

vegetarian

LIVING

Cooking with the seasons

42
MEAT-FREE
RECIPES
19
DAIRY-FREE
IDEAS

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DOES IT**

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SARAH BEATTIE

Summer soups for quick lunches

GO WITH THE GRAIN

Wholesome dishes using storecupboard essentials

TOP 10

VEGGIE BURGERS, SAUSAGES AND PIES

GARDEN PAN PIZZA

FRENCH REGIONAL CUISINE

With Parisian blogger Clotilde Dusoulier



SIMON RIMMER

A fuss-free Sunday dinner menu for the whole family



FANCY A SLICE?

Gorgeous cakes baked with fresh fruits gathered from the garden



ROSE ELLIOT

Foolproof recipes from Britain's best-loved veggie food writer



06

9 772043 761019

PLUS: Green parenting | Menu ideas | Veg plot advice | Dining out



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!



This issue marks the third anniversary of *Vegetarian Living*, which has been the nation's favourite vegetarian magazine ever since we launched back in 2010. Over the past three years, our appetite for showcasing everything that's wonderful about leading a vegetarian and greener lifestyle has never diminished, and we thank you for continuing to support us.

So it's somewhat fitting that Britain's most-loved vegetarian food writer, **Rose Elliot**, heads up our contributions this month with a collection of colourful and tasty ideas to spice up your dinner table (page 34). **Simon Rimmer** also joins us with a crowd-pleasing Sunday lunch menu that the whole family will love (page 50); and chef and TV regular **James Tanner** shows you how to add a bit of pep to mealtimes by updating supper staples with a fresh, contemporary taste (page 38).

Lindsey Harrad talks exclusively with Parisian food blogger and cookery author **Clotilde Dusoulier**, who is attempting to change the perception of French cuisine as she explores plant-based recipes inspired by French regional dishes (page 26).

Those of you looking for something simple to enjoy this month will love **Liz Martin's** easy midweek meals, as *VL's* food editor shows you how to create something special in just three simple steps (page 20); **Ginny Knox** and **Caro Willson** forage the hedgerows, meadows and woods to bring you gorgeous desserts (page 64); and food writer **Ghillie James** devises three delicious recipes using nutritious grains (page 54).

Also, Iain Aitch – a self-confessed fake-meat fan – taste-tests veggie burgers, sausages and pies to reveal his top 10 (page 58); we chat with the go-to authority on vegan pastry arts, **Fran Costigan**, as part of our VegfestUK London preview (page 43); plus essential eco-products for birth and beyond (page 80) and much more!

Enjoy the issue...
Paul Morgan, Editor



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

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AND READER
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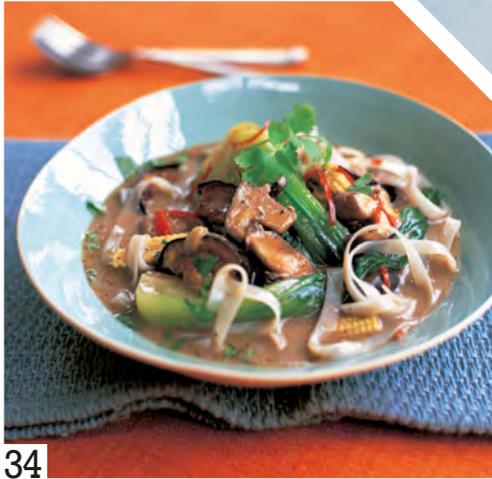
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Photography by Anders Schønnemann
Cover image from *Old Favourites*, *New Twists*

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APPEARING THIS MONTH...

Rose Elliot

'Colour is very important to me in creating a dish; it's the artistic, visual side of my personality coming out'

© ANT-JONES/CLIOQ PHOTOGRAPHY



Britain's foremost vegetarian cookery writer, Rose's books have won her popular acclaim all over the world. She grew up in a vegetarian family and published her first cookbook in 1967, going on to write over 60 more books.

■ Try Rose's foolproof everyday meal ideas, on page 34.

Simon Rimmer

'The joy of living a life with food isn't just about the eating: it's the whole nine yards'

© EMMA LEE



Simon is an accomplished TV presenter, author and owner of the award-winning vegetarian restaurant Greens in Manchester. He has appeared on numerous TV shows, and currently presents *Sunday Brunch*.

■ Tuck in to Simon's feelgood Sunday dinner, on page 50.

James Tanner

'We are always learning with food – that's what I find inspiring'

© ANDERS SCHÖNNEMANN



James is a TV chef and personality, best known for co-owning the Tanners Restaurant in Plymouth and cooking on various TV programmes, including

Ready Steady Cook and *Saturday Kitchen*. He is currently a regular on *Lorraine* and *This Morning*.

■ James shows you how to create classic recipes with a difference, on page 38.

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



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Your menu

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

Starters & light bites

- 21 Baked Camembert with chilli and thyme
- 50 Creamy beetroot mousse with cheese straws
- 75 Mint and courgette soup **A**
- 72 Oven soup with chèvre crostini *****
- 14 Roasted cauliflower with pimiento piquillo peppers and green olives **V**
- 25 Stilton, watercress and pear toasts **A C**
- 72 Tom kha het **V C**

Main courses

- 52 Aubergine and mushroom 'sheep-free' shepherd's pie
- 19 Bubble and squeak patties with sweet potato and savoy cabbage **A**
- 56 Chickpea, beetroot and orange salad with freekeh **V**
- 30 Couscous with vegetables **V**
- 74 Cream of parsnip soup with lemon and ginger and crisp allumettes **A ***
- 38 Garden pan pizza
- 19 Gnocchi, butternut squash, sage and shiitake mushrooms
- 34 Laksa **V**
- 54 Middle Eastern pumpkin soup with kasha
- 54 Mini arancini
- 76 Moroccan pumpkin soup **V ***
- 21 Mushroom stroganoff with potato farls **A**
- 23 Pepper, pea and spinach frittata
- 24 Roasted aubergine and lentil with halloumi **A**
- 36 Sesame-roasted tofu with satay sauce and broccoli **V**
- 40 Smoked tofu and apricot burgers
- 36 Spicy bean cakes with lemon mayonnaise
- 63 Squash tamales **A**
- 38 The vegetarian Mexican
- 22 Tofu hoisin wraps **V C**
- 12 Tomato and smoked paprika corn fritters with a cherry tomato and coriander salsa **C**



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Sweets & treats

- 45 Blackberry and rose geranium cake
- 67 Bramble fool *** C**
- 76 Buttered apple and cinnamon soup with vanilla ice cream **A ***
- 18 Classic apple pie
- 47 Delicious chocolate and cherry pots
- 67 Individual blaeberry crumbles
- 32 Lebanese coffee dessert jars
- 65 Old fashioned bramble pudding
- 46 Pear and cinnamon cake with early autumn berries
- 52 Raspberry brownie and caramelised banana Eton mess

Dips, sauces, sides and more...

- 82 Cranberry sauce **V C**
- 31 Roasted roots **V**
- 62 Tomatillo salsa cruda **V**
- 98 Veggie Scotch eggs

MEET THE FOOD TEAM



Liz Martin

FOOD EDITOR

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



Sue Baic

MSc RD RNutr

NUTRITION EDITOR

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



Alice Gunn

VEGAN EDITOR

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

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Share your thoughts

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

LETTER OF THE MONTH

Pearls of wisdom

My sister brought me a beautiful pearl bracelet back from her holiday last summer but when I wore it the other day my friend said it was cruel. Can you explain what she may have meant?

Lisa Ripley, London

Vegan editor Alice Gunn replies: Pearls are produced as a reaction to an irritant or foreign body entering



an oyster. As with many modern industries involving animal products, companies will always find ways to accelerate and cheapen the process, which often leads to a 'factory farm'-style chain of production. 'Culturing' involves surgically implanting an irritant into the oyster, and many do not survive this. On extracting the pearls, the oysters are either put through the same process again or killed and discarded. Vegans and some vegetarians often choose not to wear pearls because of this exploitative nature, however, don't forget that everybody is entitled to their own opinions and levels to which they take their beliefs. This also includes your views on using gifts that you have not paid for yourself.

Naughty but nice

From time to time I can be a bit of a junk food-aholic and used to love eating food like crisps and pot noodles when in a bit of a rush or after a bad day (bad, I know!). Since I've been vegetarian I feel like there aren't as many unhealthy bits and bobs for me to snack on. Any suggestions?

Jess Dixon, Manchester

Firstly, don't beat yourself up for eating unhealthy food now and then - you're only human! Of course, we'll always suggest

snacking on dried fruit, dark chocolate, vegetable crisps (parsnip crisps are delicious) and other natural



options. However, when you just can't face it, you'll be surprised at how many seemingly meaty or fishy snacks actually contain no meat or fish at all - like Beef & Tomato Pot Noodle and Prawn Cocktail Golden Wonder crisps, for example. Just remember to check packaging for the 'V' symbol and ingredients list.

Veggie travel tip

Following on from Jason Tate's letter in the August issue ['A vegan abroad'], I would like to suggest *The Vegan Passport* for taking abroad. It contains 73 different languages explaining exactly what vegans can and can't eat. Just Google 'Vegan Passport' to find a variety of companies offering this invaluable publication.



Pauline Lynch, via email

Anyone planning on travelling abroad in the near future will be interested to learn that we have five copies of *The Vegan Passport* to give away - see page 68 for further details.

star GIFT

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



www.greenpeople.co.uk

HOT TOPIC

To tie in with Kelly Rose Bradford's 'Veggie vents' this issue (page 15), we asked:

What have your experiences been like when feeding other people's children?



VIA FACEBOOK...

Pasta or pizza. The important thing is *never* to use the words: 'healthy', 'vegetables' or 'vegetarian'. Instead, hide all healthy things in a sauce or in the pizza dough.

Basia Piotrowska

They hate everything! Just don't ask, don't give them an option and they'll eat whatever you serve up. Eat it or go hungry is a simple enough strategy.

Simon Ward-Hastelow

Feeding my friends' veggie kids is the hardest thing - they just want something in breadcrumbs... junk food veggies! My daughter isn't veggie but she's much easier to feed than actual veggie kids!

Janey Leaver



VIA TWITTER...

@IHEARTVEGAN Easy! Kids love colour and most parents are happy their kids have eaten some veg. Involve them in the prep and make it colourful!

@adharvey1 A nightmare - one child only ate beans and sausages... out of a tin! Or doused everything in ketchup!

@Oli_Ochoa Before I went veggie I still did tons of meatless meals. Other people's kids never seemed to notice, and they liked it.

@thekitchen I made home-made chips for my friend's kids and their six-year-old exclaimed, 'I love home-made food, more than store-made food!'

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newshoots

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



A recent survey conducted on behalf of the Vegetarian Society has uncovered some interesting beliefs, as well as striking differences between the things people say and what they actually do.

According to their findings, those under 24 years of age are more likely to link eating meat with masculinity than any other age group. When asked if they agreed with the statement 'real men need meat' an overall 43 per cent of the 2,000 adults polled agreed, with 56 per cent of 18-24-year-olds saying 'yes' compared to 32 per cent of over 65s.

'While there's nothing groundbreaking in the discovery that some people associate meat with masculinity, it is very interesting to see that, in this study, the older age group was consistently more pro-veg than the youngest adults,' comments the Vegetarian Society head of communications, Liz O'Neill. 'There's a popular misconception that vegetarians are all young, female and middle class, which is simply not true. There are vegetarians in all walks of life but enlightenment, it seems, is something some people take a little time to acquire.'

The research also found that often while there was a clear understanding of the health benefits of eating more vegetables, two-thirds of those

surveyed knew at least one adult who rarely touched any, with that rising to 87 per cent for the 18-24 age group. Among meat-eaters the situation was decidedly contradictory. Three-quarters of those who expressed a view claimed to only eat meat 'if it is produced to high animal welfare standards', but when asked about the last time they bought meat (or something containing it) only 22 per cent said they had actually looked for a certification such as organic or Freedom Foods.

Liz adds: 'I meet a lot of people who tell me they only eat organic meat. So many, in fact, that I have begun to wonder if I have actually met every single UK customer of organic meat! The more likely answer is, of course, that when they are planning an important meal they make an effort to buy what they think of as something "ethical". However, they buy ham sandwiches and chicken fillets without a second thought to how the animal was reared.'

'Part of the Vegetarian Society's job is to help people make the connection between how they feel about animals and the food they put in their mouths. I think these results demonstrate how very difficult a task that can be when there is an entire industry out there encouraging people to eat meat without asking questions.'



Spicy rice

Five new Indian-inspired rices from Tilda are now available from Sainsbury's and Ocado, priced at £1.69 for a 240g pouch.

The entire Tilda Humara range is vegetarian-friendly and includes four savoury recipes and one dessert. Made with basmati and wholegrain rice, you can choose from Khichdi, Mushroom Hakka, Hyderbadhi Masala, Biryani, and Kheer – a traditional Indian rice pudding with cardamom and nutmeg.

At less than 170 calories per portion, each pouch takes 2 minutes to heat in the microwave or in a wok.



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TABLE TALK

Lovely table linen makes a meal much more of a special occasion and we love the tablecloth and napkins available at online retailers www.milk-and-honey.co.uk. Their range of table linen is made in Portugal and exclusive to them in the UK. Choose from three classic neutral designs that will all add a touch of class to your next mealtime.



FINE DINING

Milk and Honey have given us two sets of their lovely table linen (worth £54 each) to give away. See page 68 for details of how to enter.

SHORT MEASURES



Get nostalgic with this set of three measuring jugs (£15), available from The Imperial War Museum shop at www.iwmsshop.org.uk.



BRIEF PAWS

Bear Paws are new healthy vegan treats for little ones. The all-natural fruit 'paws' resemble gummy sweets and cost 55p for a 20g bag or £2.49 for a multipack of five. Flavours are Dino (strawberry and apple) and Jungle (apple and blackcurrant) and they are now being stocked in Sainsbury's, Waitrose, Tesco, The Co-operative, Ocado, Wholefoods and Planet Organic.



YUMMY BEARS

Five readers can each win a Bear Paws multipack of 18, worth £9.90. See page 68 for details of how to enter.



PUDOLOGY DESSERTS

We visited the Pudology stand at the recent VDelicious Vegetarian Good Food Show held at London's Olympia and were massively impressed. The dairy-free, vegan-friendly desserts include Banoffee, Strawberry, Chocolate and Lemon puddings and are available at Ocado, priced at £3.99 for two individual pots. Chocolate and Strawberry twin packs are also sold at Waitrose. Even if you're not vegan or avoiding dairy, these are totally yummy!



Cooking the books

Do you fancy yourself as the next Delia or Jamie? Now you can collate your favourite recipes (or write up ones you've come up with yourself!) and become the author of your own photo cookbook.

Online personalised printing specialist Vistaprint (www.vistaprint.co.uk) is reporting a surge in interest from people wanting to compile their own cookbooks, with prices ranging from £7-£100.

Photos of your delicious dishes can be personalised with captions, including recipes and tips and there's a wide choice of different sizes, covers and finishes. We thought it would make a great gift for family and friends or to pass down the generations, or you could ask an amazing cook if they'll let you in on their secrets and then turn it into a book, rather than relying on scribbled notes!

PHOTO FUN

We have seven Vistaprint photo cookbooks to give away, worth up to £100 each! For a chance to win one, turn to page 68.



Dates for the diary

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH

21-22 September

Abergavenny Food Festival

Masterclasses, tutored tastings, guided walks to learn about the wild harvest of field and hedgerow, and more than 200 food and drink producers make for a fun event.

www.abergavennyfoodfestival.com

21 September-6 October

British Food Fortnight

Now in its 12th year, shops, pubs and restaurants will all be urged to run British food promotions during this period.

www.lovebritishfood.co.uk

27 September

World's Biggest Coffee Morning

Join in the fun with coffee and cakes to raise money for Macmillan Cancer Support. You provide the refreshments and ask guests for a donation to a very worthy cause.

coffee.macmillan.org.uk

27 September-13 October

Aldeburgh Food & Drink Festival

The main festival, which includes demos and bread and pasta making workshops, runs over the weekend of 28-29 September, but more than 50 fringe events will also take place during the fortnight.

www.aldeburghfoodanddrink.co.uk

28 September

Thame Food Festival

The historic Oxfordshire market town of Thame will host its annual real food festival with street food, live entertainment and a packed programme of demos from local and celebrity chefs.

www.thamefoodfestival.co.uk

BRUNCH WITH A PUNCH

A new Moroccan range of sauces and pastes launches into Waitrose, Ocado and Sainsbury's this month. The vegan-friendly products from Belazu include Tomato & Smoked Paprika Paste, Coriander & Cumin Paste, Tomato & Smoked Paprika Sauce, and Red Pepper & Rose Harissa Sauce.

Prices start from £2.19 for a 350g jar, serving two. To find out more about the range, visit www.belazu.com.

Spice chef John Gregory Smith has come up with a number of recipes using the products, including this lovely brunch dish, below.

Tomato and smoked paprika corn fritters with a cherry tomato and coriander salsa

Serves 4 | Prep 5 mins | Cook 10 mins

2 free-range eggs
75ml whole milk
100g plain flour
1 tsp baking powder
sea salt
300g can sweetcorn, drained
5 tbsp Belazu Tomato & Smoked Paprika Paste
3 tbsp olive oil
250g cherry tomatoes, finely chopped
2 handfuls of finely chopped coriander leaves
1 lime, cut into quarters
sour cream, to serve

1 Crack the eggs into a mixing bowl and pour in the milk. Whisk together. Sift in the flour, baking powder and a pinch of salt. Whisk together into a smooth batter. Add the sweetcorn and Belazu Tomato & Smoked Paprika Paste and mix into the batter.

2 Heat a large frying pan over a medium heat and brush with olive oil. Spoon in 3 tablespoons of batter for each pancake and cook for 1½–2 minutes each side, until golden. Remove from the pan and set to one side. Repeat until all the batter is gone, brushing more oil over the base of the pan each time.



MOROCCAN MAGIC

Belazu has given us three hampers containing their full Moroccan line of pastes and sauces, plus other vegan products, to give away. See page 68 for further details.



3 Meanwhile, put the tomatoes and coriander into a small mixing bowl. Add a pinch of salt and a squeeze of lime (about a quarter). Mix well.

4 To serve the dish, place a fritter on to a serving plate, top with a spoonful of the tomatoes and cover with another fritter. Top with more tomatoes and place another fritter on top. Repeat with the rest of the fritters. Spoon any remaining tomatoes over the top and serve immediately with a dollop of sour cream.

■ PER SERVING 358 cal, fat 17g, sat fat 4.5g, carbs 43.5g, sugars 12g, protein 10.5g, salt 1.9g, fibre 4g

CHEF'S SPECIAL

Rob Andrew is head chef at the Field Kitchen in Devon, which is run by organic veg box specialists Riverford (www.riverford.co.uk). We asked him to tell us a bit more about himself.



How did you come to work at Riverford?

I had recently returned from Tasmania when I discovered Riverford were recruiting for a travelling version of their restaurant, the Field Kitchen, set to tour the country in a giant purpose-built yurt. So I packed a tent and spent the summer cooking seasonal fare in orchards, fields and festivals all over the country. Soon after that I moved down to Devon to work at the main farm and when former head chef Jane Baxter left, I was offered the helm at the Field Kitchen.

What's the best part of the job?

I get the freedom to write the menu day to day and the luxury of an open kitchen with good views. Most kitchens are hidden in the bowels of a building, out of sight and mind, but we get a chance to interact with our customers and talk about what we are cooking.

What's been your biggest challenge at Riverford?

Certainly the experience of the travelling Field Kitchen was challenging. When I look back at some of the circumstances we had to deal with, I'm astounded we delivered the meals we did! In London we were located on the site of a petting farm and the local health and safety officers were quite rightly all over us to ensure no cross-contamination occurred. It was like being in a hermitically sealed vacuum for a week!

What's your attitude towards vegetarian food?

Veg is the backbone of our meals – five of the six dishes served at lunch are comprised of the vegetables in our box and we always make a vegetarian alternative. We include the right amount of textures, protein and colours to ensure even meat-eaters drool over our vegetarian dishes. I also think that the ethical benefits of eating less or no meat is something everyone should consider.

Any ambitions for the future?

My career will be a happy one if I can continue to be creative, work with the best produce and the best people. I'm also going to build my own house!

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CLEVER CAULI

Liven up cauliflower with this simple supper dish. Fragata capers and peppers are available from Waitrose priced at £3.29 and £1.99 respectively, and the olives cost £2.99 from Morrisons.



Roasted cauliflower with pimiento piquillo peppers and green olives

Serves 4 | Prep 15 mins | Cook 35 mins

- 1 head cauliflower
- 1-2 Fragata pimiento piquillo peppers
- 2 tbsp olive oil
- ½ cup Fragata pitted green olives, sliced
- 1-2 tbsp Fragata capers
- 3 tbsp pine nuts (slivered almonds also work well)
- handful of flat-leaf parsley, chopped
- salt and freshly ground black pepper, to taste
- juice of ¼ lemon

- 1 Preheat the oven to 220C/fan 200C/gas 7.
- 2 Cut the cauliflower into smallish pieces of the same size and cut the peppers into thin

- slices. Put the chopped cauliflower and peppers into a bowl and toss with the olive oil, stirring so the vegetables are lightly coated. Season to taste with salt and freshly ground black pepper and stir again. Spread the vegetables out in a single layer on a baking tray and roast for 20 minutes.
 - 3 While the cauliflower and peppers are roasting, slice the olives, measure out the capers and pine nuts, and chop the parsley.
 - 4 Remove the baking tray from the oven. Put the cauliflower and peppers back into the same bowl and toss with the olives, capers, pine nuts and parsley.
 - 5 Spread the mixture back on to the baking tray and roast for an additional 10-15 minutes, or until the vegetables are starting to brown. Serve hot, adding salt and freshly ground black pepper and a squeeze of lemon.
- PER SERVING 207 cals, fat 16.5g, sat fat 2g, carbs 9g, sugars 8g, protein 6.5g, salt 1.6g, fibre 5g



Have a heart

If you want to bake a cake with a quirky difference, the new I Heart Cake Mould by gift company Mustard is a fun addition to any baking cupboard.

It isn't a heart shape, but instead leaves you with a cake that can be divided into six heart-shaped slices. The silicon mould can also be used for jellies too. Costing £15, you can order from online retailers including www.justmustard.com and www.iwantoneofthose.co.uk.

LOVE TO BAKE

You can win one of three I Heart Cake Moulds. Turn to page 68 for details on how to enter.



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



My new favourite thing

You must check out these fantastic resources from edible gardening guru and lifelong vegetarian Michael Littlewood. He has used his knowledge and experience to help edible gardeners by publishing several aids in the form of charts, guides and calendars, as well as books and booklets.

Michael has gone from conventional gardening to organic, then biodynamic, and finally to permaculture, and all of his experiences have strengthened his belief in 'designing in harmony with nature'.

I adore his Herb Guide for Vegetarian Cookery – now I know what herbs go with what fruits and vegetables!

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



TOP IT OFF

Crispbread gets a makeover with Dr Karg's two new varieties, Olive & Rosemary and 3+3, adding to the range of six. The 3+3 variety contains three super-seeds (pumpkin seeds, linseeds and sesame seeds) and three grains (spelt, oats and wheat).

Both varieties start from £2.09 a box from most large supermarkets including Waitrose, Sainsbury's and Tesco.



APP OF THE MONTH

Elegantly Vegan

For iPhone, iPad, iPod Touch • Price: Free*

An interactive vegan cookbook with over 50 delicious recipes, from traditional dishes such as pizza, lasagne, pies and burgers, to tasty brunches, afternoon tea and coffee-time pastries. The app allows you to recalculate the recipes to fit the amount of people you are serving, send yourself or someone else handy shopping lists, and features a nifty voice-controlled mode that allows you swipe back and forth between steps while cooking.



*Unlock all recipes (in-app purchase), £1.49.



PIGEONS BY POST



We love this sweet little chopping board from the vegan-owned gift company www.hundredmillion.co.uk. Made from sustainable hardwood and shaped like a wood pigeon, it costs £12.99.

PECK AND CHOOSE

Three winners will each receive a wood pigeon occasional chopping board. Turn to page 68 to find out how to enter.



Hot stuff

Gran Luchito, who recently launched an authentic Mexican smoked chilli 'salsita' to rave reviews from chefs and food critics, have just added two new products to the range: Gran Luchito Mayonnaise (£3.29) and Gran Luchito Honey (£5).

The smoked chilli mayo is a blend of Gran Luchito with a mayonnaise made with British free-range eggs, while the smoked chilli honey – a first of its kind in the UK – can be enjoyed with cheese.

Both new products are available to buy at Wholefoods Market, Fortnum & Mason, and online at Amazon. For more stockists, visit www.luchito.co.uk.

CHILLI SOURCE

Gran Luchito has given us five sets of both products to give away. To find out more, turn to page 68.



Kelly Rose Bradford reveals how feeding other people's 'fussy' children has now become a parental minefield.



VEGGIE VENTS

Throughout my son William's life (he is 10) I've had people telling me that his veggie diet is a Bad Thing.

Usually it has been along the lines of 'once all his friends start hanging out in burger bars, he is going to want to eat meat' or that I am denying him vital nutrients, and that his meals must be making up for their lack of meat with too much dairy and fat.

After a decade, I'm used to it. It goes with the territory now, and while it used to annoy me, these days I just file it in the 'rubbish people spout' compartment of my brain. Recently, though, I was so taken aback by a comment from a mum at school that even that particular compartment was unable to process the nonsense I had heard.

'Kids being vegetarian,' she said, 'It's just another way of saying "fussy eater", really, isn't it?'

I was actually stunned into silence. While I've learned to ignore all the other ridiculous opinions people feel the need to share regarding my son's health, this one really got my goat. Why? Mainly because of what I've had to deal with in terms of other people's kids' diets over the years.

As most parents will testify, feeding someone else's offspring is an at-your-peril affair: I swear I have not had a single child for dinner in the six years of my son's schooling who is not 'allergic' to something, 'not allowed' something else, 'intolerant' or on some weird eating regime their parents have decided will cure their every ailment, be that sugar-free, low carb, no gluten, or avoiding anything orange...

Then there are the parents who are constantly vocalising about how *healthy* their child's diet is (subtext: compared to everyone else's) with much talk of hand-

reared this, and farmers' market that, and loud proclamations of 'we only eat organic' and 'definitely no sweets'. When they visit, or attend a party, the poor wan-looking kids are denied cake or ice cream, and their parents remove the confectionery from the goody bag as they leave.

In these days of competitive parenting, what you feed your child says more about you than the car you drive, or where you live – and mums and dads can't wait to share their kids' dietary prowess which is, quite simply, superior to *yours*. I've lost count of how many variations of 'Harry adores broccoli – isn't it funny how some children don't?' I've heard since mixing in mummy-circles.

Even though I am a bit fanatical about food, I don't really feel the need to draw people's attention to our diet beyond saying we do not eat meat or fish. I leave it at that, unless further explanation or clarification is requested. I tried to explain this to the mum who thought meat-free equalled 'fussy'.

'As most parents will testify, feeding someone else's offspring is an at-your-peril affair'

'But I don't know what I'd feed William!' she said.

'Whatever you are having, just without the meat or fish,' I explained as patiently as my weariness would allow.

'Oh! My kids won't touch veggies,' she confessed. 'Except sweetcorn – and only then if it's off the cob. They can't be doing with all the gnawing!'

Then followed an exhaustive list – all delivered with much giggling and faux exasperation about all the food her children would not touch. Which was seemingly everything apart from breaded chicken, tinned sweetcorn and (white) bread and butter.

'And you think my child's a fussy eater?' I ventured.

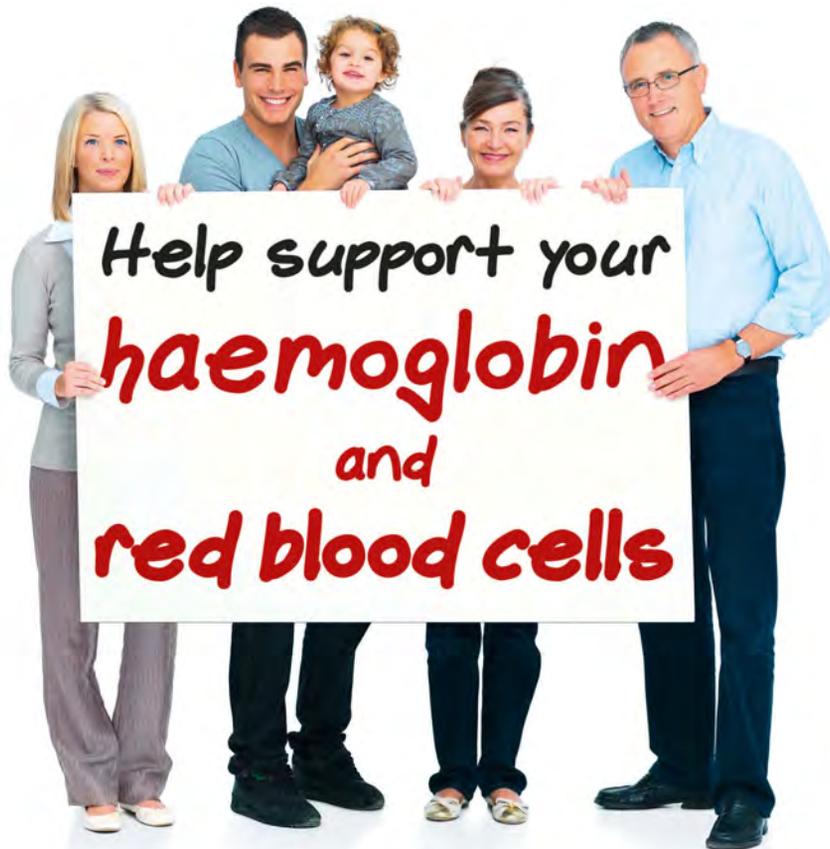
'Well, yes,' she said. 'The not-eating-meat bit – my kids would starve to death if they didn't have chicken. They don't eat anything else!'

Sometimes there just are no words.



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

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VITABIOTICS
SCIENCE OF HEALTHY LIVING

What shall I cook?

Kitchen supper party

Enjoy chatting to your friends, instead of toiling in the kitchen, with our ideas for a relaxed prep-ahead meal.



Couscous with vegetables **V**



The vegetarian Mexican



Bramble fool *** ☺**



Lebanese coffee dessert jars

in season SEPTEMBER

EMBRACE AUTUMN'S NEW OFFERINGS WITH THIS MONTH'S RECIPE IDEAS, FEATURING TWO BRITISH CLASSICS – APPLE PIE, AND BUBBLE AND SQUEAK – PLUS A COLOURFUL GNOCCHI DISH.



Fruit

Apples, Apricots, Blackberries, Blueberries, Cranberries (early), Figs, Grapes (early), Melons, Peaches and nectarines (late), Pears, Plums, damsons and gages (late), Raspberries, Strawberries



Salads

Celery, Chicory, Cucumbers, Endive, Land cress, Lettuces, Oriental leaves, Radishes, Salad leaves, Spring onions, Tomatoes, Watercress



Vegetables

Aubergines, Beetroot, Broccoli, Brussels sprouts, Cabbages, Calabrese, Carrots, Cauliflowers, Celeriac (early), Chillies and peppers, Courgettes, Florence fennel, French beans, Globe artichokes, Kohlrabi, Leeks, Marrows, Onions, Peas, Potatoes, Runner beans, Shallots, Spinach, Squash, Swede, Sweet potatoes, Sweetcorn, Swiss chard, Turnips

Classic apple pie

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

1.3kg mixed apples, such as Cox's, Jonagold, Braeburn and Golden Delicious, peeled and cored
50g sugar, or more to taste
1 tsp ground cinnamon
1 tbsp freshly squeezed lemon juice
chilled single cream, to serve

For the pie pastry:

300g plain flour
1 tsp sugar
¼ tsp salt
75g unsalted butter
75g vegetable shortening
1 free-range egg yolk
1 free-range egg, beaten
sugar, for sprinkling

1 To make the pastry, put the flour, sugar and salt in a food processor and process just to combine. Add the butter and vegetable shortening and process using the pulse button until the mixture just forms coarse crumbs. Add the egg yolk and 4 tablespoons cold water and pulse again; the mixture should be crumbly but not holding together. Transfer to a floured work surface and form into a ball. Cut in half, wrap

well in cling film and chill for at least 1 hour.

2 Roll out one dough half and use to line the bottom of the pie dish. Trim the edges leaving a 1cm overhang and save the pastry trimmings for decoration. Chill while you prepare the apples.

3 Cut the apples into slices; not too thick and not too thin. Put them in a bowl with the sugar, cinnamon and lemon juice and use your hands to mix well. Transfer to the lined pie dish.

4 Preheat the oven to 190C/fan 170C/gas 5. Butter a 23cm diameter pie dish or plate (with sloping sides).

5 Roll out the remaining dough on a floured work surface to a circle large enough to cover the pie dish. Brush the edges of the dough in the dish with beaten egg, then lay the other pastry circle on top. Fold over the overhang from the bottom layer and crimp using your fingertips, or use the tines of a fork to seal. Decorate as desired (a few leaves are traditional) and brush lightly with egg, then sprinkle with sugar. Cut 6–8 small slits in the top of the pie.

6 Put on a baking sheet and bake in the preheated oven for about 50–60 minutes, until golden. Serve warm with cream.

■ PER SERVING 499 cals, fat 27g, sat fat 13g, carbs 61g, sugars 34.5g, protein 7g, salt 0.8g, fibre 5g



PHOTOGRAPH: STEVE PAINTER © RYLAND PETERS & SMALL

PHOTOGRAPH: TARA FISHER



GNOCCHI, BUTTERNUT SQUASH, SAGE AND SHIITAKE MUSHROOMS



BUBBLE AND SQUEAK PATTIES WITH SWEET POTATO AND SAVOY CABBAGE

Gnocchi, butternut squash, sage and shiitake mushrooms

Serves 4 | Prep 10 mins | Cook 30 mins

- 1 butternut squash (about 800g)
- 1 tbsp olive oil
- knob of butter
- 6 sage leaves, shredded
- 1 clove garlic
- 120g shiitake mushrooms
- 500g gnocchetti
- freshly grated vegetarian Parmesan-style cheese
- sea salt and freshly ground black pepper

- 1** Preheat the oven to 200C/fan 180C/gas 6.
- 2** Peel the butternut squash using a vegetable peeler and cut it in half. Scoop out the seeds and fibres. Cut the flesh into chunks the size of a large postage stamp.
- 3** Put the chunks in a large, shallow baking tray. Drizzle over the oil and toss the chunks until coated, then season with sea salt and grind over black pepper. Roast the butternut squash in the oven for 30 minutes until soft and browned along the edges.
- 4** Meanwhile, melt the butter in a large pan. Add the sage and cook for a few seconds until it has deepened in colour. Stir in the garlic, then the shiitake mushrooms. Cook, shaking the pan occasionally, until the mushrooms are edged with gold.
- 5** Toss the cooked gnocchetti with the mushroom mixture and butternut squash. Serve with the Parmesan-style cheese sprinkled on top.

■ PER SERVING 300 cals, fat 12g, sat fat 5.5g, carbs 38g, sugars 5g, protein 12.5g, salt 1.5g, fibre 4g

Bubble and squeak patties with sweet potato and savoy cabbage

**Serves 4 | Prep 15 mins + chilling
Cook 30 mins**

- 250g floury potatoes, such as King Edward, peeled and diced
- 300g sweet potatoes, peeled and diced
- 200g savoy cabbage, finely chopped
- 25g butter
- 1 bunch salad onions, finely chopped
- 50g vegetarian mature Cheddar cheese, grated
- pinch of dried rosemary
- 25g plain flour
- 3 tbsp olive oil
- poached eggs and oven-roasted tomatoes, to serve

- 1** Put the white potatoes in a pan and cover with a little cold water. Place a lid on the pan and bring to the boil. Cook for 5 minutes then add the sweet potatoes and continue cooking for a further 9–10 minutes until tender. Steam the cabbage over the pan for the last 4–5 minutes until just tender, or microwave on high for 1–2 minutes.
- 2** Remove the cabbage, drain and set aside. Drain the potatoes in a colander then return them to the pan. Add the butter then season

- and mash until smooth. Mix in the salad onions, cheese, rosemary and the cooked cabbage. Combine well then leave to cool.
- 3** Divide the mixture into 8. Dust the worktop and your hands with the flour, then form the mixture into small, round patties about 2cm thick. Place in the fridge for 10–15 minutes to chill.
 - 4** Heat half the oil in a large frying pan and gently fry 4 of the patties for 2–3 minutes on each side until lightly golden. Add the rest of the oil and cook the remaining patties, keeping the first batch warm in the oven. Serve topped with a poached egg and oven-roasted tomatoes.

COOK'S TIP These patties can be made by adding any leftover cooked vegetables to the mash. Simply combine and cook.

■ PER SERVING 421 cals, fat 24.5g, sat fat 9g, carbs 37.5g, sugars 10.5g, protein 15g, salt 0.6g, fibre 6g

govegan

V Use a dairy-free spread like Pure in place of the butter and your favourite vegan cheese, just ensure you pack the patties together firmly! Serve without the poached egg.

Adapted recipes and images are courtesy of the following: bubble and squeak patties with sweet potato and savoy cabbage from www.waitrose.com (more than 5,000 recipes can be found at www.waitrose.com/recipes); classic apple pie from *Cinnamon Spice and Warm Apple Pie* (Ryland Peters & Small, £16.99); gnocchetti, butternut squash, sage and shiitake mushrooms from *The Contented Cook* by Xanthe Clay (Kyle Books, £19.99).





BAKED CAMEMBERT WITH
CHILLI AND THYME

Easy does it

Liz Martin shows how with just a few ingredients and three simple steps you can create something special any day of the week.

Baked Camembert with chilli and thyme

Serves 4 | Prep 10 mins + standing

Cook 20 mins

4 individual vegetarian Camembert cheese (stapled box is best)

3 cloves garlic, sliced

sprigs of fresh thyme

8 tbsp sweet chilli sauce, plus extra for serving

8 figs, cut into halves or wedges

toasted breads or flatbreads, to serve

1 Remove the wrapping from each cheese and return them to the wooden containers or place in individual dishes. Using a sharp knife, make small cuts into each cheese and push in slices of garlic and sprigs of thyme. Leave to stand for 45 minutes.

2 Preheat the oven to 190C/fan 170C/gas 5. Cover the cheese with foil and bake for 10 minutes. Uncover and spoon over the chilli sauce. Surround with figs and bake for a further 10 minutes, until the cheese is melted and bubbling.

3 Remove from the heat and allow to stand for 4 minutes. Drizzle over extra chilli sauce, if required, and serve with the toasted breads or flatbreads.

■ PER SERVING 600 cals, fat 14.5g, sat fat 7.5g, carbs 100g, sugars 60g, protein 22g, salt 3g, fibre 12.5g

Mushroom stroganoff with potato farls

Serves 4 | Prep 10 mins | Cook 12 mins

2 tbsp olive oil

2 cloves garlic, chopped

600g mixed mushrooms, e.g. oyster, chestnut, button, left whole and roughly sliced

1 tbsp paprika

200ml crème fraîche

8 potato farls

chopped fresh parsley, to garnish

1 Heat the oil in a large frying pan or wok and stir-fry the garlic and mushrooms over a high heat for 5–8 minutes, until golden.

2 Stir in the paprika and cream, then bring to the boil.

3 Meanwhile, toast the farls following packet instructions, until hot. Arrange on warm serving plates and spoon over the mushrooms. Scatter over

some parsley to garnish.

■ PER SERVING 369 cals, fat 21g, sat fat 9.5g, carbs 37.5g, sugars 4g, protein 10g, salt 1g, fibre 4g

govegan

V There are a number of dairy-free alternatives to using crème fraîche in a stroganoff, including: coconut milk, vegan sour cream (Sour Supreme), and soya/almond milk thickened with flour.



MUSHROOM STROGANOFF WITH POTATO FARLS

Tofu hoisin wraps

Serves 4 | Prep 10 mins | Cook 10 mins

2 x 250g smoked tofu with herbs and sunflower seeds

10 tbsp hoisin sauce

12 small tortilla wraps

1½ bunches spring onions, shredded

1 cucumber, cut into sticks

1 Cut the tofu into sticks. Heat a non-stick frying pan until hot and dry-fry the tofu for about 5 minutes, turning occasionally until golden.

2 Add the hoisin sauce and heat through until hot and the tofu is well coated.

3 Heat the wraps following packet instructions. Divide the tofu, spring onions and cucumber between the wraps. Roll up and serve.

■ PER SERVING 336 cals, fat 6.5g, sat fat 1g, carbs 53.5g, sugars 14g, protein 19g, salt 1.3g, fibre 2.5g



TOFU HOISIN WRAPS

Pepper, pea and spinach frittata

Serves 4 | Prep 10 mins | Cook 25 mins

1 tbsp olive oil
½ yellow pepper, finely chopped
1 bunch spring onions, sliced
100g fresh baby-leaf spinach
200g frozen peas, thawed
6 free-range eggs, beaten
crunchy mixed salad, to serve

1 Heat the oil in a 19cm deep frying pan and sauté the pepper and spring onions gently for 3 minutes. Add the spinach and sauté for 2 minutes, until just wilted.

2 Add the peas and pour in the eggs. Cook over a gentle heat for about 10 minutes, until almost set.

3 Preheat the grill and place the frittata under the grill for 5–8 minutes, until golden and set. Turn out of the pan, cut into wedges and serve with a crunchy mixed salad.

■ PER SERVING 212 cals, fat 13.5g, sat fat 3.5g, carbs 8g, sugars 4.5g, protein 15.5g, salt 0.5g, fibre 5g

PEPPER, PEA AND SPINACH FRITTATA





ROASTED
AUBERGINE AND
LENTIL WITH
HALLOUMI

Roasted aubergine and lentil with halloumi

Serves 4 | Prep 15 mins

Cook 40 mins

3 large aubergine, cut into cubes
3-4 tbsp smoked paprika
6 tbsp olive oil
4 cloves garlic, chopped
2 x 400g can lentils, drained
2 x 225g packet vegetarian halloumi
cheese, plain or chilli, sliced

1 Preheat the oven to 190C/fan 170C/
gas 5. Toss together the aubergine,

paprika, olive oil and garlic in a large
roasting tin and spread out evenly.
Roast for 30-40 minutes, stirring once
during cooking.

2 Remove the pan from the heat, stir in
the lentils and set aside.

3 Heat a frying pan until hot and sauté
the halloumi slices on both sides until
golden. Divide the aubergine mixture
between warm plates and top with the
halloumi slices. Serve.

■ PER SERVING 734 cals, fat 46.5g, sat fat
20.5g, carbs 36g, sugars 5.5g, protein
45g, salt 2.9g, fibre 9.5g

govegan

V Drain, marinate, slice and fry a block of
firm tofu for an alternative to halloumi.

Stilton, watercress and pear toasts

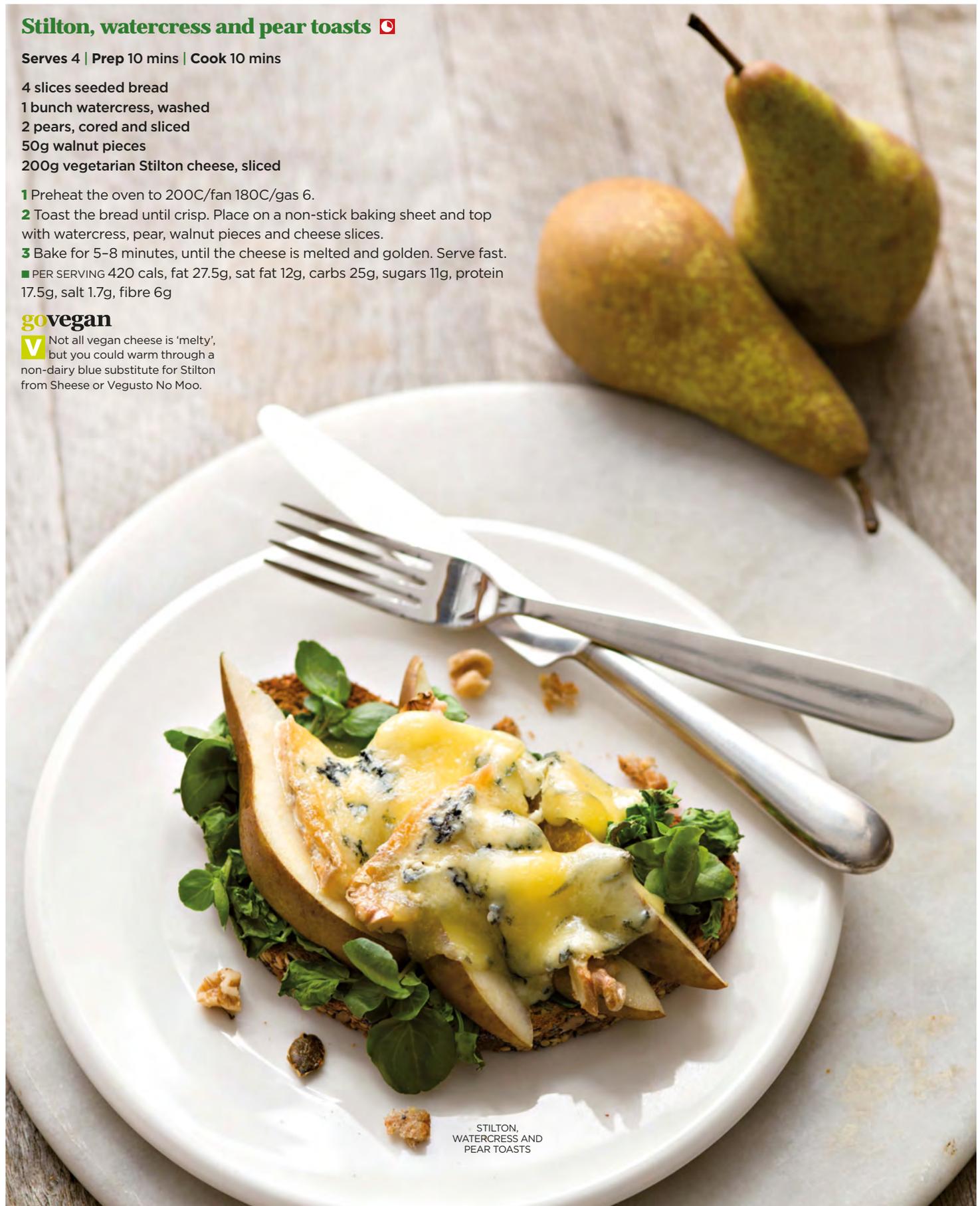
Serves 4 | Prep 10 mins | Cook 10 mins

4 slices seeded bread
1 bunch watercress, washed
2 pears, cored and sliced
50g walnut pieces
200g vegetarian Stilton cheese, sliced

- 1 Preheat the oven to 200C/fan 180C/gas 6.
 - 2 Toast the bread until crisp. Place on a non-stick baking sheet and top with watercress, pear, walnut pieces and cheese slices.
 - 3 Bake for 5–8 minutes, until the cheese is melted and golden. Serve fast.
- PER SERVING 420 cal, fat 27.5g, sat fat 12g, carbs 25g, sugars 11g, protein 17.5g, salt 1.7g, fibre 6g

govegan

V Not all vegan cheese is 'melty', but you could warm through a non-dairy blue substitute for Stilton from Sheese or Vegusto No Moo.



STILTON,
WATERCRESS AND
PEAR TOASTS

‘When people consider French food, what they often overlook is the regional cuisine’



Parisian food writer Clotilde Dusoulier talks to Lindsey Harrad about vegetarian cuisine, ethical farming and dining out in France.

The phrase ‘French vegetarian’ is something of an oxymoron, and any veggie who has eaten out in Paris will probably have survived on omelettes, frites and baguette, while watching their carnivorous companions or fellow diners eating like kings in the gastronomic capital of Europe. However, Parisian-born food blogger and cookery author Clotilde Dusoulier is attempting to change this perception of French cuisine with her third book, *The French Market Cookbook*, which explores plant-based recipes inspired by French regional dishes.

‘When people consider French food, what they often overlook is the regional cuisine,’ says Clotilde. ‘There is classic French cooking as defined by Escoffier, which is heavy on the meat and cream sauces and not so colourful and vibrant. But France is a collection of smaller regions that are rich in their own specialities and produce, and often these dishes are meat-free, or lend themselves well to being made vegetarian. These are often derived from peasant cooking, which was a more economical vegetable and grain-based way of eating. In terms of produce, I find Provence and the southwest particularly

inspiring as they have so many wonderful Mediterranean ingredients and everything tastes of sunshine.’

However, Clotilde admits that in her native Paris, the situation for vegetarians has traditionally been difficult but says it has improved considerably over the last few years. ‘There are more vegetarian and vegetarian-friendly restaurants in Paris now, and I’m seeing a new generation of chefs definitely putting a lot more thought into the vegetables they work with. Although their menus may not have veggie dishes on them, if you call ahead they are more likely to be in the right mindset to prepare something vegetarian that won’t feel like you’re being punished! I feel that many chefs have become more and more smitten with vegetables and no longer believe that omitting meat or fish ruins the dish.’

A growing obsession

Clotilde’s blog, *Chocolate & Zucchini*, will be celebrating its 10-year anniversary in September, and marks a decade of her passionate exploration of food culture, that began, oddly enough, in California’s Silicon

Valley. ‘I studied software engineering at college,’ she says. ‘I chose my career path in the early 2000s, at the time when people started having personal internet access at home, and the internet and all it was promising was extremely exciting to me. When I graduated, my boyfriend and I decided to go and live in California as it was the time of the dot com boom, and we both found jobs in Silicon Valley.’

Clotilde explains that being far from home led to a growing interest in gastronomy as a creative outlet and as a connection to her French roots. ‘California has such wonderful produce and offers the opportunity to try so many different and well-executed types of cuisines in restaurants; it was really inspiring.’

A couple of years later, Clotilde was back in Paris, and found herself becoming a little obsessive about food. Her new blog became a useful place to record the painstaking details of her recipes and forge a connection with others similarly preoccupied with cooking and eating from dawn until dusk.

‘When I returned to France I continued cooking for friends and spent a lot of time happily shopping for food, thinking about the menus, coming up with recipes, cooking the food, serving and then eating it,’ she says. ‘At around this time I discovered food blogging and it seemed like the perfect way of prolonging the pleasures of the table and holding on to those memories. Although I have people around me who love food, they don’t love food as much as I do, so I was a

‘There are more vegetarian and vegetarian-friendly restaurants in Paris now, and I’m seeing a new generation of chefs definitely putting a lot more thought into the vegetables they work with’



'My mother was a good cook, but it's interesting to recall that although I grew up in a great food environment I never really stopped to think about it before, to me it was just normal to have good, fresh food cooked by my mother on a daily basis. I spent a lot of time in the kitchen with her but I wasn't necessarily eager to help, it was more about spending time together than engaging in cooking as a structured activity. It was only when I left home and started to cook for myself that I realised I knew a lot more than I thought I did about cooking.'

bit worried that my obsession might become tiresome for them!'

In 2003, when Clotilde launched Chocolate & Zucchini, it was still early days for food blogging and she was well aware it was considered a little unusual to document one's eating and cooking habits so slavishly. 'Back then, especially to French people, I was a little hesitant to call it a blog as they didn't know what a blog was!' she says. However, she admits that it took a while longer for her to go about making food writing a full-time occupation, and says she hadn't considered a career in food when she was younger.

Making ethical choices

With the skills and the desire to work in the food industry, Clotilde knew she had found her dream career. 'I quickly came to realise that food writing was making me really happy, so I started to look for ways to make it work as a full-time occupation,' she says. 'I attended events, networked,



reached out to writers and editors I admired, looked for small projects I could join. I decided to write a proposal for a cookbook, found an agent and when it was sold, I knew I could quit my day job and try to pull together enough assignments to make this a full-time gig. The blog was a fantastic launch pad and portfolio, a great way to make myself known and put myself out there as a food writer.'

In 2007 Clotilde's book, *Chocolate &*

Zucchini, was published, followed by her *Edible Adventures in Paris*, and although she insists attitudes to meat-free meals are changing rapidly in France, it still feels like a brave move to publish an exclusively vegetarian book.

'A combination of things influenced this book,' she says. 'But one factor was a change in my personal way of eating. Around five years ago I really started to consider the consequences of the food

choices that we make from environmental, ethical and health perspectives. This naturally led me to decide that I should be eating fewer animal products, so I became vegetarian at home and reserved meat and fish for eating out – mainly because, as I've said, it's harder to eat vegetarian in Parisian restaurants and it would be quite limiting for the job that I do.'

However, Clotilde believes in making informed choices about buying animal products, and as a popular food blogger feels she has a responsibility to encourage her readers to do the same. 'It's a constant struggle to make an ethical decision as often the information isn't readily available, so this is an issue I'm battling with,' she says. 'For example, organic is a huge trend in France now, and it's often an easier issue for people to navigate as produce is either organic or not. But often, staff working in restaurants will have no idea about the provenance of their produce, including whether it's organic.'

It's apparent that France isn't quite as enlightened about ethical farming issues as the UK, and Clotilde believes this is, in part, due to an entrenched, rather fairytale, vision of French pastoral life. 'In France, we have a lot of work to do on ethical farming,' she says. 'Part of our problem is that many people have a misguided belief that our meat is all farm-raised and grass-fed, as we have this image of the French farmer with his haystack and three cows. 'Unfortunately, the reality is not as rosy as that and our own optimistic belief stands in the way of people taking a good hard look at what things are really like. There are definitely people producing food in what I would call the "right way", but a lot of people don't know what questions to ask producers.'

Even ingredients that could be vegetarian, such as cheese, present problems for a French vegetarian recipe writer, as cheese is almost exclusively made with animal rennet in France. By contrast, the UK producers seem positively forward-thinking in this respect, as many regional English cheeses are now routinely made using veggie-friendly methods. 'A lot of vegetarian books include so much cheese, and I feel it's too easy to just replace meat with a hunk of mozzarella to provide protein and flavour satisfaction,' says Clotilde. 'For me, dairy and egg production is as ethically problematic as the meat and fishing industries. Most regional cheeses in France are made with animal rennet; it's the traditional way of doing it and they don't even stop to wonder if they should do it differently.'

For Clotilde, however, when it comes to the issue of local versus organic, local wins



© STEVEN ROTHFELD

every time. 'You do have to juggle the organic and local issues,' she says. 'But I'd rather eat a local apple, than an organic apple flown all the way from Argentina. It is a minefield, though, and as a blogger I feel I have a responsibility to make sure my choices are transparent and I always ask more questions of the vendors and producers I use, because some of my readers look to me to help them make their buying decisions.'

Seasonal inspiration

Despite living in a busy capital city, Clotilde still enjoys a taste of the countryside with her weekly seasonal vegetable box, delivered by a local farmer, and spends a lot of time frequenting Parisian food markets and delis hunting for interesting ingredients. Ironically, for a city so traditionally resistant to putting vegetables centre stage in their cooking, they are spoilt for choice for wonderful fresh produce.

In her book, Clotilde celebrates the 'ebb and flow of the seasons' and says she thrives on anticipating the next batch of fruit and vegetables to become available almost as much as she enjoys savouring the last of the crop as it goes out of season for another year. Her philosophy is that if you work with the best, glowingly fresh ingredients, your cooking will be effortless, and the recipes in her book certainly radiate with vibrant colours and 'clean' flavours that definitely feel more California than classic French.

'My main axis of inspiration is seasonality, and this is always my primary concern,' she says. 'September is a fantastic month for tomatoes, although people often associate them with July and August, but in September they've had all summer to get plenty of sun and heat so they taste gorgeous. I like to make a simple salad with a good olive oil and French balsamic vinegar. For colder days, I make my tomato bread soup [featured in the book], which is a great way to use good tomatoes and any leftover, slightly stale, bread. September can be quite chilly but you are still working with summery ingredients, so a soup like this is perfect for this time of year.'

Clotilde also likes to explore world cuisines in search of new food influences, and says that Japanese



cooking has been hugely influential in better understanding how to create a balanced vegetarian recipe. 'The Japanese have a complex and structured way of building recipes to make sure that a particular dish hits a great variety of flavour, texture and temperature notes,' she explains. 'This is especially important when you cook vegetarian food as if you want your dish to feel complete then you really need to achieve a good balance of mouth feel, colour, texture, temperature and flavour, and I think this is key to creating wonderful vegetarian dishes.'

Foodie culture

So what would Clotilde cook for a bunch of veggie friends? 'A recipe I love to make for company is vegetable couscous, because it's



a fun dish to share with a stew of vegetables and the couscous grains, and you serve it with herbs, raisins, chickpeas and spicy harissa sauce,' she says. 'Couscous is the second most popular French dish as we have strong connections with North Africa, and we think couscous is a French dish now! It's in the autumn section of my book [and also featured here on page 30], but it can be made at any time of year with seasonal vegetables. I would follow this with pear cake made with chestnut flour, which is also lovely for autumn; it's a very moist cake that's perfect at the end of a meal.'

Chocolate & Zucchini has celebrated a decade of Clotilde's California-French fusion recipes, and she says it's remarkable how much the blogging culture has changed in

the past 10 years, and the influence this has had on the food industry. It could be argued that passionate gastronomes like Clotilde are less 'unique' now, but she argues that they were always out there, just closeted.

'The food culture has become so much more accepting now and it's okay for people to admit they think about food all day long!' she laughs. 'Previously we had food snobs, now we have the term "foodies", but it wasn't considered normal back then, unless you had an eating disorder, to start thinking about lunch the minute you finished breakfast! Let's just say that my people have become more visible now.'

Clotilde will be launching her redesigned website in September to celebrate 10 years of blogging at www.chocolateandzucchini.com.

CLOTILDE'S FRENCH MARKET RECIPES

Couscous with vegetables **V**

Couscous is so deeply ingrained in France's culinary landscape that it is the nation's second favourite dish. Our colonial history and a century of rule in North Africa - for better or worse - has left us with a pronounced taste for this brothy stew served over fine wheat semolina. The version that's served in restaurants is meat-heavy, but my preference goes to vegetable couscous: a flavoursome stew of seasonal vegetables and chickpeas ladled over the steamed grain, and sprinkled with raisins and herbs. This is a festive, communal dish that is conducive to stress-free entertaining, since the stew can be cooked in advance.

Serves 8

Prep 30 mins + soaking and standing

Cook 30 mins

100g golden raisins
olive oil, for cooking
2 small yellow onions, minced
fine sea salt
2 tbsp ras el hanout
450g small waxy potatoes
450g carrots, thin cut into 5cm segments
200g small turnips, quartered
4 stalks celery, cut into 1cm segments
2 litres home-made vegetable stock (see recipe, opposite)



COUSCOUS WITH VEGETABLES



'Couscous is so deeply ingrained in France's culinary landscape that it is the nation's second favourite dish'

450g winter squash, peeled and cut into 2.5cm pieces
 450g thin courgette, cut into 5cm segments
 320g cooked chickpeas (from about 125g dried)
 extra-virgin olive oil
 550g wholewheat couscous
 720ml boiling water
 20g chopped fresh flat-leaf parsley leaves
 20g chopped fresh coriander leaves
 harissa, to serve (see recipe, below)

1 Soak the raisins in 120ml hot water for 1 hour.

2 Heat 2 tablespoons cooking olive oil in a large stockpot over medium heat. Add the onions and ¼ teaspoon salt and cook, stirring often to avoid colouring, until softened, about 4 minutes. Stir in the ras el hanout.

3 Add the potatoes, carrots, turnips, celery and 1 teaspoon salt. Pour in the stock, cover and bring to a simmer. Cook for 10 minutes at a low simmer.

4 Add the winter squash and courgette and cook until all the vegetables are tender, about 15 minutes. Stir in two-thirds of the chickpeas and 2 tablespoons extra-virgin olive oil.

5 Shortly before serving, place the couscous in a large heatproof bowl. Stir in 1½ teaspoons salt and 2 tablespoons extra-virgin olive oil. Pour the boiling water over the couscous, cover and let stand for 10 minutes. Fluff the grains with a fork and transfer to a heated serving dish.

6 Combine the parsley and coriander in a small serving bowl and place it on the table along with a bowl of the drained raisins, a bowl of the remaining chickpeas, and a ramekin of harissa. Ladle the vegetables and some of the broth on to plates of couscous and let each guest help themselves to the condiments.

COOK'S TIP The dish may be prepared a day ahead up to the end of Step 4. Cool completely, transfer to an airtight container, and refrigerate. The next day, reheat to just below simmering.

■ PER SERVING 521 cal, fat 19g, sat fat 2.5g, carbs 84.5g, sugars 18g, protein 17.5g, salt 2.9g, fibre 10g

Home-made vegetable stock V *

Makes 2 litres

1 tbsp olive oil, for cooking
 1 medium yellow onion, roughly chopped (not peeled)
 2 medium carrots, sliced (not peeled)
 2 stalks celery, sliced
 2 cloves garlic, smashed with the flat of a knife blade
 2 tsp fine sea salt
 6 black peppercorns, crushed with the flat of a knife blade
 1 prune or 1 tbsp tomato paste
 2 whole cloves
 1 bay leaf, fresh or dried
 a few sprigs of thyme, fresh or dried
 1 sprig of rosemary, fresh or dried
 a splash of vegetarian dry white wine (optional)

1 Heat the oil in a stockpot over medium heat. Add the onion, carrots, celery, garlic and salt, and cook for about 5 minutes, stirring often, until lightly coloured. Add the rest of the ingredients and 2 litres cold water.

2 Cover, bring to a simmer and cook for 30 minutes. (If you have a pressure cooker, cook for 15 minutes from the point of pressure.) Set a fine-mesh sieve over a large bowl and use a ladle to transfer the vegetables and stock into the sieve.

3 Let the solids drain completely without pressing. Use the stock right away or let cool completely before refrigerating or freezing in airtight containers.

Harissa V

Makes about 240ml

140g dried red chilli peppers, a mix of mild and strong, stemmed and seeded (keep some or all of the seeds to make the harissa hotter)
 boiling water

½ tsp caraway seeds or ¼ tsp ground caraway
 ½ tsp cumin seeds or ¼ tsp ground cumin
 ½ tsp coriander seeds or ¼ tsp ground coriander
 3 cloves garlic
 1 tsp fine sea salt
 6 tbsp extra-virgin olive oil, or more if needed

RAS EL HANOUT

Ras el hanout is a complex mix of spices that enters into the preparation of many traditional North African dishes. It can include dozens of spices, but its composition depends on where you buy it; the name translates to 'head of the shop', illustrating the pride that is taken in the secret formula that governs the making of this flagship item. Bottled mixes sold outside of North Africa are often made with just a handful of spices, but an authentic ras el hanout will boast at least two dozen and up to 50. If you're unable to find it, prepare a simplified version by grinding together equal amounts of cumin, cinnamon, coriander, ginger, nutmeg, black pepper and turmeric.

1 In a heatproof bowl, cover the chilli peppers with boiling water. Set aside for 15 minutes to soften.

2 In a small frying pan, combine the caraway, cumin and coriander and toast over medium heat, stirring often to prevent burning, until fragrant. Let cool completely. If you're using whole seeds, grind in a spice grinder or with a mortar and pestle.

3 Drain the chilli peppers and pat dry with a kitchen towel. Transfer to a food processor or blender and add the ground spices, garlic, salt and olive oil and process until completely smooth, scraping down the sides regularly. Add a little more oil as needed to make the mixture smooth. Taste a tiny dab on a piece of bread (it may be hotter than you think) and adjust the seasoning.

4 Transfer to a jar and use within 1 month.

Roasted roots V

With the advent of fall comes the gorgeous family of root vegetables: carrots and potatoes, yes, but also beets, parsnips, swede, parsley root, Jerusalem artichokes, celery root – all of them sweet and complex, their flavours subtle, and their flesh oh-so-satisfying. A good roasting

in the oven is the most efficient – and effortless – way to bring out the above qualities. All that’s required is a nice colourful medley of varieties, cut into even-size pieces, and tossed together with oil and spices. In a little under an hour, the chunks are appetisingly browned and caramelised around the edges and they’re ready to be enjoyed like the fall treat that they are, with or without a sauce. I recommend gribiche sauce (see recipe, below).

Serves 6 | Prep 10 mins | Cook 50 mins

4 tsp olive oil for cooking, plus more for the pan

2kg mixed root vegetables

1½ tsp fine sea salt

1½ tsp cumin seeds

¼ tsp cayenne pepper, or more to taste

freshly ground black pepper

1 Preheat the oven to 200C/fan 180C/gas 6 and oil a rimmed baking sheet.

2 Trim and peel the root vegetables as needed; I usually leave the skin on

potatoes (but brush them well) and young carrots. Cut the vegetables into sticks, about 2cm thick and 8cm long. Depending on the initial shape of the vegetables, you won’t get perfect sticks; just make the pieces uniform in thickness, so they’ll cook at the same rate.

3 Transfer to the baking sheet, drizzle with the olive oil, and sprinkle with the salt, cumin, cayenne and black pepper. Flip and stir the vegetables until evenly coated. Spread the vegetables on the baking sheet so they’re more or less in a single layer; they shouldn’t be too crowded, or they will steam in their collective moisture and won’t roast properly.

4 Bake, flipping once or twice, until cooked through and appetisingly browned, about 40–50 minutes. Serve immediately.

■ PER SERVING (WITH GRIBICHE SAUCE)
428 cals, fat 30.5g, sat fat 4.5g, carbs 34.5g, sugars 22.5g, protein 5.5g, salt 2.1g, fibre 15g

the oil to form an emulsion with the other ingredients. Whisk with your dominant hand and pour the oil with the other; the bowl should not move, thanks to the dampened towel.

5 When the mixture becomes creamy, you can start pouring the oil in a very thin drizzle, whisking all the while.

When all the oil has been added, the mayonnaise should form peaks. If the sauce seems stiff, whisk in the vinegar to loosen.

6 Chop the egg white finely. Fold the egg white, herbs, capers and cornichons (if using) into the sauce. Taste and adjust the seasoning.

7 Transfer to a jar with a tight lid, refrigerate, and eat within the next 3–4 days.

COOK’S TIP If pressed for time, make a shortcut gribiche sauce by adding finely chopped capers, cornichons, fresh herbs and hard-boiled egg white to good quality store-bought mayonnaise.

Lebanese coffee dessert jars

Every few Saturdays, Maxence and I have lunch at a tiny Lebanese restaurant in our neighbourhood. It’s little more than a take-out counter, but there are a couple of tables at which to sit and share a plate of hummus while we wait for our falafel sandwiches.

And when we’re done, the owner asks if we would care for a *café libanais*, a thickly steeped coffee flavoured with cardamom. It is much too strong for me, but I do revel in the paired scents of coffee and cardamom wafting up from the small tin pot.

Occasionally, it is brought to our table with a complimentary plate of baklava, two-bite crunchy pastries loaded with pistachios and honey, and it is the memory of those flavours coming together in beautiful harmony – coffee, cardamom, pistachio, honey – that inspired this simple dessert. I dip ladyfingers in cardamom-flavoured coffee and top them with honeyed yogurt, pistachios and grated chocolate. It is a delicious and remarkably low-effort dessert that can be prepared a few hours in advance, and looks equally lovely served on the table in matching or mismatched containers.



ROASTED ROOTS

Gribiche sauce

Makes 180ml

1 large organic free-range egg, hard-boiled, peeled

1½ tsp strong Dijon mustard

½ tsp fine sea salt

80ml neutral-tasting oil, such as grapeseed or safflower

2 tbsp extra-virgin olive oil

1 tsp white wine vinegar or cider vinegar (optional)

20g fresh herb leaves (such as a mix of parsley, tarragon, chervil, and dill)

2 tbsp capers, drained and finely chopped

1 tbsp finely chopped cornichons (optional)

1 Bring all the ingredients to room temperature before you begin.

2 Set a medium bowl on a dampened kitchen towel on the counter to keep it steady.

3 Halve the hard-boiled egg and separate the white from the yolk. Push the yolk through a sieve into the bowl (alternatively, mash it to a very fine paste with a fork). Mix in the mustard and salt until completely smooth.

4 Measure both oils into a measuring cup with a pouring spout. Pour it into the bowl a few drops at a time at first, whisking constantly to allow



LEBANESE COFFEE
DESSERT JARS

Serves 6 | Prep 20 mins + chilling

120ml strong coffee, unsweetened
seeds from 6 green cardamom pods,
finely ground, or ¾ tsp ground green
cardamom

2-3 level tbsp mild honey, to taste

480ml plain Greek yogurt

185g ladyfingers (about 30)

85g unsalted pistachios, halved

55g good quality bittersweet

chocolate (about 65% cacao), chilled

- 1** Have ready 6 transparent jars or glasses, about 120ml in capacity.
 - 2** In a small saucepan, combine the coffee and cardamom. Bring just under a simmer over low heat, remove from the heat, and set aside to cool.
 - 3** Stir 2 tablespoons of the honey into the yogurt. Add more to taste; it should be pleasantly sweet, but not overly so.
 - 4** Cut the ladyfingers into bite-size pieces. Quickly dip half of these pieces in the cardamom coffee and divide among the glasses, arranging them more or less in a single layer at the bottom. (If your ladyfingers fall apart when dipped, place them dry in the glass and brush with the coffee instead of dipping.)
 - 5** Spoon the sweetened yogurt over the ladyfingers, about 2½ tablespoons per glass. Sprinkle with half of the pistachios, dividing them equally among the glasses, and grate chocolate on top using a zester or vegetable peeler.
 - 6** Repeat the layers - coffee-dipped ladyfingers, yogurt and pistachios, but not the grated chocolate - using up the remaining ingredients.
 - 7** Cover and refrigerate for 2 hours or overnight, removing from the fridge 30 minutes before serving. Grate the remaining chocolate then (if you do it earlier, it will absorb moisture in the fridge and won't look as pretty).
- PER SERVING 298 cals, fat 15g, sat fat 6.5g, carbs 34g, sugars 26.5g, protein 8.5g, salt 0.5g, fibre 1.5g



Recipes adapted from
*The French Market
Cookbook* by Clotilde
Dusoulier (Clarkson
Potter, £15.99). © 2013
Clotilde Dusoulier.

SUPPER WITH ROSE

Britain's best-loved vegetarian food writer, Rose Elliot, returns to our pages with a selection of colourful and tasty ideas to spice up your dinnertime with her foolproof recipes.

Laksa **V**

Serves 4 | Prep 15 mins | Cook 20 mins

125g rice noodles
2 tbsp sesame oil
1 tbsp vegetarian Thai paste
250g shiitake mushrooms, sliced
1 red chilli, deseeded and sliced
400ml can coconut milk
600ml water
1 aubergine, stem trimmed
2 pak choi, trimmed and halved
125g baby sweetcorn, halved diagonally
salt and pepper
20g coriander, roughly chopped, to garnish

1 Put the noodles into a bowl, cover with boiling water and leave to soak for 5-10 minutes, until tender, then drain.

2 Heat 1 tablespoon of the sesame oil in a large saucepan, add the Thai paste and let it sizzle for a few seconds until aromatic, then stir in the mushrooms and chilli. Pour in the coconut milk and water, then reduce the heat, cover and leave to simmer for 10-15 minutes.



3 Meanwhile, cut the aubergine into 7mm slices and brush on both sides with the remaining oil. Place in a grill pan and cook under a preheated grill until tender and lightly browned – about 7 minutes on each side. Leave to cool, then cut into dice.

4 Cook the pak choi in a saucepan of boiling water for about 6 minutes, or until tender. Drain well.

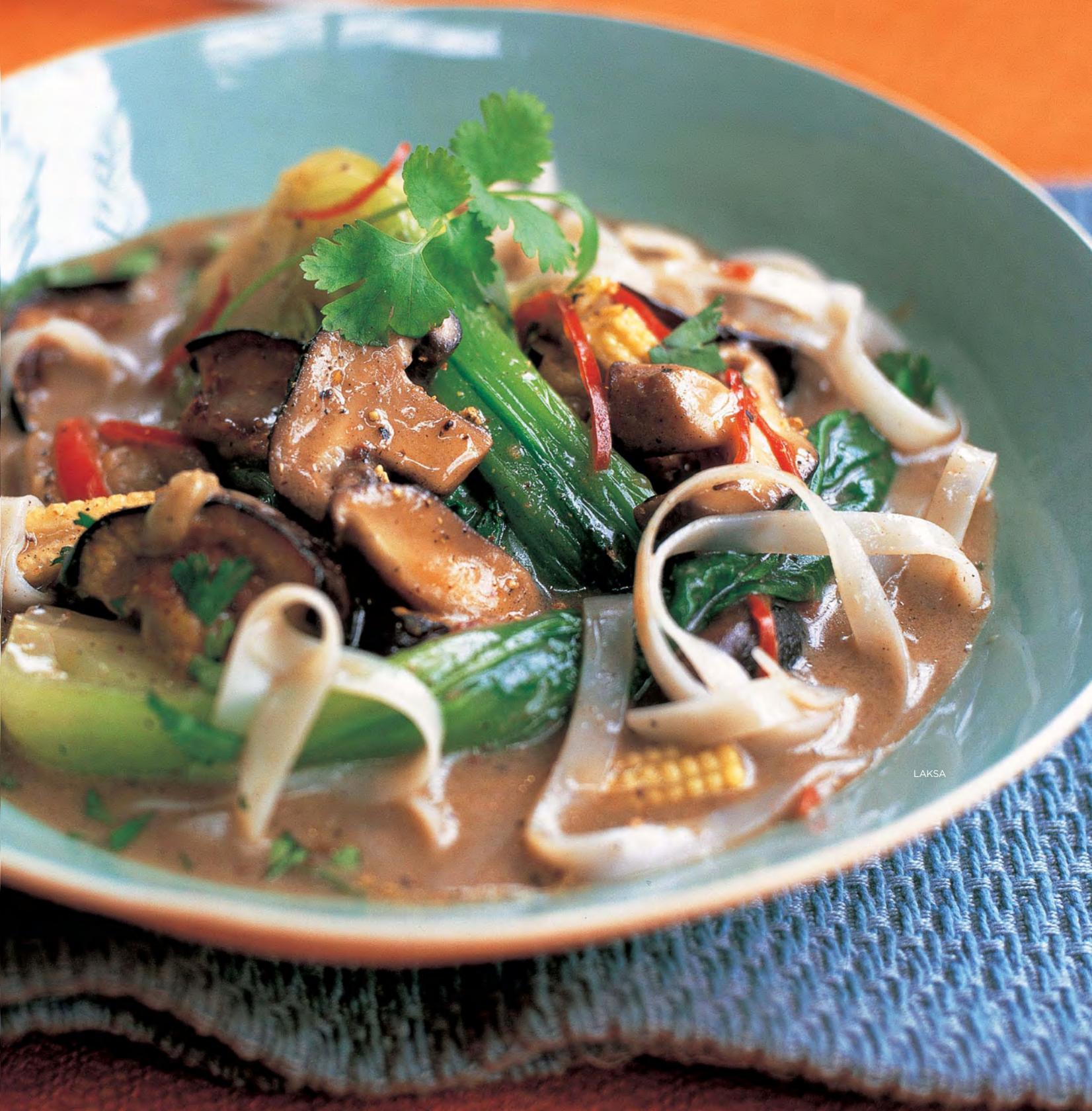
5 Add the noodles, aubergine, pak choi and sweetcorn to the coconut mixture. Bring to the boil and simmer gently for a minute or two, to heat everything through and cook the sweetcorn.

6 Season with salt and pepper as necessary, ladle into warmed bowls and top each with some coriander to garnish.

COOK'S TIP You need Thai paste for this Malaysian soup/stew – most contain shrimp paste so read the label to find one that's vegetarian.

■ PER SERVING 468 cals, fat 33.5g, sat fat 16.5g, carbs 32.5g, sugars 10.5g, protein 11g, salt 2.1g, fibre 7.5g

'Colour is very important to me in creating a dish; it's the artistic, visual side of my personality coming out'



LAKSA

SPICY BEAN CAKES WITH
LEMON MAYONNAISE



Spicy bean cakes with lemon mayonnaise

Serves 4 | Prep 20 mins | Cook 30–35 mins

1 tbsp olive oil
1 onion, finely chopped
1 red pepper, cored, deseeded and chopped
2 cloves garlic, finely chopped
1 tsp cumin seeds
¼–½ tsp dried red chilli flakes
2 x 410g cans black beans or red kidney beans, well drained
4 tbsp roughly chopped coriander
50g soft breadcrumbs
a little dry polenta or dried breadcrumbs, for coating
rapeseed or light olive oil, for shallow-frying
lemon wedges, to serve

For the lemon mayonnaise:
1 free-range egg
1 tsp Dijon mustard
1 tbsp lemon juice
300ml very light olive oil or other neutral-tasting oil
salt and pepper

1 To make the mayonnaise, put the egg, mustard, lemon juice and salt and pepper into a food processor or blender and whizz for a few seconds to blend. Then, with the motor running, very slowly pour in the oil through the hole in the top of the mixer, barely a trickle at first, increasing as the mayonnaise thickens. It will be very thick when you have added all the oil. Check the seasoning and set aside.

2 To make the bean cakes, heat the olive oil in a saucepan, add the onion, cover and fry for 5 minutes. Add the red pepper and garlic, stir, cover and cook for a further 10–15 minutes, until the vegetables are tender. Stir in the cumin seeds and chilli flakes, cook for a minute or two longer, then remove from the heat.

3 Add the beans to the onion mixture, breaking them up with a potato masher, or blitz them briefly in a food processor until they are coarsely mashed – it's nice to have some big pieces. Add the coriander, then stir in 2 tablespoons of the lemon mayonnaise and soft breadcrumbs, to make a soft mixture that holds together. Season with salt and pepper.

4 Divide the mixture into 8 equal pieces, dip into polenta or dried breadcrumbs and form into burger shapes. Heat a little rapeseed or olive oil in a frying pan and fry the bean cakes on both sides until crisp – 2–3 minutes on each side. Drain on kitchen paper, then serve with the remaining lemon mayonnaise and some lemon wedges.

■ PER SERVING 1,045 cal, fat 89.5g, sat fat 12.5g, carbs 45.5g, sugars 12g, protein 16.5g, salt 2.9g, fibre 16.5g

Sesame-roasted tofu with satay sauce and broccoli **V**

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

500g firm tofu, drained
4 tbsp soy sauce
2 tbsp toasted sesame oil
2 tbsp sesame seeds
2 heads of broccoli, about 350g each, trimmed and broken into florets

For the satay sauce:
4 heaped tbsp peanut butter (plain or crunchy)

SESAME-ROASTED TOFU
WITH SATAY SAUCE AND
BROCCOLI



- 400ml can coconut milk
- 2 cloves garlic, crushed
- 2 tsp grated fresh root ginger
- ¼–½ tsp dried red chilli flakes
- 2–3 tsp brown sugar
- 4 tbs chopped coriander, to garnish

1 Blot the tofu dry on kitchen paper and cut into thin strips about 5mm thick. Put the strips on a plate in a single layer, pour the soy sauce on top, then turn the strips so that they are all coated.

2 Heat the sesame oil in a grill pan or shallow roasting tin under a preheated hot grill. Put the tofu strips in the pan or tin in a single layer and scatter with half the sesame seeds, then immediately turn them over

and coat the other sides with the remaining sesame seeds.

3 Put the pan or tin back under the grill and cook for about 10 minutes, or until the tofu is crisp and browned, then turn the pieces over and grill the other side.

4 Meanwhile, make the satay sauce. Put the peanut butter into a saucepan and gradually stir in the coconut milk to make a smooth sauce, then add the garlic, ginger and chilli. Heat gently, taste and add sugar to taste. Remove from the heat and set aside until required.

5 About 5–10 minutes before the tofu is ready, bring 1cm depth of water to the boil in a large saucepan. Add the broccoli, bring back to the boil, cover

and cook for 4–5 minutes, or until just tender. Drain.

6 Put some broccoli, tofu and a serving of satay sauce on each plate, scatter the sauce with some coriander, and serve.

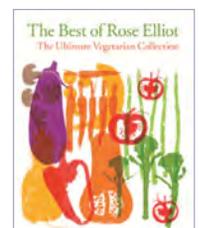
■ PER SERVING 656 cal, fat 53.5g, sat fat 20g, carbs 16.5g, sugars 12g, protein 29g, salt 2.5g, fibre 9g

Recipes adapted from *The Best of Rose Elliot: The Ultimate Vegetarian Collection* by Rose Elliot (Hamlyn, £20).

READER OFFER

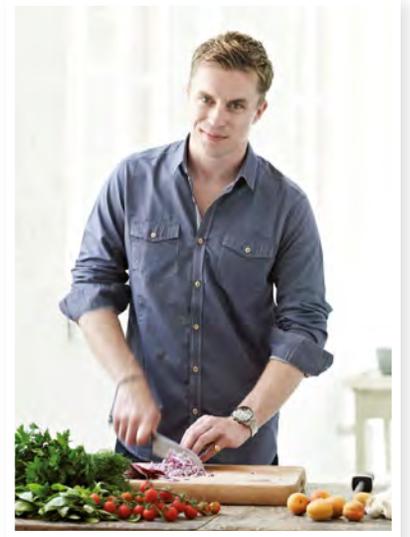
THE DEFINITIVE COLLECTION

We have 10 copies of *The Best of Rose Elliot: The Ultimate Vegetarian Collection* to give away. See page 68 for details of how to enter.



Chef and TV regular James Tanner reveals how to create classic recipes with a difference, turning those supper staples into something special again.

Tanner's twists



The vegetarian Mexican

A filling, spicy dish with classic Mexican ingredients, topped off with cheesy tortilla chips. I've also included some vegetables you wouldn't normally find in Mexican food – fennel and artichoke hearts – to produce something a little bit different.

Serves 4 | Prep 15 mins | Cook 15 mins

- 1 tbsp vegetable oil
- 1 large yellow pepper, deseeded and cut into chunks
- 1 large courgette, thickly sliced
- 1 red onion, cut into wedges
- 3 cloves garlic, finely chopped



THE VEGETARIAN MEXICAN

- ½ head of fennel, thinly sliced
- 1 tsp mild or hot chilli powder
- ½ tsp ground cumin
- ½ tsp smoked paprika
- 1 tbsp chopped fresh oregano or ½ tsp dried oregano
- 400g can kidney beans, drained and rinsed
- 380g can artichoke hearts, drained and halved
- 400g can chopped plum tomatoes
- 1 tbsp pre-sliced green jalapeños (from a jar), drained (optional)
- 70g pitted black olives, sliced
- 100g tortilla chips
- 180g vegetarian Monterey Jack cheese, grated
- sour cream and sliced iceberg lettuce, to serve

1 Place a large saucepan over a medium heat, add the oil and then the pepper, courgette, onion, garlic and fennel. Mix the vegetables in the hot oil then stir in the chilli powder, cumin, paprika and oregano and cook for 5 minutes.

2 Add the beans, artichokes and tomatoes, stir to combine and bring to a simmer. Cook for a further 5 minutes or until the vegetables are just tender, then transfer into a 30 x 18cm ovenproof dish.

3 Preheat the grill to medium.

4 Scatter the jalapeños, if using, and olives over the vegetables, then top with the tortilla chips and the grated cheese. Pop under the grill until the cheese is melted and slightly coloured, then serve straight away with a dollop of sour cream and iceberg lettuce.

■ PER SERVING 553 cal, fat 31g, sat fat 14g, carbs 43g, sugars 12g, protein 29g, salt 2.9g, fibre 15g

Garden pan pizza

A scone-based pizza cooked in a frying pan topped with artichokes, olives, tomatoes, asparagus and finished off with mozzarella. The scone-based dough is super quick and easy to make.

Serves 4 | Prep 25 mins | Cook 18 mins

- 4½ tbsp olive oil, plus extra for greasing
- 200g self-raising flour, plus extra for dusting
- 1 tsp salt
- 3 tbsp sun-dried tomato purée
- 100ml cold water
- 125g asparagus tips
- 1 clove garlic, finely chopped
- 300g canned baby artichoke hearts, drained and halved
- 200g cherry tomatoes, halved
- 300g pitted black olives, drained
- 1 tsp dried parsley
- 1 tsp dried basil
- 1 tsp dried marjoram
- 125g bocconcini (mini vegetarian mozzarella balls)
- crushed sea salt and freshly ground black pepper

1 Preheat the oven to 200C/fan 180C/gas 6. Oil a 28cm non-stick ovenproof frying pan or paella pan.

2 Put the flour, 2½ tablespoons of the oil, salt and tomato purée in a bowl. Add the water, a little at a time, to the flour and mix to form a soft, smooth dough. Add a little extra water if necessary.

3 Roll out the dough on a well-floured surface, to form a circle roughly the same size as the pan, then place it in the pan. Use your hand to stretch the dough to cover the base. Bake for

GARDEN PAN PIZZA



Contemporary dishes

about 5 minutes or until golden.

4 Cook the asparagus tips in a pan of boiling water for 3 minutes.

Refresh under cold running water and drain well.

5 Combine the remaining oil, the garlic, artichokes, tomatoes, olives,

herbs and asparagus tips. Mix to coat the vegetables in the garlic and herb oil and season well.

6 Spoon the vegetable mix over the pizza base, scatter it with the mozzarella balls and bake for 10 minutes or until the cheese has melted and

vegetables are starting to colour.

7 Slide the pizza out of the pan on to a warmed serving plate and cut into 4.

■ PER SERVING 489 cals, fat 28.5g, sat fat 7.5g, carbs 46g, sugars 6.5g, protein 14.5g, salt 6g, fibre 7.5g

Smoked tofu and apricot burgers

Want a totally different veggie burger? Try these smoked tofu and apricot burgers – a great combination for a tasty main. Pop them on the barbecue if you fancy.

Serves 4 | Prep 20 mins | Cook 15 mins

4 tbsp soya or groundnut oil
1 red onion, roughly chopped
2 sticks celery, roughly chopped
2 cloves garlic, roughly chopped
110g dried apricots, roughly chopped
120g smoked tofu
60g fresh white breadcrumbs
1 free-range egg
1 tsp chopped fresh sage leaves
1 tsp chopped fresh thyme leaves
plain flour, for dusting
crushed sea salt and freshly ground black pepper
4 floured burger baps, to serve

1 Heat 2 tablespoons of the oil in a frying pan, over a medium heat. Add the onion, celery and garlic and cook for 4 minutes. Add the apricots and cook for a further 2 minutes. Remove from the heat and transfer everything to a food processor and wipe out the pan with kitchen paper.

2 Dry the tofu with kitchen paper and tear it into pieces. Add to the food processor and pulse to form a chunky paste. Season to taste.

3 Mix the breadcrumbs, egg, sage and thyme in a large bowl. Add the paste to the egg and herb breadcrumb mix and fold in until evenly combined.

4 Divide the mixture into 4 equal portions and, using floured hands, mould the mixture into burger shapes.

5 Heat the remaining oil in the frying pan over a high heat, add the burgers and cook for about 3 minutes on each side or until golden all over. Serve in floured burger baps.

■ PER SERVING 387 cals, fat 15.5g, sat fat 3g, carbs 52g, sugars 14g, protein 13g, salt 1.8g, fibre 4.5g

Recipes adapted from *Old Favourites, New Twists* by James Tanner (Kyle Books, £15.99).



PHOTOGRAPHY: ANDERS SCHÖNNEMANN



SMOKED TOFU
AND APRICOT
BURGERS

**READER
OFFER**



NEW FOR OLD
Buy *Old Favourites, New Twists*
for just £12.99. See page 68 for
further details. The book also
contains non-vegetarian recipes.



A CELEBRATION OF ALL THINGS VEGAN

As VegfestUK prepares its London debut, *Vegetarian Living* caught up with its founder, Tim Barford, to discover more about the plant-based food, drink and music festival.

Tim Barford has been promoting festivals and parties for 35 years, so when he founded the first VegfestUK (then called The Bristol Vegan Fayre) in 2003 it was a natural progression. 'My goal was to show people the best of the vegan lifestyle in a fun, lively and interesting setting,' says Tim, who also runs a hemp company called Yaoh.

The festival shows in Brighton and Bristol continue to set new attendance records,



Tim (left) with former Everton footballer Neil Robinson

especially in the wake of the horsemeat scandal earlier in the year. There has been an unprecedented rise in demand for healthier meat-free food, which explains why London has been added to the VegfestUK calendar.

By popular demand

'There's a big gap in the market for a show like this – there's nothing like it in London and yet there's tens of thousands of people who are vegan and hundreds of thousands of people who are veggie within the London area,' says Tim. 'It's here by popular demand, you could say – Londoners have heard about and visited both Brighton and Bristol shows and wanted this one big time.'

London, however, provides Tim with a unique opportunity: 'Our venue, Kensington Olympia, is very high-profile and as such it's easier to attract the bigger names among the veggie/vegan scene. We have a lot of very interesting special guests coming to London, who wouldn't otherwise get to Brighton or Bristol. It's easier for many of our stallholders too, so we get more of them.'

VegfestUK London takes place over two days, on Saturday 5 October and Sunday 6

October, with the show open 11am–7pm on both days. As with the Brighton and Bristol shows, there will be an array of stalls to visit (up to 180 stalls across two floors), cookery classes and activities to attend, talks and presentations, comedy hours, a celebrity quiz, nutritional advice and much more.

The best one yet

'In terms of veggie and vegan guests and celebrities, this is the biggest yet, also in terms of stalls there will be more at London than any of our previous shows. We are expecting 10,000 visitors over two days, so not as many as Bristol [20,000], but then we aren't going on all night with headline bands at London either. All in all, it's our biggest show to date in many respects, definitely the most high profile,' says Tim.

The impressive line-up of guests is what Tim is most excited about himself. 'We've got Scott Jurek, Chad Sarno, Fran Costigan [see Q&A, right] and Omowale Adewale – who've all travelled from the USA – plus comedians Dave Spikey and Jamie Kilstein. I'm hosting the celebrity quiz show too, which should be fun, and also doing a hemp



PHOTOGRAPHY: GLYN RIDGERS

smoothie demo with ex-Everton football player Neil Robinson.'

Tim is passionate about making the VegfestUK shows the best they can possibly be for their visitors, but 'three is enough' says Tim. 'It takes a lot of work all year round to put these three on, but we are supporting a load of other vegan shows around the country as both sponsors, stallholders, doing demos, and helping sell and promote them. We are right at the heart of the UK vegan community at the moment and that is a massive privilege.'

Tickets cost £10 (standard), £6 (concession) and £2 (under-16s). For further information, visit www.london.vegfest.co.uk.

Q&A...

Fran Costigan

AHEAD OF HER APPEARANCE AT VEGFESTUK LONDON, WE SPOKE TO THE INTERNATIONALLY RECOGNISED GO-TO AUTHORITY ON VEGAN PASTRY ARTS.



PHOTOGRAPH: LINDA LONG

What inspired you to embark on a career in the culinary world?

There was no denying my passion for everything about food, from shopping to prepping to cooking, so when my children were young teens, I decided to enrol in the professional programme of The New York Restaurant School in order to learn foundational technique. I was already a fearless cook, and regularly hosted large dinner parties with complicated menus and plated component desserts. Guests were delighted, but curious about why anyone would want to spend so much time in the kitchen. At that time I was not thinking about a career *per se*, but I believed my enthusiasm could help empower people to go into their kitchens and make delicious and healthy food, and that is just what happened. I've been teaching culinary classes for a long time, and am an advisory member of the New York Coalition of Healthy School Food, which has brought plant-based food into the New York State school system! My passion has not dimmed.

What led you to becoming vegan, and how has it affected your career?

After Restaurant School, I was hired as a pastry chef at a swank New York City café. My desserts were popular and my work was interesting, but I never felt well. I had no choice but to stop working in order to try to deal with my exhaustion, mood swings, and general malaise. During my time out, I read Annemarie Colbin's landmark book, *Food and Healing*, and had my first 'aha, it's the food' moment.

I became a wholefoods vegan overnight and felt great virtually immediately. For a time, thereafter, I became a member of what I now refer to as the 'food police' and shunned all sweets. Not long after, I remembered that sweet treats are celebratory and an important part of a balanced life. Vegans do have birthdays and weddings and holiday parties too! I investigated the vegan desserts on the market in those days, and they were mediocre to awful.

The last straw for me was when my mainstream colleagues decided that vegan and the pastry arts were antithetical, so I hit the stores for ingredients and sequestered myself in my kitchen. While I was madly testing, I enrolled in the Natural Gourmet Institute Chef's Training Program and worked as a pastry chef at the renowned vegan restaurant, Angelica Kitchen. When I perfected my first chocolate cake, I knew I had cracked the code! No longer an oddity, today I receive regular requests for interviews, vegan classes and recipes by professional pastry magazines, organisations and chefs.

Instead of defending vegan desserts, today I have to defend that my desserts are vegan. There is no doubt that becoming a vegan has been very good for my career. It has also been good for my health. Of course, when I learned about the inhumane treatment of animals, the harm to the environment and all the other reasons that being vegan makes sense, there was no turning back.

What question do you find coming up most when teaching, and how do you answer it?

How do you replace eggs and - believe it or not - if free-range eggs are vegan! There is quite a lot of confusion, so I start every lesson with a summary of what *is* vegan and what is not, and a discussion about choosing high quality ingredients.

Do you have any advice for budding vegan bakers?

In order to make excellent vegan desserts you must first understand pastry technique and principles. It's important to measure correctly with the right tool, and sifting is not optional. The fat in pastry dough for pies and tarts must be cold, the dough handled right, and allowed to rest several times. You need to understand vegan ingredients too. Vegan sweeteners, for example, have different flavour profiles and are more viscous than white sugar, which is filtered through bone char and bleached. They are not necessarily interchangeable. Pay attention to the details and let your excellent desserts speak for themselves!

● Fran Costigan will be appearing on Sunday 6 October at 1pm in the *Cookery Demos Theatre*. Recipes from Fran's forthcoming new book (*Vegan Chocolate, Running Press*) will be appearing in the November issue. For further information on Fran, visit www.francostrigan.com.

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

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Suma

Autumn fruits and wholesome bakes

Food stylist Amber Rose believes that cakes and puddings are a treat, but they should also be a nourishing one, made with seasonal fruits and honey instead of refined sugar, and with ancient flours such as buckwheat, spelt and rye, to create healthier bakes.



Blackberry and rose geranium cake

This cake was inspired by childhood days spent picking wild blackberries. My brothers and I would return home with blackberry-stained fingers and smiles, and, if mum was lucky, a few blackberries left in the basket, with which she would make us this cake.

Serves 8 | Prep 40 mins | Cook 50 mins

225g unsalted butter, softened
150g white spelt flour, sifted
50g wholegrain spelt flour, sifted
4 large free-range eggs
1 tsp vanilla extract
225g maple syrup
2 tsp baking powder
25g cornflour
6 young sweet rose geranium leaves, flattened, plus extra leaves and flowers to decorate
unrefined icing sugar, for dusting (optional)

For the syrup:

4 sweet rose geranium leaves, chopped
50g light honey
juice of ½ lemon

For the filling:

200ml double cream
1 tsp vanilla extract
2 tbsp honey
250g blackberries

1 Make the syrup the day before you want to eat the cake. Place 3 of the chopped geranium leaves, honey and lemon juice in a small saucepan. Bring to the boil, then lower the heat and

simmer until reduced to about 2–3 tablespoons. Remove from the heat and allow to cool. Taste and add the extra leaf if you like. Leave to infuse overnight, then strain.

2 Preheat the oven to 180C/fan 160C/gas 4. Grease and flour a 20cm loose-bottomed cake tin.

3 In a large mixing bowl, cream the butter with an electric hand mixer, add 2–3 tablespoons of the flours, beat briefly, then add the eggs, one at a time, and beat for a further minute or until the mixture is light and fluffy. Mix in the vanilla extract and maple syrup. Add the remaining flours, the baking powder and cornflour, folding gently to combine.

4 Arrange the whole rose geranium leaves in the bottom of the prepared tin. Scrape in the cake mixture, level the surface and bake in the oven for 50 minutes, or until the centre springs back to the touch.

5 Remove from the oven and leave to cool in the tin. Gently turn the cooled cake out of the tin and place upside down on a board or plate. Carefully peel off the leaves and discard.

6 To make the filling, whip the cream to ribbon consistency, add the vanilla extract and honey and fold in carefully – do not overmix. Slice the cake in half horizontally; use a skewer to prick holes in the top of each layer and then pour over the syrup. Place the bottom layer on a plate, spread the cream over the top and sprinkle two-thirds of the blackberries over the cream. Press the other cake layer on top, dust with icing sugar, if you wish,



BLACKBERRY AND ROSE GERANIUM CAKE

PHOTOGRAPHY: ALI ALLEN

and decorate with the remaining blackberries and rose geranium leaves and flowers.

■ PER SERVING 587 cals, fat 38g, sat fat 23.5g, carbs 57.5g, sugars 36g, protein 7g, salt 1.1g, fibre 2.5g



PEAR AND CINNAMON
CAKE WITH EARLY
AUTUMN BERRIES

'I was so fortunate as a child to have my mother's orchard to inspire my cooking – there was always something to put into a cake batter, or wonderful flowers to decorate my cakes with'

Pear and cinnamon cake with early autumn berries

I came up with this cake when my son asked me for 'a cake that kids like'. In my unrelenting way of always trying to add a little fruit, I grated a pear into a classic sponge recipe and added some cinnamon, and this is the result. I have used blackberries, which go really well with the pear and spice, but you could just as well use boysenberries or loganberries. The result is quite delicate, with a fine crumb, that makes a wonderful picnic cake, or a light dessert cake. Best served warm or on the day of baking.

**Serves 10 | Prep 30 mins
Cook 50 mins**

200g unsalted butter, softened
200g white spelt flour, sifted
3 large free-range eggs
1 tsp baking powder
1 tsp ground cinnamon
200g maple syrup
1 tsp vanilla extract
1 pear (I like to use a Conference),
peeled, cored and finely grated
unrefined icing sugar, for dusting
(optional)

For the marbled berry cream:
200g blackberries (or other dark
berries)
300ml double cream or Greek-style
natural yogurt
2 tbsp maple syrup

1 Preheat the oven to 180C/fan 160C/
gas 4. Grease and flour a 24cm loose-
bottomed cake tin.

2 In a large mixing bowl, cream
the butter until pale and fluffy
with an electric hand mixer. Add
2-3 tablespoons of the flour and
beat in the eggs, one at a time.
Continue to beat until you have a
light, fluffy mixture (if it looks as if it's
curdling, add another tablespoon of
flour). Fold in the rest of the flour, the
baking powder and cinnamon. Then
add the maple syrup, vanilla extract
and pear, folding in gently until
thoroughly combined.

3 Scrape the mixture into your prepared
tin, level the surface with the back of
a spoon or a palette knife and bake in
the oven for 40-50 minutes or until
a skewer inserted into the middle
comes out clean. Remove from the
oven and leave to cool for 10 minutes

before turning out of the tin.

4 Meanwhile, make the marbled berry cream. Place the berries in a sieve over a medium bowl and use a spatula or the back of a spoon to press the berries through the sieve (it will take a few minutes) then discard the seeds that remain. If using cream, pour it into a separate bowl and whip until it forms very soft peaks, taking care not to overwhip. Add the berry purée and maple syrup and fold through very carefully to create a marbled effect. If using Greek-style natural yogurt, simply stir the berry purée and maple syrup gently through the yogurt. Serve with the cake.

■ PER SERVING 464 cals, fat 32.5g, sat fat 20g, carbs 40g, sugars 24.5g, protein 5g, salt 0.9g, fibre 2g

Delicious chocolate and cherry pots

These heavenly little chocolate pots are fantastic for a dinner party. They are decadent, but only a small serving and very easy to make.

**Serves 8 | Prep 30 mins + chilling
Cook 12 mins**

200g dark chocolate (70% cocoa solids), chopped into small pieces
200g unsalted butter, chilled and cubed into smallish pieces
4 large free-range eggs and 4 egg yolks
200g white spelt flour, sifted
200g maple syrup
150g cherries, halved and pitted
unrefined icing sugar, for dusting

1 Preheat the oven to 200C/fan 180C/gas 6. You need to have ready 8 or 9 small ovenproof cups or ramekins.

2 Place a heatproof bowl over a pan of barely simmering water, ensuring the base of the bowl is not in contact with the water. Add the chocolate and butter and allow to melt slowly together. Remove the bowl from the heat and stir until smooth. Leave to cool for 10 minutes.

3 In a separate bowl, whisk the eggs and yolks together until thick and pale with a hand-held electric whisk. Carefully sift the flour into the eggs, folding gently to combine, then fold in the maple syrup.

4 Pour the cooled melted chocolate into the mixture, a third at a time,



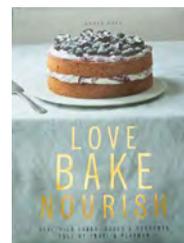
DELICIOUS CHOCOLATE AND CHERRY POTS

folding in gently until all the chocolate is incorporated and the mixture has the consistency of a loose cake batter. Carefully pour the batter into the prepared cups or ramekins, pushing several cherries into each one. Chill in the fridge for a minimum of 20 minutes before cooking.

5 Place the cups on a baking tray and bake in the oven for 10-12 minutes, or until the tops have formed a crust. Dust with icing sugar and serve warm with fresh cream or crème fraîche.

■ PER SERVING 565 cals, fat 34g, sat fat 19.5g, carbs 60g, sugars 40g, protein 9g, salt 0.8g, fibre 1.5g

Recipes adapted from *Love, Bake, Nourish* by Amber Rose (Kyle Books, £18.99).



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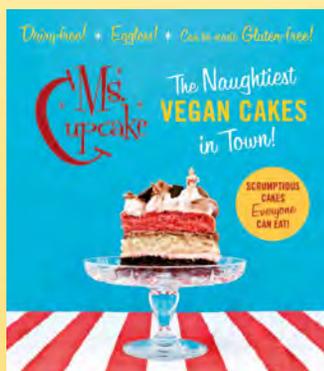
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Simon's Sunday dinner



Gather everyone together for Simon Rimmer's heartwarming family menu, with unfussy dishes full of great flavours. Tuck in!

Creamy beetroot mousse with cheese straws

I've shouted about the joys of beetroot – in sandwiches, roasted, in risotto, curried, raw, pickled – for a long time, but I felt that I wanted to show the more delicate side of my favourite ingredient, and this lovely creamy mousse does the trick. Agar agar is tricky stuff, as it never really sets like a jelly, but it holds a mousse like this in all the right places. Think of this dish as seeing the girl/boy you see at the bus stop who looks pretty plain (the beetroot) suddenly transformed into a vision of fragrant beauty.

Serves 6 | Prep 30 mins + chilling

Cook 15 mins

300g double cream
10g agar agar
salt and black pepper
500g cooked beetroot (the vacuum-packed stuff is fine)
dash of chilli sauce
juice of 1 lime
100g crème fraîche
100g creamed horseradish
1 tbsp chopped dill

For the cheese straws:
200g ready-made puff pastry
plain flour, for dusting
beaten free-range egg,
to glaze

75g vegetarian pecorino cheese, finely grated

1 tbsp poppy seeds

- 1 Bring the cream and agar agar to a simmer in a saucepan and season well. Take off the heat.
 - 2 Purée the beets in a food processor until very smooth (use a little of the cream mixture to help if necessary), then add the chilli sauce, lime juice and the rest of the cream mixture and blitz again. Take your time and make it really smooth.
 - 3 Divide the beet mixture between 6 glasses or bowls. Mix the crème fraîche and creamed horseradish together, then stir in the dill. Spoon this cream evenly on top of each mousse and then chill in the fridge until set and ready to serve.
 - 4 Preheat the oven to 200C/fan 180C/gas 6. For the cheese straws, roll the pastry out on a lightly floured surface to a 15cm square about 3mm thick, then cut into 1cm wide strips. Lay on a baking tray and brush with the beaten egg, then sprinkle over the pecorino and poppy seeds. Bake for about 10–15 minutes until golden brown.
 - 5 Serve each chilled mousse with a couple of lovely cheesy straws.
- PER SERVING 572 cal, fat 47g, sat fat 25g, carbs 26g, sugars 12.5g, protein 13g, salt 1.9g, fibre 4g





CREAMY BEETROOT
MOUSSE WITH
CHEESE STRAWS

*'The joy of living
a life with food
isn't just about
the eating: it's the
whole nine yards'*

AUBERGINE AND MUSHROOM
'SHEEP-FREE' SHEPHERD'S PIE



Aubergine and mushroom 'sheep-free' shepherd's pie

Here's another dish to add to your repertoire of meat-free classics. This has so much depth of flavour, and the barley gives it a lovely chewy texture. I like to serve this with buttered cabbage and mint sauce.

Serves 4 | Prep 10 mins
Cook 45 mins

100ml extra-virgin olive oil
1 onion, finely chopped
1 clove garlic, crushed
2 aubergines, trimmed and cut into cubes measuring about 3cm
250g chestnut mushrooms, trimmed and halved
2 tbsp tomato purée
150ml vegetarian red wine
150ml vegetable stock
2 tbsp cooked pearl barley
6 tomatoes, chopped
1 tbsp chopped rosemary
1 tbsp thyme leaves

85g butter
300g potatoes, boiled, drained and mashed
salt and black pepper

- 1 Heat a little of the oil in a frying or sauté pan over a low heat and gently fry the onion and garlic for about 5 minutes until soft.
 - 2 Add the rest of the oil and the aubergines and cook for 6–8 minutes. Add the mushrooms and cook for 5 minutes, then add the tomato purée and cook it out for 6 minutes to remove the bitterness.
 - 3 Add the wine and stock and bring to the boil, then simmer for 15 minutes. Add the barley, toms, rosemary and thyme and fold in well, then cook for 2–3 minutes. Spoon into a large casserole dish.
 - 4 Beat the butter into the hot mash and season well. Spoon on top of the filling, then pop under a hot grill to crisp up.
- PER SERVING 538 cal, fat 42.5g, sat fat 15g, carbs 27.5g, sugars 9.5g, protein 6.5g, salt 1.4g, fibre 7.5g

Raspberry brownie and caramelised banana Eton mess

This is for my beautiful daughter, Flo. Like most teenagers she's fussy about her food, but if ever I need to win her round or treat her, this is the way to do it. Here I'm using shop-bought meringues and making my own brownies, but feel free to swap that, or make 'em both or buy them both. Whichever way you decide, this is DE-LISH-US.

Feeds 6 | Prep 35 mins
Cook 35 mins

For the raspberry brownies:
300g plain dark chocolate with 70% cocoa solids
250g butter, softened, plus extra for greasing
4 large free-range eggs, beaten
200g caster sugar
150g soft light brown sugar
125g plain flour
25g cocoa powder
½ tsp baking powder
pinch of salt
100g fresh raspberries

For the caramelised banana sauce:
125g soft dark brown sugar
125g butter
125ml double cream
12 bananas

For the mess:
300ml double cream
2 tbsp icing sugar
1 vanilla pod, split lengthways and seeds scraped out
125g Greek yogurt
12 meringue nests, broken into smallish bits



1 Preheat the oven to 180C/fan 160C/gas 4. Grease and line a 32cm x 23cm baking tin.

2 For the brownies, melt 200g of the chocolate, broken into pieces, with the butter in a heatproof bowl set over a saucepan of barely simmering water (make sure the water doesn't touch the bottom of the bowl), then leave to cool. Chop the rest of the choc.

3 Beat the eggs and sugars together in a large bowl for 5 minutes until the mixture is pale and fluffy. Gently sift in the flour, cocoa powder, baking powder and salt and fold in with a large spoon, then fold in the melted choc, followed by the chopped choc and the raspberries.

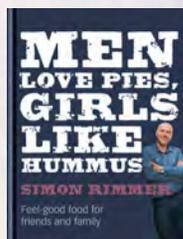
4 Spoon the mixture into the prepared baking tin and bake for 35 minutes, or until crispy to the touch and fudge-like on the interior (a skewer inserted into the centre should come out with a skim of the mixture attached). Leave to cool.

5 Meanwhile, put all the caramelised banana sauce ingredients except the bananas in a saucepan and boil for 5–6 minutes until a rich, thick consistency develops. Leave to cool slightly, then chop the bananas into the sauce.

6 For the mess, whip the cream with the icing sugar and vanilla seeds until you have soft peaks, then fold in the yogurt.

7 Now for the assembly. I like to make a massive bowl of this, but feel free to divide it between individual sundae glasses instead. So I chop up the brownies into 2.5–3cm pieces and gently fold them and the meringues into the whipped cream mixture, then swirl in the banana sauce so that it looks rippled. Eat too much, then lie down in a darkened room.

■ PER SERVING 1,900 cals, fat 105g, sat fat 65.5g, carbs 235g, sugars 210g, protein 17.5g, salt 2.1g, fibre 5g



Recipes adapted from *Men Love Pies, Girls Like Hummus* by Simon Rimmer (Mitchell Beazley, £16.99). The book also contains non-vegetarian recipes.

Grains of goodness

Sustaining, versatile and delicious, food writer Ghillie James celebrates the many ways you can enjoy these storecupboard favourites, from rice and bulgur wheat to the more unusual kasha and freekeh.



Middle Eastern pumpkin soup with kasha

The word *kasha* in Eastern European cooking refers to a meal prepared using any grain, but generally in English 'kasha' refers to toasted buckwheat groats, which is what I have used in this recipe. While not necessarily a grain commonly associated with Middle Eastern cooking, kasha is a great choice to stand up to the spices and hearty flavours of the pumpkin. The combination of superfood powerhouse amaranth with kasha (or bulgur wheat), lots of vegetables and Middle Eastern spices makes this a seriously healthy and nutritionally balanced soup. It really hits the spot

on those days when you need a bit of a warm and spicy lift!

Serves 6 | Prep 15 mins | Cook 40 mins

800g pumpkin (about 650g once peeled and deseeded), cut into 2cm cubes

1 large red chilli, halved lengthways and deseeded (unless you like it more fiery)

2 tbsp olive oil

knob of butter

1 onion, chopped

1 leek, chopped

3 garlic cloves, chopped

4cm piece of fresh ginger, chopped

½ tsp cumin

2 pinches of cinnamon

½ tsp sumac (optional)

50g amaranth grains

50g kasha, washed

1 litre vegetable stock

400g can chopped tomatoes

juice of ½ lemon

sea salt and freshly ground black pepper

To serve:

a generous handful of coriander, chopped

2-3 tbsp natural yogurt seasoned with a little salt and pepper

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

2 Scatter the pumpkin pieces and chilli over a baking tray, pour over half the oil and season with salt and pepper. Toss together, then bake in the oven for 30-35 minutes or until the pumpkin is tender. Remove from

the oven and set aside.

3 Meanwhile, heat the remaining oil and butter in a saucepan and gently fry the onion and leek for 10 minutes or so until soft. Stir in the garlic and ginger and cook for 2-3 minutes before adding the cumin, cinnamon, sumac (if using), amaranth and kasha. Stir over the heat for a further 1 or 2 minutes.

4 Add the boiling hot stock and tomatoes and bring up to the boil, then simmer for 20-25 minutes, stirring occasionally.

5 Chop the roasted chilli and stir into the soup along with the pumpkin and a squeeze of lemon. Serve garnished with the coriander, a drizzle of yogurt and some sumac (optional).

COOK'S TIP You can replace the kasha with buckwheat groats or bulgur wheat (the latter must be washed thoroughly in cold water, drained and washed until the water runs clear).

■ PER SERVING 171 cal, fat 8g, sat fat 2.5g, carbs 20.5g, sugars 7g, protein 5.5g, salt 1g, fibre 5g



Mini arancini

My friend, Italian cookery writer Anna del Conte, has generously allowed me to include her wonderful recipe for fried risotto balls - known as 'arancini' and originating in Sicily. You can make them to suit your own tastes, and can add all sorts of flavours to the risotto. This easy version is great for those times when you don't have any leftover risotto, as you simply

boil the risotto rice in broth. Eat the arancini as they are or with a tomato sauce or chutney for dipping.

Makes about 24 arancini
Prep 30 mins + chilling | Cook 40 mins

about 1.2 litres well-favoured vegetable stock
 300g risotto rice
 grating of fresh nutmeg
 4 free-range eggs
 25g unsalted butter
 25g vegetarian pecorino cheese, grated
 25g vegetarian Parmesan-style cheese, grated
 plain flour, for dusting
 good handful of cooked peas
 150g vegetarian mozzarella ball, cut into 2cm cubes
 about 100g dry, unflavoured breadcrumbs
 100ml olive oil, for frying
 sea salt and freshly ground black pepper

1 Bring the stock to the boil then add the rice and cook, with the lid off, for 15–20 minutes or until the rice is tender. Drain, reserving any stock for a soup or whatever.

2 Tip the rice into a bowl and let it cool a little. Season generously with salt, pepper and nutmeg and taste before adding two of the eggs, the butter and the Parmesan-style cheese and pecorino. Mix very well.

3 With damp hands, pick up some rice and shape into generous golf ball-sized balls. Stick a few peas and a piece of mozzarella into the middle of each ball. Spread some flour on a plate and quickly roll each ball in it.

4 Break the remaining 2 eggs into a dish and lightly beat them with a fork. Roll each ball in the egg, letting any extra egg drop back into the dish. Coat the balls with the breadcrumbs and gently pat the crumbs in with your hands. Line up all the balls on a board and place the board in the fridge for at least half an hour.

5 Heat the oil in a large frying pan and, when it is quite hot but not smoking, add the rice balls. Fry them for about 5 minutes, turning them over so that they fry evenly all over. Drain on kitchen paper and serve.

■ PER ARANCINI 145 cals, fat 8.5g, sat fat 3g, carbs 13.5g, sugars 0.5g, protein 4.5g, salt 0.7g, fibre 0.5g

MINI ARANCINI



PHOTOGRAPHY: JONATHAN GREGSON

‘Simple, cheap and, on the whole, quick to cook, grains can be used as the star of the show or just a canvas to add to, in both sweet and savoury dishes’

Chickpea, beetroot and orange salad with freekeh ✔

This is a lively salad with a citrus dressing – and it makes a delicious accompaniment to griddled halloumi. If you want to save time, feel free to use 2–3 beetroot from a pack of pre-cooked beetroot in its natural juices. Freekeh, toasted green wheat, adds a delicious richness to the salad, but feel free to use any grains you have in the cupboard.

Serves 4 | Prep 20 mins

Cook 1 hr 40 mins

1 large or 2 smaller beetroot
100g freekeh, washed in three changes of water
300ml stock or boiling salted water
1 tbsp olive oil
2 oranges
400g can chickpeas, rinsed and well drained
4 spring onions, finely chopped
sea salt and freshly ground black pepper

For the dressing:

1½ tbsp white wine vinegar
4 tbsp extra-virgin olive oil, plus a little for drizzling
2 tsp Dijon mustard
1 clove garlic, crushed
2cm piece of fresh ginger, grated
scant ½ tsp sugar
25g bunch flat-leaf parsley, leaves removed and chopped, reserving a little for sprinkling

1 Put the beetroot into a pan and cover with boiling water. Bring to the boil and cook for 1¼ hours, or until tender. Cool, peel and chop into chunks.

2 Meanwhile, put the rinsed freekeh into a pan with the boiling hot stock or boiling salted water and the olive oil. Bring to the boil, cover and cook for 20–25 minutes or until the freekeh is cooked, then drain thoroughly and leave to cool completely.

3 Peel, then segment the oranges over a bowl, catching the juices for the dressing. Put the chickpeas, spring onions and orange segments into a bowl, then mix the dressing ingredients together and pour over. Season generously, then add the cooled grains. Stir well, taste for seasoning and serve topped with the

SHOPPING FOR GRAINS

While supermarkets stock a reasonable variety, if you're having trouble finding some of the featured grains, you might want to try these online stores:

www.realfoods.co.uk

www.buywholefoodsonline.co.uk

www.healthysupplies.co.uk



beetroot and oranges, a drizzle of oil and the remaining parsley.

COOK'S TIP You can replace the freekeh with kamut, brown rice or bulgur wheat.

■ PER SERVING 383 cals, fat 20.5g, sat fat 3g, carbs 41g, sugars 10.5g, protein 11.5g, salt 1.5g, fibre 9.5g

govegan

V Vegans can serve the salad with drained, cubed and marinated firm tofu, instead of the halloumi cheese.

Recipes adapted from *Amazing Grains* by Gillie James (Kyle Books, £25). The book also contains non-vegetarian recipes.

READER OFFER

GET YOUR GRAINS

Buy *Amazing Grains* for the special price of £20. See page 68 for further details. The book also contains non-vegetarian recipes.

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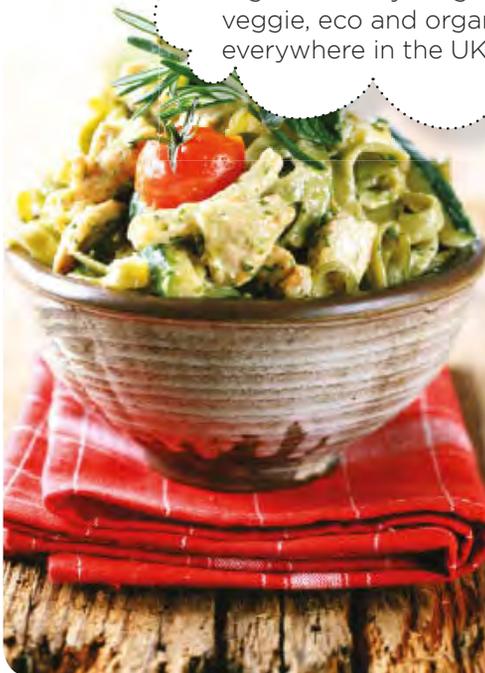


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FAKING IT

Long-time vegetarian Iain Aitch is no stranger to filling his shopping basket with meat-replacement foods, from pies to fishcakes. Here he samples the best of the bunch...

Meat replacements or 'fake' foods are as controversial with non-veggers as they are with veggies, and there are those from both groups who insist on asking why you would want to eat something that reminds you of meat. But the convenience of such products, along with the increasing quality of their ingredients, means that many of us now regularly enjoy burgers, sausages or pies for a weekday dinner and make it part of a healthy diet.

These products assist the transition to vegetarianism for some or help veggie children to not feel left out when their classmates are eating fast foods. They are also guaranteed to be 100 per cent horse-free, which certainly means that meat-eaters are being attracted to them now too, if the baskets at supermarkets are anything to go by.

As a Friday night fake foods enthusiast, I decided it was time to decide which of these products were the best and to set about testing a wide range of 'fakes', from fish to bacon and from hot dogs to hot pies. With gravy and mushy peas at the ready, I fried up the finest in vegetarian (all of which are vegan) fast foods. Hardly any disappointed, which is certainly a change from as little as five years ago, and most made for a tasty dinner. This is my top 10.



Fry's Curry Pies

£3.20 for 350G

I had tried Fry's Pepper Steak-style Pies before and the taste of these spicy pastry parcels was not dissimilar, although there was a definite hint of something from the local chip shop in there. In a good way. A mix of chunky soya pieces and mince in a mild curry gravy make these the ideal thing to settle down with to watch Saturday night TV. They may not be the best thing for you (although they are free from hydrogenated fats), but a week of healthy veggie food should offset the massive pile of chips that you should serve these with. Mushy peas should set them off nicely too.

VBites Gourmet Fish Style Steaks

£2.93 for 200G

Fish substitutes are a fairly new item in the vegetarian shopping basket and the taste of these Fish Style Steaks is definitely one that you will either love or hate. There is a real hint of the sea here, which may prove too realistic for some long-term vegetarians, and the texture is very similar to something that Captain Bird's Eye may offer you. Subtle flavour and a crispy batter coating make these chilled steaks a real winner and you could probably even pass these off as a cod fillet to an unsuspecting omnivore. You'll be wishing your local chippy had these on offer.



Wheaty Veganwurst Tofu Franks

£3.10 for 200G

The Germans know their sausages, so it's no surprise that the best of the many hot dog-style products on the market comes from Mössingen-based Wheaty. The all-organic business produces a vast range of sausages and snacks that are full of natural flavours and their frankfurters really pack a punch, with a delightful smoky beechwood taste. Perfect smothered in mustard and ketchup at a barbecue or sat in front of the big game on a Sunday afternoon. Fried onions top them off nicely, or sauerkraut if you want to be more authentic.

Linda McCartney Vegetarian Sausages

£2 for 300G

For me, this was the surprise package. I have always seen Linda McCartney sausages as a meat replacement of last resort. The cheaper standard frozen sausages can often be dry and I find that they burn easily, but these chiller cabinet upgrades were moist, delicious and had a great texture. The seasoning was perfect, with the added onion really making these a mouth-watering choice. The fat content is pretty high, but then you can't have a flavourful sausage without a fair degree of that. Great for a sausage sandwich.





Vegusto Mushroom and No-Moo Cheese Burger

£2.95 for 140G

The smell while I was cooking these award-winning Swiss burgers was almost enough to put me off trying them. But I'm certainly glad that I persevered. There was a heavy and heady cheese and mushroom aroma, which was quite cloying, but the taste was something else. Packed into a bun with ketchup, the burgers tasted like something you might be offered in an upscale vegan restaurant. Should be great on a barbecue and this is definitely one that I can see omnivorous friends being impressed or even fooled by.

VBites Gourmet Meat Free Lincolnshire Style Sausages

£2.30 for 295G

Of all the vegan substitutes, the simple veggie sausage is probably the most popular buy, especially in the UK, where life would not be the same without something to go with mash and peas. Like most vegetarians, I have tasted dozens of disappointing veggie sausages over the years, but these ones from VBites extensive range certainly did not let the side down. The lightly spiced sausages fried up nicely and managed to stay moist inside with a crisp exterior. Perfect for mopping up onion gravy.



Wheaty Chorizo Sausage

£2.45 for 130G

With peppery chorizo being a favourite ingredient with so many TV chefs nowadays, vegetarians could start to feel left out. But this firm chorizo substitute from Wheaty does the job perfectly. You can slice and add the sausages to sandwiches, griddle them with vegetables or simply add to a paprika-laden stew. The sausages flavour any dish they are cooked in and they don't disintegrate. A great one to have waiting in the fridge for a cold evening, or even to toss in a salad on a summer's day.



Fry's Chunky Strips

£3.13 for 380G

These frozen beef-style strips are a great freezer standby for a stew or stir-fry. I fried mine up with ginger, garlic, spring onions and courgette noodles in a peanut sauce for a carb-free midweek dinner. They take on the flavour of sauces nicely and stand out from the plethora of similar products on offer from other manufacturers, in both taste and texture. The flavour is fairly neutral and doesn't overpower your cooking, but they really finish off a noodle dish or stew when tofu simply won't cut it. Fry's Chicken-style Strips are well worth trying too. Both types crisp up nicely when fried.



VBites Rashers

£2.26 for 115G

Most ex-vegetarians will tell you that it was bacon that was their downfall. I was never really a fan of bacon in the days before I gave up meat, but these bacon-flavoured rashers are certainly the thing to keep veggies on the straight and narrow. Stuffed unceremoniously between two slices of white bread, the crispy fried smoked rashers make for the ideal breakfast after the night before. Accompany with plenty of pepper, the sauce of your choice and a nice strong cuppa.

VBites Gourmet Fishless Cakes

£2.39 for 150G

Another fishy product from the VBites range, with this one just having the edge over their sandwich-worthy fish finger replacements. The fish-style fingers are definitely one that kids will love, but these fishless cakes are delicious served in a bun as a fish burger, or with potato wedges and peas as a meal. The herbed fishless cakes have a crispy breadcrumb coating and some of that ocean taste of the same brand's fish-style steaks, which combines nicely with mashed potato and parsley.



What do you think?

How does this top 10 match up against your favourite meat-replacement products? Let us know at @VLMagazine (#fakingit) or Facebook: VegetarianLivingMagazine.

USEFUL LINKS

www.frysvegetarian.co.uk
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www.wheaty.de
www.lindamccartneyfoods.co.uk
www.vegusto.co.uk

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Healthy living

COMPILED BY SARA NIVEN

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FAT CHANCE

A recent UK study which looked at nearly a thousand recipes developed by celebrity chefs, found more than three-quarters contained high levels of saturated fats that could be damaging to health if eaten regularly.

Currently in the UK we already consume 20 per cent more saturated fat than is recommended, increasing the risk of heart disease and obesity-related issues. Now the Fat Information Service (FIS) has developed 10 easy-to-follow rules to reduce the saturated fat content of any dishes. Their tips include replacing high-fat ingredients with reduced or low-fat alternatives, baking rather than frying and opting for just one crust on a pie rather than both lid and base.

People aware of healthy-eating guidelines may already be adapting recipes along similar lines, and Dr Devaki Nair from the FIS acknowledges that vegetarians have a head start as they avoid meat and processed meat products which are sources of saturated fat, but adds: 'Many vegetarian recipes may contain



large amounts of cheese, or other full-fat dairy produce. While these are a good source of calcium, they can also contain high amounts of saturated fat. Swapping for reduced and lower-fat cheeses, skimmed or semi-skimmed milk, for example, shouldn't affect the recipe, or taste, but will produce an overall healthier meal.'

The FIS is supported by a group of independent nutritionists and dietitians. For more information, visit their website at www.fatinformation.org.



Brainy babies

Folic acid is essential before and during pregnancy, but getting enough iodine is also important for a healthy pregnancy, according to the authors of a new report.

A group of researchers from Surrey and Bristol universities found that lack of iodine in a mother can lead to reduced mental development in the child with lower IQ scores and reading ability resulting. The link is due to the fact that iodine is essential for producing hormones, which play a part in foetal brain development.

The data came from a long-term health research project involving more than 14,000 mothers. It followed the mental development of their children but also made allowance for other factors influencing the results, such as parental education.

Our nutrition editor Sue Baic comments: 'Good dietary sources of iodine for vegetarians are milk and other dairy products. Vegans may need to take extra care to ensure they get enough, particularly before and during pregnancy. A little iodine can be found in plant foods such as cereals and grains, but the levels can be quite low. Soya milk is often not fortified with iodine, so you need to check the labels.'

'It is now not advised to use kelp supplements as an iodine source, because the amount can vary considerably from the value claimed on the label and can provide excessive quantities of iodine. For this reason, eating seaweed more than once a week is also not recommended, especially during pregnancy.'

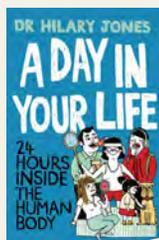
For more information, see www.bda.uk.com/foodfacts/Iodine.pdf.

Fascinating facts

If you've ever had a question about the human body, chances are Dr Hilary Jones has heard it during his time as a TV health and medical adviser on programmes like ITV's *Daybreak* and *Lorraine*.

His new book, *A Day in Your Life: 24 Hours Inside the Human Body* (Bantam Press, £18.99), which follows an average family through their daily routine, may also answer any questions.

From why yawning is contagious to why so many people react to foods their grandparents could seemingly eat with no problems, this book covers it. There are also facts you may never have even thought of. Did you know, for instance, that those funny little gurgling noises in your belly actually have a name and are called borborygmi?



BODY MATTERS

Three winners will each receive a copy of *A Day in Your Life: 24 Hours Inside the Human Body*. See page 68 for details of how to enter.



KEEP AN EYE ON IT

National Eye Health Week takes place 16-22 September and with research commissioned by the RNIB revealing that half of all sight loss is avoidable, it is a good time to get yours checked.

A generally healthy lifestyle (smokers are four times more likely to develop macular degeneration, for example) can help, while foods containing eye-friendly nutrients include green leafy veg, eggs and citrus fruits.

For more advice, visit www.visionmatters.org.uk.



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

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...

CHILLIES AND SPICE WITH WORLD STREET FOOD

The world street food tradition takes everyday cooking into an exciting flavour realm. Salsa, chutney, relish and sauces enhance simple vegetables using chillies and spices, adding tartness with tamarind or lime, or sweetening with palm sugar.

September is my favourite month for vegetables as it's harvest time in the kitchen garden. Sweetcorn, tomatoes, tomatillos, summer squash and chillies are ripe and beautiful now, and are ideal for street food. At its simplest this could be grilled sweetcorn, or steamed patty pan squash with fresh salsa and a ripe tomato salad for a quick supper.

Tamales are sweetcorn husks (fresh or dried) filled with masa (Mexican cornmeal dough) and topped with roasted squash, perhaps also refried beans and cheese, then wrapped and steamed. To eat, the husk is peeled back and the contents enjoyed with hot chilli salsa.

Mexican salsas are traditionally made in a pestle and mortar, and they can be raw or cooked. Salsa cruda is made with diced or pounded tomatoes or tomatillos and chillies; salsa asada is made with roasted tomatoes, chillies and garlic, the flavours balanced with lime juice, salt and sugar.

In southern India, masala dosas are served in hot, crowded cafés and washed down with sweet milky tea or salty lassi. The dosas are skilfully prepared on large, flat hot plates, and they have the knack of making them so thin, crisp and huge, deftly wrapping them around a spiced potato filling.



Fresh Indian chutneys are easy to make. Try a brilliant green chutney made with copious amounts of chopped coriander and mint, green chillies, cumin and lemon. For a sweet and sour variety, try tamarind chutney made with tamarind pulp, cooked dates, ginger and cayenne.

For Far Eastern flavours, try Malaysian tofu and vegetable kebabs, grilled until the veg are starting to char, served with a sharp plum sauce – cook plums down with onion, rice wine vinegar and palm sugar. Or try satay sauce made with crushed peanuts or crunchy peanut butter, fresh root ginger and chillies.

FROM THE PANTRY

Tomatillos

Also known as Mexican green tomatoes, tomatillos are closely related to the Chinese lantern and Cape gooseberry. These round fruit are surrounded by a paper-like husk and are used while green when they have a fresh, tart taste. The husk is removed and the tomatillos washed before use, as they are sticky. In season in late summer, they are easy to grow at home. They keep in the fridge and freeze very well, so it is worth growing or buying large quantities, as their season is very short.



Tomatillo salsa cruda V

- 225g tomatillos, de-husked, rinsed and diced**
- 225g tomatoes, diced**
- 3 large green chillies, deseeded and diced**
- 1 small sweet white onion, diced**
- handful of coriander, chopped**
- 1 tbsp lime juice**
- 1 tsp sugar**
- salt and freshly ground black pepper**

Toss all the ingredients together in a bowl and season to taste. Eat at once.

ESSENTIAL TIPS...

PREPARING CHILLIES

● There are hundreds of different chillies, all with varying degrees of heat and flavours and many are now grown widely in the UK. Capsaicin, the hot element, is measured in Scoville units, which range from zero for the common bell pepper to 300,000-plus for the world's hottest chillies, such as the Dorset Naga. Capsaicin is

said to produce endorphins in the body that block pain and enhance wellbeing. Chillies are also a source of vitamins A and C.

● Generally speaking, larger chillies are usually less hot. Green chillies can be hot, but they often have a fresher taste than ripe red chillies. To reduce heat, remove the seeds and membrane before cooking.

● When slicing or chopping chillies,

wear kitchen gloves and wash your hands and utensils thoroughly afterwards – do not touch sensitive areas (such as your eyes!) after handling chillies.

● If your mouth is on fire, the best remedy is to drink milk, as water or beer will spread the capsaicin – and the pain. Luckily chilli burn subsides quickly and there will be no long-term effects!



COOK MEXICAN WITH US!

For chilli fans, we have courses at the Vegetarian Cookery School this autumn. Mexican on 28 September and our Big Chilli weekend on 12-13 October, which includes visiting a chilli farm and picking our own chillies. To find out more, visit www.vegetariancookeryschool.com.

Squash tamales

Serves 8 | Prep 1 hr | Cook 1 hr

16 large fresh or dried sweetcorn husks

For the masa:

50g butter, softened

200g masa harina

pinch of salt

1 tsp baking powder

50ml milk

100ml vegetable stock

For the filling:

1 small butternut squash (or another variety), peeled and diced

4 cloves garlic, whole with the skin on

1 fresh red chilli, chopped

a few sprigs of thyme

olive oil

chopped coriander

juice of ½ lime

100g vegetarian feta cheese

refried beans (optional)

1 Preheat the oven to 180C/fan 160C/gas 4. Roast the squash in a hot oven with the garlic, chilli, thyme and olive oil until it is soft - this should take 30-40 minutes. When cooked, remove the garlic from its skin and pound in a pestle and mortar and then stir back through the squash. Add salt and pepper to taste and stir through some chopped coriander and lime juice.

2 To prepare the sweetcorn husks, if fresh, carefully peel the husks off the cobs and place in a saucepan of boiling water. Simmer

for 5 minutes, drain and leave to cool. If using dried husks, soak them in hot water for 30 minutes. When they are soft, rinse them under running water as you separate them. Lay them flat on a plate and keep covered with a damp cloth.

3 To prepare the masa, beat the butter in a mixing bowl until soft and fluffy. In a separate bowl, mix the masa harina with the salt and baking powder. Beat some of the dry mixture into the butter, add a little milk, then some more dry mix, then some stock, until everything is combined.

4 The masa should be the consistency of scone dough - soft and pliable. If too dry, add a little more milk, if too wet, a little more masa harina. This makes enough masa for 8 tamales.

5 To assemble the tamales, sort out the 8 best, biggest and untorn husks. Lay a husk on the table with the fat end away from you and place a sausage of masa in the middle of the husk. Starting 1cm from the fat end, press the masa down, leaving a border down each side big enough so that the husk can wrap over the filling. Press the masa down to about two-thirds along the husk and flatten the sausage.

6 Top the masa with about 1 tablespoon of roasted squash and refried beans (if using) and crumble over the feta. Press down so that the filling completely covers the masa. Lay a spare husk over the filling, wrap the sides of the husk around the filling, then fold the thin end in so that you end up with a package with the thin end sealed and the fat end open. Tear a thin strip off a long husk and tie around the



middle and knot to hold the tamale together. Repeat the last two steps to make the remaining tamales.

7 Steam the tamales in a vegetable steamer. Cover the bottom of the steamer with some leftover husks, stand the tamales upright and fill the spaces between them with wads of silver foil to hold them in place. Cover and steam for 45-60 minutes. When they are done, the masa will be soft and sponge-like.

8 Serve as soon as possible, with mole sauce, a traditional chocolate chilli sauce, salsas and more refried beans.

COOK'S TIP Masa harina is made from coarse maize flour and is used to make tortillas, tamales and enchiladas. It is available from specialist sections of supermarkets and online at www.coolchile.co.uk.

■ PER SERVING 584 cals, fat 17g, sat fat 6.5g, carbs 97g, sugars 26.5g, protein 17g, salt 2.5g, fibre 10g

govegan

V For the masa, replace the butter and milk with soya. You can make a vegan feta-style cheese by draining a block of tofu of excess water and marinating it for a few hours in different mixes. Garlic, lemon, salt, herbs and wine vinegar work well.

Ask Rachel...

YOUR CULINARY DILEMMAS AND KITCHEN QUANDARIES ANSWERED

Free-from alternatives

I'm following a gluten-free diet and I'd love to make flatbreads to go with hot spicy food. What do you recommend?

Wheat is not the predominate grain in many other food cultures. In Mexico they use corn, in India it's gram (chickpea flour) and in the Far East they favour rice flour, all of which are suitable for a gluten-free diet.

For Mexican cooking, try corn tortillas, made with yellow corn - masa harina - that has a unique flavour from the way the corn (maize) has been treated with slaked lime, which is used to soften the corn kernels.

For Indian food, make dosas, which traditionally use soaked and ground rice and urid dhal (split black gram) which is left to ferment slightly; this provides the lift and flavour of the pancakes. For a simpler choice, try gram flour puris. I like them with banana, which helps them to stick together and they can be spiced up with chilli, cumin and turmeric.

For a Far Eastern influence, Vietnamese spring roll wrappers are made of just rice and water, then dried in the sun on bamboo trays. They are sold in packets in Asian stores. To use, simply soak in warm water, dry and wrap around sliced salad vegetables and fried tofu - they are delicious dipped into satay sauce.



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



Hedgerow heaven

© SCOTTISH VIEWPOINT



The joy of gathering foraged berries on a late summer's walk is one many of us share. Here Ginny Knox and Caro Willson from Wild at Heart – who sell award-winning artisan jellies and relishes made from wild and ancient fruits – show you how to create traditional desserts using your harvested bounty.

TIPS FOR BLACKBERRYING

- Wear old clothes and make sure your legs and arms are covered: the thorns are sharp and blackberry juice can stain.
- Pick berries that have grown in direct sunlight – they have the sweetest flavour. Ripe berries should easily come away from the plant.
- Have a competition to see who can pick the most – weigh each container when you get home!

Old fashioned bramble pudding

This is a great Sunday lunch crowd-pleaser. It's simple to make, so long as you remember to put it on to steam early enough – and it's surprisingly light. You can make it with 100 per cent blackberries, as here, or you can include pretty much whatever you come across in your morning walk. It's good with bilberries, elderberries, raspberries or even with damsons thrown in.

Serves 6 | Prep 30 mins | Cook 2 hrs

125g butter, softened, plus extra for greasing

125g caster sugar

2 free-range eggs

125g self-raising flour

5 tbsp milk

300g blackberries

85g granulated sugar

150ml vegetarian red wine

1 Butter a 1.2-litre ovenproof pudding bowl or soufflé dish and line the bottom with a small disc of baking parchment. You will need a saucepan large enough to contain the bowl or dish and cover it with a lid. Pour 2–3cm of water into the pan.

2 Beat the butter and caster sugar together in a food mixer until light and fluffy. Beat in the eggs, one at a time, and then fold in the flour with the milk, until smooth.

3 Put about a third of the blackberries into the buttered bowl. Spoon the pudding mixture over the berries; it should come no higher than three-quarters of the way up the bowl. Cover the bowl with a piece of foil, pleated in the middle to allow room for expansion, and crunch the foil around the edge of the bowl to seal.

4 Bring the water in the saucepan to the boil, lower the pudding bowl into it and put the lid on. Reduce the heat so the water is just simmering. Steam for 1½–2 hours, checking from time to time and adding a little more boiling water if necessary.

5 Meanwhile, put the granulated sugar and wine in a pan and stir over a low heat until the sugar has dissolved. Increase the heat, bring to the boil and reduce the quantity of liquid by about half. Add the remaining berries and simmer until just cooked. Rub the fruit through a sieve to purée and remove the seeds.

6 Run a knife around the pudding and turn it out on to a warmed serving plate. Serve with the blackberry purée and cream, custard or ice cream.

■ PER SERVING 427 cal, fat 20g, sat fat 12g, carbs 56g, sugars 40g, protein 5.5g, salt 0.5g, fibre 2.5g



OLD FASHIONED
BRAMBLE PUDDING

'Berries are the most accessible of all wild foods. They are easy to identify and delicious to eat... most are rarely seen in shops and yet they appear in such glorious abundance in late summer'



BRAMBLE FOOL

Bramble fool

A very pretty pud for when the sun's shining. You can make the bramble purée when the blackberries are plentiful and stick it in the freezer. Then it is the work of moments to turn the purée into a beautiful pudding at any time of the year.

Serves 4 | Prep/cook 20 mins

400g blackberries
125g granulated sugar
juice of ½ lemon
300ml double cream
few drops of vanilla extract
250g Greek yogurt (0% fat is fine)

1 Pick out 12 pretty blackberries and set aside. Put the remaining blackberries in a saucepan with the sugar and 1 tablespoon water. Slowly bring to the boil over a low heat, until they are juicy. Push the mixture through a fine sieve or a food mill to remove the seeds. Add the lemon juice and leave to cool completely.

2 Whip the cream with the vanilla extract until soft peaks form. Fold in the yogurt and two-thirds of the purée, until just combined.

3 Spoon the mixture into glasses and drizzle over the remaining blackberry purée. Decorate with the reserved berries and serve straightaway.

■ PER SERVING 499 cals, fat 34.5g, sat fat 21.5g, carbs 45g, sugars 45g, protein 5.5g, salt 0.2g, fibre 4g

freezeme

 Freeze the blackberry purée at the end of Step 1. Defrost, then add the rest of the ingredients.

Individual blaeberry crumbles

This is a characteristically Yorkshire recipe, where mint was often combined with bilberries. (You can leave out the mint if you want, but we recommend it highly.) It would be more traditional to make a pie, but after you've spent all those hours on your hands and knees picking bilberries, we reckon you deserve a bit of a break!

We have chosen to make individual crumbles, because you may not (in fact, almost certainly will not) come home with a huge haul of berries. This recipe is easy to scale up or down. Also, if you are desperate to make

this and don't have enough fruit, do consider adding some peaches or nectarines to the bilberries. They are not traditional, but the two fruits go well together, even with the mint.

Serves 4 | Prep 20 mins | Cook 20 mins

400g bilberries
85g granulated sugar
2 tbsp lemon juice
4 tsp cornflour
8 large fresh mint leaves, shredded

For the crumble:
85g plain flour
55g rolled oats
85g soft brown sugar
85g butter

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

2 Mix the bilberries with the sugar, lemon juice, cornflour and mint. Divide the mixture equally among 4 ramekins.

3 To make the crumble, mix together the flour, oats and sugar. Melt the butter in a saucepan, add the dry ingredients and mix thoroughly.

FINDING BILBERRIES

'Blaeberry' is the Scottish term for the bilberry. These more unusual berries can be found on heathland, moors and open woodland; they grow close to the ground on low bushes and look like small blueberries.

4 Top the berries with the crumble and put the ramekins on a baking sheet. Bake for 15–20 minutes, until the crumble is golden brown and the bilberries are bubbling. Leave to cool slightly, then serve with cream or custard.

■ PER SERVING 513 cals, fat 19g, sat fat 11.5g, carbs 86g, sugars 52g, protein 5g, salt 0.5g, fibre 7g

Recipes adapted from *The Hedgerow Cookbook* by Wild at Heart (Pavilion, £16.99).



GET FORAGING

Buy *The Hedgerow Cookbook* for only £14. See page 68 for further details. The book also contains non-vegetarian recipes.



INDIVIDUAL
BLAEBERRY
CRUMBLES

RECIPE PHOTOGRAPHY: CRISTIAN BARNETT

Competitions

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Bear Paws

Five readers can each win a Bear Paws multipack of 18 packets of sweets, worth £9.90. (page 11)

Table linen set

Two winners will each receive a table linen set from www.milk-and-honey.co.uk. Each set comprises a Kratka tablecloth (worth £35) and four matching napkins (worth £19 a set) – total prize value for each winner of £54. (page 11)

Vistaprint photo cookbook

We have seven photo cookbooks from Vistaprint to give away. Each prize is worth up to £100 each, depending on the design and style you choose. (page 11)

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Three readers can each win a hamper containing Belazu's full Moroccan line of pastes and sauces, plus other vegan goodies – worth more than £17 each. (page 12)

I Heart Cake Mould

Win one of three I Heart Cake Moulds worth £15, courtesy of www.justmustard.com. (page 14)



Gran Luchito smoked chillies

Win a set of Gran Luchito Mayonnaise and Gran Luchito Honey. We have five sets to give away. (page 15)

Wood pigeon chopping board

Three winners will each receive a wood pigeon occasional chopping board, courtesy of www.hundredmillion.co.uk. (page 15)

The Best of Rose Elliot: The Ultimate Vegetarian Collection

We have 10 copies of *The Best of Rose Elliot: The Ultimate Vegetarian Collection* by Rose Elliot (Hamlyn, £20) to give away. (page 37)

A Day in Your Life: 24 Hours Inside the Human Body

Three readers can each win a copy of *A Day in Your Life: 24 Hours Inside the Human Body* by Dr Hilary Jones (Bantam Press, £18.99). (page 61)

Harrogate Flower Show

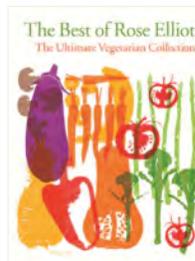
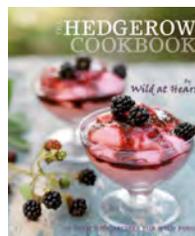
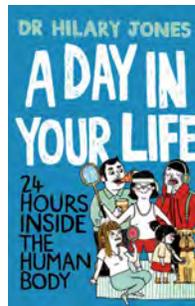
Win a pair of tickets to the Harrogate Flower Show (13–15 September), worth £40 per pair. We have five sets to give away. (page 82)

Collapsible watering can

We have a blue collapsible watering can from Garden Divas to give away. (page 84)

Vegetarian Guides

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



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The Hedgerow Cookbook

Order a copy of *The Hedgerow Cookbook* by Wild at Heart (Pavilion, £16.99) for the special price of £14, including free UK p&p. Call 0844 576 8122 and quote reference 'CH1743'. (page 67)

Little Green Radicals skincare range

Get 25% off the new Little Green Radicals skincare range. Visit www.littlegreenradicals.co.uk and enter code 'vegetarian' at the online checkout. Offer ends 29 August 2013. (page 80)



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is final. No correspondence will be entered into. By entering, you confirm that we may make any use of your entry as we require, including publishing it on the magazine or website. The winner will be notified within 28 days of the closing date. Unless specified otherwise, if a prize remains unclaimed for six months it will not be awarded, provided reasonable attempts have been made to contact the winner using the contact details supplied.

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

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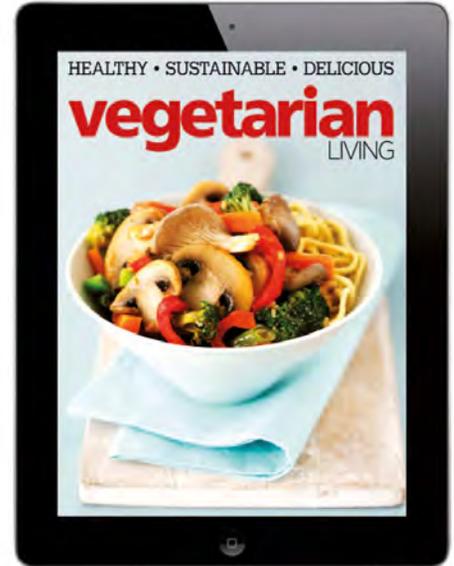
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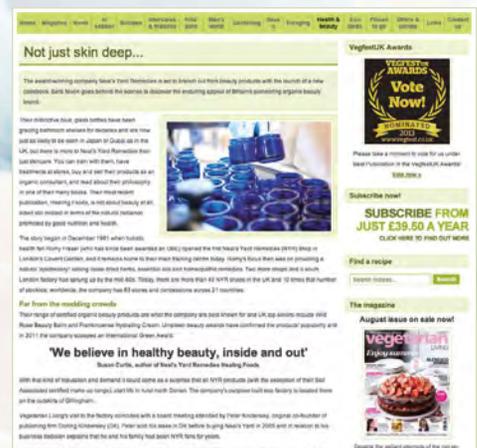
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The soup kitchen

Comforting, nourishing and easy to prepare, Sarah Beattie reveals the delightfully versatile nature of soup.

Soup! In our house, soup is always welcome. My other half *loves* soup. He is a real soup dragon: he likes it hot, chilled, clear, creamy, chunky, soothing, fiery or even for pudding. Soup can be made almost instantly or it can need a long, slow simmer. Good soup makes you feel nourished and cared for, bad soup is just gruel by another name.

Many restaurants do soup very badly and I believe it's because it's not really 'soup of the day' but 'soup of yesterday's leftovers'. There's nothing inherently wrong with that, if you take some care. (I draw the line at leftover salad soup – slimy khaki yuck!) Sadly, too often they are just puréed with no real thought. Blenders, although extremely useful, have marked a decline in good soup making. People have begun to believe that all soup has a baby food texture. 'Glubbiness' is not – as a friend once

asserted – in the nature of soup. Come on in my soup kitchen this month and enjoy a liquid lunch.

Tom kha het

THAI CREAM OF MUSHROOM SOUP

When I went to research my *30 Minute Thai Cookbook*, we spent the first few nights in Bangkok's Sukhumvit Road area. Perched on a high stool, at the counter in the 50s-inspired Foodland Diner, I ate tom kha het (*sans* shrimp paste or fish sauce). It was beautifully aromatic but it was the hottest thing I'd ever eaten. The heat came from galangal, ginger and chillies. It was delicious but tears streamed down my face as I ate. The man next to me, eating the same soup, ladled spoon after spoon of extra chillies into his bowl. If you like things very hot you can do the same – for the rest of us, here's a rather tempered version.

Serves 4 | Prep 5 mins | Cook 7 mins

400ml can coconut milk
700ml warm water
450g mushrooms (small tight chestnut buttons are best – if larger, quarter them)
2.5–4cm piece of young galangal, finely sliced or 2–3 tsp finely grated fresh ginger (depending on how hot you like things)
1 tbsp shredded lemon grass
4 Kaffir lime leaves, tightly rolled and shredded
100ml light soy sauce
100ml lime juice
2 tbsp chopped fresh coriander
1–2 tsp fresh chillies, chopped

1 Saving 125ml of the coconut milk, pour the rest into a large pan. Add the water and stir until blended. Add the mushrooms, galangal or ginger, lemon grass and lime leaves.

2 Bring to the boil and simmer for 5 minutes. Add the soy sauce and reserved coconut milk.

3 Bring back to the boil, then take off the heat and add the lime juice, coriander and chillies. Serve.

■ PER SERVING 284 cals, fat 24.5g, sat fat 15g, carbs 9g, sugars 6.5g, protein 7g, salt 3.4g, fibre 2.5g

Oven soup with chèvre crostini

This soup evolved from how I prepare the glut of garden tomatoes for the freezer. Roasting concentrates the flavours, caramelising the sugars in the fruits and onions, giving a richness to the soup that you can't get if you cook it on the top of the stove. Great, big, dare I say, meaty tomatoes – the knobbly misshapen ones – are best for this soup. Use cherry tomatoes for an intense clear consommé on another day.



PHOTOGRAPHY © SARAH BEATTIE 2013

TOM KHA HET



OVEN SOUP WITH
CHEVRE CROSTINI

Serves 4 | Prep 5 mins | Cook 25 mins

300g onions, peeled and cut into large chunks
4 cloves garlic, unpeeled
500g large ripe tomatoes, quartered
300g red peppers, deseeded and quartered
3 tbsp olive oil
1 tbsp balsamic vinegar
salt and pepper
a few sprigs of thyme and rosemary
about 1 litre boiling water or stock
6 slices of ciabatta or similar
about 150g vegetarian goat's cheese (the soft, loose sort)

- 1 Preheat the oven to 220C/ fan 200C/gas 7.
- 2 Put the onions, garlic, tomatoes and peppers into one large or two smaller roasting trays. Shake the oil and vinegar in a screw-top jar and drizzle over the tray(s). Mix well with your hands as if dressing a salad. Season liberally with salt and pepper and scatter over the herbs. Roast for 25 minutes, shaking the pan from time to time.
- 3 Prepare the crostini by toasting the bread briefly and covering with the goat's cheese.
- 4 When the tomato mixture is soft and nicely browned, scrape into a tureen. Put the crostini into the oven in the roasting tin, to brown the cheese and crisp the toast.
- 5 Pick out the garlic from the tomato mixture, slip off the skins and return the cloves to the tureen. Blend until smooth with a hand blender, adding as much boiling water as needed to give the consistency of cream. Taste and adjust the seasoning. Serve with a hot crostini in each soup plate.

■ PER SERVING 413 cal, fat 18.5g, sat fat 7g, carbs 50g, sugars 14.5g, protein 15.5g, salt 3.1g, fibre 5.5g

freezeme

* Cool and freeze the soup in a sealable container. Defrost, reheat and then add freshly made crostini.

Cream of parsnip soup with lemon and ginger and crisp allumettes *

This beautiful yellow soup balances the sweetness of the parsnips with the zesty tang of the lemon and warm spiciness of ground ginger. I've used the dried spice here and the flavour is quite different to that in tom kha



CREAM OF PARSNIP SOUP WITH LEMON AND GINGER AND CRISP ALLUMETTES

het. In the Thai soup, it's clear and piercing, almost lemony. In this soup, there's a background depth of heat.

Serves 4 | Prep 10 mins
Cook up to 1 hr

2 tbsp oil, plus extra for deep-frying
300g onions, peeled and roughly chopped
black pepper
750g parsnips
1 lemon, finely grated zest and juice
1 tsp ground turmeric
1½ tsp ground ginger
1 litre water
salt
125ml cream or yogurt

1 Heat the 2 tablespoons of oil in a large saucepan and gently fry the onions with a good grinding of black pepper, until they soften and just start to colour.

2 While the onions are cooking, peel the parsnips. Cut about 100g of the parsnips into matchsticks and reserve. Roughly chop the rest and add them to the onion with the finely grated lemon zest, turmeric and ginger.

3 Cook, stirring often, for 2 minutes then add the water and the juice of the lemon. Season with salt. Bring to the boil. Cover and simmer until the parsnips are tender - this could be up to 50 minutes.

govegan

V For that creamy texture, opt for a soya cream or yogurt, such as Alpro.

freezeme

* Cool, before adding the cream, and freeze in a sealable container. Defrost, blend in the cream and reheat.



MINT AND COURGETTE SOUP

4 Blitz with a hand blender or push through a sieve. Blend in the cream or yogurt. Check seasonings.

5 Heat some oil in a pan and deep-fry the parsnip matchsticks until crisp. Drain on kitchen paper.

6 Reheat the soup gently – do not boil. Ladle into bowls and top with a handful of matchsticks. Serve immediately.

■ PER SERVING 352 cal, fat 24g, sat fat 5.5g, carbs 31.5g, sugars 17g, protein 5.5g, salt 1.1g, fibre 12g

Mint and courgette soup

This is not the usual smooth, velvety courgette and mint soup, good as that is. This is a clear soup with diced courgettes in a mint stock. It's light and refreshing. You could also eat it well chilled – if you do, remember

to season more strongly as chilling deadens the flavours. You will need a lot of mint – about 100g – that doesn't sound a lot but supermarket packets contain only 30g. Mint grows well in gardens, though, or in wild places, so you could go foraging. Its clear, pungent scent is unmistakable. Make sure you wash it well.

Serves 4 | Prep 7 mins | Cook 20 mins

100g mint
 1 large onion, finely sliced
 1 litre water
 1 tbsp pine nuts or flaked almonds
 25g butter
 1 clove garlic, grated
 1 lemon, finely grated zest and juice
 ¼ tsp pink peppercorns, crushed
 ¼ tsp black peppercorns, crushed
 ¼ tsp salt
 pinch of sugar
 2 medium courgettes, diced

1 Put 75g of the mint in a saucepan with the onion and water and bring to the boil. Simmer for 20 minutes.

2 Dry-fry the pine nuts or flaked almonds until just colouring. Reserve in a small bowl. Shred the remaining 25g of mint leaves and add to the pine nuts or almonds.

3 Melt the butter. Add the garlic, lemon zest, pink and black peppercorns, salt and sugar. Mix well then add the courgettes. Fry, stirring, until the courgettes are just starting to colour.

4 Add the lemon juice. Strain over the mint stock. Check the seasoning. Ladle into bowls and divide the pine nuts or almonds and mint shreds between the bowls. Serve.

■ PER SERVING 106 cal, fat 8g, sat fat 3.5g, carbs 6.5g, sugars 5.5g, protein 2.5g, salt 0.6g, fibre 3g

govegan

V Olive oil, as opposed to butter, works just as well for frying here.

Moroccan pumpkin soup **V***

You can make this soup very quickly with a food processor. If you don't have one, grate the onion, garlic and celery, crumble the chilli and mix in the oil. You can use any sort of orange-fleshed squash: pumpkin, potimarron, butternut, kabocha and so on. Often chickpeas are sold in 400g cans or bottles - you can make a superfast soup the following day with the remaining 200g of chickpeas whizzed together with 250ml good quality vegetable stock, cumin and lemon juice, and served with lots of fresh coriander.

Serves 6 | Prep 5 mins | Cook 25 mins

1 large onion, peeled and quartered
 4 cloves garlic, peeled
 1 medium dried red chilli
 1 stick celery
 4 tbsp oil
 1-2 tbsp ras el hanout spice blend (I know I always say it but www.seasonedpioneers.co.uk really do have the best)
 700g pumpkin or squash, cubed
 200g can chickpeas
 200g tomato, chopped (preferably fresh but canned will do)
 2 tbsp chopped dates, dried apricots or prunes
 1.25 litres water
 salt and pepper
 200g chard, roughly chopped

- 1 Put the onion, garlic, chilli, celery, oil and ras el hanout into a food processor and blitz to a paste.
 - 2 Scrape into a hot saucepan and cook, stirring, for a couple of minutes. Add the pumpkin and mix well. Cook over a moderate heat for 5 minutes.
 - 3 Roughly crush the chickpeas just to break them up a bit - you don't want a purée. Add to the pumpkin with the tomato and dates, apricots or prunes. Stir in the water. Season well. Bring to the boil, then simmer until the pumpkin is nearly tender.
 - 4 Add the chard and cook 5 minutes longer. Check seasonings. Serve.
- PER SERVING 156 cals, fat 9g, sat fat 1g, carbs 16g, sugars 10g, protein 4.5g, salt 0.9g, fibre 5g

freezeme

***** Cool and freeze in sealable container before adding the chard. Defrost, reheat and then simmer with freshly added chard for 5-7 minutes.



Buttered apple and cinnamon soup with vanilla ice cream *****

Stewed apple can be a nice quick nursery pudding but it doesn't look or sound very enticing. This spicy fruit soup, which can also be made with pears or plums, is just as quick but a bit more elegant and, when served with the rum, rather grown-up. Don't use Bramley apples as they will just drop to pieces. They aren't the only cooking apples in the world - although you could be forgiven for thinking so, as their PR company is so good. Their acidity and tendency to self-purée within minutes makes them perfect for apple sauce, but not for tarte tatin or other puddings where you need the apple to be tender but retain its shape.

Serve 6 | Prep 8 mins | Cook 20 mins

3 apples, unsprayed
 1 litre water
 200g sugar
 3 cloves
 3 allspice berries, crushed
 1 lemon
 2 tsp ground cinnamon
 2 tbsp brown sugar
 25g butter
 1-2 tbsp vegetarian dark rum (optional)
 vanilla ice cream, to serve

- 1 Wash, peel, core and chop the apples but don't discard the peeling

and cores. Instead, put them into a pan with the water, 200g sugar, cloves and allspice berries. Pare a strip of lemon peel and add that to the pan with the juice of the lemon. Bring to the boil and simmer for 20 minutes.

- 2 Put the apple in a bowl and sprinkle over the cinnamon and brown sugar. Toss as if making a salad until all the apple is well coated. Melt the butter and fry the apple, stirring constantly.
 - 3 After about 5 minutes, the sugar will start to caramelize and the apple will be tender. Add the rum.
 - 4 Strain the spiced syrup into the apple and stir well. Serve hot with a scoop of ice cream in each bowl.
- PER SERVING 328 cals, fat 8.5g, sat fat 5.5g, carbs 62g, sugars 61g, protein 2.5g, salt 0.2g, fibre 1.5g

govegan

V Fry the apple with a regular dairy-free spread like Pure, and serve with a vegan ice cream (Bessant & Drury and Swedish Glace are both rather tasty).

freezeme

***** Cool and freeze in a sealable container. Defrost and reheat before adding ice cream.



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Your essential guide to getting away from it all on an eco-holiday...

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www.ceridwencentre.co.uk (also on Facebook); tel 01559 370517



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www.overtherainbowwales.co.uk; info@overtherainbowwales.co.uk



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

WASTE LAND

NEW STUDY REVEALS LEVELS OF GLOBAL FOOD WASTE

A new report released in June for World Environment Day 2013 has highlighted the shocking levels of food waste that occur globally every year.

The working paper – entitled 'Reducing Food Loss and Waste' – was produced by the World Resources Institute (WRI) and the United Nations Environment Programme (UNEP), and reveals that one out of every four calories produced by the global agricultural system is lost or wasted.

What's more, in Europe, along with the US and Australia, more than half of that waste occurs at the consumption stage, underlining just how much good food we simply throw away. Not surprisingly, UNEP argues that this poses a serious challenge to the planet's ability to reduce hunger and feed a rapidly expanding population.

'It is an extraordinary fact that in the 21st century, close to 25 per cent of all the calories linked with growing and producing food are lost or wasted between the farm and the fork,' explains Achim Steiner, UN under-secretary general and UNEP executive director. 'Food that could feed the hungry; food that has required energy, water and soils in a world of increasing natural resource scarcities and environmental concerns, including climate change.'

According to the study, the world will need about 60 per cent more food calories in 2050 compared to 2006 if global



demand continues on its current trajectory.

Craig Hanson, director of WRI's People & Ecosystems Program and one of the study's co-authors, underlines how critical the situation is becoming: 'The world needs urgent solutions to feed its growing population,' he explains. 'Reducing loss and waste is a critical piece toward a more sustainable food future.'

The report makes a range of recommendations that UNEP believes would help tackle the problem, including the development of a global standard for reporting food loss and waste; setting global, national and corporate food loss and waste reduction targets; and establishing organisations in developed countries tasked with reducing food waste.

However, the study also serves as an important reminder of how we could all make the most of the food we have, and take simple steps to reduce waste – check out the simple ideas, right. To read the full UNEP report, visit www.unep.org.



SALAD DAYS

Let's face it – we've all rummaged around in the bottom of the fridge drawer from time to time and unearthed a piece of fruit or veg that's seen better days. According to Love Food Hate Waste, fruit and vegetables are the most commonly wasted food product in the UK, so as vegetarians, we can face particular challenges in keeping waste to a minimum. However, there are plenty of ways to make sure they don't end up in the bin...

- Lemon juice helps to stop cut avocados turning brown. Also, if you pop the avocado stone into a bowl of guacamole or salsa, this will keep the dip fresh and green for at least 2 hours; remove the stone before serving.
- Have your grapes gone a bit soft? Freeze and use as ice cubes!
- Droopy carrots? Chop off the top and bottom and place in cold water in the fridge for 30 minutes. They'll be crisp, crunchy and revived!
- Always have limp salad leaves? Once your pack is open, place in a sealable container with a piece of kitchen roll and put in the fridge. Salad will last up to a week longer. Also works for herbs.
- Stop your apples going soft before the week's out by keeping half in the fridge in a lightly tied bag for later. This keeps them crisper for up to two weeks longer.

For more suggestions on reducing food waste, as well as a range of recipe ideas, visit www.lovefoodhatewaste.com.

OUR FAVOURITE PRACTICAL ECO-PRODUCTS

GO GREEN IN STYLE, WITH THESE EVERYDAY ESSENTIALS



Bobble BPA-free filtered water bottle

From: www.amazon.co.uk
Price: £8.99

Made from recycled plastic and free from phthalates and PVC, Bobble's stylish water bottles incorporate a built-in replaceable filter, and were created by US designer Karim Rashid to discourage the use of single-use water bottles. Available in a wide range of colours.

Ivory indoor compost bin

From: www.dotcomgiftshop.com
Price: £19.95

We love the classic design of this indoor compost bin, made with ivory metal and an internal removable bucket for easy cleaning. The bin also features an essential rubber-sealed lid to keep smells safely shut away.



Eton Soutra solar-powered iPod system

From: www.ethicalsuperstore.com
Price: £138.95

The perfect accessory for music on the go, Eton's solar-powered sound system is compatible with a wide range of iPods and iPhones. The efficient monocrystal solar cell means a full charge takes around 10 hours and will generate enough power for four hours' use. The system's also splash-proof, making it ideal for poolside partying!



GREEN GIANTS

MOTERING MANUFACTURERS TOP GLOBAL GREEN BRANDS LIST

Car manufacturer Toyota has topped a new list of the best global green brands, with Ford and Honda revving up behind in second and third place.

Toyota topped the chart – produced by global branding gurus Interbrand – for the third consecutive year, after a successful 12 months that saw the company sell more than 2.9 million Prius models worldwide. Toyota is also promising to roll out more than 20 new hybrid models in the next three years and a full hydrogen car in 2015.

The green brands list is compiled based on both performance and perception, and is designed to highlight the brands that are getting it right in the eyes of the

public. Companies must demonstrate not only that they source, produce and distribute products and services in an environmentally responsible manner, but that they also work to build value among audiences by successfully conveying the benefits of their environmental practices.

Given the powerful marketing machines behind motoring brands, the results are perhaps not surprising. Nissan, VW, BMW and Mercedes also feature in the top 20, with global technology giants such as Panasonic, Nokia and Sony also ranking highly.

To find out more about the list and the brands that featured, visit www.bestglobalgreenbrands.com.

Herbal heroes

Organic herbal tea brand Pukka is celebrating after hitting its £50,000 fundraising target for the WWF – with a little help from the nation's tea-drinkers!

The company has raised the cash through fundraising initiatives, including a donation of 20p with each pack of peppermint and licorice tea sold, and intends to continue raising funds for the conservation charity now the target has been smashed.

Sebastian Pole, co-founder and herbal director of Pukka Herbs, says: 'When we started Pukka in 2002, we wanted to create a totally organic business that inspired people to live healthier, more sustainable lives.

'Each year, we plant over 20 million plants and trees and invest in renewable energy, sustainable projects and reforestation programmes. We work with our growers, customers and consumers on a one-to-one basis to ensure that everyone profits from being involved with Pukka: sensually, healthily, ecologically and socially. Most importantly, we strive to leave nature in an

ever-richer, more glorious state than how we found her.'

Pukka's products are 100 per cent organic, fairly traded, carbon neutral and entirely vegetarian. Peppermint and licorice tea costs £2.29 for 20 sachets – find out more and shop online at www.pukkaherbs.com.



GREEN PARENTING

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



SKINCARE GETS RADICAL

LITTLE GREEN RADICALS LAUNCHES A NEW RANGE OF ORGANIC SKINCARE PRODUCTS

Organic clothing company Little Green Radicals has branched out into the skincare market with an exciting launch that carries the company's green credentials into a natural range of planet-friendly products.

The company's new organic skincare range includes nappy balm, made with a nourishing blend of shea butter, lavender and tangerine oils; petroleum-free jelly, which can be used as an all-round moisturising balm and is packed with shea butter, vitamin E and beeswax; organic sleep balm, with a calming blend of beeswax and relaxing valerian and lavender; and an organic vapour chest rub containing sunflower oil and beeswax, with aromatic rosemary and eucalyptus oils.

Many of the ingredients included are certified organic by the Soil Association, and all products are handmade in Dorset.

Little Green Radicals founder, Nick, says the products' launch has already been a success: 'We are delighted with the reaction to our new skincare range and proud of the fact that it is organic and handmade in Dorset. Although it is for babies, we are happy that so many mothers feel it works well for them too.'

'Our ethics are core to what we do and we are pleased that two products are already certified as organic by the Soil Association, and more are on the way.'

The Little Green Radicals nappy balm and petroleum jelly are priced at £8.95 for 50ml; the sleep balm and chest rub are £9.95. Find out more and shop online at www.littlegreenradicals.co.uk.



BABY LOVE

Get 25% off the new Little Green Radicals skincare range. See page 68 for further details.



ECO-PRODUCTS FOR BIRTH AND BEYOND

Bamboo birthing shirt

From: www.thebirthingshirtcompany.com

Price: £39.99

This comfortable shirt was designed in conjunction with midwives and has picked up several awards for its practical design. It's not just designed for childbirth either – the generous size also makes it ideal for pregnancy, and the button-down front is perfect for post-birth snuggling and breastfeeding.



ErgoCocoon organic zip-up swaddle

From: www.amazon.co.uk

Price: £17.97

Swaddling can be a complicated business, particularly for fraught new mums, but this zip-up solution – made from stretchy organic cotton – makes easy work of it. The two-way zip also means instant nappy access and car seat placement – and poppers under the arms turn the product into a sleeping bag once baby is ready.



Moltex Nature disposable nappies (newborn)

From: www.ethicalsuperstore.com

Price: £5.05 for 28

A greener alternative to conventional disposable nappies, Moltex products are kind to baby (they're free from chlorine, latex, perfumes or lotions) and the planet (made with up to 50 per cent renewable raw materials and a completely biodegradable inner fluff). Crucially, a three-layer design also promises rapid liquid absorption, meaning drier, happier babies.



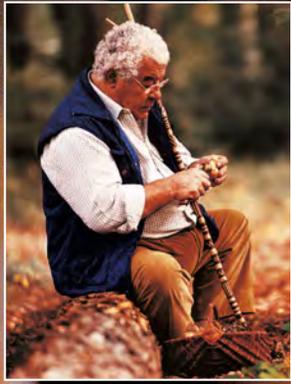
Organic BabaSling Classic

From: www.thebabasling.com

Price: £44.95

BabaSling has expanded its range of organic cotton slings with the addition of two new colour choices – berry and pebble. The company's classic sling is suitable for children from 0–2 years (up to 15kg) and offers five carrying positions, as well as two discreet breastfeeding positions. All BabaSling products are made by sister company Baba Things India in Puducherry, southern India, in an environment which the company promises is sustainable and cooperative.





Mushroom magic

Enjoy these woodland wonders with Antonio Carluccio, renowned for his love of fungi foraging.



© JOHN KERNICK

Bill Granger's fast food

The laid-back Aussie chef returns to our pages with some simple ideas for the busy cook.



© JONATHAN LOVEKIN

French bistro classics

Signature dishes from Michelin-starred chef Bruno Loubet, inspired by his own upbringing and travels.



© KATE WHITAKER

Sweet dreams

Tempting treats from Master Patisserie Eric Lanlard, using the ingredient he loves the most: chocolate!

October issue on sale 29 August

ALL THIS, AND... An interview with Carolyn and Chris Caldicott from the World Food Café; Liz Martin's recipes full of fabulous autumnal flavours; Sarah Beattie's warming pies and puddings; plus natural skincare, planet-saving eco-friendly products and much more.

FROM PLOT TO PLATE

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



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

Out & about

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH

7 September

Gardeners' Question Time Summer Garden Party

The team from the popular Radio 4 show will be recording live at Ness Botanic Gardens, South Wirral, as well as giving demos and advice.
www.nessgardens.org.uk

13–15 September

Harrogate Flower Show

Beautiful show gardens, an amazing giant vegetable competition and expert demos from this prestigious show.
www.flowershow.org.uk

FLOWER POWER

Win a pair of tickets to the Harrogate Flower Show (worth £40 per pair). See page 68 for details.

28–29 September

RHS Chilli Pepper Weekend

A chilli extravaganza at RHS Garden Hyde Hall, Essex, with plant displays, food stalls and growing advice.
www.rhs.org.uk



STEP-BY-STEP

Grow a cranberry

Plant one of these pretty, creeping shrubs now and you might produce enough tasty tart berries for a Christmas harvest!

- Cranberries need an acid soil in a well drained, sunny spot to thrive, but they also do well in containers (even hanging baskets!) as they'll tolerate drought and provide pretty pink flowers in the summer and bronze/pink leaves in the winter, as well as autumn berries.
- Choose mature plants (at least two years old) from your local garden centre – juvenile plants won't produce many fruits in the first year – and half fill a large pot with ericaceous compost mixed with a little grit (it doesn't need to be too deep as the plants are shallow rooting). Pop your plant in, cover the roots with soil and firm in.
- If possible, water with rainwater from a butt as tap water can dilute the acidity of the soil over time.
- The berries are best picked before the first frost but can sit on the vine quite happily for picking on Christmas Eve!



BUY IT

Try Lingonberry 'Ida' (www.thompson-morgan.com) which is a dwarf, self-fertile type that's great in containers and small gardens, or Cranberry 'Pilgrim' (www.marshalls-seeds.co.uk), which has a trailing habit that looks lovely in a hanging basket.

TOP TIP

As the fruits begin to develop, net your plant to protect it from hungry birds and, if possible, plant several bushes so you increase your chances of pollination and a bigger harvest.

DIG IN

Cranberry sauce is de rigueur at Christmas served with nut roast. For a quick sauce, boil up 100g sugar and 100ml orange juice in a pan and stir in 250g cranberries, simmer until tender but still plump (around 5 minutes), then allow to cool.

THINGS TO DO NOW...

TRAIN YOUR TOMATOES

Give romping indoor tomato plants a much-needed lift by tying the growing stems into greenhouse roof supports with string and wire hooks. The swelling fruit will get lots of light and, because you won't have to cut off the top growing shoot, you may get a late, bumper crop.

PICK RASPBERRIES

On a dry day, harvest the best of your late-fruiting raspberries. Select firm, ripe berries that come away easily when pulled (unripe ones will not ripen off the bush), and eat straight away or wash gently and freeze.

DRY HERBS

Now's a great time to store herbs such as rosemary, oregano, thyme, sage and mint for winter. Cut bundles on a dry day and tie the stems with string. Hang upside down in a cool dark place until completely dry and then remove the leaves and place in sterilised jars.

SOW LATE CROPS

There's still time to get some late crops in before autumn, and spring onions, beetroot and Chinese broccoli are all good choices as they are speedy growers and slow to bolt. With luck, you'll get a small crop this year but they'll also overwinter to produce earlier crops next year.

Trade secrets

Peter Earl, fruit and vegetable team leader at RHS Garden Rosemoor, North Devon, shares his secrets to picking and storing apples.

ESSENTIAL TIPS AND ADVICE FROM THE PEOPLE IN THE KNOW!

When to harvest

As with many plants, apple cultivars ripen at different times of the year. Early-season apples can be harvested from mid-August and tend to be sweet, crunchy and full of juice. They don't store and need to be eaten within a week or two. 'Katy' is my cultivar of choice but 'Discovery' with its beautiful pink-tinged flesh is also lovely.

Mid-season apples can be picked from September and unlike their earlier cousins will keep for a month or two. 'Sunset', 'Fiesta' and 'Kidd's Orange Red' all have a sweet and distinctly aromatic flavour.

Late-season apples, such as 'Ashmead's Kernel' and 'Adam's Pearmain', can be picked from late October and, like fruitcake,

wine or cheese, their rich, aromatic nutty flavours improve with age – and can be stored until Christmas.

Checking for ripeness

When a few apples start to fall naturally from the tree you can test the readiness of the rest by gently lifting and twisting. If the apple comes away easily, and with the stalk attached to the apple rather than the tree, then it's probably ready. Cut or bite one open and check that the pips have turned from white to brown – this also means it's ripe.

How to store

Store in a cold, dark place where some air circulates: a cellar or garage is perfect so long as there are no rodents!



Make sure they're not next to anything smelly like paint or onions as they can take on scents. Only store mid-sized, undamaged apples and space them out in wooden crates or wrap in wax paper. Check over once a week and remove any that are starting to spoil.

Rosemoor's annual Apple Day festival, which includes cookery demos, tastings, tips and advice, is held on 6 October.



VEG LIVING LOVES

WIREWORK HARVEST BUCKET

Plastic bags are very handy but when it comes to harvesting they can have a mind of their own on windy days and, if you don't remove the veg later, can encourage your precious crop to rot.

This sturdy, steel wire bucket (£24.95), however, will allow you to harvest veg and tree fruit in style, with plenty of room for bigger specimens and, because the soil spills through the holes, you'll take less of the allotment home with you! It would also make a handy storage bucket for kindling, string or tools.

www.worm.co.uk

To sow this month Lettuces, oriental leaves, radishes, rocket, salad leaves, spinach, spring cabbages, spring onions. And plant: cranberries, nectarines, onion sets, peaches, strawberries.

BIG IDEAS FOR LITTLE PLOTS

Patio orchard

Who says you need a field to grow an orchard? Dwarf fruit trees grow brilliantly in pots, giving you a mini orchard in your own backyard!



- Apples, pears and plums grown on a dwarfing rootstock only reach around 2 metres tall. Try an 'M27' rootstock for apples, a 'Quince C' for pears or a 'Pixy' for a plum, and if you get a self-fertile variety you won't need to worry about hand pollination either. Try apple 'Discovery' or 'Bramley' for cookers, pear 'Concorde' or 'Conference', and plum 'Victoria'.
- Choose a sheltered spot with plenty of sunlight and a container around 60cm in diameter, with good drainage. Bare root trees also benefit from a good soak in a bucket before planting.
- Half-fill your pot with well-rotted compost or peat free, soil-based compost and place your tree

- in the hole. In-fill with soil and, if it's a windy site, give it a stake too, as small stems can easily snap.
- Keep them well watered and fed – a mulch around the base helps retain water – and in the spring, throw a little fleece over the buds if a frost threatens so you can protect the developing fruit.
- Dwarf stocks need little pruning but it's always worth checking them over to remove dead, diseased or crossing wood to allow plenty of air and light in.
- It's worth thinning fruit on apples, pears and plums too – two fruits per cluster – to allow the tree to put all its energies into larger, better-tasting fruit on its small frame.



NATURAL CROP PROTECTION

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

Encourage beetles into your garden and they'll help reduce pests naturally. Ladybirds will feed on greenflies and aphids, ground beetles are partial to vine weevils and slugs, while others help recycle decaying organic matter. Create a winter home for them now by stacking shrub and tree prunings on top of each other to create a loose box. Tie with string and pile leaves in the middle.



MINI MAKES

Make a lasagne garden!

While you won't want to eat it, your plants will love your lasagne garden – a no-dig method of composting that will boost your soil and save you digging!

YOU WILL NEED

lots of organic materials, such as grass clippings, leaves, veg scraps, coffee grounds and tea leaves
shredded newspapers and junk mail
watering can

1 Lasagne gardening is about building a veg bed by using layers of organic materials that naturally rot down to give you first-class fluffy soil. It's best done in autumn so you can leave it over the winter to 'cook'. It's fun but it also helps battle the weeds, keep moisture in the soil and reduce the amount of fertilisers you need because the rotting material will provide plenty of food for your hungry plants.

2 Find a patch of earth that you want to grow veg on and create the first layer of your 'lasagne' by laying newspaper or thick cardboard directly over the weeds and soil. Get a watering can and make it nice and wet.

3 On top of this soggy paper layer, you can begin to add materials that you'd put on your compost (see list above), alternating them so that you have a 'brown' level first: that's things like leaves, shredded newspaper and soil; and a 'green' level next: that's grass clippings and veg scraps.

4 Your bed should be about 60cm high by the time you've finished layering – but don't worry, this tower will soon rot down over the autumn and winter to produce lovely soil that's ready for planting in spring!



COLLAPSIBLE WATERING CAN

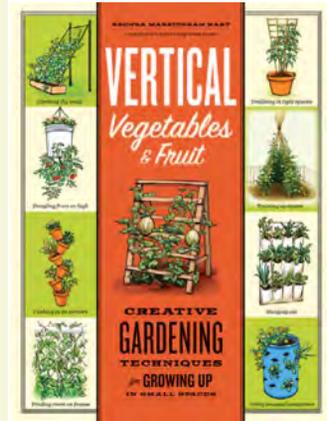
Watering cans can take up valuable floor space in a small greenhouse, shed or balcony so this ingenious solution will come in very handy. Designed in the UK, and made from recyclable (green or blue) plastic, this nifty bit of watering equipment (£19), can be unzipped and dismantled into a disc, with the spout and rose cleverly stored in the lid. Easy to fill and use, it comes with a useful hanging loop so it can be stored out of the way.

www.gardendivas.co.uk



DO THE CAN-CAN!

We have a blue collapsible watering can to give away. See page 68 for details of how to enter.



ARMCHAIR GARDENER

Despite being written by a US-based author, *Vertical Vegetables and Fruit* by Rhonda Massingham Hart (Storey Publishing, £11.99) is packed with universally handy hints for 'vertical gardeners' wherever they grow their own. From trellis and tepee constructions and spiral supports to hanging, stacking and towering features – where there's a will (and a wall) there's a way of growing skywards!

4 WAYS TO... Use up your glut

SALSA Great for those never-ending tomatoes! Finely chop 3 deseeded tomatoes, 1 deseeded chilli and 1 red onion and mix with a handful of chopped fresh coriander. Add ½ tsp cumin, a pinch of salt and a squeeze of lime and let the flavours mingle for a few hours before serving.

RELISH Too many courgettes? Grate 3 and add to 2 chopped onions, sprinkle with 2 tbsp salt and soak overnight. Drain and rinse with cold water and add to a pan with 800ml cider vinegar, 500g caster sugar, 1 chopped red pepper, a pinch of grated nutmeg, 1 tbsp mustard, 1 tbsp turmeric, 1 tbsp cornflour and season to taste. Bring to a bubble and simmer until reduced, before popping in sterilised jars.

CHUTNEY A great one for over-productive roots. Finely dice 2kg beetroot and add to a saucepan with 2 finely chopped onions, 4 peeled and



finely chopped apples, the zest and juice of 3 oranges and 1 tbsp each of mustard seeds, coriander seeds and ground cinnamon. Pour over 1 litre red wine vinegar and mix in 1kg sugar. Simmer until thick, spoon into sterilised jars and leave to mature.

PICKLE Trim 2 small cucumbers and put them in a plastic container, adding 3 peeled garlic cloves and a handful of dill, and cover with 1 tbsp vinegar and 2 tbsp salt topped up with hot water. Let it sit overnight and then refrigerate. Great with veggie burgers in a bun.



FLOWER POWER

£2.45 for 195ml jar

Uncle Roy's Flower Petal Seasonings are great to use with any dish to add colour and interest to dressings or sprinkled over roast veggies or salads. As well as three colourful flower petals and six herbs, Moffat Meadows has seeds and seaweeds in addition, whereas Flowers of Scotland also has fruits like juniper and rosehip, plus spices.

Available from delis, farm shops, garden centres, department stores or direct from Uncle Roy's.

www.uncleroy.co.uk



HALUM

Made from British cows & goats milk.
Fabulous fried and gorgeous grilled.



SUMMER SALAD SIZZLER

£2.50 for 250g pack

With a distinct, salty flavour and lovely springy texture, Halum is made with all British ingredients. Milky's use 100% fresh cow's and goat's milk to create its incredibly moreish savoury taste. It also contains less salt than Cypriot halloumi cheese. Halum can be grilled, baked, barbecued, fried or microwaved and is heavenly served with a fresh leafy salad, hummus, warm pitta bread and slices of chilled watermelon. Available from Waitrose.

www.waitrose.com

SPOIL YOURSELF!

£8.75 for 50ml

The Akamuti Olive & Avocado Night Cream is a rich and luscious night cream which replenishes dry, sensitive skin with a feast of nourishing oils, including avocado, olive and hazelnut. Enriched with comforting chamomile, rejuvenating frankincense and a dash of fruity tangerine, this indulgent cream with 100% natural goodness provides optimum moisturising for thirsty skin.

www.akamuti.co.uk



THE ESSENTIAL COLLECTION

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



GET GRILLING!

£3.49 for 2 x 115g

Onion and sausage is a winning combination, so Vegusto couldn't let vegans go without! Using only quality natural flavours – a list that includes rock salt, prime vegetable oils and zero bad cholesterol – their Onion Sausage will transform your sausage and mash, or turn any barbecue into a memorable occasion.

www.vegusto.co.uk



COOL & REFRESHING

£11.95

Enjoy a traditional Spanish drink this summer with Plamil's Horchata, a refreshing and nutrient-rich tigernut drink. Its delicious, naturally sweet taste makes a superb drink mixer, an alternative to milk or even an ingredient in baking. It contains no dairy, gluten or nuts. Concentrated – makes 2.5L of drink. Available from all good health food stores and online from Plamil.

www.plamilfoods.co.uk

MAKE YOUR NEXT STOP VIVA'S CHOCOLATE SHOP



Dreamy n' Creamy White Chocolate
Dairy-free squares of white chocolate topped with strawberries, raspberries, coconut and sugar rice crisps.



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



Crunchy n' Munchy Dark Chocolate Snacks
Tiny morsels of toasted soya beans and pumpkin seeds covered in organic dark chocolate.

Viva!

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

Viva!

RAISE A GLASS

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

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



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



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Coconoil™

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

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

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

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

Organic & Original



"For Cooking, Fitness and Beauty"

www.coconoil.co.uk

For more information about using Coconoil™ in your daily life please visit our website or amazon.co.uk



The green man

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



Veggie guy

Mark Buxton, 26, project trainer



'I chose vegetarianism at a tender age - just before my sixth birthday. My parents were fond of taking my sister and I out to rarebreed farms, and it was after visiting one and giving the Tamworth sows a good scratch behind the ears that I decided to avoid meat. My parents insisted I eat fish and chicken for some years afterwards, but one day I decided there would be no more meat on my plate, and they realised it was not a phase. As I matured I realised I was trying to leave as small a footprint on the earth as possible, and that being vegetarian wasn't ticking all the boxes: going vegan was easy

and now I can say nothing sentient suffers so that I should eat. That's a great feeling.

'My working life has always revolved around plants. Currently, I work for The Conservation Volunteers on a community allotment project. I'm working with schools to grow fruit and vegetables and with community groups as a trainer. I teach people how to make earth ovens, hotbeds and grow food. It's fulfilling. The environmental charity sector is a "hippy"-rich environment: people let each other roll how they want to roll.

'I live as greenly as possible. My spare time is often spent on the allotment, in the garden or cutting waste wood for the burner. My wife and I are both pagan, and we spend time in the local woods, foraging and being creative with materials: we make everything from walking sticks to musical claves and sandals from tyres.

'I'm taking up a role as a prison chaplain and I offer talks on tree folklore, herbal uses and cultivation. People are an integral part of the environment and we all deserve the chance to better ourselves. The better we understand each other and the more time and chances we give each other to learn, the better we will become as a species. Self-isolation might be sanity saving, but it's a false economy in the long run.

'I live for the now. We never reach the future and the past is nothing but the soil in which we plant our roots. I'd like to continue being happy, and to get a bit more acquainted with folklore, meditation and life. If I inspire someone else to live "right" along the way, great. In time I'd like to disappear from this world with the only traces of me being fond memories, a well tended garden and an apple tree on my grave, without a stone, so that those who forage from that tree raise a toast to a life well lived with every glass of cider...'

www.tcv.org.uk

Keep cool and blue

It's not the first time BAM's bamboo clothing has featured on this page, but we make no apologies for shouting about it again. The fabric has so much going for it: it's highly absorbent (keeping you dry), breathable (keeping you cool when it's warm, and warm when cool), antibacterial, soft and - perhaps best of all - eco-friendly, as it's grown without pesticides or fertilisers, and delivers high yield relative to acreage.



The brand has new additions to its men's range, and this Bamboo Contrast Tip Polo (£30) in anthracite is one of the finest - ideal for late-summer barbecues.

www.bambooclothing.co.uk

Brush up and keep it up

Blood on your toothbrush or in your rinsing water? Dodgy breath? Bad taste in your mouth? All could be a sign of gum disease - bad news for your teeth, but possibly also for your sex life...

A study published in the *Journal of Sexual Medicine* found that more than half of men with erectile dysfunction also have gum disease - twice the rate of those without. The problem appears to arise with bacteria from the mouth getting into the bloodstream through the gums.

The advice? According to the British Dental Health Foundation, as well as regular brushing, you should remove food stuck between your teeth and close to gum lines, via flossing or interdental brushes, plus make regular visits to the dentist. Visit www.dentalhealth.org for more information.

3 OF THE BEST...

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www.agreatshave.co.uk



Alva For Him After Shave Balsam (£13 for 75ml)

A cooling and healing balm, with beeswax, sunflower and menthol.
www.alvanaturalskincare.co.uk



Lavera Men Sensitiv After Shave Balm (£7.95 for 50ml)

With soothing aloe vera, olive oil and sunflower oils.
www.pravera.co.uk

Wise words

'When I was old enough to realise all meat was killed, I saw it as an irrational way of using our power, to take a weaker thing and mutilate it' - *River Phoenix (1970-1993), American actor*

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VBites Foods Ltd

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Email: info@vbitesfoods.com Web: www.vbitesfoods.com

Places to go

Alex Bourke of Vegetarian Guides presents four vegetarian cafés and a pizzeria.



NORTH

SARAMAGO

350 Sauchiehall Street, Glasgow G2 3JD
Tel: 0141 352 4920
Open: Mon-Sat 10.00-24.00; Sun closed

Based in Glasgow's Centre for Contemporary Arts, all food at this café is vegan and much of the drink too.

Small plates (£3.95), such as soup, marinated aubergines, baba ghanoush with flatbread, and patatas bravas. Soup and flatbread sandwiches £6. Main courses (£8-£8.50) feature haggis fritters with chips and mushy peas, ratatouille tart with salad, mezze platter, and stonebaked pizza.

Gorgeous desserts (£4.25-£4.95) include warm chocolate cake with ice cream, gelato affogato with amaretto liqueur and chocolate brownie, and poached pears in spiced red wine reduction.

Two- and three-course menus 12-1pm and 5-7pm, £9.50-£12.95. Vegan wine from £3.85 medium glass, £4.95 large, £13.95 bottle. All beers are vegan. Children welcome; high chairs, baby changing. Outside courtyard gardens; dogs welcome there. Cash only; cashpoint opposite.
www.cca-glasgow.com



EAST

COURTYARD CAFÉ

6 High Street, Biggleswade, Bedfordshire SG18 0JA
Tel: 01767 319012
Open: Tue-Sat 9.00-17.00; Sun-Mon closed

Vegetarian café in the Courtyard complementary therapy centre. Food is mainly organic and local, great for vegans and gluten-free.

Breakfast (till 10.30am) ranges from smoothies to full cooked (£2-£4). Lunch specials with salad (£4-£6) feature chilli bean stew, pumpkin goulash, jerk sweet potato and black bean curry, and apricot and coriander mixed bean tagine. Also salads and sandwiches.

Vegans will love their desserts, from truffles (£1) to ice cream, chocolate nut brownies, carrot or lemon drizzle cake (£2.50-£3).

Freshly made fruit and veg juices and smoothies £3-£3.50. Organic Fairtrade pot of tea £1.80. Soya and oat milk available. Children welcome; high chairs, baby changing. Outside courtyard gardens; dogs welcome there. Cash only; cashpoint opposite.
www.courtyardcentre.co.uk



LONDON

THE GARDEN CAFÉ

Garden Museum, Lambeth Palace Road, SE1 7LB
Tel: 020 7401 8865
Open: Mon-Sun 10.30-17.00

Gardeners love this vegetarian café, garden and garden museum across the Thames from Westminster. Dishes from around the globe are all organic and change with the seasons.

Soup of the day (£4.95), such as velvety pumpkin with spiced pumpkin seeds and home-made bread. Salads and six mains (£5.95-£7.50), like butternut squash and apricot tagine with cinnamon and almonds, or roast aubergine with spiced tomato sauce and herbs.

Cakes, brownies and flapjacks often have gluten-free and vegan options.

Wine £3.50 glass, £15 bottle. Children welcome; high chairs. The museum is free if you eat in the café. Shop with garden gadgets, books and gifts.

www.gardenmuseum.org.uk



SOUTH

MOOSE'S KITCHEN

52 King's Road, St Leonards-on-Sea, East Sussex TN37 6DY
Tel: 01424 319056
Open: Tue-Sat 10.00-17.00; Sun-Mon closed

The Hastings area now boasts a vegan B&B, shop and this fabulous new vegan café. The menu changes daily from an astonishing range, mostly local organic, and it's dessert heaven.

Start with soup of the day or crudités with three dips (£4.50), such as cashew cheese, or kale pesto and beetroot hummus. Big salads and daily specials (£7-£8) feature Thai tofu yellow curry; butterbean, sage and sun-dried tomato tart; smoked tofu, leek and cider pie; and Tuscan bean stew with grilled polenta.

Sensational puddings (£4.50), such as seasonal fruit crumble, and chocolate cheesecake. Cakes (£2.50-£3) include chocolate beetroot, gluten-free coffee and walnut, and raw chocolate brownies.

Children welcome; high chair. Dogs welcome.
www.mooseskitchen.moonfruit.com



WEST

MR SINGH'S

103 Cornwall Road, Handsworth Wood, Birmingham B20 2HY
Tel: 0121 523 9275
Open: Mon-Thu 11.00-22.30; Fri-Sun 11.00-23.00

If you crave a really 'meaty', spicy pizza, then head for this great value vegetarian Indian pizzeria on the north side of Birmingham. Many items can be made vegan and they have vegan cheese too.

Pizzas are 7-14 inches (£2.99 -£9.99) and come topped with sausage, pepperoni, chilli or tandoori veg chicken. Many items can be made vegan and they have vegan cheese too. Pizzas are 7-14 inches (£2.99 -£9.99) and come topped with sausage, pepperoni, chilli or tandoori veg chicken, jalapeños, olives and all kinds of vegetables. Also hot dogs, chicken-style nuggets, burgers, chicken tandoori, calzone, pies, baked potatoes, wraps, garlic mushrooms, wedges and fries (£1.25-£2.99).

Desserts (£1.25-£1.75) include chocolate cake, sponge cake, muffins, cheesecakes and ice cream.

Cans, coffees and shakes 70p-£1.59. Children welcome; you can feed a family for under £20 (no high chairs). Deliveries and takeaway.
www.mrsinghspizza.co.uk

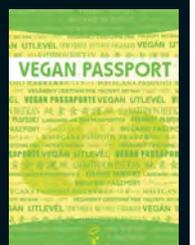
Vegetarian Guides

Vegetarian Guides has been producing vegetarian travel guidebooks to the UK and Europe since 1992 and also sells the Vegan Passport and vegan cookbooks by its own authors, including *The Cake Scoffer*, *Return of the Cake Scoffer*, *Breakfast Scoffer*, *Veggies Scoffer* and *A Vegan Taste of Leeds*. Find them at www.vegetarianguides.co.uk or call 020 3239 8433 (24 hours, Vegetarian Guides will call back).



Win an essential guidebook!

We have five copies of the third edition of *The Vegan Passport* (worth £4.99) to give away! This passport-sized book has a page in each of 73 languages to ensure you get a perfect vegan meal in restaurants all over the world. See page 68 for details of how to enter.



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ESSENTIAL FACTS AND figures

All the information and guidance you need to support your vegetarian lifestyle.

Guideline Daily Amounts

An increasing number of food labels now carry Guideline Daily Amounts (GDAs). These little figures provide a quick and easy indication of the nutrients contained in food, displayed as a percentage of your recommended daily allowance. Although GDAs vary depending on your age and how active your lifestyle is, the figures provide a handy tool for maintaining a healthy diet for you and your family. The tables below give the recommended amounts for each of the five food groups typically displayed on labels, as well as protein and carbohydrate figures to help you achieve a balanced meat-free diet.

ADULT GDAs

	Men	Women
Energy (calories)	2,500	2,000
Carbohydrates (g)	300	230
Of which sugars (g)	120	90
Fat (g)	95	70
Of which saturated (g)	30	20
Protein (g)	55	45
Fibre (g)	24	24
Sodium (g)	2.4	2.4
Salt (g)	6	6



KIDS' & TEENS' GDAs

Boys	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,700	1,950	2,200	2,750
Carbohydrates (g)	215	245	275	345
Of which sugars (g)	85	100	100	140
Fat (g)	65	75	85	105
Of which saturated (g)	20	25	25	35
Protein (g)	20	28	42	55
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

Girls	4-6 yrs	7-10 yrs	11-14 yrs	15-18 yrs
Energy (calories)	1,550	1,750	1,850	2,100
Carbohydrates (g)	195	220	230	265
Of which sugars (g)	75	85	90	105
Fat (g)	60	70	70	80
Of which saturated (g)	20	20	25	25
Protein (g)	20	28	28	45
Fibre (g)	14	14	15	24
Sodium (g)	1.1	1.8	2.4	2.4
Salt (g)	3	5	6	6

FORAGING AND THE LAW

Before you head out for a foraging trip, it's important to be aware of the legal issues that might impact on your activities – although the good news is that the law is on your side!

- The Theft Act (1968) states that in the case of mushrooms or plants growing wild on any land, you may take away foliage, fruit or parts of the plant without committing an offence, provided you are not taking them for commercial purposes. However, if you intend to sell the mushrooms or in some other way profit from them, you are breaking the law by taking them without the owner's permission.
- Be mindful of laws on trespassing when foraging, too. Unless the area you are in is common land, open access land, or a public right of way, then you are trespassing by entering it without the owner's permission, and the land owner has the right to ask you to leave by the shortest reasonable route, if they find you there.
- The Wild Mushroom Pickers' Code of Conduct, published by Natural England, gives guidance on good practice when foraging; in particular, it recommends that you ask permission of the owners of the land you are foraging on, follow the Country Code, and minimise damage to vegetation and the natural area. For more information, see www.bms.ac.uk/Code.html.
- Check on local by-laws before you head out too, as these may contain further restrictions; for example, some by-laws ban the collection of forest produce, which would include mushrooms.

RECIPE TERMS

Don't be put off if a recipe uses terms you're not familiar with. A number of foods – including a large number of vegetables – have different names in the US and UK, so use this quick reference guide to identify ingredients.

UK

Aubergine
Bicarbonate of soda
Broad beans
Celeriac
Chickpeas
Chicory
Coriander
Cornflour
Courgette
Double cream
French/green beans
Groundnut oil
Haricot beans
Icing sugar
Pepper (capsicum)
Polenta
Rapeseed oil
Rocket
Soya
Spring onion
Swede
Treacle

US

Eggplant
Baking soda
Fava beans
Celery root
Garbanzo beans
Endive
Cilantro
Cornstarch
Zucchini
Whipping cream
String beans
Peanut oil
Navy beans
Confectioners' sugar
Bell pepper
Cornmeal
Canola oil
Arugula
Soy
Scallion
Rutabaga
Molasses

Conversions

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at www.theonlineconverter.co.uk.

WEIGHT

10g	¼oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1¾oz	900g	2lb
75g	2¾oz	1kg	2lb 4oz
100g	3oz		
125g	4½oz		
150g	5½oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9¾oz		
300g	10½oz		
325g	11½oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 2oz		
600g	1lb 5oz		



OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (½ pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1¼ pints
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers

VEGETARIAN & VEGAN ALTERNATIVES

The shelves of health food stores and large supermarkets offer vegetarians and vegans a huge range of healthy and nutritional alternatives to meat and dairy. Popular options include:

Agar: A vegetable-based gelatin that can be used in recipes for thickening or jelling.

Cheese* substitutes: A range of dairy-free cheese substitutes are available: soya cheese comes in a variety of flavours and textures similar to dairy cheese; tofu cheese has a mild salty taste, but absorbs flavours well. Brands to look out for include Sheese – which produces a wide range of 100 per cent dairy-free cheeses, including spreads and blue cheese alternatives – and Cheezly. Tofutti produces a mozzarella-style dairy-free cheese with good melting qualities.

Egg replacer: A powdered formula of starches and leavening agents which can be used in recipes that call for eggs. Popular brands include Ener-G and Orgran No Egg.

Mycoprotein: A meat-free protein, and the main ingredient in the popular brand Quorn. Produced from a member of the fungi family, it is naturally low in fat. (Note: this is not vegan, as it contains a very small amount of egg.)

Rice milk: A slightly sweet milk alternative. Thinner than soya milk, and with a slightly translucent consistency. Often used in dessert recipes.

Seitan: Made from wheat gluten, this vegan meat alternative can be used in Asian dishes instead of tofu. Both spongy and stringy in texture, canned seitan generally retains a lot of flavour from the brine it is stored in.

Soya milk: A dairy-free alternative to milk that has almost as much protein, less fat, no cholesterol and comparable levels of calcium. Look out for brands fortified with vitamin B12 to support a vegan diet.

Texturised Vegetable Protein (TVP)/soya meat/soya protein: A high-protein food made by processing defatted soya flour to extract soluble sugars. Often used as a meat replacement.

Tofu: Made from soya beans, and popular in East Asian cuisine. High in protein and rich in vitamins, minerals and polyunsaturated fat, with no cholesterol.

**Vegetarians beware! Some cheeses by law can never be vegetarian (e.g. Parmesan, Gorgonzola and taleggio) because they contain animal rennet; in which case you should seek a cheese alternative.*

Definitions

The Vegetarian Society defines a vegetarian as 'someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacea, or slaughter by-products'. Other terms used to describe variations of a meat- and fish-free diet include:

Lacto-ovo vegetarian: The most popular type of vegetarian. Eats both dairy products and eggs.

Lacto-vegetarian: Eats dairy products but not eggs.

Pescatarian: Abstains from eating meat but eats fish and seafood.

Vegan: Does not eat dairy products, eggs or any other animal products, nor use any products derived from animals.

Useful organisations

The Vegetarian Society

A registered charity committed to promoting the health, environmental and animal welfare benefits of a vegetarian diet.

Tel: 0161 925 2000

Email: info@vegsoc.org

www.vegsoc.org

The Vegan Society

An educational charity that provides information and guidance on various aspects of veganism.

Tel: 0121 523 1730

Email: info@vegansociety.com

www.vegansociety.com

Vegetarian for Life

A charity providing sympathetic assistance to older vegetarians and vegans and their families throughout the UK.

Tel: 01683 220888

Email: info@vegetarianforlife.org.uk

www.vegetarianforlife.org.uk

Vegetarian & Vegan Foundation

A registered charity set up to monitor and explain the increasing amount of scientific research linking diet to health.

Tel: 0117 970 5190

www.vegetarian.org.uk

People for the Ethical Treatment of Animals (PETA)

The largest animal rights organisation in the world.

Tel: 020 7357 9229

Email: info@peta.org.uk

www.peta.org.uk

Vegetarians International Voice for Animals (Viva!)

Vegetarian and vegan group with everything you could need to change to a plant-based diet.

Tel: 0117 944 1000

Email: info@viva.org.uk

www.viva.org.uk

govegan

While the tips we suggest are vegan-friendly at the time of going to print, please always check packaging for ingredients before buying, as companies may choose to change them at any time. We often suggest that recipes are vegan if all ingredients listed are generally found to be vegan, for example, red Thai curry paste or vegetable stock, but it always pays to check first.



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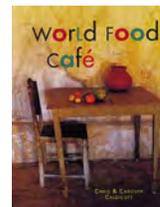
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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MACP21419



The essential cookbooks

A selection of favourite cookbooks as recommended by the Vegetarian Living food writers...

30-Minute Vegetarian Thai Cookbook by Sarah Beattie (Thorsons, £n/a*)

Good Housekeeping Step-by-Step Vegetarian Cookbook (Ebury Press, £19.99)

Vegan Brunch by Isa Chandra Moskowitz (Da Capo Press, £11.99)

A Year in My Kitchen by Skye Gyngell (Quadrille Publishing, £14.99)

Indian Vegetarian Cookery by Jack Santa Maria (Rider & Co, £7.99)

Vegan Feasts: Essential Vegetarian Collection by Rose Elliot (Thorsons, £n/a*)

Appetite for Reduction: 100 Fast and Filling Low-Fat Vegan Recipes by Isa Chandra Moskowitz (Da Capo Press, £12.99)

La Dolce Vegan! Vegan Livin' Made Easy by Sarah Kramer (Arsenal Pulp Press, £16.99)

Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry (Da Capo Press, £10.99)

Baby and Child Vegetarian Recipes by Carol Timperley & Stephen May (Ebury Press, £12.99)

Leith's Vegetarian Bible by Polly Tyrer (Bloomsbury, £30)

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz (Marlowe & Co, £17.99)

Cooking Without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat by Barbara Cousins (Thorsons, £12.99)

Leon: Ingredients and Recipes by Allegra McEvedy (Conran Octopus, £20)

Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes by Isa Chandra Moskowitz (Grub Street, £9.99)

The Cranks Recipe Book by David Canter (Orion, £n/a*)

The New Vegetarian Epicure: Menus for Family and Friends by Anna Thomas (Alfred A. Knopf, £n/a*)

The Vegetarian Society's New Vegetarian Cookbook by Heather Thomas (HarperCollins, £n/a*)

Delia's Vegetarian Collection by Delia Smith (BBC Books, £15)

Ottolenghi: The Cookbook by Yotam Ottolenghi and Sami Tamimi (Ebury Press, £25)

World Food Café by Chris Caldicott, Carolyn Caldicott and James Merrell (Frances Lincoln, £14.99)

Eat Smart Eat Raw: Detox Recipes for a High-Energy Diet by Kate Wood (Grub Street, £10.99)

Plenty by Yotam Ottolenghi (Ebury Press, £25)

World Food Café 2: Easy Vegetarian Recipes from Around the Globe by Carolyn Caldicott and Chris Caldicott (Frances Lincoln, £14.99)

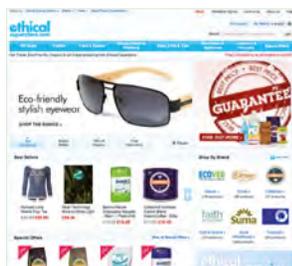
Eva Batt's Vegan Cooking by Eva Batt (Thorsons, £n/a*)

Rose Elliot's New Complete Vegetarian by Rose Elliot (HarperCollins, £25)

Food for Friends: Modern Vegetarian Cooking at Home by Jane Mostowfi, Ramin Mostowfi and Kalil Resende (Infinite Ideas, £16.99)

Terre à Terre: The Vegetarian Cookbook by Phil Taylor and Amanda Powley (Absolute Press, £20)

*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.

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QUICK-AND-EASY IDEAS FROM VEGUSTO

Spinach and mushroom calzone with Vegusto No Moo Melty

Serves 4 | Prep 40 mins + proving
Cook 20 mins

For the calzone dough:
1 kg '00' grade pasta flour
1 tsp salt
2 x 7g quick yeast sachets
1 tbsp caster sugar
4 tbsp olive oil
650ml lukewarm water

For the filling:
2 tbsp olive oil
200g mushrooms, sliced
1 large bag fresh spinach salt and pepper
Italian herb seasoning (optional)
100g Vegusto No Moo Melty, sliced

For the sauce:
400g can chopped tomatoes
sprig of fresh basil
salt and pepper

1 Preheat the oven to its highest temperature.

2 To make the dough, sieve the flour and salt into a large mixing bowl and add the yeast and sugar. Combine the liquid in a mixing jug. Make a well in the centre of the flour. Gradually start adding the liquid into the well, bringing down the flour around it using a fork, to make the dough.

3 Knead the dough on a floured surface until it is smooth and springy, then place in a bowl, cover and leave to rise until doubled in size.

4 To make the sauce, tip the tomatoes into a small saucepan. Tear the basil leaves into the tomatoes and season with salt

and pepper. Bring to the boil, then turn down to a simmer while you make the calzone filling.

5 For the filling, heat the olive oil in a large frying pan, then fry the mushrooms until they are soft and shiny. Gradually add in the spinach, wilting down a handful at a time. Season with salt and pepper. Add in a pinch of Italian herb seasoning.

6 After the dough has risen, knock it back to remove all the air and divide into 4 balls. Flour them, then roll out into 30cm rounds, around 3mm thick.

7 Spoon a quarter of the filling on to half of one of the circles of dough, adding a little tomato sauce. Arrange slices of No Moo Melty over the top of the filling.

8 Fold the dough over and pinch around the edges to form a stuffed 'pasty' shape. The calzones are large, so you may want to make and cook just one or two at a time (and cut them in half to serve).

9 Transfer the calzones on to a floured baking tray and bake for 10 minutes until they are firm and lightly golden. They cook quickly in a hot oven, so keep an eye on them.

10 To serve, drizzle with the remaining tomato sauce, sea salt, some basil and a little olive oil.



ABOUT...

Vegusto UK sell an exquisite range of award-winning meat- and dairy-free produce suitable for vegetarians and vegans, including cheeses, sausages, burgers, sandwich slices, pepper steaks, smoked luncheon rolls, roasts and pâtés. They are 100% natural and healthy, with no artificial colours, flavourings or preservatives, non-GM and trans-fat free. Vegusto products, approved by the Vegan Society, are available at selected health food stores and can also be bought online at www.vegusto.co.uk.

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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.

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Why does food that's eaten outside taste all the better? Food that's prepared at home, even in haste, packed up and loaded into a bag to be whisked away by car, on foot or (if you've got good balance) on a bike, to somewhere green, leafy or watery always tastes great.

There is something so undeniably wonderful about a slightly warm, home-made sandwich, especially one which includes tomato slices that have got a bit squashed. That taste and texture takes me immediately back to family beach trips or walks in the woods where we, like my own children do now, probably spent most of the time complaining about sore legs and unbearable hunger – generally five minutes into the trip. When a food stop rolled around, or my poor mother couldn't bear hearing us griping any longer, she would give in and get the packed lunch out. It was always memorably good, even though it was certainly nothing we hadn't eaten before – sandwiches, fruit and possibly, joy upon joy, a bag of crisps.

From an adult perspective, perhaps it's the anticipation of preparing food and then having to wait that makes it so distinctively good. However, if that were so, then all over the country the packed lunch brigade would be stunned to silence in rapturous delight every lunchtime. That's certainly

not my experience of packed lunch at work! No, it's got to be location, location, location that elevates the humble sandwich or the pot of sweaty hummus and wilting carrot sticks into something special.

I love reading magazine features about perfect picnic food and wish I was organised enough to create those portable feasts. More often than not a picnic is a hastily cobbled together bag of sandwiches and anything from the cupboards that will stand the test of being swung for a couple of miles in a bag-for-life. (At this point, I would've liked to have said 'a stylish, wicker picnic hamper with coordinating plates', but that just wouldn't be true.)

Last weekend Adam and I found ourselves child-free, the weather was beautiful – the sun creeping through the curtains – a morning that was too good to waste. I made tea in travel mugs, wrapped two thick slices of cake and we drove to a nearby, very pretty, reservoir. We jumped the fence and sat under a tree watching the morning's activities unfold for the swans, geese and ducks. Swallows – or were they swifts? – arced across the water. It was peaceful – not silent, though, as waterfowl are a pretty noisy bunch – and a slice of yesterday's cake and mug of tea never tasted so good.

Veggie Scotch eggs

Perfect picnic fodder and baked rather than deep-fried. I use vegetarian haggis so they really are Scotch eggs!

**Makes 2 | Prep 30 mins
Cook 20 mins**

**4 free-range eggs
100g breadcrumbs
2 tbsp coarse polenta
1 tsp mustard powder
1 tsp smoked paprika
salt and pepper
2 tbsp plain flour
200g vegetarian haggis, cooked as per packet instructions**

- 1 Preheat the oven to 220C/fan 200C/gas 7 and line a baking tray with foil.
 - 2 Soft-boil 2 of the eggs for about 5 minutes. Remove the shells carefully. Leave the peeled eggs in cold water.
 - 3 Mix the breadcrumbs, polenta, mustard, paprika and seasoning together. Tip out on to a plate. Put the flour on to a separate plate and 1 beaten egg into a shallow bowl.
 - 4 Mix the haggis with the remaining beaten egg. Using your hands, carefully cover the cooked egg with a layer of half the haggis (like making a snowball).
 - 5 Roll the haggis-covered egg in the beaten egg then roll in flour, back in the beaten egg and then in the breadcrumb mix. Repeat with the other cooked egg.
 - 6 Place on a baking tray and bake for around 15 minutes until the egg is golden brown, turning as necessary. Leave to cool and serve cut into quarters. Store in the fridge.
- PER SERVING 710 cals, fat 30g, sat fat 5g, carbs 86.5g, sugars 2g, protein 32g, salt 3g, fibre 4g

THIS MONTH I'M LOVING... OUR SONGBIRDS BY MATT SEWELL

The follow-up to last year's *Our Garden Birds* by ornithologist and artist Matt Sewell features a songbird for every week of the year. It's beautifully illustrated by the author and with brilliant observations on the daily soundtrack of our lives – the birds.

The turtle dove 'a glamorous granny resplendent in lace, doilies and pastel knickerbockers' could 'lull even the most active of minds to sleep' while the Canada geese up high in V-formation honk their heads off 'like a group of lads between pubs'. A joy for all ages; pack it along with the sandwiches.





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