.

Bowls and boards are produced from hand-shaped renewable bamboo and feature a natural food-safe lacquer derived from the cashew nut tree, which creates a durable, waterproof finish. The practical utensils, meanwhile, are each made from a

single piece of organically grown bamboo, then hand-shaped and finished. And since bamboo is heat- and stain-resistant, they're naturally non-stick too.

Prices start at £12 for a set of three kitchen utensils; the small bowl is £14 and the larger salad bowl £32. Products are available with blue or green lacquer finish.

The range also includes beautifully shaped bamboo tea-light holders priced at £3.50 each, and a set of four coasters with a pretty peony motif, priced at £15 per set. Visit [www.fairwindonline.com](http://www.fairwindonline.com) to find out more and shop online.



### Envirosax MaiTai collection

Price: £4.75

From: [www.amazon.co.uk](http://www.amazon.co.uk)

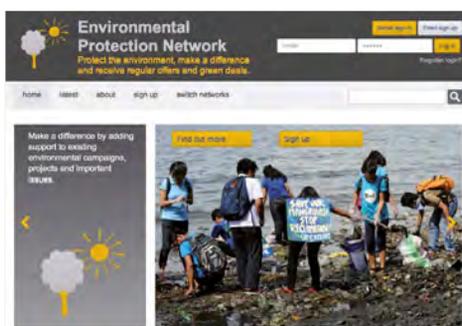
We love the Envirosax range of reusable bags and the fabulous florals of the MaiTai collection are helping us hang on to summer! They're perfect for serious shopping trips too, with a maximum weight capacity of 20kg.

# Network know-how

A new online network has been set up to encourage eco-enthusiasts to share their ideas and receive support for campaigns and projects.

The Environmental Protection Network has been created to empower people to take action to protect the environment, green spaces and natural habitats. Anyone can sign up using email or a social media account, and members will not only benefit from connections with interested organisations and individuals, but can also choose to receive green offers and deals from companies supporting the network.

Founder Chris Davis hopes the network will act as a hub for supporting new and existing environmental projects and campaigns, and is eager to encourage young people in particular to get involved: 'We want to hear from young people who have ideas for local, national and international environmental projects and campaigns that can help protect the environment. We are trying to encourage young people to take action in the



community, giving them a chance to gather support for the things they are passionate about and show them they are able to make a difference.'

To share your project and find out what the network is all about, visit [environment.addmysupport.com](http://environment.addmysupport.com).

### Recycled apple handbag

Price: £17.35

From: [www.nigelsecostore.com](http://www.nigelsecostore.com)

Made from recycled Drysdale juice packs, this cute and colourful handbag is good enough to eat! Features a magnetic flap closure and canvas-lined handles for added comfort.



### Susie Faulks Martha shoulder bag

Price: £64

From: [www.susiefaulks.co.uk](http://www.susiefaulks.co.uk)

Susie Faulks's retro-inspired bags are made in England and are free from animal products, earning them PETA approval. Made from durable oilcloth, they're made to last – and look gorgeous!



# GREEN PARENTING

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



## SCANDINAVIAN STYLE

COOL KIDS' CLOTHING FROM FINLAND

Online retailer The Kid Who is offering planet-friendly UK parents the chance to pick up eco-friendly clothes from the latest collection by Finnish brand Aarrekid.

Sporting the tagline, 'For the imaginative child we treasure most', Aarrekid's clothes are made with organic cotton and use non-toxic dyes to produce safe, high-quality garments. However, it is the unique and fantastical

designs that make these clothes so special. Springing from the magical mind of designer Miia Kajaani, the latest collection features hand-drawn illustrations that will fascinate little minds and stimulate the imagination.

The Aarrekid Mysterious Valley collection includes leggings, dresses, gorgeous balloon shorts and tops featuring intricate illustrations, while the range of owl-themed T-shirts and baby clothes are cute and classic.

Prices start at £20 for a vest top, with leggings priced at £22, T-shirts £23, dresses £32 and baby blankets £40. Sizes range from 6-12 months to 5-6 years, with babygros available in sizes 0-6 months to 2-3 years.

Visit [www.thekidwho.eu](http://www.thekidwho.eu) to browse the Aarrekid collection and explore The Kid Who's full range, which also includes homeware, toys, books, stationery and more.



## Kitted out for winter

With autumn just around the corner, it's time to start thinking about how to entertain the little ones once the weather turns cooler, and Truly Ethical's range of Fairtrade craft kits are ideal for indoor play.

Ethically produced from sustainable items, these colourful kits are great for teaching children about the importance of eco-friendly values - even the box is used, so nothing is wasted! The range includes a fun fishy scene, theatre kit complete with finger puppets and stage, and a rocket kit featuring a cut-out spaceman and planets.

Available from one of our favourite Fairtrade kids' websites, Fairbears ([www.fairbears.co.uk](http://www.fairbears.co.uk)), the kits are priced at just £9.50 each, and will also make perfect Christmas presents.



## Tasty treats for toddlers

Organic kids' brand Ella's Kitchen has added to its ever-expanding range of healthy foods with a new line of tasty puds that offers parents an alternative to sugar-packed sweet treats.

The new Dairylicious Big Tastes range includes fruity yogurt, smooth fromage frais and creamy rice pudding, all made with real fruit - and no refined sugar.

Ella's Kitchen has become a firm family favourite over recent years. The company's mission is to help children develop healthy-eating habits by offering a range of tasty, natural and healthy organic foods for babies and young kids, that are easy for parents too.

Find the new Dairylicious range in the chiller at Asda, Waitrose and Tesco.



### YUMMY BUNDLE

Three winners will each receive a bundle of 15 assorted Ella's Kitchen products. Turn to page 62 for further details.

November issue on  
sale 26 September



# Home comforts

AS THE SEASONS CHANGE, ENJOY TUCKING IN TO THICK WARMING SOUPS, GOLDEN PIES AND HEARTY PASTA BAKES.

© KAREN THOMAS



© DAVID LOFTUS, 2013

**Jamie's new money-saving meals**  
Cut costs but save on flavour, with delicious budget-conscious recipes from Jamie Oliver's new book.



© TARA FISHER

**Decadent desserts**  
Create gorgeous puddings in minutes, with instant ideas from Saturday Kitchen's James Martin.



© CHRIS TERRY

**Lisa Faulkner**  
Exclusive interview and recipes from the TV presenter, actress and *Celebrity MasterChef* winner.

**ALL THIS, AND...** a Bonfire Night supper for friends and family; seasonal recipes from the vegetable gardens of the National Trust; an interview with vegan marathon runner Fiona Oakes; plus Sarah Beattie's celebration of the humble parsnip 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 allotmenter 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

### 1 October–3 November

#### Festival of Autumn Colours

Make the most of the fiery autumn leaves with a special trail that leads you through Exbury Gardens & Steam Railway's spectacular maples, dogwoods and deciduous azaleas. [www.exbury.co.uk](http://www.exbury.co.uk)

### 12 October

#### Newbury Apple Day

Like many gardens and orchards across the country, Newbury's community orchards will be celebrating the apple harvest in Newbury Market Square, with juicing, apple-themed foods, heritage varieties and more.

Email [cooperjudith@tiscali.co.uk](mailto:cooperjudith@tiscali.co.uk)

### 31 October

#### Stories for Halloween

Explore Birmingham's Martineau eco-community gardens and wildlife area at night and enjoy some spooky storytelling.

[www.martineau-gardens.org.uk](http://www.martineau-gardens.org.uk)



### STEP-BY-STEP

## Growing garlic

Save pounds on shop-bought garlic by planting this easy-going crop at your plot. Autumn-planted garlic will often get a head start on spring bulbs and now's the perfect time to plant.

- Choose a fertile part of the plot that receives the maximum amount of sun, and a spot you're happy to give over to garlic for the duration – they'll be in the ground until June next year.
- Break your bulbs into cloves as you plant them and slot individually into the ground around 15cm apart, in rows 30cm apart.
- Use a trowel to dig a shallow hole and plant around 2cm below the surface, pointed-end up – if you push them into hard soil there's a chance you could damage them.
- Weed carefully by hand around the roots as the garlic grows, and water if dry (but stop a few weeks before they are due to be harvested). And that's it; leave them to their own devices!
- Harvest once the leaves start to droop and carefully lift with a fork to check they're ready. Lay them out to dry thoroughly before storing.



### BUY IT

Softnecks such as 'Solent Wight' ([www.marshalls-seeds.co.uk](http://www.marshalls-seeds.co.uk)) or 'Early Purple' ([www.mr-fothergills.co.uk](http://www.mr-fothergills.co.uk)) grow better in milder areas while hardnecks are better for northern areas and often produce bigger cloves. Hardnecked 'Elephant Garlic' ([www.thegarlicfarm.co.uk](http://www.thegarlicfarm.co.uk)) produces massive mild-tasting bulbs that are around 10cm in diameter!

### TOP TIP

You could buy cloves from supermarkets but these often carry disease and are not suited to the vagaries of our climate, so you're best buying specialist bulbs from garden centres or catalogues. The Garlic Farm has a fantastic selection (see above).

### DIG IN

**Garlic potatoes** are fragrant, moreish and very easy to make. Heat some oil in a pan, add your cubed potatoes and sauté for a few minutes. Add the juice of 1 lemon, 2 crushed garlic cloves and a handful of thyme leaves. Cook until the potatoes are golden, then season and serve.

## THINGS TO DO NOW...

### PLANT FRUIT TREES

Bare-root apples, apricots, cherries, crab apples, damsons, figs and gages can all be planted now – but check the rootstock to ensure it will grow to the right size for your space. Dig a hole no deeper than the roots and place the plant in, refilling with soil. Firm and water in.

### PICK PUMPKINS

Your winter squash should be ready to harvest now (if your thumbnail penetrates the rind they need a bit longer), and it's best to harvest before the first hard frost. Always leave around 7cm of stem, as it will prevent the fruit from rotting before cutting at Halloween.

### SOW PEAS AND BEANS

Sow 'Aquadulce Claudia' broad beans and peas such as 'Douce Provence' into short drills for overwintering. They won't need cloching but fine nets are good to prevent the birds pecking them up, and you should get a nice early crop when the weather picks up in the spring.

### DRY YOUR FRENCH BEANS

If you've run out of time to harvest French beans, don't despair! Climbing beans such as 'Borlotto Bean Lingua di Fuoco' are wonderful young and green, but even better dried. Take the plants down and hang up in a shed until the pods turn crisp, before extracting the beans.

# Trade secrets

Leianna Padgett from RSPB Scotland gives her gardening tips on ways to help birds survive through the winter.

ESSENTIAL TIPS AND ADVICE FROM THE PEOPLE IN THE KNOW!

## Go wild

One of the easiest and best ways to give nature a home this autumn is to let it go a little wild. Allowing flowering plants to go to seed, letting the grass grow longer and resisting the urge to clear up fallen logs and sticks are just a few ways you can help wildlife.

## Flower food

Birds and insects will spend the next few months seeking out high-energy food to prepare for winter, and gardens full of seeds, nuts and berries are perfect. Letting seedheads form on flowers and weeds such as teasels and thistles will attract finches, perhaps even the lovely, brightly coloured goldfinch, and perennials like alliums, crocosmias, honesty

and sea hollies also provide food for birds.

## Let the grass grow

Starlings gather in large groups on treetops and telephone wires before joining up with other groups in large roosts in woodland, so letting your lawn grow slightly longer and avoiding chemical sprays can transform it into a year-round feeding station for them, as well as blackbirds and thrushes.

## Sweet as nectar

Planting late-flowering varieties such as Michaelmas daisies, sedums and asters will also benefit them – nectar and pollen tend to be in short supply in the autumn, but they are still essential foods for many insects.



## Winter berries

Native plants such as crab apple, holly, elder, birch or hawthorn also create natural food supplies for birds and insects through the winter. Container-grown plants can be planted at any time of year, but you can save the pennies in the autumn by opting for bare-rooted hedging, or root-balled trees and shrubs.

Visit [www.rspb.org.uk/homes](http://www.rspb.org.uk/homes) for more tips.



VEG LIVING LOVES

## CROSS-BEAM FRUIT PRESS

Kept correctly, a harvest of apples and pears can store well into the new year, but who has room for a glut? This nifty 12-litre fruit press (£175) allows self-sufficient gardeners to turn their excess into juice (making up to 4.5 litres) and it's pretty simple to use. Just fill the fruit cage with crushed fruit and turn the handle to force the pressed flesh through the beech staves. The steel hoops and legs give it stability and durability, and it's a great gadget for an allotment group to club together to buy, or a first investment for an amateur cider and perry maker.

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

**To sow this month** Broad beans, peas. Sow indoors: winter salad leaves. And plant: cabbages, bare-root fruit bushes, garlic, onion sets, shallots.

## BIG IDEAS FOR LITTLE PLOTS

# Little shoots

Think you'll have nothing to sow and eat over autumn? Think again! Plant quick-growing and tasty shoots in pots or trays and you can snip off the shoots and add them to salads and stir-fries – as well as use up those old packets of seeds! Here are some ideas.



### PEA SHOOTS

These nutritious and delicious stems are lovely on their own in a salad or used as a garnish. Scatter thickly across a shallow container of soil, cover and water well. Keep warm on a windowsill or in a greenhouse and snip off as they reach 5–8cm high. They will re-sprout once or twice and, if you have a few trays on the go, you'll have a good supply.



from the supermarket, garlic leaves are a wonderful mellow herb for soups and stir-fries. Plant individual cloves into small containers of soil. Cover and water, then snip off the lush green shoots as they emerge (a few centimetres high), and you may be able to cut again.

**PUMPKIN SHOOTS** Who said you could only eat the fruit? Use up the last of your pumpkin seeds by sowing in trays (given some warmth they should be up within a week) and pick the very young stems and leaves, discarding the roots. They can be used for stir-fries or in a rich tomato sauce with pasta.

**GARLIC LEAVES** Whether you've had a good harvest this year, or have some leftover cloves

# NATURAL CROP PROTECTION

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

Your brassica leaves may be more 'Swiss cheese' than lush leaves at the moment, and caterpillars are to blame. Cabbage white butterflies



(yellow and black caterpillars) and small cabbage whites (pale green) will consume entire cabbages if left to their own devices and fine netting will stop them laying. If it's too late, then gently pick off the yellow eggs and caterpillars every few days and distribute them on to plants you don't mind them enjoying!



## MINI MAKES Bug bundle

Insects love to have snug homes such as bark crevices, gaps in window frames and dead plant stems to shelter in over winter, and this project will help them feel right at home...

**YOU WILL NEED**  
hollow plant stems  
string  
vegetable peeler  
blunt-ended tent hook

**1** On a dry day, collect some dry and tough hollow plant stems, such as buddleia, fennel, angelica and bamboo. Elder is a great choice and has criss-crossed grey bark with corky ridges, and a 'foamy' centre.



**2** Cut your stems into 15–20cm lengths and then hollow out the insides with a tent hook to make a tube for your insect. Push the hook into one end as far as you can go and then into the other end until you've pushed the soft centre of the stem out. Sometimes you'll get it out in one go and it's fun to examine! Different-sized holes will also attract different-sized insects.

**3** Once you've made hollow tubes out of all your stems, you can use a vegetable peeler to create interesting jungle stripes on the outside by peeling off some of the bark. Can you see the bright green layer underneath? This is called the cambium.

**4** Once you've finished all your stems, tie them firmly together by wrapping string around them and tying a knot at the top. Leave a loop so you can hang them up.

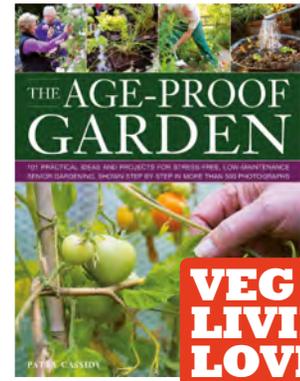
**5** Fix them firmly on to branches – underneath shrubs – and on fences and walls near where insects might live. Your bundle will be the perfect pit stop for woodlice, earwig and lacewing larvae, ladybirds and beetles.



## ARMCHAIR GARDENER

Hop on to the Waitrose website and you could get more than just your weekly shop – you could learn how to grow your own groceries! The supermarket chain has launched its own gardening TV channel, featuring its own 'secret garden' at the Leckford Estate in Hampshire, with celebrity gardener Alan Titchmarsh offering advice on all sorts of gardening dilemmas, such as sowing autumn annuals and clearing a pond.

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



**VEG LIVING LOVES**

## THE AGE-PROOF GARDEN

If you're not leaping about your plot like you used to, but still want to enjoy everything that gardening has to offer, then this practical book – written by registered horticultural therapist Patty Cassidy (Southwater, £9.99) – offers more than 100 projects and ideas for stress-free gardening for older people. From making a garden that caters to disabilities and putting together low-maintenance containers, to raised vegetable beds that reduce the need for bending and stooping, this book would make an excellent gift for the more mature gardener.

## 4 WAYS TO... Use edible flowers

**BORAGE** These beautiful blue flowers (and leaves and stalks) are edible and taste a little of cucumber. Crystallise the flowers by brushing on a thin layer of egg white and sugar and leave them to harden for use on cakes, or simply add to salads or stir into cream cheese dips.

**FENNEL** These airy umbels can be preserved in oil or vinegar for use during winter, and they give the liquid a lovely flavour too. Alternatively, pop them into soups, such as carrot or pumpkin, to impart an anise flavour.

**MINT** These flowers can be used like the leaves, but often have a more pungent flavour. Stir apple, pineapple and ginger mint flowers through butter for fantastic 'flavoured butters' for scones and cakes.



**CLOVER** Both the red and white flowers are edible and can be used as a garnish or in jellies and jams. They also make a lovely tea – rinse the leaves and flower heads and add to a tea strainer. Pour over boiling water and add honey and sugar to taste.





## SWEET TREATS

**From £35**

Rather than giving a potted plant or chocolates when someone next has a birthday, why not combine the two and send a Sweet Tree instead? Lovingly handmade in the UK, this edible tree has been created from Ferrero Rocher, Flake and Maltesers, but there are several other pretty designs to choose from too, which would make a fun dinner party gift.

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



## PURE NECTAR From £5.95

The latest addition to Uncle Roy's offerings are these very attractively presented fine Scottish honeys. As with all of Uncle Roy's quality ranges, these are produced in Southern Scotland, prepared and packed in small batches to ensure maximum quality control and freshness. Beautifully finished with a typically period-style label, they will grace any table and make lovely presents.

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



## SOAK IT IN £19.95

This gorgeous Green People Body Butter melts on contact, to smooth and deeply nourish dry skin. Its exquisite formula with a divine scent creates a protective barrier, allowing the skin to restore its own natural pH balance. A must-have intensive treat for dry skin, packed with 100% organic active ingredients.

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



## A SOFT TOUCH £8 for 50ml

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

# THE ESSENTIAL COLLECTION

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



## BERRY NICE

**£17 (mixed box of 20 bars; 35g per bar) WIN A BOX ONLINE!**

Conceived by former Everton vegan footballer Neil Robinson, the Blueberry Frank Bar includes gluten-free oats, dates, dried plums and natural flavourings, with a delicious coconut-cream chocolate topping. Free from gluten, wheat, dairy, nuts and seeds, Frank bars also come in four other delicious flavours - Strawberry, Orange, Chocolate, and Oat.

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



## SAY CHEESE £2.50 for 250g pack

Made with 100% British cow's and goat's milk, Halum is a versatile cheese that can be grilled, baked, barbecued, fried or microwaved. Incredibly moreish, Halum has a savoury and salty flavour, and gorgeous springy texture. It also contains less salt than Cypriot halloumi. Serve this award-winning cheese with fresh salad, avocado and a zingy balsamic dressing.

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



## SUNDAY FAVOURITE

**£6.95 for 500g**

Who doesn't love roast potatoes? Vegusto's Rustic Roast was made with the classic roast dinner in mind. Here you'll find a delicious blend of traditional flavours, all brought together with Vegusto's no-phosphate, no-bad-cholesterol ethos. A firm winner in sandwiches too, and it's 100% lactose-free!

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



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

# The green man

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



## Veggie guy

**Andy Prince, 58, musician**

'I became vegan on New Year's Eve, 1989. I had vegan friends and had been mentally building up to it for some time. I didn't want to go into the 90s with the same lifestyle I'd had in the 80s. I'd suffered from asthma all my life and had been advised that cutting dairy products would be beneficial. It was: I haven't used my inhalers for over 15 years.



When I was touring Japan and the UK in the 90s with Sham 69 there was never a problem getting vegan food as the band was in a position to either take our own cook on the road with us or to request suitable food. Veganism had, by then, become more widely understood as there were several well-known vegans, including in the music industry.

'A typical day now starts with reiki and yoga then breakfast of fruit, vegetable and superfood green smoothie followed by my muesli mix of oats, goji berries, pumpkin seeds, hemp protein, brazil nuts and cacao nibs. For lunch I often make quinoa salad with tofu or aduki beans. My fiancée and musical partner Anthea loves cooking, so she'll often do dinner – maybe a spelt pasta dish, curry or brown rice ratatouille – and sometimes a sugar-free dessert. We're both keen on healthy food and we have a foodie Facebook page ([www.facebook.com/veganlovefood](http://www.facebook.com/veganlovefood)).

'Since adopting a vegan and more spiritually aware lifestyle, I've experienced increased feelings of sensitivity and empathy. As a musician it's allowed me to express myself more effectively. The songs that Anthea and I write address ecological, social and spiritual matters. Our general ethos is to avoid causing harm and to bring about good, and this is expressed both through our dietary choices and music. The key message is love and peace. A lot of the festivals we play have a similar ethos, including the Green Fields at Glastonbury Festival, where we were this year.

'My plans for the future are quite fluid, but I hope to finish recording and mixing my second solo instrumental album. My solo music is often used to accompany complementary therapies and relaxation sessions – this is an area I would like to explore further. Anthea and I have the idea of running vegan food workshops combined with live healing music sessions. I'd like to be writing and performing music for the rest of my life, perhaps one day based in a warmer climate!' [www.neadsandprince.com](http://www.neadsandprince.com)

## 3 OF THE BEST...

### VEGAN FACE SCRUBS

**Nivea Men Originals Exfoliating Face Scrub** (£4.54 for 75ml)  
Added menthol and vitamin E refresh and nourish.  
[www.niveamen.co.uk](http://www.niveamen.co.uk)

**A'Kin Pureman Dual Action Face Wash and Scrub** (£12 for 75ml)  
Includes jojoba beads and essential oils for total cleansing.  
[www.lookfantastic.com](http://www.lookfantastic.com)

**Rehab London Men's Scrub Up Daily Detox** (£9.95 for 125ml)  
With volcanic Tahitian sands and pumpkin enzyme.  
[www.rehablondon.co.uk](http://www.rehablondon.co.uk)



### Walker this way...

Bath-based Eco Vegan Shoes range of shoes, trainers and wellies use only environmentally friendly materials, such as non-animal glues, and the Swiss Schoeller vegan 'all season/

all weather' fabric – which is particularly appropriate as autumn approaches and the British weather oscillates unpredictably between rain and shine.

We rather like the London Walker Shoe (£79), available in red, green, grey, white or brown, which can be worn casually or smartly in any meteorological condition, and which comes with removable insoles to keep your hooves supported and additionally temperature-controlled and odour free.  
[www.eco-vegan-shoes.com](http://www.eco-vegan-shoes.com)



### BEST FOOT FORWARD

Five readers can each win a pair of London Walker Shoes from Eco Vegan Shoes. See page 62 for details of how to enter.

### Keep your eye on the balls

The commonest cancer in men under 50 in the UK is testicular, with rates having doubled since the mid-70s. The good news is that the disease is usually curable, especially when caught early – meaning self-examination is vital.

Dr Simon Chowdhury, consultant medical oncologist at London Bridge Hospital ([www.londonbridgehospital.com](http://www.londonbridgehospital.com)), who specialises in the treatment of testicular and urological cancers, says we should perform a testicular self-examination (TSE) after a warm bath.

The idea is get to 'know' your testicles, leading to any future changes becoming more apparent. 'The most common symptom is a lump or swelling in one testicle,' says Dr Chowdhury. 'But it's important to remember that most lumps are not cancer.'

Other symptoms can include enlargement, a feeling of heaviness, pain or discomfort in a testicle or scrotum, or more rarely in the pectoral region. For advice on how to self-examine, try the Everyman site at [www.everyman-campaign.org](http://www.everyman-campaign.org).

### Wise words

'Could you look an animal in the eyes and say to it, "My appetite is more important than your suffering"?' – *Moby* (1965–), musician

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Harri Grewal on 07946 820070

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West Midlands

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info@veganmidlands.org.uk - 01527 458395

[www.midlandsveganfestival.org.uk](http://www.midlandsveganfestival.org.uk)



# Places to go

Alex Bourke of Vegetarian Guides presents five vegetarian cafés for a light bite.



**NORTH**

**NICHOLS**

86a Harrogate Road, Chapel Allerton, Leeds LS7 4LZ  
Tel: 0113 345 0404  
Open: Mon–Sat 08.00–17.00; Sun closed

New vegetarian café and delicatessen in trendy Chapel Allerton with lots of organic, local, gluten-free and vegan.

Breakfast menu includes full cooked vegan (£5). Main dishes and hot specials (£7) include spicy dhal with garlic toast, mezze board, soup of the day with bloomer bread, or frittata or falafel wrap with three salads. Or have soup and a sandwich (£6).

Cakes (£1.50–£2) include for vegans peanut butter slice, flapjack, choc tiffin, and the very popular mocha cake with frosting filling and chocolate ganache top.

Pot of tea £1.55. Vegan organic wine £2 small glass, £11.50 bottle. Freedom lager and Leeds Best local bitter. Children welcome; high chair, half portions. Outside tables; dogs welcome there and at the entrance table. Free WiFi.

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



**EAST**

**OI POTATO**

29 Melton Road, Leicester LE4 6PN  
Tel: 0116 266 3441  
Open: Mon–Sat 11.00–21.00; Sun 12.00–21.00

The first in a new chain of vegetarian fast food cafés with a huge menu. They major in jacket potatoes (£2.20–£3) with fillings like soya chilli con carne, spicy sweetcorn, vegetable Manchurian, sausage with onion and gravy, and ormasala baked beans.

Burgers (£3) can be made of beans, soya, with mushrooms or Mexican style, even with pineapple chunks. Also subs and grilled sandwiches (£3.25). Don't miss the self-service salad bar with around 18 dishes (£3 for a box) and the mayo is vegan. Fill up with 'Small eats' (£3, three for £7.99) like garlic bread, four samosas, spicy onion rings, mogo chips or sweet potato fries.

Stacks of desserts (£3.50) include cakes, sundaes or apple pie, but none are vegan. Hot drinks all £1.70. Children welcome; high chairs.

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



**LONDON**

**THE LARDER**

241–243 Globe Road, Bethnal Green E2 0JD  
Tel: 020 3490 1404  
Open: Mon–Fri 08.00–19.00; Sat 9.00–17.00; Sun 9.00–16.00

Vegetarian café next door to the London Buddhist Centre, great for lunch after a drop-in meditation.

Breakfasts (£2.25–£6.45) till midday include pancakes and a weekend fry-up. Light lunch items (£3–£3.95) include soup, salads, pizza, tortilla, and veg strudel parcels.

Mains and specials (£6.95), such as savoury chickpea flour crêpe filled with butterbean masala, come with salad. Salad plates (£4.95–£7.45) feature some pretty fancy salads such as aubergine, chickpea, broccoli, pumpkin seeds, almonds and dates. Also equally impressive weekday sandwiches (£4.95).

Lots of cakes (around £2.75), such as vegan carrot cake or mango cheesecake. Coffee or pot of tea £1–£2.50.

Children welcome; high chairs, baby changing. Covered garden; dogs welcome there.

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



**SOUTH**

**FILFIL**

21 Gardner Street, Brighton BN1 1UP  
Tel: 01273 696289  
Open: Mon–Sun 10.00–18.00

New falafel, salads and mezze café in the North Laine. You can mix and match four basic options of increasing size (£3.45–£7.45): laffa flatbread wrap with falafel and salad, a larger pitta version, a box of food, and the platter which comes with extra fillings.

Salad options include baba ghanoush, pickled chillis, gherkins, peppers, greens, shredded red and white cabbage, red onions, carrot, jalapeños and lots of dressings. You can add extra falafel, hummus, sun-dried tomatoes, vine leaves or avocado (65p each).

For dessert there is baklava (75p). Soft drinks (£1–£1.80) feature their freshly squeezed lemon juice with rose. Hot drinks £1.40–£2.30.

Children's meal deal (£3.95) with half falafel, pitta and chips with a juice. Seating inside and out. Dogs welcome.

[www.fil-fil.co.uk](http://www.fil-fil.co.uk)



**WEST**

**CRUMBS KITCHEN**

33 Morgan Arcade, Cardiff CF10 1AF  
Tel: 02920 395007  
Open: Mon–Sat 9.00–16.00; Sun 10.30–15.30

Cardiff's central vegetarian café is in a Victorian arcade and under new ownership, with the same great healthy food and some new delights.

They specialise in salad bowls (£3.75, large £5.75) with your choice from six salads. Light meals (£3.25) have lots of vegan options, such as soups, pies such as chickpea and spinach, and curries. Larger meals (£5.99) feature chilli or curry with rice. Also filled jacket potatoes (£3.85).

Cakes (£1.95–£2.75) include vegan carrot cake, or coffee and walnut. Cup of tea £1.05, small pot £1.50, large £2.50. Coffee, cappuccino, latte, hot choc £1.45–£2.30.

Children's portions; high chair. Outdoor seating at front in covered arcade; dogs welcome there.

[www.crumbskitchencardiff.co.uk](http://www.crumbskitchencardiff.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](http://www.vegetarianguides.co.uk) or call 020 3239 8433 (24 hours, Vegetarian Guides will call back).

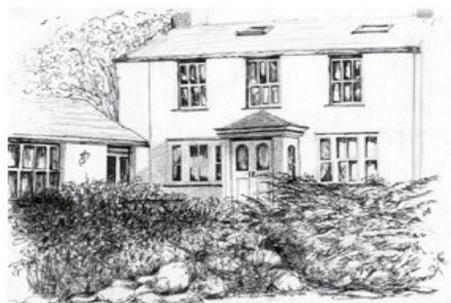


**Win an essential guidebook!**

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 62 for details of how to enter.



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**www.honestycosmetics.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](http://www.bms.ac.uk/Code.html).
- Check on local by-laws before you head out too, as these may contain further restrictions; for example, some by-laws ban the collection of forest produce, which would include mushrooms.

## RECIPE TERMS

Don't be put off if a recipe uses terms you're not familiar with. A number of foods – including a large number of vegetables – have different names in the US and UK, so use this quick reference guide to identify ingredients.

### UK

Aubergine  
Bicarbonate of soda  
Broad beans  
Celeriac  
Chickpeas  
Chicory  
Coriander  
Cornflour  
Courgette  
Double cream  
French/green beans  
Groundnut oil  
Haricot beans  
Icing sugar  
Pepper (capsicum)  
Polenta  
Rapeseed oil  
Rocket  
Soya  
Spring onion  
Swede  
Treacle

### US

Eggplant  
Baking soda  
Fava beans  
Celery root  
Garbanzo beans  
Endive  
Cilantro  
Cornstarch  
Zucchini  
Whipping cream  
String beans  
Peanut oil  
Navy beans  
Confectioners' sugar  
Bell pepper  
Cornmeal  
Canola oil  
Arugula  
Soy  
Scallion  
Rutabaga  
Molasses

# Conversions

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at [www.theonlineconverter.co.uk](http://www.theonlineconverter.co.uk).

## WEIGHT

10g	¼oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1¾oz	900g	2lb
75g	2¾oz	1kg	2lb 4oz
100g	3oz		
125g	4½oz		
150g	5½oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9¾oz		
300g	10½oz		
325g	11½oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 2oz		
600g	1lb 5oz		



## OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

## VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (½ pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1¼ pints
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers

# VEGETARIAN & VEGAN ALTERNATIVES

The shelves of health food stores and large supermarkets offer vegetarians and vegans a huge range of healthy and nutritional alternatives to meat and dairy. Popular options include:

**Agar:** A vegetable-based gelatin that can be used in recipes for thickening or jelling.

**Cheese\* substitutes:** A range of dairy-free cheese substitutes are available: soya cheese comes in a variety of flavours and textures similar to dairy cheese; tofu cheese has a mild salty taste, but absorbs flavours well. Brands to look out for include Sheese – which produces a wide range of 100 per cent dairy-free cheeses, including spreads and blue cheese alternatives – and Cheezly. Tofutti produces a mozzarella-style dairy-free cheese with good melting qualities.

**Egg replacer:** A powdered formula of starches and leavening agents which can be used in recipes that call for eggs. Popular brands include Ener-G and Orgran No Egg.

**Mycoprotein:** A meat-free protein, and the main ingredient in the popular brand Quorn. Produced from a member of the fungi family, it is naturally low in fat. (Note: this is not vegan, as it contains a very small amount of egg.)

**Rice milk:** A slightly sweet milk alternative. Thinner than soya milk, and with a slightly translucent consistency. Often used in dessert recipes.

**Seitan:** Made from wheat gluten, this vegan meat alternative can be used in Asian dishes instead of tofu. Both spongy and stringy in texture, canned seitan generally retains a lot of flavour from the brine it is stored in.

**Soya milk:** A dairy-free alternative to milk that has almost as much protein, less fat, no cholesterol and comparable levels of calcium. Look out for brands fortified with vitamin B12 to support a vegan diet.

**Texturised Vegetable Protein (TVP)/soya meat/soya protein:** A high-protein food made by processing defatted soya flour to extract soluble sugars. Often used as a meat replacement.

**Tofu:** Made from soya beans, and popular in East Asian cuisine. High in protein and rich in vitamins, minerals and polyunsaturated fat, with no cholesterol.

*\*Vegetarians beware! Some cheeses by law can never be vegetarian (e.g. Parmesan, Gorgonzola and taleggio) because they contain animal rennet, in which case you should seek a cheese alternative.*

# Useful organisations

## The Vegetarian Society

A registered charity committed to promoting the health, environmental and animal welfare benefits of a vegetarian diet.  
Tel: 0161 925 2000  
Email: [info@vegsoc.org](mailto:info@vegsoc.org)  
[www.vegsoc.org](http://www.vegsoc.org)

## The Vegan Society

An educational charity that provides information and guidance on various aspects of veganism.  
Tel: 0121 523 1730  
Email: [info@vegansociety.com](mailto:info@vegansociety.com)  
[www.vegansociety.com](http://www.vegansociety.com)

## Vegetarian for Life

A charity providing sympathetic assistance to older vegetarians and vegans and their families throughout the UK.  
Tel: 01683 220888  
Email: [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk)  
[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)

## 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](http://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](mailto:info@peta.org.uk)  
[www.peta.org.uk](http://www.peta.org.uk)

## Vegetarians International Voice for Animals (Viva!)

Vegetarian and vegan group with everything you could need to change to a plant-based diet.  
Tel: 0117 944 1000  
Email: [info@viva.org.uk](mailto:info@viva.org.uk)  
[www.viva.org.uk](http://www.viva.org.uk)

# govegan

While the tips we suggest are vegan-friendly at the time of going to print, please always check packaging for ingredients before buying, as companies may choose to change them at any time. We often suggest that recipes are vegan if all ingredients listed are generally found to be vegan, for example, red Thai curry paste or vegetable stock, but it always pays to check first.

# 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.

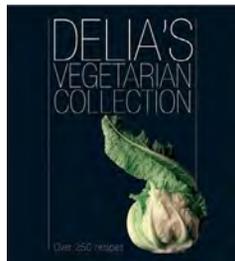
**Lacto-vegetarian:** Eats dairy products but not eggs.

**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 Living 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

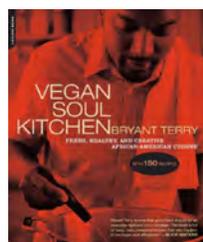
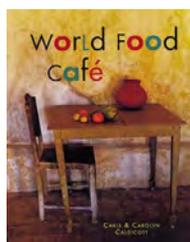
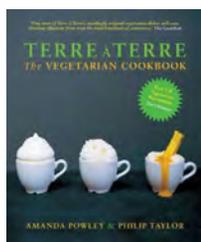
Endorsed by the Vegan Society, this online vegan store features over 800 cruelty-free products.

### 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](mailto:editorial@vegmag.co.uk) and let us know.

# VeggiePets.com 10<sup>th</sup> Anniversary!



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## www.VeggiePets.com



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# The view from my table

**SARAH SCOTT** is a freelance writer with a passion for food and drink. She's been vegetarian for 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



I love Halloween. It has to be one of the most exciting times of the year when you are a child; it's right up there with Christmas in the excitement stakes. You get to dress up in strange clothes, knock on strangers' doors and demand sweets – with menaces – with full approval of your elders.

We used to spend weeks making our costumes; this was, of course, in the days before you could buy them in the supermarket. My costume of choice was a witch, although I went off-piste one year and did a turn as Wonder Woman – I looked quite the thing in my red wellies, blue gym knickers covered in cut-out stars, and paper wrist cuffs. Most years, though, my witch's hat was made from a sheet of black card and a lot of sellotape and I recall much messing around with black dye and an old sheet. It was great.

I desperately wanted stripy tights and black Edwardian-style lace-up ankle boots to complete the look, but alas they weren't to be. I did make a brilliant broomstick from a wooden pole and a lot of twigs one year, though. Halloween was then, as it is now, a total escape from the usual routine.

Traditions start to loom large at this time of year, as the autumn gives way to winter festivities, and I like that. You might not be a fan of established traditions but I'm a great believer in starting your own – a particular cake that's only baked once a

year for birthdays; a New Year's Day walk with friends (and a cheeky hip flask of whisky); and Christmas morning muffins to fill the house with spice, anticipation and warmth.

Halloween has become one of those traditions for us. Lily's birthday is around this time so her birthday celebrations have always had more than a touch of the ghoul about them. The two have become intertwined, which I suppose is not your general five-year-old girl's kind of thing, but that's fine by me.

The Mexican celebration Day of the Dead is around this time too. It's a national holiday where people remember their loved ones who have passed away, and much like Halloween, it's a period when their spirits are believed to come back to visit. It's joyful, rather than mournful; families and friends leave their departed one's favourite foods and possessions to welcome them back. There are great feasts, sugar skulls, gaudy painted skeletons and an air of celebration with drinks, toys, candles and flowers adorning graves and tombs.

For the past few years I've made a sugar skull birthday cake for Lily, decorated brightly with flowers and leaf designs. It's a perfect tradition – the best cake for a little girl who's Scooby-Doo obsessed and a nod to an all-out, party popping celebration of life. That's a tradition I can really get behind.



## Pumpkin soup

Nothing shouts Halloween more than a wobbly carved pumpkin – or pumpkin soup, of course!

**Serves 4 | Prep 15 mins | Cook 45 mins**

**1 tbsp butter or olive oil**  
**2 onions, chopped**  
**1 clove garlic, finely chopped**  
**1 medium pumpkin, peeled, deseeded and diced**  
**sprinkle of nutmeg**  
**1 tsp cumin**  
**1 litre vegetable stock**  
**toasted pumpkin seeds and cream, to serve (optional)**

**1** Warm the butter or oil in a large pan and soften the onion and garlic for 5 minutes.

**2** Add the pumpkin, nutmeg and cumin, then cook for 5–10 minutes.

**3** Add the stock and simmer for around 20–30 minutes or until the pumpkin is soft.

**4** Blitz in a food processor or with a hand blender. Gently reheat and serve with toasted pumpkin seeds and a blob of cream, if you like.

■ PER SERVING 127 cals, fat 8g, sat fat 2g, carbs 10g, sugars 7g, protein 4g, salt 0.5g, fibre 4g

## govegan

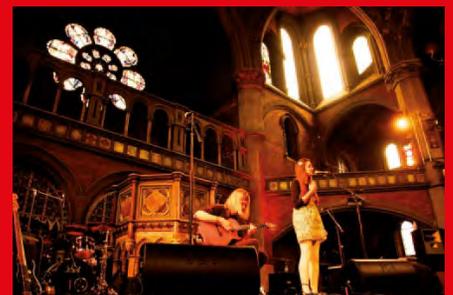
**V** Choose a dairy-free spread or olive oil for frying, and if serving with cream, ensure it's soya-based, like Alpro.

## THIS MONTH I'M LOVING... UNION CHAPEL

Union Chapel is a working church in Islington, London. Aside from on a Sunday when there are church services, the doors are open for all manner of musicians and artists. Sitting on a pew in a jaw-droppingly beautiful candle-lit church listening to music is something that is not to be missed.

Alcohol is not allowed in the actual chapel but mugs of tea are available, with a biscuit too, of course. There's a bar within the church, though, and it's affordable, and home to possibly the friendliest bouncers in London. Good food is served, profits of which all go to The Margins Project, a London homeless/crisis charity.

It's my favourite venue bar none: quirky, friendly, amazing acoustics, eclectic line-ups and a whip round for the chapel organ. The perfect ambience for a Halloween visit too.



[www.unionchapel.org.uk](http://www.unionchapel.org.uk)

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