

INSIDE: GINO D'ACAMPO + GENNARO CONTALDO + THE HAIRY BIKERS

# COOK VEGETARIAN

MEAT-FREE FOOD MADE EASY

## Easy Alfresco

- \* Oozing Baked Brie
- \* Sesame Veggie Burgers
- \* Porcini Tagliatelle
- \* Posh Rhubarb Fool

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These **huevos rancheros** tartlets are so easy!

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**Welcome to Cook Vegetarian.** Or should that be *benvenuto*? For this month is our Italian special featuring delicious, relaxed cooking from Theo Randall and The Greedy Italians – each one is sure to become a firm favourite. Plus, we look into all foods free from gluten and dairy in our health special, (but cook extra because everyone will want to try them). And we discover the things top chefs love (and loathe) on page 84.

You'll never guess what they said...

Keep cooking!

*Fae x*

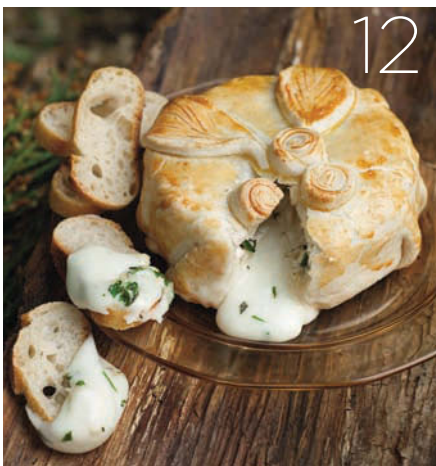
# This Month...

“Make the most of gorgeous fresh herbs with this Mediterranean couscous; it’s perfect for picnics and BBQs”



TURN TO P8 FOR THE RECIPE

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## SYMBOLS IN COOK VEGETARIAN:



FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



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Calorie and fat analysis provided by Nutracek.co.uk, the UK's largest online calorie counter, (over 100,000 foods). Download the App - search for 'Nutracheck' in the App Store or Play Store.

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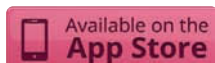
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Find Amy's Kitchen delicious Frozen Ready Meals in the Free From Section in Tesco, Asda, Sainsbury's, Waitrose, Ocado, The Co-operative, Holland & Barrett, Whole Foods and independent health food shops nationwide. Our Organic Soups can be found in Tesco, Asda, Sainsbury's, Waitrose, Ocado, Morrisons, Whole Foods and independent health food shops nationwide.



# In the news...

Discover what's piping hot in the world of meat-free cooking



## Mediterranean Couscous



Serves 2

Ready in 30 mins

- 1 Kallo Organic Vegetable Stock Cube
- 250g couscous • 200g baby leeks, sliced in half lengthways • 200g baby courgettes, sliced in half lengthways
- olive oil • juice of 1 lemon • salt and pepper • 100g pomegranate seeds
- small bunch of parsley, chopped
- handful of flaked almonds, toasted

### For the dressing

- 4 tbsp of Greek yoghurt • 1 tsp of harrisa paste • juice of half a lemon

**1** Dissolve the stock cube in 500ml of boiling water and use to make the couscous.

**2** Heat a griddle pan, brush the leeks and courgettes with a little olive oil and griddle in batches until lightly charred and tender – should be around two minutes on each side. Place on a tray to keep warm.

**3** Put the lemon juice and a good splash of olive oil into the couscous and mix using a fork.

**4** Gently mix in the charred vegetables and season with salt and pepper. Scatter over the pomegranate seeds, parsley and toasted, flaked almonds and serve in a large bowl.

**5** Mix together the dressing ingredients and serve with the couscous.

PER SERVING: 811 CALS 29.26 FAT



THESE DELICATE PIECES OF CROCKERY WILL BRIGHTEN UP YOUR KITCHEN JUST IN TIME FOR THE SUNNY WEATHER

CROFT JUG £22; PERIGOT TUMBLER £4.50 EACH; DINNER PLATES £10 EACH; CERAMIC IVORY CUTLERY FROM £3.50 EACH; ELGIN NAPKIN £20 SET OF 4. AVAILABLE FROM JOHN LEWIS



## Keep the spring in your onions

Did you know some vegetables last for longer in water? Try standing spring onions and celery in a glass of water in the fridge.



## IN DEMAND

THIS MONTH YOU'VE BEEN SEARCHING FOR THESE ASPARAGUS CIGARS ON OUR WEBSITE, WHICH MAKE GREAT SUMMER PARTY NIBBLES. YOU CAN SERVE THEM WITH OTHER CANAPÉS AND GLASSES OF FIZZY ELDERFLOWER JUICE. FOR MORE RECIPE IDEAS [WWW.COOKVEG.CO.UK](http://WWW.COOKVEG.CO.UK)



## What's Cooking?

### BOILING

#### Warm it up

Just like cheese, Champagne should be served at room temperature. A study by the University of Reims Champagne-Ardenne, in France, has found that fizz keeps its bubbles for longer if served slightly warmer.



#### A touch of detail

Add a pretty finish to your bakes with icing sugar and a stencil. We love the six intricate designs from SK Art-ice Stencils (£2.60, [www.squires-shop.com](http://www.squires-shop.com))

## WE CAN'T BELIEVE IT'S VEGGIE....

FINALLY! THESE CLASSIC CONFECTIONERY HAVE BEEN GIVEN OUR STAMP OF APPROVAL



Marshmallows are everyone's favourite campfire treat. These Sweet Vegan Artisan Marshmallows (£5.50 [www.sweetvegan.co.uk](http://www.sweetvegan.co.uk)) are gelatine-free and delicious!

Not only are these Uncle Roy's Raspberry Crystals (£2.88 [www.uncleroys.co.uk](http://www.uncleroys.co.uk)) vegetarian (most red coloured sweets contain cochineal), they will ignite nostalgia the moment the tart-yet-sweet sherbet touches your lips.



## HOW TO USE UP... STALE BREAD



- ✦ Semmelknödel are a great way to use up bread that's seen better days. Soak bread cubes in milk, add cooked onions, parsley, eggs, salt and pepper. Shape into tangerine-sized balls and drop into boiling water for 20 mins.
- ✦ Bread and butter puds aren't the same if you're loaf is too fresh. Mix a pinch of cinnamon into sugar. Butter 5 slices and layer in a dish adding sultanas and sugar and a pinch of cinnamon. Whisk milk and eggs together and pour over the bread. Bake for 40 mins.



#### Seven-a-day!

The latest recommendation is to add two more portions to your five-a-day of fruit and veg. Health experts called on the Government to subsidise the cost of fruit and vegetables, which they suggested could be paid for by taxing sugary foods.

### TEPID



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# Over to you

We'd love to hear your news and views, favourite recipes and comments on anything you've read in *Cook Veg*, and you could win a fantastic prize

STAR  
LETTER



Dear Cook Veg

I grew up in an omnivore family who aren't pro-vegetarian, so when I told my parents I was going veggie, meal times became a nightmare, with the constant prodding and teasing that I wasn't getting a well-balanced dinner. However, their attitude was actually a blessing in disguise as not only did I eat what I want, I also learnt to cook, and discovered how much I enjoy being in the kitchen. Recently I've been getting into baking so I was so thrilled to find *Cook Veg* had so many delicious cake recipes to try out last month (May issue).

Kadir Karababa, via email

Thank you for your email Kadir. We are so pleased you enjoyed the last issue. Our favourite bake was the Ginger Crunch (pictured below).



## WIN!

WRITE IN TO US AT COOK VEG AND YOU CAN WIN A RIVERFORD VOUCHER WORTH, £60.

Whether you want to stock up on the kitchen essentials of organic veg, fruit and dairy, or splash out on antipasti, jams, chutneys, chocolate or wine, Riverford Farm has a plethora of delicious organic buys and if we pick your letter as our favourite, you won't have to spend a penny! For more information visit [www.riverford.co.uk](http://www.riverford.co.uk)

Dear Cook Veg

As an avid reader of *Cook Veg*, I thought I'd write in to tell you my favourite dish of the moment – it's sesame halloumi parcels with sweet potato mash. It's so simple, all I do is toss halloumi in olive oil, chilli, parsley and lemon zest. Then I sprinkle over sesame seeds and wrap in filo pastry, put in the oven and bake for 20 minutes.

Serve it with sweet potato mash. You can add a little tahini to the mash if you like. It's a great dish if you've got friends coming over.

Steph Good, via email

Thanks Stephanie, that sounds delicious. We love sharing recipes! Don't forget to upload yours to our website, at [www.cookveg.co.uk](http://www.cookveg.co.uk)



## What you're cooking this month...



@MATTYBAKES  
is enjoying his  
no butter, no  
chicken curry



@VEGGIEG3EK  
is making these  
delicious cakes



@BIGBOSS  
is mixing up a salad  
with pitta bread

## THE BEST ONLINE COMMENT THIS MONTH...

**Lorraine Hack:** Anyone missing Sainsbury's Basic Italian Hard Cheese for pasta? Tesco is now doing an Italian Hard Cheese suitable for vegetarians!

Via [www.facebook.co.uk/cookvegetarian](http://www.facebook.co.uk/cookvegetarian)



WIN  
£3,000

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us your favourite  
gluten-free recipe!

At Nature's Path there are three things we know only too well:

- The importance of using the very best ingredients
- 'Free-from' must never mean 'taste-free'
- It's always good to embrace a little daring-do with flavours, ingredients and textures.

It's for this very reason that we've joined forces with Waitrose to ask you to share with us your favourite gluten-free recipe (sweet or savoury) that must include at least one of the following Nature's Path cereals:

- Mesa Sunrise
- Maple Sunrise
- Crispy Rice
- O's
- Munch
- Berry or Pumpkin Nice & Nobbly Granola
- Hot & Steamy Porridge Oats (any flavour)

Please submit your entry to 'Here's My Recipe' at [www.naturespath.co.uk](http://www.naturespath.co.uk) by September 1st 2014.

The winning recipe will win £3000's worth of John Lewis vouchers.



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The full terms and conditions of this competition can be found on our website.

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BAKED  
BRIE

# Fruits of *the forest*

Erin Gleeson's scrumptious recipes were all created in her little cabin in the woods. Rustic, fresh, natural and delicious, they're ideal for having your own picnic in the forest...



“Spiral cutting vegetables such as carrot and courgette can add colour, flavour and texture to an otherwise plain pasta meal. If you’re cutting out wheat, or cooking for someone who is, it’s a meal everyone can enjoy – simply omit the wheat pasta for those who don’t want it”



CARROT AND  
COURGETTE  
RIBBON PASTA



## CARROT AND COURGETTE RIBBON PASTA



**Serves 2**

**Ready in 25 mins**

225g dry fettuccine  
1 tbsp olive oil  
5 garlic cloves, crushed  
2 carrots, cut into ribbons using a potato peeler  
2 courgettes, cut into ribbons using a potato peeler  
salt and pepper  
1 tbsp fresh thyme leaves, chopped  
1 tbsp room temperature butter

- 1 Cook the fettuccine in boiling salted water according to packet instructions. Drain and set to one side.
  - 2 Heat the olive oil in a large frying pan and over a medium heat, sauté the garlic, carrot ribbons and courgette ribbons for around five minutes. Season to taste.
  - 3 Add the cooked fettuccine to the pan along with the thyme and butter. Stir to combine and serve.
- PER SERVING (PLUS BAGUETTE): 420 CALS, 21.6G FAT



## BAKED BRIE



**Serves 4, as a snack**

**Ready in 30 mins**

1 tbsp finely chopped fresh rosemary  
6 garlic cloves, crushed  
1 tbsp chopped fresh parsley  
25cm sheet shortcrust pastry  
225g Brie round  
baguette, sliced, to serve

- 1 Mix together the rosemary, garlic and parsley. Spread the garlic mixture in the middle of the shortcrust pastry sheet, leaving room around edges. Place the Brie



- on top of the garlic mixture and fold over the edges of dough, pinching to enclose it, then flip it over onto a greased baking sheet.
- 2 Bake at 190C/375F/Gas 5 for 20 minutes or until golden.
  - 3 Serve while warm, with slices of fresh baguette.
- PER SERVING (PLUS BAGUETTE): 420 CALS, 21.6G FAT





ORANGE AND  
CABBAGE SALAD



## ORANGE AND CABBAGE SALAD



**Serves 2, as a side**

**Ready in 15 mins**

4 carrots, sliced into thin ovals  
2 oranges (blood or regular),  
peeled and chopped  
5 radishes, sliced into thin circles  
the outer leaves of a red cabbage  
(reserve the inner leaves and chop  
them to add to the salad)  
oil and vinegar, to dress

**1** Toss all the salad ingredients in  
oil and vinegar and serve in the  
outer leaves of a red cabbage.

PER SERVING: 254 CALS, 9G FAT

## STRAWBERRY AND ROCKET WRAP



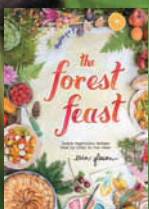
**Serves 1**

**Ready in 10 mins**

2 tbsp soft vegetarian  
goat's cheese  
1 x 25cm (10in) soft flour tortilla  
5 strawberries, sliced  
10g rocket  
olive oil, for drizzling  
balsamic vinegar, for drizzling  
salt and pepper

**1** Spread the goat's cheese onto  
the tortilla. Lay out the sliced  
strawberries and scatter the  
rocket on top. Drizzle with oil and  
balsamic vinegar then season, roll  
and serve.

PER SERVING: 734 CALS, 16.5G FAT



## BOOK SHELF

Recipes taken from *The Forest Feast:  
Simple Vegetarian Recipes from My Cabin  
in the Woods* by Erin Gleeson (£21.99,  
Abrams Books).

“Serving side dishes  
in vegetable shells is  
such a cute idea, and  
perfect for entertaining.

You don't just have  
to use cabbage bowls,  
little gem leaves  
make wonderful  
canape holders...”





.....  
“Don’t just use wraps for Mexican dishes – they’re  
ideal for picnics. Make yours super seasonal;  
strawberries, goat’s cheese and rocket are a  
match made in heaven...”  
.....

STRAWBERRY  
AND ROCKET  
WRAP



# The AeroPress®

The coffee maker from California that is taking the UK by storm. Its ingenious design makes the AeroPress® very quick & easy to use and produces unbelievably smooth coffee. It's dishwasher safe too.



## Raw Snacks

Our organic, raw snack selection tastes good and definitely does you good! Perfect for lunch boxes, between-meal-treats or as a nibble with your gin & tonic!



## Soda Plus

The new, stainless steel Soda Plus will add fizz to any liquid quickly and easily! It's cost effective and works with all drinks - alcohol included! It's also effective with thicker liquids and fruit juices that might contain seeds, like raspberry or strawberry juice or orange juice with fleshy 'bits'.



## Fairtrade Jams & Pickles

These delicious chutneys & jams are made in Swaziland by a community based project which supports more than 2000 street children & young people and operates youth projects.



## Vegetarian Gels

There are many alternatives to gelatine and we stock them all! They contain no animal by-products and enable you to make many different types of gel.



## Natural Flavours

Our huge range of naturally derived culinary essential oils & flavour drops are the perfect way of adding fabulous, sugar-free flavour to drinks, food and cocktails.



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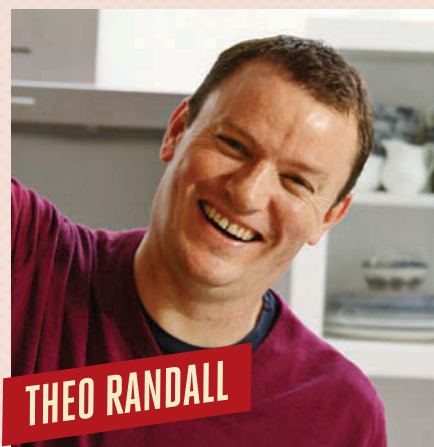
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# Italian Special

Universally popular, **Italian cuisine** is as perfect for high end dining as it is for a mid-week fix







# Let's eat... *pronto!*

Enliven your mid-week meals with the Italian dishes from **Gino D'Acampo's** childhood



*“Bruschette are eaten all over Italy, and we all know and love the traditional tomato-based recipe. This version just adds a little twist to the classic dish and is perfect for entertaining”*

Fagioli al rosmarino  
con pane tostato all'aglio

## ITALIAN BEANS WITH ROSEMARY ON GARLIC TOASTS



Serves 4

Ready in 15 mins

8 slices of ciabatta bread  
2 tbsp olive oil  
1 garlic clove, peeled  
salt and black pepper to taste  
extra virgin olive oil, to serve

### For the beans

2 tbsp extra virgin olive oil  
1 red onion, peeled and sliced  
150g cherry tomatoes, quartered  
2 tbsp flat leaf parsley, coarsely  
2 x 400g tins cannellini beans,  
drained and rinsed

**1** Heat a griddle pan over a high heat. Cover one side of each slice of bread with olive oil, then season with salt. Place the slices on the griddle for a few minutes until charred lines appear and the bread is crispy. Turn over and repeat on the other side.

**2** While the bread is toasting, prepare the beans. Heat a frying pan over a medium heat, then add the oil and onion and season with salt. Cook for five minutes until softened. Add the tomatoes, cook for about a minute, then stir in the parsley.

**3** Add the beans and cook for two minutes until warmed through, adding a little water if the mixture seems dry. You do not want the beans to get mushy, so once cooked, remove from the heat and



FAGIOLI AL ROSMARINO CON  
PANE TOSTATO ALL'AGLIO

season well with black pepper.

**4** When the ciabatta is done, rub one side with the garlic. Serve the beans on top of the toast and finish with a drizzle of olive oil.

PER SERVING: 572 CALS, 26.4G FAT

Bruschette con pesto  
di pomodori secchi

## BRUSCHETTE WITH SUN-DRIED TOMATO PESTO



Serves 4

Ready in 10 mins

1 ciabatta loaf, cut into thick slices  
2 tbsp olive oil  
1 garlic clove, peeled and halved  
5-6 tomatoes, deseeded and diced  
fresh basil leaves  
vegetarian Parmesan-style cheese  
shavings to garnish

### For the pesto

150g sun-dried tomatoes in  
oil, drained  
1 garlic clove  
fresh basil  
2 tbsp pine nuts  
3 tbsp olive oil



BRUSCHETTE CON PESTO DI  
POMODORI SECCHI

2 tbsp freshly grated  
vegetarian Parmesan-style cheese  
salt and black pepper to taste

**1** First make the pesto. Place the sun-dried tomatoes, garlic, basil and pine nuts in a small food processor and blitz until you have a rough paste. Add the olive oil and vegetarian Parmesan-style cheese and blitz again until smooth. Season and set to one side.

**2** To make the bruschette, heat a griddle pan over a high heat. Brush the ciabatta slices with a little olive oil, then pop them on the griddle for 1-2 minutes until charred on both sides. Remove from the pan and rub one side of each slice with the cut side of the garlic.

**3** Spread a little of the pesto on each bruschetta, then scatter with a few of the diced tomatoes. Serve topped with a few basil leaves and vegetarian Parmesan-style cheese shavings.

PER SERVING: 555 CALS, 36.8G FAT



ORECCHIETTE CON CIME  
DI RAPE

*"I grew up eating orecchiette, the typical pasta shape of Puglia. The name translates as 'little ears', which is exactly what the shape resembles. The hollow in the little ears perfectly entraps whatever sauce they are served with"*

Orecchiette con  
cime di rapa

ORECCHIETTE  
WITH BROCCOLI,  
GARLIC & CHILLI



Serves 4  
Ready in 10 mins

6 tbsp olive oil  
1 garlic clove, peeled and chopped  
1 small red chilli, deseeded and finely chopped  
6 small cherry tomatoes, quartered  
2 tbsp fresh parsley, finely chopped  
500g orecchiette  
200g broccoli florets  
salt and black pepper to taste  
40g freshly grated vegetarian Pecorino-style cheese to garnish

- 1 Heat the olive oil in a pan over a medium heat. Add the garlic, chilli and tomatoes and fry for 2-3 minutes until the tomatoes are softened. Stir in the parsley.
- 2 Meanwhile, cook the pasta in a large pan of boiling salted water until one minute away from being al dente. At that point, add the broccoli florets and cook for one minute.
- 3 Drain the mixture and add it to the

sauce. Mix well and season to taste.  
4 Pile the pasta into serving bowls or deep plates, and grate some vegetarian Pecorino-style cheese over it, if desired.  
PER SERVING: 694 CALS, 26.4G FAT



BOOK  
SHELF

Recipes from *Gino's Italian Escape\** by Gino D'Acampo (£20, Hodder & Stoughton).  
Photography by Matt Russell.

\*INCLUDES NON-VEGETARIAN CONTENT



# Could you taste the difference?

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



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# BUON appetito!

Entertaining is easy with these dinners from the **Two Greedy Italians**, the Godfathers of Italian cuisine

## Spaghetti crudaiola

### SPAGHETTI WITH RAW TOMATOES AND PEPPERS



**Serves 4**  
**Ready in 10 mins (plus  
marinating overnight)**

400g spaghetti  
salt  
240g cherry tomatoes, halved  
and deseeded  
3 small sweet green peppers,  
finely sliced  
1 tsp capers

1 small celery, finely chopped  
10 basil leaves, torn, plus extra  
a pinch of dried oregano  
1 large garlic clove, finely chopped  
125ml extra virgin olive oil

**1** Combine all the sauce ingredients, cover with a lid or foil and leave to marinate in the fridge for at least a couple of hours. You can leave the sauce overnight to develop a more intense flavour.

**2** When you are ready to use, remove the sauce from the fridge and check the seasoning.

**3** Bring a large saucepan of lightly salted water to the boil, add the spaghetti and cook until al dente. Drain the spaghetti, toss with the sauce and serve immediately, garnished with basil leaves.

PER SERVING: 648CAL, 33.66 FAT





*“What could be simpler to cook after a hectic day’s work than a frittata? It’s quite a popular main course to have in Italy, especially in the evening. It is quick, easy, economical and nutritious”*

### Frittata al basilico

## BASIL OMELETTE



**Serves 2**

**Ready in 8 mins**

**6 free-range eggs**  
**75g vegetarian Parmesan-style**

**cheese, freshly grated**  
**a bunch of basil leaves, roughly**  
**torn, reserving a few whole leaves**  
**to garnish**  
**2 tbsp extra virgin olive oil**

- 1** Beat the eggs in a bowl together with the vegetarian Parmesan-style cheese and the torn basil leaves. Season with a little salt and pepper.
  - 2** Heat the oil in a frying pan over a medium heat, pour the egg mixture into the pan and cook until the bottom is golden, about five minutes. Turn the omelette over and cook until the other side turns golden-brown, about three minutes. Remove from the heat, cut in half and serve hot or cold, garnished with a few basil leaves and with a simple green salad.
- PER SERVING: 578 CALS, 50.16 FAT**







*“This dish is found in the area around Naples. Pizza or pitta means something flat, and menesta is the Neapolitan for minestra, a soupy braise of vegetables”*

### Pizza e menesta

## BRAISED GREENS WITH POLENTA CAKE



**Serves 4**  
**Ready in 30 mins**

190g quick-cook polenta  
2 tbsp olive oil

salt and fresh ground  
black pepper

#### For the menesta

6 garlic cloves, chopped  
1 freshly red chilli, chopped  
4 tbsp olive oil  
500g wild chicory, or other  
greens such as broccoli,  
sea kale or spinach  
50ml water

**1** To make the menesta, put the  
garlic, chilli and half the olive oil

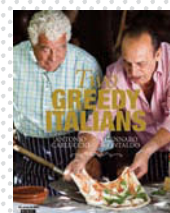
into a medium pan and heat  
gently. When the garlic starts to  
colour, add the greens and water.  
Put the lid on and cook until soft,  
about 10-15 minutes.

**2** Meanwhile, for the pizza, put  
the polenta in a bowl with half  
the olive oil and season. Pour in  
the boiling water and stir to  
make a crumbly but pliable  
dough. Leave to cool a little, then  
divide into four pieces. Shape  
each into flat hamburger-like  
shapes, about 2.5cm thick and  
5cm in diameter.

**3** Pour the remaining olive oil  
into a large frying pan and heat  
gently. Add the cakes and cook  
for about 5-6 minutes on each  
side, until a thick crust has  
formed and the edges are  
slightly burned.

**4** Arrange the polenta and the  
greens on plates, spooning a  
couple of tablespoons of the  
cooking juices from the greens  
over each plate.

PER SERVING 374 CALS, 22.1G FAT



## BOOK SHELF

Recipes taken from *Two  
Greedy Italians\** by Antonio  
Carluccio and Gennaro  
Contaldo (£14.99, Quadrille).  
Photography by Chris Terry

\*INCLUDES NON-VEGETARIAN CONTENT





# 3 ways with Pasta

Italian food expert Theo Randall shows us  
three very different recipes using this  
storecupboard staple

TAGLIATELLE WITH CRÈME FRAÎCHE,  
PARMESAN & ASPARAGUS



## TAGLIATELLE WITH CRÈME FRAÎCHE, PARMESAN- STYLE CHEESE & ASPARAGUS



**Serves 4**

**Ready in 30 mins**

400ml crème fraîche  
1 garlic clove, crushed to a paste  
with a little salt  
3 organic free-range egg yolks  
150g vegetarian Parmesan-style  
cheese, freshly grated, plus extra  
to serve  
250g fresh tagliatelle  
300g medium-thick asparagus  
spears, trimmed and finely sliced  
at an angle  
sea salt and freshly ground  
black pepper

**1** Put the crème fraîche, garlic, egg yolks and Parmesan-style cheese in a large bowl and set it over a pan of simmering water, making sure the water does not touch the base of the bowl. Whisk vigorously with a balloon whisk until the mixture is the consistency of runny honey; it should be thick enough to coat the back of a spoon. Check the seasoning, then put to one side.



“I recommend keeping a little jar of dried porcini mushrooms sitting in the back of your cupboard. They are a very versatile seasoning and are especially delicious with a basic tomato sauce and a dash of cream. When you add the cream to this dish, it’s best to let it cook without stirring it in, otherwise the sauce becomes emulsified and too creamy. If you don’t stir it, not only does it taste better but you also get a lovely, rippled effect of cooked cream and bright red tomato sauce”

**2** Put the tagliatelle and asparagus in a large pan of boiling salted water and cook for three minutes or until the pasta is al dente. Drain and toss with the crème fraîche and Parmesan-style sauce. Serve with plenty of black pepper and more Parmesan-style cheese on top.

PER SERVING: 614 CALS, 49.8G FAT

## TAGLIATELLE WITH PORCINI, TOMATOES AND CREAM



**Serves 4**

**Ready in 45 mins**

2 tbsp olive oil  
2 garlic cloves, finely sliced  
50g dried porcini mushrooms,  
soaked in 100ml hot water for  
10 minutes  
400g tin of chopped tomatoes  
5 tbsp double cream  
2 tbsp chopped flat-leaf parsley  
250g fresh tagliatelle (or dried  
egg tagliatelle)  
sea salt and freshly ground  
black pepper  
freshly grated vegetarian  
Parmesan-style cheese, to serve



TAGLIATELLE WITH PORCINI,  
TOMATOES AND CREAM





## BOOK SHELF

Recipes taken from *Pasta* by Theo Randall (hardback £20, Ebury Press). Photography by Vanessa Courtier.

\*INCLUDES NON-VEGETARIAN CONTENT

SPAGHETTI WITH  
COURGETTE, TOMATOES,  
MOZZARELLA AND SAGE

**3** Cook the tagliatelle in a large pan of boiling salted water for about three minutes, until al dente (or cook according to the packet instructions for dried tagliatelle). Drain and add to the sauce. Toss well, cook over a low heat for one minute, then serve with grated Parmesan-style cheese and black pepper.

PER SERVING: 801 CALS, 20.86 FAT

## SPAGHETTI WITH COURGETTE, TOMATOES, MOZZARELLA AND SAGE



**Serves 4**  
**Ready in 40 mins**

3 tbsp olive oil  
1 onion, finely sliced  
1 garlic clove, finely sliced  
4 sage leaves, finely chopped  
a pinch of dried chilli flakes  
2 medium-sized courgettes, finely sliced  
200g plum tomatoes, skinned, deseeded and diced  
400g spaghetti  
150g vegetarian mozzarella, cut into 1cm cubes  
sea salt and ground black pepper  
good olive oil, to serve  
grated vegetarian Parmesan-style cheese to serve (optional)

**1** Heat the olive oil in a frying pan, add the onion and garlic and cook gently for 10 minutes or until really soft. Add the sage, dried chilli and courgette and cook for 2–3 minutes longer.

**2** Add the tomatoes, turn up the heat and cook rapidly for 5–7 minutes, until they have reduced to a thickish consistency. Season to taste.

**3** Cook the spaghetti in a large pan of boiling salted water until al dente, then drain. Add to the courgette mixture, toss well together, then add the mozzarella bit by bit, tossing the pasta as you do so. Check the seasoning and serve with a dash of good olive oil and, if you wish, some grated Parmesan-style cheese.

PER SERVING: 656 CALS, 28.66 FAT

“Sage is probably the odd ingredient in this recipe. It has an almost medicinal quality when cooked, which adds a huge depth of flavour to the courgette and tomato without overpowering them”

**1** Heat the olive oil in a large, heavy-based saucepan or frying pan, add the garlic and cook gently for one minute, until softened. Drain the soaked mushrooms, reserving the liquid. Add the mushrooms to the pan and then gradually add half the soaking water. Cook for 10 minutes or until the mushrooms are soft; the liquid should have reduced to a syrupy

consistency. Add the tomatoes and cook slowly for 20 minutes, until the sauce is reduced and thickened. Add the double cream but don't stir. Let the cream cook into the sauce for 3–5 minutes, then add the chopped parsley and season to taste.

**2** At this point you'll have to stir the sauce a little but try not to do it too much.



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# Celebrating vegetables

*Great British Menu* star, and head chef of Odette's restaurant in Primrose Hill, **Bryn Williams** champions British seasonal veg. Here's what he'll be cooking this month...



“This salad idea was inspired by a holiday in Italy, before which I had never really thought about serving courgettes raw. Not only were they visually stunning, but also delicious with a fresh, crisp bite. Here they are simply dressed and served with crunchy toasted pine nuts and tangy Parmesan-style cheese”





**COOK'S TIP**

You can also create ribbons from root vegetables using a potato peeler. Just take care to avoid the seeded centre which tastes bitter

## MARINATED COURGETTE, PINE NUT & HARD CHEESE SALAD



**Serves 4**

**Ready in 30 mins**

**For the dressing**

50ml good balsamic vinegar  
150ml good olive oil  
squeeze of lemon juice  
salt and freshly ground black pepper

**For the salad**

3 yellow courgettes, trimmed  
3 green courgettes, trimmed  
80g pine nuts, toasted  
3 bunches of wild rocket leaves  
100g vegetarian Parmesan-style  
cheese shavings  
sea salt

**1** To make the dressing, pour the balsamic vinegar into a large bowl and season with salt and pepper. Whisk in the olive oil and finish with a squeeze of lemon juice.

**2** Slice all the courgettes lengthways using a mandolin – you want them about 3mm thick. Place the strips in a colander, season with a little salt and leave to stand for 7–8 minutes to extract all the excess water. When the courgettes are ready, set them aside on kitchen paper and pat dry thoroughly.

**3** Arrange the courgettes on four large plates, evenly distributing the yellow and green ones, and, for best effect, try to create some height. Sprinkle with the toasted pine nuts and drizzle with some of the balsamic dressing. Add a layer of rocket leaves and drizzle them with the rest of the balsamic dressing. Finish the dish with a scattering of Parmesan-style cheese shavings.

**PER SERVING: 614 CALS, 57.76 FAT**





## RHUBARB FOOL



**Serves 4**  
**Ready in 30 mins**

500g trimmed rhubarb, chopped  
120g sugar  
1 cardamom pod  
1 star anise  
1 tsp stem ginger, finely chopped  
300ml double cream  
100ml natural yoghurt

**1** Put the rhubarb in a large saucepan with 100g of the sugar. Add the cardamom pod and star anise. Bring to a simmer, then place a lid on the pan for 2–3 minutes, just to release the water from the rhubarb. Remove the lid, add the stem ginger, and simmer until the rhubarb is soft. Remove from the heat and set aside to cool.

**2** Whip the cream in a large bowl with the remaining sugar until it forms soft peaks. Fold in the yoghurt. Set aside until the rhubarb has cooled.

**3** Remove the star anise and the cardamom pod from the cooled rhubarb. To serve, divide the rhubarb mixture between four serving glasses, spoon on some of the whipped cream, and drizzle over any remaining pink cooking juices.

**PER SERVING: 498 CALS, 37.26 FAT**

## RADISH & HARD CHEESE GNOCCHI



**Serves 4**  
**Ready in 2 hrs 30 mins**

bunch of radishes  
50ml vegetable oil

### For the gnocchi

1–2 handfuls of rock salt for lining the roasting tin  
3 large Desirée or other floury potatoes, unpeeled (to make about 500g of mash)  
3 free-range egg yolks  
120g '00' flour, plus extra for dusting  
80g grated vegetarian Parmesan-style cheese  
1 tsp salt  
50g butter  
handful of freshly chopped flat-leaf parsley and chives, to finish  
salt and freshly ground black pepper

**1** Preheat the oven to 160C/325F/Gas 3. Line a roasting tin with a layer of rock salt, a maximum of 2cm thick. Place the potatoes on the salt (this helps to draw out their moisture) and bake in the oven until soft, approximately 1–1½ hours. When they are cooked, remove

from the oven. Cut the potatoes in half carefully – watch out for the hot steam – then scoop out the warm potato into a large bowl and mash until smooth.

**2** Add the egg yolks, flour, Parmesan-style cheese and salt and mix well until everything comes together as a dough. It should feel silky and pliable – like putty. Divide the mixture equally into four pieces. Dust your hands and the work surface with extra flour, then roll each piece into a long sausage shape about 1cm in diameter. Cut each sausage into 2.5cm lengths, and place on a floured board or tray.

**3** Bring a large pan of salted water to a rolling boil. Drop in the gnocchi – you can probably do half of them at once. As soon as they start to float back up to the surface, they are ready. Remove with a slotted spoon to a colander while you cook the remainder.

**4** Prepare the radishes carefully, removing and reserving their leaves (discard any that are dead or yellow). Give the radishes and the leaves a good wash in ice-cold water – this helps to keep them nice and crisp. Drain well, and pat them dry with kitchen paper. Set the leaves aside for later.

**5** Cut the radishes in half and season them with salt and pepper. Heat the oil in a large frying pan and add the radishes, cut-side down. Do not turn. And do not crowd the pan; cook in two batches if necessary. Cook for about 2–3 minutes, or until golden brown. Remove from the pan and set aside to keep warm.

**6** Melt the butter in the frying pan used for the radishes. Add the cooked gnocchi, the radishes and their leaves. Mix well, then remove from the hob. The radish leaves will wilt in the heat of the gnocchi. Season with salt and pepper. To serve, place in a bowl and scatter with the fresh herbs.

**PER SERVING: 598 CALS, 33.96 FAT**

### COOK'S TIP

Smear a tablespoon of homemade pesto onto each plate and then place the gnocchi and radishes on top.







“Here... the natural flavourings of the two main ingredients give this dish real panache. Pillows of salty Parmesan[-style] gnocchetti and crisp peppery radishes make this a real vegetarian favourite”



# Beyond Stir Fry

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# FORAGING FOR FUNGI

Tim Maddams introduces a very English mushroom



Now, I know it's May, and St George's Day was way back on 23rd April, but I would like to introduce you to a wonderful mushroom, which traditionally starts to appear on that dragon-slaying saint's day, hence the name St George's Mushroom! I know what you're thinking, and yes, lots of fungi are poisonous, and yes, I know how terrifying it is eating your first plate of own-foraged wild mushrooms. Relax, just a little. There are not that many fungi about at this time of year, which makes it much easier to identify this one correctly.

## Treasure hunting

That's not to say that you're completely safe to wander about the countryside willy nilly, consuming white mushroom-like fungi with gay abandon. Of particular note is the Deadly Fibre Cap, which is one to avoid. It's easy to detect as a simple inspection of the gills, which blush red when bruised, will leave you in no doubt as to whether you have a tasty treat or an unpleasant death to look forward to.

Once correctly identified, the St George's mushroom is a real treat, and you may be just in time to enjoy it with the last of the wild garlic, or indeed, a few of the flowers from that wonderful aromatic plant. Finding this mushroom is relatively straightforward as it grows in grass fields and along woodland edges. It looks a lot like a regular mushroom from the supermarket; it's white with off-pink hues and stands out quite well against the background of green grass. But, they do like to hide, and

you often don't see them until you stand right on one!

As ever, I won't bore you with careful notes on identification. There is plenty of information on the web to help you, and some great books too. John Wright's handbook *Mushrooms: River Cottage Handbook No.1* is wonderful and the perfect field companion. Just remember, if you are even a tiny bit unsure, don't eat it.

## Taste the wild

All over Europe, this fungus is worshipped. The flavour is amazing. If you get very lucky and find a hoard, they dry extremely well, so there's no need to worry about wasting any – though, I have to say, none have ever made it as far as the drier in my shed! I tend to eat them all in a fit of mushroomy gluttony, as I know there won't be any more fungus until July or August when the Field and the Chanterelles varieties get growing.

The great thing about these shrooms is that they will reappear in the same location year after year, just to make life easy for you. In Germany and Italy, these little chaps are often stuffed with eggs, herbs and cheese and then baked in a hot pan inside a wood oven.

So, head out with the basket and see what you can manage to find. The time is now, and on the bright side, even if you come home empty handed, at least you won't have had to battle a dragon.

Happy hunting!



## 3 WAYS WITH ST GEORGE'S MUSHROOMS

ONCE YOU'RE BACK IN THE KITCHEN WITH YOUR CROP, TRY THESE DELICIOUS TREATS...

### SEARED MUSHROOMS WITH HONEY AND WATERCRESS

Brush mushrooms with a little rapeseed oil and cook on a hot griddle. Toss a little watercress in some more rapeseed oil and flaky salt, add the warm mushrooms and drizzle with honey. Serve with a soft boiled egg.

### ST GEORGE'S MUSHROOMS ON TOAST WITH GARLIC AND LEMON

Clean and slice your mushrooms and start to cook in a hot frying pan with a little oil, and salt and black pepper. Finish with butter and chopped wild garlic. Serve on toast with a squeeze of lemon over the top.

### ST GEORGE'S MUSHROOMS WITH SCRAMBLED EGGS

Keep your mushrooms whole but remove the stalks. Roast them in a hot oven, dressed in an oil and seasoned well. Scramble a few eggs. Place spoonfuls of the egg on top of the roasted mushrooms and serve with chopped sorrel.



# A Taste of SUMMER

As spring tumbles into summer, it's time to fall in love with British tomatoes all over again

This month, homegrown tomatoes really come into their own. The flavour is unrivalled when compared to the other insipid supermarket tomatoes that are available all year round. Whether you toss them through pasta or add to salads, like them roasted or sautéed, raw or saucy, if you pick British you're guaranteed a dish bursting with flavour.

## A homegrown crop

Tomatoes you grow yourself are gorgeous things, rich, sweet-yet-tart, and as they come in an array of hues, from orange, yellow and gold to bright green, your summer salad will be awash with vibrant colours. Plus, the odd shapes they grow into (think pear-shaped, finger length and as fat a lemon) add a little character too.

Here's how to grow your own:

■ As it's a little too late in the year to sow the seeds, start with young shoots and plant them once they're

15-20cm tall. Before planting, rake in a general purpose fertiliser; tomatoes are hungry plants!

■ Leave approximately 45cm between the plants and 75cm between the rows. If you are growing tomatoes in grow bags or pots, remember they will require a lot more watering and care. Generally, plant no more than two plants per bag.

■ With 'indeterminate' and 'semi-determinate' varieties, tie the plants to a support as they grow. You will notice side-shoots appearing where the leaf stems joins the main stem. Regularly pinching out tomato side shoots will concentrate the plant's energy into producing fruit. When it has reached the top of its support, cut out the tip of the main stem, two leaves above the top flower truss.

■ Tomatoes need a lot of water and feed to get the best fruit. Water little and often for the best results. Feed your tomatoes with a general

liquid feed until the first truss has formed then alternate with a high potash feed.

For more information visit [www.thompson-morgan.com](http://www.thompson-morgan.com)

## Treat your toms

There's an art to keeping tomatoes in good nick, say the **British Tomato Association**. However, you can still be inventive with any that are past their best

■ To ripen tomatoes, place them in a paper bag with a ripe tomato and keep at room temperature.

■ Use under-ripe, green tomatoes for making chutney.

■ Use up over-ripe tomatoes to make soups or sauces.

These can be stored in the freezer for up to six months.

■ To skin tomatoes, place them in a pan of boiling water for 15 seconds and the skins will then peel off easily.

■ Make your own 'sun-dried' tomatoes by sprinkling equal amounts of caster sugar and salt over halved tomatoes. Place them cut side up on a baking sheet and cook in the oven on a low heat for two and a half hours, until most of the liquid has dried out.



## CHOOSE YOUR CROP

From tiny explosive cherry to sweet and chewy plum, knowing your tomatoes will enhance your dishes no end

### CLASSIC TOMATOES

These are the familiar, round variety. They are good for salads, grilling, baking or frying and used as a cooking ingredient for soups and sauces.

### CHERRY AND COCKTAIL TOMATOES

These are much smaller than the traditional classic tomato. Cherry tomatoes are the smallest and cocktail tomatoes slightly larger.

Both are very sweet and have a concentrated flavour. Cherry tomatoes are delicious eaten whole and raw, or cooked. Cocktail tomatoes can be halved for salads, or skewered whole for grilling.

### PLUM AND BABY PLUM TOMATOES

These have a distinctive oval shape. Their flesh is firm and they have less liquid in the centre. They are the natural choice for pizzas and pasta dishes and their fleshy texture makes them ideal for the barbecue.



*“You should never keep your tomatoes in the fridge! Ideally, to keep their taste and freshness, keep them at room temperature; a fruit bowl is ideal”*

### **BEEF TOMATOES**

These are larger than the traditional round tomato. Their size and shape make them excellent for stuffing and baking whole. There is a range of beef tomatoes available, varying in their shape and texture.

### **VINE OR TRUSS TOMATOES**

These may be of any of the types mentioned above but are marketed still attached to the fruiting stem.







## THE MAN THAT GROWS... TOMATOES

Here, Roly Holt, manager of R&L Holt tomato-growing nurseries, reveals why he can't get enough of the tasty fruit, and how you can pick the most flavoursome every time

"I love growing tomatoes. There's such a breadth of varieties and what with the different growing challenges they bring, life is never dull. All our tomatoes are grown in protected glasshouses, this allows the season to be extended from February until November. British tomatoes are superior, in my opinion, as they're grown for taste but the overriding factor is their unbeatable freshness.

"The first time I ever ate a tomato was at a very young age. I remember following my father round the nursery at four years-old and eating them. I actually prefer to eat tomatoes fresh. But when I do cook with them, my favourite is in a sauce after being cooked in the oven.

### Quality check

"To get the best in the supermarkets you should look for tomatoes on the vine and British (of course) as they're much more tasty. Try out different varieties to find out which you prefer, they often look the same but have a different flavour. Another tip to finding the best ones in the shop is to look for a consistent colour and to check that the calyxes (stalk) are not tired. If they're in a packet, check that there is not too much moisture."

## PLUM TOMATO AND MUSTARD SEED TART



**Serves 4**  
**Ready in 25 mins**

300g British plum tomatoes  
30g butter  
10g light soft brown sugar  
a good squeeze of lemon juice  
1 tsp black mustard seeds  
a handful of fresh basil leaves

### For the crust

100g self-raising flour  
a pinch of dry mustard powder  
a pinch of cayenne pepper  
1 tsp black mustard seeds  
15g freshly grated vegetarian Parmesan-style cheese  
2 tbsp olive oil  
salt and freshly ground black pepper  
2-3 tbsp milk

**1** Grease an 18cm flan tin with some of the butter. Put the rest in a bowl and mix with the sugar, lemon juice, mustard seeds and season with salt and pepper. Spread this mixture over the base of the tin.

**2** Cut the tomatoes in half horizontally. Arrange them, cut side down on top of the butter to completely cover the base of the tin. Shred the basil leaves and scatter them on top of the tomatoes.

**3** Set the oven to 220C/425F/ Gas 7. Sift the flour, mustard and cayenne pepper into a mixing bowl. Season with salt and pepper and stir in the mustard seeds, vegetarian Parmesan-style cheese and oil. Mix together with a knife and then rub in with the fingertips until the mixture resembles breadcrumbs. Bind to a soft but firm dough with the milk.

**4** Turn the dough onto a floured surface and knead gently until smooth. Roll to a circle about 5mm thick to fit the top of the tin. Lay it on top of the tomatoes and press down lightly, tucking the edge in around the tomatoes.

**5** Bake for 15 minutes on the top shelf until the crust is crisp and golden. Loosen the edge with a knife and turn the tart upside down onto a serving plate. Decorate with extra basil leaves and serve straight away.



*"A slice of this tart is enough for a good lunch served with a handful of salad leaves. It's just as delicious with British cherry or cocktail tomatoes."*

## FRESH AND SLOW ROASTED TOMATO SALAD WITH CHICKPEAS



**Serves 4**  
**Ready in 10 mins**

300g British cocktail on the vine tomatoes  
100g slow roast tomatoes  
2 tbsp olive oil  
1 small red onion, finely sliced  
1 tsp paprika  
1 tbsp balsamic vinegar  
1 x 220g tin chickpeas  
salt and freshly ground black pepper

**To serve**  
2 pitta breads  
Greek yoghurt  
handful of fresh coriander leaves

**1** Quarter the fresh tomatoes and roughly chop the slow roast tomatoes. Put together in a bowl.  
**2** Heat the oil in a small pan, add the onion and fry slowly until very soft and just beginning to brown. Stir in the paprika and cook for another minute. Remove from the heat and drizzle in the balsamic vinegar.

**3** Stir this mixture into the tomatoes and add the chickpeas. Season with salt and pepper.

**4** Warm the pitta bread and open up to form a pocket. Pile the salad into the bread and top with a dollop of yoghurt and scatter with coriander leaves.



We don't want you to buy our  
tomatoes just because they are British...  
but because you think  
they are the best!



**British Tomato Growers' Association**

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

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



## Q&A

**Q** I love those leather satchels I've been seeing everywhere. Can you recommend any vegan versions?

**A** It's little wonder you've seen these satchels everywhere. They're usually very well made and a design classic spotted on celebs including Fearnie Cotton and Sophie Ellis Bextor. If you're after a vegan leather version, we recommend the brilliant Freerangers.

Freerangers handmake each satchel in the UK (£96, [www.freerangers.co.uk](http://www.freerangers.co.uk)) to order in their Tyne & Wear workshop and the satchels come in red and purple, ink blue and red as well as nut brown and jet black. Plus, it's sure to work season to season.



# Pure Style

Make your environment just that little bit lovelier...



## EASY CLEAN

IN A NEW SERIES, ECO EXPERT RITA MARCANGELO OF FRIENDS OF THE EARTH SHARES HER TOP CLEANING RECIPES, TO SAVE YOU FROM USING HARSH CHEMICALS IN YOUR HOME.



\*SOURCE: WWW.WRAP.ORG.UK/HOUSEHOLD-FOOD-WASTE

Dishwashers can be very handy, but dishwasher liquids or tablets are often expensive and may contain phosphates that are hazardous to the environment.

### DISHWASHER LIQUID

1/2 cup castille soap (try Dr Bronner's)  
1/2 cup water

1 tsp lemon juice  
3 drops tea tree extract  
1/4 cup white vinegar

1 Stir the water and soap together. Add the rest of the ingredients and stir until thoroughly blended.  
2 Transfer into a bottle for storage. Use 2 tbsp per load.

FOR MORE GREEN LIVING TIPS VISIT [WWW.FOE.CO.UK](http://WWW.FOE.CO.UK)

### NUMBERS GAME...

# 1.4 million

**BANANAS ARE THROWN AWAY EVERY YEAR IN THE UK – THAT'S ONE IN EVERY TEN WE BUY!\***





## FASHION FORWARD

Hemp is one of the longest, strongest and most durable natural fibre around and as it's drought resistant and requires no herbicides and pesticides, it's one of the most eco-friendly materials on the planet. Hempish sell beautiful, on-trend and flattering clothing, bodycare, food and accessories using this incredible material. Visit [www.hempish.com](http://www.hempish.com) to view the full range.

## 3 OF THE BEST... *Hand creams*



BENECOS HAND CREAM £2.95,  
[WWW.BENECOS.CO.UK](http://WWW.BENECOS.CO.UK)  
AT £2.95, THIS VEGAN-CERTIFIED HANDCREAM FROM BENECOS OFFERS GREAT VALUE FOR MONEY.



ORGANIC SURGE LAVENDER MEADOW HAND & NAIL CREAM £4.25, JOHN LEWIS  
THIS GORGEOUS SMELLING CREAM FROM ORGANIC SURGE IS 100% FREE FROM HARMFUL PARABENS.



PRIMAVERA ENERGISING HAND & NAIL CREAM £13, [WWW.PRIMAVERALIFE.CO.UK](http://WWW.PRIMAVERALIFE.CO.UK)  
FORMULATED USING NATURAL AND ORGANIC INGREDIENTS, THIS LUXURIOUS CREAM INSTANTLY HYDRATES HANDS.



For the past 50 years, bees and other pollinating insects have been in decline in the UK. One of the reasons their numbers have dwindled has been a lack of wild flowers so why not plant up your garden with some bee-friendly flowers? You might want to sow lavender, chives, sunflowers, honeysuckle and cornflowers, but for a full list of plants, visit [www.rhs.org.uk](http://www.rhs.org.uk)



## The can pan

The new Chef Eco-logic 100% from Beka is made from an Eco-hardened Aluminium which has outstanding thermal properties.

The hard-anodised coating is applied with a high electric voltage rather than an acid bath which in turn, creates issues with disposal. The high voltage anodisation, makes these pans some of the greenest (and highest performing) around!

From £27.95, [www.ictc.co.uk](http://www.ictc.co.uk)





Free From

Vegan & Vegetarian



# Get ready for Summer with our tasty *free from* foods

## Free From Sauces



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- Salad Cream:** Dairy Free • Egg Free • Gluten Free • Lactose Free • Vegetarian • Vegan
- Organic Brown Sauce:** Organic • Dairy Free • Egg Free • Gluten Free • Lactose Free • Vegetarian • Vegan
- Worcester Sauce:** Dairy Free • Egg Free • Lactose Free • Vegetarian • Vegan
- Organic Tomato Ketchup:** Organic • Dairy Free • Egg Free • Gluten Free • Lactose Free • Vegetarian • Vegan

Organic

## Meat Free Meals



- Organic Pea Stew:** Dairy Free • Egg Free • Gluten Free • Lactose Free • Nut Free • Vegan • Vegetarian • Wheat Free • Yeast Free
- Organic Spicy Bean Stew:** Dairy Free • Egg Free • Gluten Free • Lactose Free • Nut Free • Vegan • Vegetarian • Wheat Free • Yeast Free
- Vegetarian Meatballs:** Vegetarian
- Vegetarian Hot Dogs:** Vegetarian



## Meat Free Pâtés



- Chickpea:** Dairy Free
- Mushroom • Shiitake • Vegetable • Olive:** Dairy Free • Gluten Free
- Peppercorn • Tomato & Pepper:** Dairy Free • Gluten Free • Organic

How can something so healthy taste so good?





# MAKE ROOM FOR COURGETTES

This month, the editor of our sister title *Grow Your Own* **Lucy Halsall** shows us how to grow one of the easiest summer vegetables



LUCY HALSALL IS EDITOR OF GROW YOUR OWN MAGAZINE, OUR GREAT SISTER PUBLICATION FOR LOVERS OF VEGETABLES, FRUIT – AND THE GOOD LIFE! FIND OUT MORE AT [WWW.GROWFRUITANDVEG.CO.UK...](http://WWW.GROWFRUITANDVEG.CO.UK...)

They're a constant ingredient in the summer kitchen, and now is a great time to start off these oh-so-generous vegetables, so how do you grow your own courgettes? You can either begin with seeds or plants – seeds are cheaper and germinate quickly, but buying young plants negates the need for a propagator and you'll get a harvest more rapidly. So, there are pros and cons for both – I'll leave you to decide!

## SECRETS OF SUCCESS

Courgettes need warmth and moisture to do well, which makes this an excellent month to start them off. If using seeds, sow one per 10cm pot, water it well and

place it in a propagator (ideally a heated one). It will germinate within a week. Young plants are sensitive to chills and frost, so place them outside only once the weather is settled and mild. Choose a sheltered, sunny spot as this encourages both rapid growth and pollinating insects.

You can grow courgettes in the ground, or in pots. Add plenty of garden compost to soil, or, if using a container opt for a large tub at least 40cm deep and wide, filling it with multipurpose compost. Once in position, firm in gently and water your plant well. To make life easier, cut the bottom off a large pop bottle, upturn it and half sink it beside your plant – hey presto, watering made simple! Add a

balanced liquid feed regularly and then just wait for the harvests to roll in.

## KEYS TO SUCCESS:

- Allow insects (especially bees) to access the flowers, as they help to pollinate them
- Cut courgettes regularly – daily in the height of summer – they swell incredibly quickly!
- Keep your plants well watered, all those leaves and fruits demand lots of moisture
- Don't just grow green courgettes – experiment with yellow and round stuffing types, too!

## WHAT WE'RE COOKING AND EATING THIS MONTH...

### ELDERFLOWERS

*Sambucus nigra* grow very quickly and always dominate the garden at this time of year. Many are unaware of the beautiful fragrant flavours the little flowers generate. Try making a jam, or even a cordial for a hot summer's day.

### STRAWBERRIES

The queen of summer fruits, strawberries prefer to be planted in the sun and out of the wind, but will grow in most soil types producing fruit for up to 5-6 years. They should be gloriously celebrated either in a summer tart or a strawberry pavlova, perfect for a BBQ or street party.

### MINT

This is an aggressive herb and its roots will take over gardens, so plant it in pots. Opt for it in a classic mojito that screams summer. Don't fancy a drink? Whip up a quick raita – the perfect cooling accompaniment to a spicy curry.

COPY BY JESSICA JOYNSON

## SHOOTS

Essentially a small greenhouse, this pretty Vivarium (£15) from the new Honest collection of garden accessories

from Sainsbury's is perfect for encouraging seeds to sprout inside or hardening off plants outside before they're planted in beds. Comes complete with pots.





# EVERY DAY *easy*

Healthy cooking doesn't have to be hard, as these  
**scrumptious ideas** prove



“These veggie burgers could fool any beef-burger junky and are perfect to eat while watching a movie. Keep any leftovers in the fridge in an airtight container and take to work for lunch the next day. They work especially well with a spicy salsa, so if you're that way inclined rustle one up”

## SESAME BURGERS



**Makes 6 burgers**  
**Ready in 30 mins**

2 tbsp sunflower oil, plus extra for sautéing  
½ small red onion, thinly sliced  
a pinch of Himalayan pink salt  
1 aubergine, cut into 1cm (½ in) cubes  
1 large vine tomato, thinly sliced  
400g tinned chickpeas, rinsed and drained  
½ garlic clove, grated  
1 small carrot, very thinly sliced or grated  
2 tsp coriander, chopped  
160g oats  
100g sesame seeds, for coating

### For the yoghurt dressing

1 tsp coriander, chopped  
finely grated lemon zest of ¼ lemon  
100g goat's or sheep's yoghurt (use a dairy-free version to keep this entire recipe vegan)

**1** In a pan, heat two tablespoons of sunflower oil over a medium heat. Add the onion and a pinch of salt and sauté for two minutes. Next, add the aubergine. After about three minutes, when the oil has been absorbed, add ½ tablespoon of oil and cook for another five minutes before adding the tomato. Next, add the chickpeas, aubergine mixture, grated garlic and carrots into a blender. Pulse until you have a rough mixture.

**2** Put the chickpeas, aubergine mixture, grated garlic and carrots into a blender. Pulse until you have a rough mixture.

**3** Transfer the mixture from the blender into a bowl and add the chopped coriander and oats. Mix together well and then shape in your hand into patties; I make mine about 8cm (3 ¼ in) across and 1cm (½ in) thick. Roll each patty in sesame seeds and then sauté in sunflower oil for 1–2 minutes on each side until golden brown.

**4** Make the yoghurt dressing by mixing together the ingredients and – hey presto – you have a fabulously fresh dipping sauce. Serve the burgers with the yoghurt sauce and a big vibrant salad.

PER SERVING: 343 CALS, 18.9G FAT





\*INCLUDES NON-VEGETARIAN CONTENT

## BOOKSHELF

Recipes taken from *Honestly Healthy for Life\** by Natasha Corrett and Vicki Edgson (£25, Jacqui Small LLP).



\*INCLUDES NON-VEGETARIAN CONTENT

## PUY LENTIL AND POMEGRANATE SALSA RAW 'NOODLES'



Serves 2

Ready in 25 mins

1 courgette  
200g cooked Puy lentils  
seeds of 1/2 pomegranate  
1 tsp chervil, chopped finely  
1 tsp dill, chopped finely  
5–7 drops each of mirin, brown rice vinegar and toasted sesame oil  
sunflower seeds, to garnish

**For the dressing:**

1 tbsp tahini  
2 tbsp water  
1/4 tsp umeboshi plum purée  
juice of 1/2 lime

**1** Using a spiraliser, spiralise your courgette and put the pile of raw 'noodles' on a serving plate.

**2** In a bowl, put the cooked lentils, pomegranate seeds, fresh chopped herbs, mirin, brown rice vinegar and toasted sesame oil and mix together.

**3** In a cup, make the dressing. Whisk the tahini with the water until smooth – don't worry if it looks like it's curdling, just whisk faster. Next, add the umeboshi plum purée and lime juice and mix again.

**4** Pour the dressing over the lentils and mix well. Serve over the raw courgette 'noodles' and sprinkle with sunflower seeds.

PER SERVING: 572 CALS, 20.66 FAT

## RAISIN OAT COOKIES



Makes 12–16

Ready in 30 mins

475g rice flour  
2 tsp bicarbonate of soda  
2 tsp ground cinnamon  
1 tsp ground ginger



1 tsp ground nutmeg  
935g oats  
225g vegan butter  
500g coconut palm sugar  
4 free-range eggs, beaten  
2 tsp vanilla extract  
290g raisins

**1** First, preheat the oven to 180C/350F/Gas 4 and line a baking tray (cookie sheet) with baking parchment.

**2** In a bowl, mix the flour, bicarbonate of soda (baking soda), spices and oats and combine well.

**3** In a separate large bowl, beat together the butter, sugar, eggs and vanilla extract. (Don't worry if your mixture looks like it's split, once the dried ingredients are mixed in it all comes together.)

**4** Mix the dry ingredients into the wet mixture and add the raisins. Add extra raisins or oats if the mixture seems a little too wet; although, the mixture is supposed to be quite sticky. Place tablespoons of the mixture on the baking tray 2.5cm (1in) apart and flatten slightly.

**5** Bake for 10–15 minutes then remove from the oven, transfer to a wire rack and leave to cool  
PER BISCUIT (16 BISCUITS): 606 CALS, 18.96 FAT



# PROBABLY THE BEST GLUTEN-FREE VEGETABLE LASAGNE... EVER!

Don't bother with the imitations; **Amy's Kitchen gluten-free vegetable lasagne** is head-and-shoulders above the rest



over a decade and trust their fresh and flavourful produce.) Finally, the meal is topped off with vegetarian Italian style hard cheeses, mozzarella and ricotta before being lovingly boxed so it arrives to you ready for the oven.



## Family values

Amy's Kitchen started in the farmhouse kitchen of the Berliner family, back in 1988. It was just after Andy and Rachel Berliner's daughter Amy was born. Andy and Rachel were busy with their new child but didn't want Amy to eat meals lacking in flavour and nutrition, so they started making their own. Over 25 years later, Andy and Rachel are still in the kitchen and loving what they do.

The meals all start with a home-style recipes, including tried-and-tested family favourites that have been handed down through the Berliner family. They work with friends and experienced home cooks to make authentic dishes that are full of flavour and free of additives.

So, why deny yourself such a gluten-free treat? Head down to your local supermarket to pick up one today. After all, when this much care is taken to create it, it would be rude not to!

Supermarket free-from aisles are expanding all the time, which is great for those of us that are allergic to, or intolerant of, gluten or dairy. But with more options to choose from, it's important to find the best possible foods for your trolley, and ones with quality ingredients and great taste.

Amy's Kitchen has been making delicious free-from meals and soups for over 25 years now and one of the most popular products is Amy's Kitchen Gluten-free Vegetable Lasagne. This is no ordinary ready meal because Amy's Kitchen doesn't process or manufacture food like big corporations and supermarkets do; they cook it. They start from scratch with all their meals and even make their own pasta, sauces, wraps and tofu! It's just how you cook at home... only with bigger pots. You certainly do not have to be gluten-free to enjoy this meal, it's perfect regardless of their dietary requirement.

of ingredients, such as the tomatoes used in the rich lasagne sauce, which are harvested once they're perfectly vine-ripened before being taken back to the kitchens to be simmered with fresh herbs, organic garlic cloves and extra virgin olive oil.

Next comes the pasta, and when Amy's Kitchen couldn't find any gluten-free pasta they loved, they decided to make their own. Amy's home-made rice lasagne sheets have the perfect texture and flavour – and you can be safe in the knowledge that it's made using the finest organic rice flour.

Once ready, the sheets are layered between the fresh pasta sauce, organic spinach, courgettes and carrots, which are all grown by the farming friends of Amy's Kitchen. (Amy's have been working with the same farmers for

## Perfect provenance

These are meals cooked with love and nowhere can you taste this more than in the delicious lasagne. It's made using the finest



**Amy's Kitchen Gluten-free Vegetable Lasagne is available from Asda, Sainsbury's, Waitrose, Ocado, Co-op, Whole Foods, selected Tesco's and independent health food shops nationwide. For more information, visit [www.amyskitchen.co.uk](http://www.amyskitchen.co.uk)**



# THE CONTENTED COOK

Not just the stalwart for sauces, tomatoes get a spruce up by our no-nonsense cook **Xanthe Clay**



Summer is on the horizon at last. Gardeners may have a little longer to wait for their tomatoes, but there's plenty of the British crop to be had in the shops. They may be a tad under ripe – blame the retailers who prefer their veg to be hard enough to survive the transport chain – but this is easily fixed. Leave them in a bowl on the kitchen table, never in the fridge, and watch them deepen in colour to a rich, intense, Dita von Teese lipstick red. They'll develop a flavour to match the colour.

The best tomatoes just need slicing and sprinkling with sea salt, plus a trickle of fruity olive oil, to make one of the best salads around. No vinegar, mind; they generally have enough acidity already. Or eat them with the other great glut of the season – courgettes. Shave them ribbon thin with a potato peeler and mix with chopped tomatoes and a dressing of olive oil and, yes, balsamic vinegar – you'll need the sharpness this time.

Fancy something a little warmer? Slice both the tomatoes and courgettes and bake to make an elegant Provencal-style tian. Crumble over a little salty goat's cheese to make it a meal. Serve it with sourdough toast, rubbed with a cut garlic clove and brushed with more of that olive oil. A delicious dinner to celebrate the warmer weather.

## TOMATO AND COURGETTE GRATIN



Serves 2

Ready in 30 mins

olive oil

3 small courgettes, sliced

1 garlic clove, crushed



*“Cut the tomatoes and courgettes in rounds a little thicker than a pound coin, and keep them in a single layer so they don't go soppy”*

a few thyme leaves, or oregano sprigs

6 plum tomatoes, sliced

salt

**1** Preheat the oven to 190C/375F/Gas 5. Oil a large ovenproof dish, or four small dishes.

**2** Sprinkle the courgettes with one tablespoon of olive oil, the garlic and thyme or oregano.

**3** Arrange the tomatoes and courgettes in the

dish or dishes, overlapping slices in tight concentric circles, bearing in mind that they will shrink when they cook. Drizzle over a little more oil and cook for about 20 minutes until slightly browned.

Recipes taken from Xanthe Clay's *The Contented Cook*\* (19.99, Kyle Books). Photography by Tara Fisher.



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wheat, gluten and dairy.

# Free & Easy

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# Recipe of the — THE MONTH —

This easy, Mexican-inspired brunch is smart enough for entertaining

## HUEVOS RANCHEROS TARTS



**Serves 4**  
**Ready in 50 mins**

low-calorie cooking spray  
1 red onion, finely chopped  
1 red and 1 orange pepper,  
deseeded and roughly chopped  
2 courgettes, roughly chopped  
150g closed-cup mushrooms,  
quartered  
2 garlic cloves, finely chopped  
500g tomatoes, roughly chopped  
1 tbsp tomato purée  
1/4 tsp smoked paprika  
2 bay leaves  
120ml hot vegetable stock  
2 x chilled Jus-Rol Filo Sheets  
500g baby new potatoes  
4 free-range eggs  
1/2 tsp dried red chilli flakes  
a handful of fresh coriander,  
roughly chopped, to garnish  
mixed salad leaves dressed  
with lemon juice, to serve

**1** Preheat your oven to 190C/375F/Gas 5. Place a frying pan sprayed with low-calorie cooking spray over a medium heat. Stir-fry the onion until soft. Add the peppers, courgettes, mushrooms and garlic and fry for a further four minutes. Stir in the tomatoes, tomato purée, paprika, bay leaves and stock. Season to taste. Bring to the boil, reduce the heat to low, cover and simmer for 10 minutes.

**2** Meanwhile, cut each filo sheet into eight squares and spray with low-calorie cooking spray. Stack four pieces on top of each other at different angles and use 4x12cm loose-bottomed flan tins. Bake for 8-10 minutes, or until crisp.  
**3** Boil the potatoes for 15-20 minutes, or until tender, and drain. Poach the eggs in a pan of simmering water for 3-4 minutes, or until the whites are

runny, then remove with a slotted spoon.

**4** Put each pastry case on a plate, spoon in the hot veg and top with a poached egg. Garnish with the chilli flakes and half the coriander. Toss the potatoes in the remaining coriander and serve the tarts with the potatoes and salad.

**PER SERVING (WITHOUT SALAD):**  
**308 CALS, 8.56 FAT**



Recipe originally featured in *Slimming World* magazine, which is available from Slimming World groups and on newsstands. To find your nearest Slimming World group visit [www.slimmingworld.com](http://www.slimmingworld.com) or call 0844 897 8000.





## 7 Top-selling Free From essentials for your cupboard

Our most popular nutritious and great tasting Free From foods.  
All Orgran foods are:

- Gluten Free
- Egg Free
- Wheat Free
- Yeast Free
- Dairy Free
- Vegan

Available from independent health food stores and online from Amazon, Ocado, NaturallyGoodFood.co.uk, GoodnessDirect.co.uk and RealFoods.co.uk.



# NATURALLY *Delicious*

Ireland's answer to Gwyneth Paltrow – **Susan Jane White** – makes free from food fabulous. Have a go at these sugar-, dairy- and gluten-free recipes today

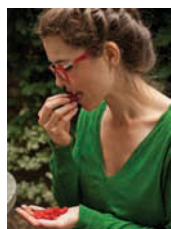
SPIRULINA  
SHOTS





NECTARINE AND  
LITTLE GEM SALAD  
WITH GOJI BERRY  
CREAM





“Ever heard of an algae called spirulina? It smells a bit like fermented horse urine. This is usually overlooked once its magic starts to kick in. A favourite among ambitious models, spirulina offers a shortcut to cleansing the body. This curious green powder is home to immodest amounts of protein, calcium, zinc, iron, essential fats and energy-releasing B vitamins. Spirulina is hailed for helping with everything from lazy limbs to waning libidos. Manufacturers recommend adding spirulina to yoghurts or smoothies. Here’s a better way to shoot it back without assaulting your senses, or the kitchen floor”



## SPIRULINA SHOTS



**Serves 1**  
**Ready in 10 mins**

2 apples (or 1 cup freshly pressed apple juice)  
2 tsp spirulina powder

**1** Juice your apples if you have one of those groovy machines. Cucumber is also good. Spirulina powder clings to the bottom of cups, so I recommend pouring half the juice into a cup, followed by the spirulina, then the remaining juice. Whisk with a fork. No need to hold your nose – it’s surprisingly nice.

Or perhaps I’m still asleep when I knock it back.

PER SERVING: 172 CALS, 0.7G FAT

## NECTARINE AND LITTLE GEM SALAD WITH GOJI BERRY CREAM



**Serves 2**  
**Ready in 30 mins**

1–2 little gem lettuces  
½ apple or nectarine, depending on the season  
handful of pumpkin seeds  
handful of sunflower seeds  
a few turns of the black pepper mill

**For the dressing**  
6 tbsp extra virgin olive oil  
2 tbsp lemon juice or apple cider vinegar  
2 tbsp goji berries  
1 tbsp brown rice syrup or raw agave  
pinch of cayenne

**1** Break the leaves from the lettuce heads into the largest bowl you have. Gently tumble with the chopped apple, seeds and black pepper. You can toast the seeds to bring out their nuttiness; heat a non-stick pan on high and toast the seeds for 30 seconds. They are

done when you hear the pumpkin seeds pop off the pan. A few chilli flakes will give a delicious nip.

**2** Using a hand-held blender, purée the dressing ingredients to make a glossy sauce almost like a mayo but lighter in consistency. If your blender is as contrary as mine, it’s worth soaking the goji berries in a little water first for 25 minutes. This should make the ride a little smoother. Pour over the salad and lightly toss together using your fingertips. An implement like a spoon or fork can bruise the leaves and make a salad quickly look tired.

**3** Pile on the centre of a large plate. A turn or two of the black pepper mill is all it needs now. And maybe a bit of adulation.  
PER SERVING: 754 CALS, 64.7G FAT

## BLACKBERRY TART WITH ALMOND PASTRY



**Serves 12**  
**Ready in 30 mins (plus 4 hrs setting)**

**For the raw pastry**  
1½ cups almonds  
1 cup desiccated coconut  
¾ cup sultanas or raisins  
zest of 1 unwaxed lemon  
3 tbsp maple syrup



1 tsp ground cinnamon  
good pinch of sea salt flakes

**For the filling**

3–4 cups blackberries  
8 Medjool dates  
2 tbsp maple syrup (optional)  
squeeze of lemon juice  
dairy-free coconut yoghurt,  
to serve

**1** Using your food processor, briefly blend the pastry ingredients together until it starts to clump into a doughy ball. You might need 1 tsp of cold water to help it along. Scrape into a pie dish and press along the sides and bottom to cover the entire dish and form a crust. Place in the freezer.

**2** To make the jammy filling, blitz half the blackberries with all of the remaining ingredients (except the coconut yoghurt) until smooth. Gently stir through the rest of the blackberries with a fork and spread over the chilled pastry. Let it set for 4 hours in the fridge and serve beside a good dollop of natural coconut yoghurt.

PER SERVING (NO YOGHURT): 218 CALS, 14.4G FAT



**BOOK  
SHELF**

Recipes taken from Susan Jane White's *The Extra Virgin Cook* (£24.99, Gill & Macmillan Ltd). Available from Amazon.

\*INCLUDES NON-VEGETARIAN CONTENT



“Blackberries are honking with vitamin C and immune-boosting carotenoids. Look up your local PYO (pick your own) farm instead of shooting back Lemsip this autumn. But that ain’t all, my friends. This tart will arm your body with alarming amounts of anti-ageing artillery. This is because almonds are rich in vitamin E, the undisputed beauty vitamin, and raisins are pumped with resveratrol, a free radical assassin”



Clive's new 'bake at home' twin packs are now available nationwide at Holland & Barrett.

Clive's other Veggie and Gluten Free goodies are available in quality health food shops, and online at [www.ocado.com](http://www.ocado.com) and [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)

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For more details, please take a look at [www.clivespies.co.uk](http://www.clivespies.co.uk), or call Sally on **01364 642279**



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# Free for all

## Our roundup of **gluten and dairy-free** treats

Whether you're dangerously allergic or just don't like the taste, the world of gluten and dairy alternatives has raised its game. Luckily for all you foodies, cutting out food groups no longer means

your cooking suffers with poor imitations. Here, we've picked our favourites from the free-from boom. They are simple to use, delicious to taste and if you don't tell your guests, they'll never know...



### **CLEARSPRING TAMARI SOY SAUCE** (£3.99, AVAILABLE FROM WAITROSE)

Tamari is similar in colour and flavour to soy sauce, but without wheat and a greater concentration of soybeans. This Clearspring option delivers a thick, rich and smooth taste that makes a far superior dipping sauce than any soy sauce we've tried.



### **NATURE'S PATH ORGANIC NICE AND NOBBLY GRANOLA BARS** (£2.99, [WWW.NATURESPATH.CO.UK](http://WWW.NATURESPATH.CO.UK))

Made with gluten-free granola, and a whole host of delicious fruits and seeds, these sweet and wholesome snack make breakfast on-the-go something to look forward to.



### **PLAMIL ORGANIC EGG FREE MAYO** (£2.66, AVAILABLE FROM HEALTH FOOD SHOPS)

This simple blend of sunflower oil, water and soya is so creamy, and as you're skipping on the cholesterol found in eggs, it's healthier too. Splodge on top of chips and enjoy.



*"I've decided to have a break from gluten and dairy. These alternatives are a god send as I can still make my favourite dishes. I'm also a fan of Genius Bread."*



**AMY'S KITCHEN BROCCOLI AND CHEDDAR BAKE (£3.49, AVAILABLE FROM SAINSBURY'S)**

If you haven't ever tried Amy's Kitchen's delicious range you're in for a real treat. This particular bite makes a tasty mid-week treat.



**KOKO DAIRY FREE ORGANIC AND CALCIUM ALTERNATIVES (£1.39, AVAILABLE FROM TESCO)**

Subtle and light to the taste, this coconut milk makes a great alternative to dairy milk and has the same level of calcium.



**ALARA SCOTTISH GLUTEN FREE ORGANIC OATS (£3.19, WWW.OCADO.COM)**

This makes a gorgeously nutty porridge. You could also try giving it a savoury twist by adding Cheddar cheese and chives – fancy!



**ORGRAN BUCKWHEAT PASTA SPIRALS (£1.99, WWW.OCADO.COM)**

Want to avoid gluten but love pasta? This is the product for you! It only takes 6-8 minutes to cook and tastes great with your favourite sauce or summer salad.



**FREE & EASY ORGANIC VEGETABLE HOT POT, (£1.69, WWW.OCADO.COM)**

This delicious ready meal makes being gluten- and dairy-free convenient!



**CLIVE'S PIES (PRICES STARTING AT £2.60, WWW.GOODNESSDIRECT.CO.UK)**

These are our three favourites from Clive's Pies range of gluten-free goodies. The Three Bean is hot and fiery, the Mushroom and Leek creamy and the Saag Aloo Gobi is amazingly fragrant.



Have you got a food allergy? How has it affected your cooking? Let us know at

@cookveg

www.facebook.com/CookVegetarian





# *Sweet* Solutions

If you're cutting gluten from your diet, you  
needn't feel deprived with these  
toothsome desserts



“Wrapping the fruit in baking parchment helps to keep it moist, while tying the parcels with string both looks pretty and keeps the paper securely fastened (though you can now buy a foil and baking parchment blend that works brilliantly for this and many other purposes)”

## APPLE PANCAKES WITH CINNAMON-ROASTED FRUIT



**Makes 6-8 pancakes**  
**Ready in 30 mins**

300g gluten-free plain flour  
1 tsp gluten-free baking powder  
45g golden caster sugar  
a pinch of sea salt flakes  
500ml rice milk  
60ml sunflower oil, plus extra for frying (optional)  
100g apple purée (see Cook's Tip)  
maple syrup, for drizzling

### For the roasted fruit

700g fresh soft fruit of your choice (such as plums, peaches, nectarines, apricots, bananas, hulled strawberries)  
1/2 tsp ground cinnamon  
2 tbsp soft light brown sugar

- 1 Preheat the oven to 200C/400F/ Gas 6. First, prepare the fruit, removing any stones and chopping the flesh into bite-sized pieces. Place in the middle of one large piece of baking parchment, sprinkle over the cinnamon and sugar and fold the parchment up to enclose the fruit in a neat parcel. Secure the parcel with string (unless using a parchment and foil blend – see above), then place on a baking tray and bake in the oven for 15-20 minutes.
- 2 Meanwhile, sift the flour and baking powder into a large mixing bowl and add the sugar and salt. In a separate bowl, whisk together the rice milk, sunflower oil and apple purée. Pour the liquid ingredients over the flour mixture and whisk until smooth.
- 3 Place a medium-sized non-stick

frying pan over a medium heat. (You will need a good non-stick pan for this recipe; if you think it may stick in any way, then lightly oil the frying pan before adding the pancake mix.) Spoon a ladleful (around 100ml) of the pancake batter into the hot pan. Cook for 1-2 minutes or until you start to see bubbles rise to the surface and the batter begins to dry and curl at the edges. Carefully flip the pancake over and cook until lightly golden – a further 1-2 minutes.

4 Continue until you have made all of the pancakes – you can keep them warm in the oven wrapped in foil. Serve with the roasted fruit and a drizzle of maple syrup.

PER PANCAKE (8 PANCAKES): 308 CALS, 8.3G FAT

## RHUBARB AND APPLE TRAYBAKE



**Serves 12**  
**Ready in 1 hrs and 10 mins**

400g rhubarb  
100g apple purée  
200g golden caster sugar, plus 2 tbsp for roasting the rhubarb  
125ml sunflower oil, plus extra for greasing  
1 tsp vanilla extract  
225g gluten-free self-raising flour  
1 tsp gluten-free baking powder

### You'll also need

18cm square baking tin

1 Preheat the oven to 180C/350F/ Gas 4, then lightly grease the baking tin with sunflower oil and line with baking parchment.

2 Trim the ends from the rhubarb and cut into 2.5cm pieces. Place in a roasting tin, scatter over two tablespoons of caster sugar and roast for 15 minutes or until the rhubarb pieces are tender but still



### COOK'S TIP

Apples simply cooked and puréed can be used as an egg replacer when making cakes, biscuits or muffins. To replace one egg in a recipe, use two rounded tablespoons of apple purée and 1/2 teaspoon of baking powder, adding the baking powder to the dry ingredients and the apple purée to the fat. You can buy it ready made or you can make your own.





“I rarely think of putting apples and rhubarb together and yet they make perfect bedfellows, the fruity sweetness of the apple purée in the sponge marrying so well with the hint of tartness from the rhubarb. Dare I say it, this is one of my favourite sweet recipes”

holding their shape. Pop them in a bowl and set to one side.

**3** Place the apple purée in a large mixing bowl with the 200g of caster sugar, the sunflower oil and vanilla extract and beat together until combined. Sift in the flour and baking powder and fold into the mixture until you have smooth and thick batter.

**4** Tip the batter into the prepared baking tin and smooth into the corners, levelling the top with the back of a spoon. Scatter the rhubarb evenly over the surface of the mixture and, using your fingertips, gently press the pieces down into the batter a little.

**5** Bake for 45 minutes or until fragrant, golden and firm to the touch. Remove from the oven and either serve warm with custard or leave to cool completely in the tin before cutting into squares.

PER SERVING: 241 CALS, 10G FAT

## CHOCOLATE CELEBRATION CAKE



**Serves 12**

**Ready in 45 mins**

500ml rice milk  
 1 tbsp lemon juice  
 350g golden caster sugar  
 160ml sunflower oil, plus extra for greasing  
 2 tsp vanilla extract  
 260g gluten-free plain flour  
 140g cocoa powder  
 1½ tsp bicarbonate of soda  
 1 tsp gluten-free baking powder  
 a pinch of sea salt flakes  
 4-5 tbsp raspberry jam  
 150g fresh raspberries, to decorate

### For the ganache

80ml rice milk  
 225g dairy-free dark chocolate  
 3 tbsp maple syrup

### You will also need:

2 x 20cm round cake tins with removable bases

**1** Preheat the oven to 180C/350F/Gas 4, and grease the cake tins with sunflower oil and line the bases with baking parchment.

**2** In a large mixing bowl, whisk together the rice milk and lemon juice and then set aside for five minutes so that the lemon can sour the milk. (If the milk looks as if it is separating, don't worry – adding the other ingredients will bring it back together.) Pour the caster sugar, sunflower oil and vanilla extract in with the soured milk and gently whisk together.

**3** In a separate large mixing bowl, sift together the flour, cocoa powder, bicarbonate of soda and baking powder and add the salt. Pour the liquid ingredients into the flour mixture a bit at a time, mixing everything together as you go, until you have a smooth batter.

**4** Divide the cake batter evenly between the two prepared tins and then bake in the oven for 30-35 minutes or until fragrant and firm to the touch and a cocktail stick or skewer inserted into the centre of each cake comes out clean.

Remove from the oven, leave to cool in the tins for a few minutes and transfer to a wire rack to finish cooling down.

**5** While the cakes are cooling, make the ganache. Place the rice milk in a small saucepan and bring just to the boil. Immediately lower the heat to a simmer, then break the chocolate into pieces and add to the rice milk with the maple syrup and stir together. Take the mixture off the heat and gently whisk together until completely melted and smoothly mixed. Set aside to cool for 30 minutes before using.

**6** Place the base layer of the cake on a platter or stand and spread over the raspberry jam. Sandwich with the second sponge and then pour the chocolate ganache over the top of the cake, letting it run a little down the sides if you like. Decorate with the fresh raspberries and then chill in the fridge to allow the ganache topping to set before serving with extra raspberries.

PER SERVING: 378 CALS, 15.6G FAT



### COOK'S TIP

We much prefer cinnamon sticks to ground cinnamon. It keeps its freshness for longer and if you need to grind this tough spice, simply grate it using a fine Microplane grater.



## BOOK SHELF

Recipes taken from  
*Free-from Food for  
Family and Friends\**  
by Pippa Kendrick  
(£25, Harper Collins).

\*INCLUDES NON-VEGETARIAN CONTENT



.....  
“This is a true celebration cake, ideal for birthdays or parties or whenever nothing but chocolate cake will do. A layer of raspberry jam is sandwiched between two chocolate sponges, rich and gooey chocolate ganache is used to slather the top of the cake, while fresh raspberries provide decoration and just a hint of tartness”  
.....





## Chef says...

Natasha Corrett:

*“Cook at low temperatures to maintain the nutrients in vegetables. Add splashes of water when you sauté, which not only helps to cool them down but heightens the flavours”*

HONESTLY HEALTHY FOR LIFE: HEALTHY ALTERNATIVES FOR EVERYDAY EATING (£25, JAQUI SMALL)



## For snack lovers

If you're partial to a mid-afternoon cuppa, the new bars from The Primal Kitchen (£1.59 each, [www.theprimalkitchen.co.uk](http://www.theprimalkitchen.co.uk)) are the perfect accompaniment. They contain just four or five wholesome ingredients and manage to satisfy your sweet tooth as well as keeping your energy levels on an even keel.

# Eat well LIVE WELL

Food to improve energy levels and lose weight, plus an elixir that will make your skin glow



PICK-ME-UP IN A GLASS

## Popping vitality

These Veganicity Red Yeast Rice Extra (£14.95, [www.veganicity.co.uk](http://www.veganicity.co.uk)) are gelatine free and contain a potent mix of nutrients thought to lower cholesterol levels.



## Keep on track!

IF YOU WANT TO SHIFT A FEW POUNDS BEFORE SUMMER REALLY KICKS OFF, THE MYFITNESSPAL APP IS A HANDY RESOURCE THAT TAKES THE GUESS WORK OUT OF CALORIE COUNTING, PLUS IT'S FREE.

THE ANTIOXIDANTS IN AVOCADO AND COLLAGEN-BOOSTING VITAMIN C FOUND IN KIWI FRUIT, MAKE THIS DELICIOUS TONIC A TREAT FOR YOUR SKIN.



**Serves 2**  
**Ready in 5 mins**

\* 1 ripe avocado \* 150g Alpro Lemon & Lime alternative to yoghurt \* 1 kiwi \* 100ml Alpro Almond Original alternative to milk

- 1 Add the avocado, kiwi, Alpro Lemon & Lime yoghurt and Alpro Almond Original into a blender and blend until smooth.
- 2 Pour into glasses and serve.



# FREE-FROM WORRY

The experts at **Orgran** answer your most commonly asked questions about their products and the free-from diet

## How can I make sure that my Gluten-Free diet is nutritious enough?

It's important to choose a wide range of foods with as many different nutrients as possible. You can get lots of guidance from Coeliac UK, the largest charity for those with coeliac disease. Orgran has a great selection of gluten substitute products designed for everyday use with real nutritional value. The range of multigrain products, such as Multigrain O's with Quinoa Cereal, Multigrain Pasta Spirals with Amaranth and Multigrain Crispbread with Quinoa have proven very popular.

## I have other food allergies, are your products safe for me?

Orgran products are not just gluten-free, they are all wheat-free, dairy-free, egg-free and yeast-free. Most are also nut-free and soya-free. Full allergy information for each product is listed on the website and is clearly indicated on the front of the packaging for ease of use.

## Does your range contain any undesirables, like added colours and preservatives?

None of the Orgran products contain any added artificial flavours, colours or preservatives and they are all GMO-free. The range contains no animal derivatives, so is suitable for those following a vegan diet.

## I always have trouble getting good results when baking with gluten-free flours – what am I doing wrong?

When baking with gluten-free flours, you may need more moisture than conventional flours in the form

of an extra egg, water, milk or dairy replacement. Orgran have a comprehensive guide to baking bread to help with consistency and rising on the website [www.orgran.com/faq](http://www.orgran.com/faq).

## When I bake, lots of recipes use egg but I can't eat egg. What can I use in place of it?

Orgran No Egg Natural Egg Replacer is designed to be used in place of eggs in foods like breads, biscuits and cakes. Although it can't be used for food like omelettes, quiche or ice cream, it is easy to use and can replace both whole eggs and egg whites or egg yolk.

## What is your Gluten Substitute and where do I use it?

Orgran GfG Gluten Substitute is similar to adding gluten to your flours and is a superior replacement to xanthan gum, which has traditionally been used as a binder in gluten-free flour recipes. It is made from 100% natural plant-derived ingredients. The Gluten Substitute works much in the same way as gluten and actually mimics gluten in order to provide a similar workability and resilience in baking and cooking. Use one part Gluten Substitute to five parts gluten-free flour, except with Orgran's own gluten-free flours as they already contain the necessary component.

**Orgran is always happy to answer any questions you might have. Visit the website at [www.orgran.com](http://www.orgran.com) for information, recipes, advice and more.**







# Adopt with confidence

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

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

This means he will have been:

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

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

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



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

**T:** 03000 12 12 12  
**E:** [helpline@cats.org.uk](mailto:helpline@cats.org.uk)  
**W:** [www.cats.org.uk](http://www.cats.org.uk)

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





# COOKERY SCHOOL

Learn how to make these peanut butter cups, they're perfect for bake sales



## BAKE BETTER

### CHOCOLATE PEANUT BUTTER CUPS



**Makes 26 cups**  
**Ready in 25 mins**

• 227g dark chocolate, chopped into small pieces • 115g smooth peanut butter • 55g cream

cheese, room temperature

• 50g digestive biscuits • 3 tbsp of Tate & Lyle Fairtrade Icing Cane Sugar • 1 tbsp vanilla

**You'll also need:** 6 mini paper muffin cup liners

**1** In a medium-sized bowl, combine digestive biscuits, Tate & Lyle Icing Cane Sugar, peanut butter, cream

cheese and vanilla. Mix until well combined and smooth.

**2** Chop your chocolate into small pieces. Melt the chocolate in a bain marie – pop a heatproof bowl over a pan of barely simmering water and stir until melted. Don't let the bowl touch the water.

**3** Pour about 2 tsp of the melted chocolate into the bottoms of the muffin cups. You are aiming for thick layers of chocolate on the bottoms and sides. This may be easiest to do with the muffin

cups in the muffin tin to hold them in place.

**4** Spoon about a teaspoon of peanut butter mixture into each of the cups, leaving some space at the top. Pour a thick layer of melted chocolate over the top so the edges of chocolate match up and form a seal.

**5** Transfer to the fridge or freezer and wait until the tops have set.

**6** Peel back the muffin liners and serve.



# 5 ways with...

## TENDERSTEM

HAVE YOU TRIED TENDERSTEM BROCCOLI? IT ORIGINATES FROM JAPAN WHERE IT WAS DEVELOPED USING CLASSICAL PLANT BREEDING TECHNIQUES. THE IDEA WAS TO BREED A MORE FLAVOURSOME BRASSICA BY CROSSING BROCCOLI AND CHINESE KALE...



### 1 TO STEAM

Pop your Tenderstem in a regular steamer and steam for 3-4 minutes until the stems are al-dente.

### 2 TO BOIL

Bring a medium saucepan of water to the boil, plunge your Tenderstem in and bring back to the boil. Simmer for a further two minutes.

### 3 TO BBQ/GRIDDLE

Toss your Tenderstem in a little olive oil and seasoning. Place on a hot BBQ or in a hot griddle pan, turning until the stems are lightly charred.

### 4 ROASTED

Preheat your oven to 180C/350F/Gas 4, toss in a little olive oil and seasoning (you could even add a few chilli flakes, a little cumin or your favourite spice) and roast for 10-12 minutes until the stems are crispy and golden.

### 5 RAW

Simply washed and trimmed, Tenderstem spears can make delicious and fresh-tasting crudités. Make a simple dip for them by grating a cucumber and mixing it Greek yoghurt, a crushed garlic clove, a dash of lemon juice and a sprinkling of smoked paprika.

## THE RIGHT TOOL FOR THE JOB

Grab a basket, make a salad and head outdoors for a glorious picnic

### ROLLING HILLS PICNIC BLANKET £36, [WWW.CLARELOVES.CO.UK](http://WWW.CLARELOVES.CO.UK)

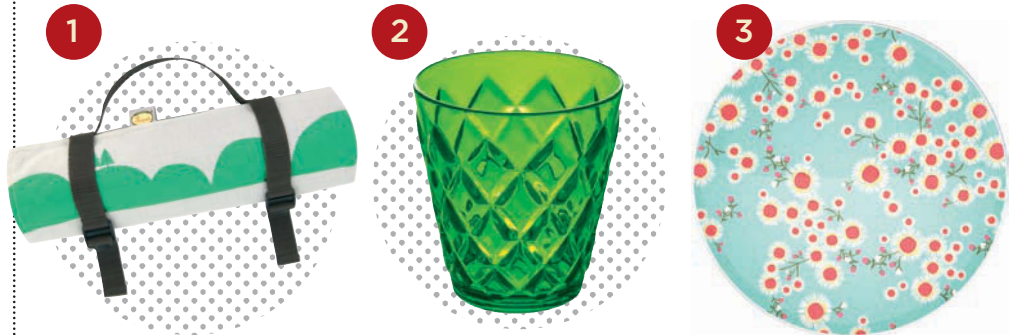
Made in the UK, this blanket has a printed cotton top and water resistant nylon backing. We love its bold design from British print company Anorak.

### KOZIOL 'CRYSTAL' SHORT TUMBLER £4, HOME CANDY

With its cut crystal design, you'd never guess these tumblers were melamine. Stackable, so great for picnics, they're also pretty enough for outdoor soirées.

### IZA PEARL GARDEN PARTY PLATE £2.99, CREATIVE TOPS

Part of a larger complementing range from designer Melissa Ybarra, these melamine plates are some of the prettiest we've seen on the market.



## HOW TO...

## make your own spice blend



EXPERT TIPS FROM INDIAN COOKERY SCHOOL CHEF BINI LUDLOW, FROM SWEET CUMIN [WWW.SWEETCUMIN.CO.UK](http://WWW.SWEETCUMIN.CO.UK)

\* Blending spices doesn't need to be overly complicated, it all comes down to what you want to achieve from the flavours.

\* First answer critical questions such as: Do I want a citrus note? A bitter or sweet flavour? Floral and fragrant with an intense colour? How do I want the spices to appear in the dish - coarse or finely ground? Should they be seen in the dish or dissolved? What is the main ingredient in my dish and how do I want its flavour to be enhanced by the spices?

\* Always use the best spices you can afford. Look at the colour and check they are fresh by crushing them in a pestle and mortar and tasting them. Do

they release the flavours you intend them to and how will these flavours work together to complement your dish?

\* Garam masala is used as a base in many curries and you can easily make it using a base of coriander seeds and cumin 2:1 ratio. Add other spices to flavour as you wish; bay leaves add fragrance, black peppercorns turn up the heat, cassia bark has a lovely warming sweetness as do cloves.

\* Take the time to taste spices and make a note of their qualities. Have a play around and try different combinations, you'll soon get an understanding of which are most suited to the dishes you are preparing.





## 5 mins with... TOM AIKENS



### WHEN DID YOU KNOW YOU WANTED TO BE A CHEF?

I knew I wanted to be a chef from a fairly young age. From the age of eight back in Norfolk, my twin brother and I were in the kitchen helping mum with basic home baking, making things like

cookies, biscuits and cakes. We would always lick the raw mixture out of the bowl!

But we also had a real land-to-plate culture in our household. We grew all our own vegetables, so would help Mum and Dad with the planting, growing and picking. Becoming a chef was a natural evolution from this upbringing.

### WHAT FOOD TRENDS DO YOU SEE EMERGING IN 2014?

There are always trends but I'm not conscious of following them as they go out of fashion soon enough. Trends are only successful in the short term. I prefer to do my own thing.

But if I were to identify some trends at the moment. Well, in London it is all about simplistic food done well such as burger bars and shacks. Peruvian cooking also seems to be flavour of the month.

And people are really looking to eat more healthily becoming far more lactose-, dairy- and wheat-conscious. Probably as a result of this, we are seeing a rise in the popularity of vegetarian restaurants too.

### IS IT IMPORTANT FOR YOU THAT YOUR FAMILY START THEIR DAY WITH A GOOD BREAKFAST?

Breakfast is the most important meal of my day to give me the stamina I need. Because I eat dinner early at around 6pm I tend to wake up very hungry. I'll have a bowl of porridge with fresh fruit, or some toast.

### WHAT ARE YOUR TOP TIPS TO EATING WELL AND STAYING HEALTHY?

If you do regular exercise you can pretty much get away with eating what you like within reason and moderation. But you should avoid too much processed and manufactured food.

And then there are some foods that cause discomfort to people, but these days there are solutions and alternatives out there like Lactofree which offers the taste and nutritional benefits of dairy without the side effects caused by the presence of lactose.

Oh, and don't eat cream cakes!



### THE HERB FILES... WITH MARK SARGEANT



CONTINUING HIS SERIES, TOP CHEF MARK SARGEANT EXPLAINS HOW TO GET THE MOST FROM FRESH HERBS

#### CHIVES

• Chives are quite robust and work well in salads – its vibrant green brings great colour too.

- This herb makes lovely purées and soup.
- Chives have a very similar flavour to spring onions; they are perfect to use in their place if you want a slightly milder flavour.
- Try adding chives to onion gravy. They give an extra oniony kick.
- Making an omelette or tortilla? Chives are the perfect herb.

#### MINT

- Just add a few fresh mint leaves to boiling water for a wonderful cleansing drink.
- Perfect with boiled new potatoes, especially Jersey Royals.

- Provides a refreshing flavour to all salads.
- Great in homemade lemonade or virgin mojitos – ideal to take on picnics.
- Perfect for desserts, whether it's ice cream, fruit pudding or crumble.

#### ROSEMARY

- Probably one of the hardest herbs, it is wonderful with roasted vegetables.
- Great in stews or any other comfort food.
- Rosemary stalks make an ideal alternative to skewers, they look great and infuse your food with fantastic flavour.
- Perfect in a marinade.
- You can add whole sprigs to food before roasting or chop finely for a more even distribution of flavour.

FOR MORE INFORMATION, VISIT WWW.FRESH-HERBS.CO.UK



## MAKE SHALLOT FOCACCIA

*"Try this different twist on the classic Italian bread; it's divine with soft cheese"*



**Serves 6**

**Ready in 1 hr**

- 340ml warm water
- 1 sachet dried yeast
- 500g strong bread flour
- 12 shallots
- olive oil
- 10g Maldon sea salt
- pinch of sugar
- 25g rosemary

- 1 Add the yeast to the warm water. Whisk together add half the flour. Put in a warm area to prove.
- 2 Sauté the shallots in oil for about 10 mins.
- 3 After 40 minutes add the remaining flour, salt, sugar and 1 tbsp of oil and mix.
- 4 Turn out onto a floured surface and knead well until nice and smooth (about 10

- minutes). Place back in to a bowl, drizzle over a little olive oil and cover with a damp cloth and allow to prove once more (about 40 minutes).
- 5 Turn out again onto a floured surface and stretch it into a large rectangle and then fold over in thirds.
- 6 Place on an oiled tray and drizzle with oil, now push your fingers into the dough and decorate with shallots and rosemary. Allow it to prove once more (about 30 minutes) and then sprinkle with sea salt.
- 7 Cook in the oven at 220C/425F/Gas 8 for 10 minutes. Turn down to 200C/400F /Gas 6 and cook for a further 15-20 minutes.





# YOUR FREE-FROM ONE-STOP-SHOP

Whether you're after dairy or gluten-free (or simply great!) food, make **Free & Easy** your go-to brand

When you're already cutting something out of your diet, the last thing you want to do is compromise on taste, which is why we love Free & Easy. It ticks all the boxes: it's free-from dairy, gluten and wheat, it's suitable for vegans and vegetarians, it's easy to prepare, but most importantly, every product in the range is utterly delicious.

And when we say range, we mean range! The line of products Free & Easy makes is huge, from soups and sauces to ready meals, curry pastes, gravies and drinks. Whatever you're hankering after, we'll bet Free & Easy has got it covered.

## Perfect provenance

Most importantly, Free & Easy don't cut corners when it comes to nutrition or quality. Its food and drinks have been made without nasty artificial additives or preservatives, and they're also low in salt, sugar and fat.

It's little wonder why these foods are so virtuous. They've been created by a team of specialist chefs who lovingly craft each dish using top quality ingredients to make free-from food easy, and make dinner delicious, whatever your dietary requirement.

## Midweek magic

Free-from dinners can be tricky, especially if

## FREE & EASY'S MIDWEEK SOLUTIONS

- ✓ Organic Chickpea & Vegetable Curry
- ✓ Organic Three Bean Chilli
- ✓ Organic Chickpea & Bean Tagine
- ✓ Organic Bean Cassoulet
- ✓ Organic Vegetable Hotpot
- ✓ Organic Vegetable Balti

you're new to the diet. Working out how much xanthan gum you'll need to convert a glutinous recipe, or how to melt a dairy-free cheese over your pizza can take time and practice. That's why when time is of the essence, Free & Easy dinners really come into their own. The range of ready meals takes inspiration from every corner of the planet and they're organic too. Serve them on their own for dinner in minutes, or bulk them out with gluten-free breads, baked potatoes, rice or free-from pasta.

So, if you're looking for gluten-, wheat-, or dairy-free foods, find your nearest stockist of Free & Easy today. With quality like this, you won't be disappointed.



Free & Easy Ready Meals cost £1.89 and are available from Ocado and all good health food retailers. For more information, visit [www.healthyfoodbrands.co.uk](http://www.healthyfoodbrands.co.uk)





# Ask ROSE

Exciting lunches, vegan dishes and cooking without booze. Nothing is too tricky for our veggie chef

**Q** I DON'T WANT TO USE ALCOHOL IN MY COOKING. WHAT WOULD YOU RECOMMEND AS A SUBSTITUTE FOR WHITE WINE IN RISOTTO?

Jane Ling, via email

**A** I have often made risottos without alcohol, and no one has ever complained. I like to start by softening chopped onion and celery gently in olive oil in a large saucepan with a couple of crushed garlic. Then stir in the rice and cook for a couple of minutes before adding your hot stock as usual, a ladleful at a time. If you have some tasty homemade stock, that's great, but a good-quality

bought one is fine too. You can also add a lot of flavour with the extra ingredients you use. I love asparagus and pea risotto, especially at this time of year. Simmer the asparagus spears in water until just tender, drain off the water and use as part of the stock. Add the asparagus spears and peas at the end, along with a knob of butter or vegan margarine, and plenty of grated cheese. I bet no one will miss the wine one tiny bit!

**Q** I WANT TO MAKE A VEGAN DESSERT FOR A DINNER PARTY I'M HOSTING. DO YOU KNOW ANY KNOCKOUT RECIPES I CAN TRY?

Lisa Williams, via email

**A** Vegan cheesecake looks dramatic and tastes wonderful: crumb-crust base, deep vegan cream cheese topping, lots of strawberries and blueberries on top. Or make a chocolate crumb-crust, add chopped preserved ginger to the cheese topping and coarsely grate plain chocolate on top, and some crushed toasted hazel nuts. Or how about a jewelled fruit tart – very French! Brush a cooked shallow vegan-puff pastry flan case with sieved apricot jam, arrange circles of jewel-bright fruits on top: red

strawberries, purple blueberries, sliced kiwi fruit, apricots. Then pour warm sieved apricot jam over for a shiny finish. Another favourite is raspberries topped with champagne sorbet. You can make your own, or buy a good vegan champagne sorbet. Pile the sorbet on top of big, juicy raspberries in pretty glasses. Or, use three or more sorbets of contrasting flavours and colours and serve them piled up on individual plates, perhaps drizzled with passion-fruit pulp. Prepare the scoops before hand, and freeze on non-stick tray so you can assemble them easily.

**Q** I NEED SOME LUNCH INSPIRATION!

@Kawakreations

**A** The easiest way of fixing a packed lunch is to plan ahead and make an extra portion of supper the night before and take that to work. Pilaf, risotto, chilli, left-over pasta, nut or lentil loaf all work well, and if there's no means of heating them, they can be eaten cold. Another favourite is cold sesame noodles: cook noodles then toss in sesame oil, grated ginger, crushed garlic, shoyu and sesame seeds. Alternatively, for unusual sandwiches, try hummus, chopped coriander and black olives, or

spread bread thickly with protein-rich tofu mayo (half a packet of tofu whizzed to a cream with a teaspoonful of Dijon mustard, cider vinegar, 2 tbsp olive oil and a pinch of tsp salt. Any extra will keep well in the fridge), top with thinly-sliced cucumber and sandwich together. Or try Greek salad – sliced tomato, cucumber, onion and feta cheese (or avocado chunks) tossed in vinaigrette; or falafel with salad and a tub of hummus; or bean salad. Or how about a tub of yoghurt (I love Sojade soya yoghurt) with some prepared mango and blueberries?

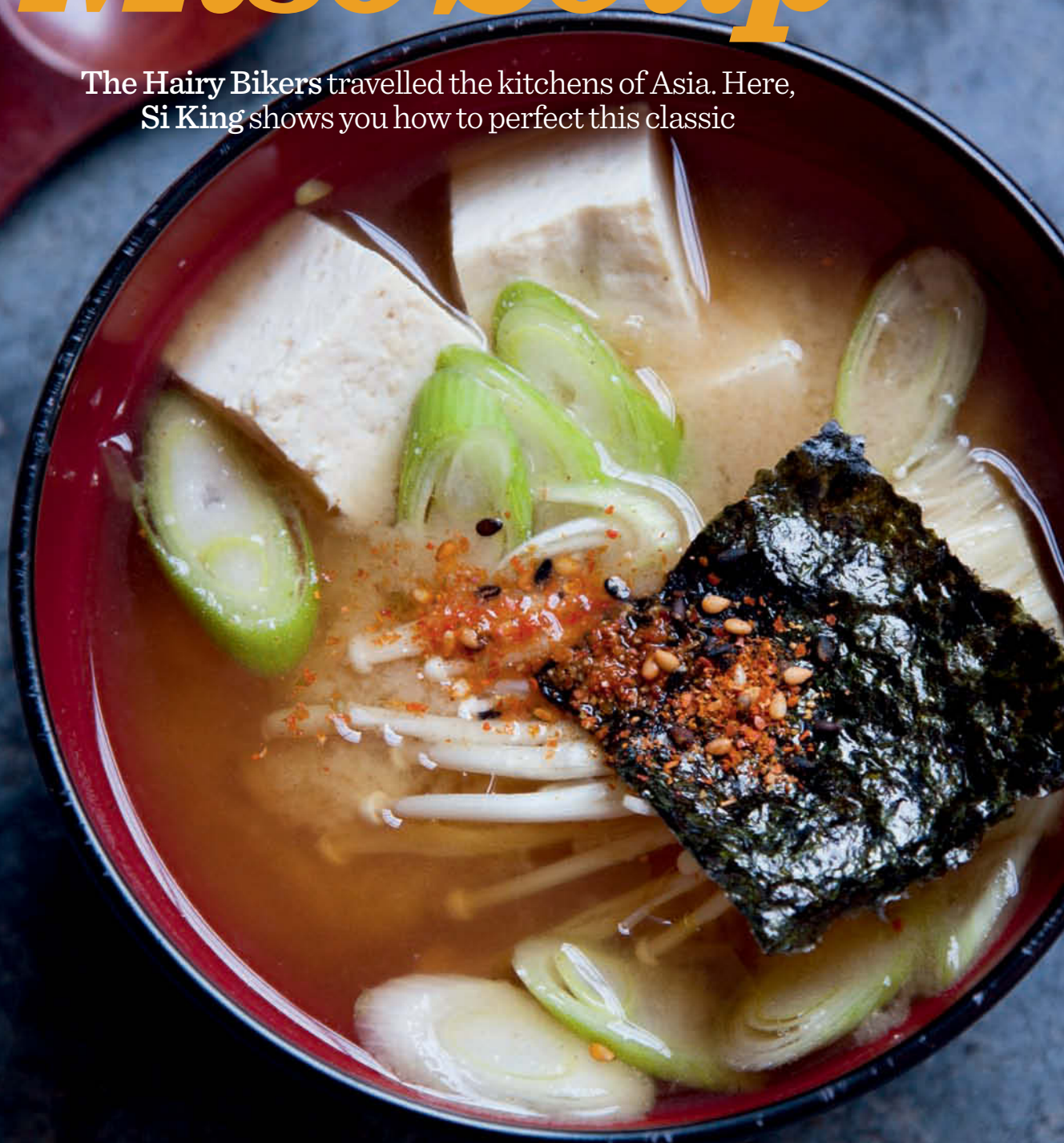
Have you got a burning question to ask Rose? Email [rose@cookveg.co.uk](mailto:rose@cookveg.co.uk) or find us on Twitter or Facebook



MAKE YOUR BEST EVER...

# *Miso Soup*

The Hairy Bikers travelled the kitchens of Asia. Here, Si King shows you how to perfect this classic







## MISO SOUP



Serves 4  
Ready in 1hr 40 mins

800ml vegetarian dashi-style stock (see Masterclass)  
4 tbsp white miso paste  
1 tsp mirin  
1 dtsp soy sauce  
80g enoki mushrooms  
1 spring onion, finely sliced at an angle  
100g tofu  
1 small square sheet of nori seaweed, divided into 4 shichimi, to garnish

**1** Pour the stock into a saucepan, add the miso paste and gently bring to a simmer. Add the mirin and soy sauce, then take the pan off the heat. Now you need four bowls for serving and you're ready to pimp your broth!  
**2** Cut the mushrooms into quarters and remove the woody end of the stalks. Place a bundle of enoki mushrooms into the bottom of each bowl. Divide the spring onion slices between the bowls and place them neatly with the mushrooms. Cut the tofu into quarters, then each piece into quarters again and place four pieces in each bowl.

**3** Place a piece of nori seaweed into each bowl. Pour the hot miso stock over the tofu and vegetables – this will heat the tofu through and cook the mushrooms at the same time. Finally top each bowl of soup with a sprinkling of shichimi, then enjoy.

## COOK VEG MASTERCLASS

### DASHI-STYLE STOCK

Makes 1½ lt

10g kombu  
1½ lt water  
10g shiitake mushrooms

**1** Rinse the dried kombu seaweed under cold water.  
**2** Pour the cold water into a large saucepan and add the kombu and shiitake mushrooms. Leave to soak for 30 minutes. Remove the kombu from the pan and cut it into three long strips. Leave the mushrooms to soak for a further hour. Take out the mushrooms and discard.  
**3** Put the kombu back in the pan and bring the water to the boil. As soon as the water comes to the boil, remove the kombu and discard. Do not boil the kombu in the water for a long time or the stock will become bitter.

### SOUP ESSENTIALS

Use these ingredients to give your miso the wow-factor:

#### WHITE MISO PASTE

The flavour from this soya bean paste is pure 'umami'. The white variety is a little mellower than the darker type as it's not fermented for as long.

#### NORI

Nori is the green seaweed used to roll sushi. It is red or green when fresh and unless you buy it ready-toasted, it should be toasted before use.

#### SHICHIMI

A common Japanese seven spice mixture which includes: coarsely ground red chilli pepper, ground sanshō, roasted orange peel, black sesame seed, white sesame seed, hemp seed, ground ginger and nori.

#### ENOKI MUSHROOM

Enoki mushrooms grow in clumps with long, slender stems and delicate looking caps. They are unusually sweet and firm to taste. When choosing some to buy, check them first to make sure they are not slimy.

## BOOKSHELF



Taken from *The Hairy Bikers' Asian Adventure*\* by Si King and Dave Myers. (£20, Weidenfeld & Nicolson)



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## MEET THE CHEF...



Our cousins across the Channel are renowned for fine foods and even finer presentation. Chef Eric Bédiat began his culinary

path in Garbone, where he learnt the basics of traditional French cuisine, and is now the Head of Technical Cuisine at Le Cordon Bleu London.

# ONLY GOOD COOKS KNOW...

Le Cordon Bleu show us home cooks how to chop vegetables like the professionals

## CARROTS JULIENNE

Preparing carrots 'julienne' style gives a much more refined finish to the veg, and it can be quick and easy to achieve with these simple steps:



1

Peel the carrots and cut off the sides to make a square out of each.



2

Lengthwise, cut very thin slices before stacking them



3

With the slices stacked, cut lengthwise in the same thickness as the slices.



4

This method of preparation works particularly well when using carrots as crudités for dips.

## PREPARING GARLIC

While not a particularly difficult ingredient to prepare, there are a few clever ways to ensure the flavour of the garlic is optimised in your dish.



1

Did you know that garlic is actually seasonal and has to be preserved? During the preservation process a small green germ can form, which makes it taste bitter. The first step in preparing garlic is to remove the germ.



2

After removing the germ, begin by crushing the cloves with the back of a knife – using a little rock salt can help this process by keeping the clove steady.



3

Once crushed, begin chopping by rocking the knife back and forth – continue doing this until the garlic is nicely minced.



4

In French this process of very fine chopping is known as 'hacher'.



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Le Cordon Bleu London have a Creative Vegetarian course which will take place on Saturday 7th June. [www.lcblondon.com](http://www.lcblondon.com)

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# The Sweet Life

These fancy French desserts from pastry chef **Fanny Zanotti** are seduction on a plate





“Don’t save pancakes for just one day of the year, especially when they’re so quick to make and even quicker to eat. If there is a reason good enough to dust off your old waffle iron, then this is it! The only question will be sugar, lemon, chocolate spread... or all three?”

## WAFFLES



Serves 8-12  
Ready 10 mins

100g butter  
125g whole milk  
seeds from 1 vanilla pod  
120g plain flour  
3 free-range egg whites  
60g caster sugar

**1** Preheat your waffle iron. Place the butter, milk and vanilla seeds in a small pan, and cook over a low heat until the butter is just melted. Transfer to a jug, and allow to cool down just slightly. It shouldn't feel too warm to the touch.

**2** Place the flour in a large bowl and slowly pour the milk over it, whisking as you go.

**3** In another bowl, whisk the egg whites until foamy, then add the sugar, a little at a time, until the meringue is thick and glossy. Scoop half into the batter and whisk in to loosen the mixture, then gently fold in the rest.

**4** Ladle the batter onto the hot iron and cook for 4-6 minutes, or until the waffles are golden.

**5** Transfer to a wire rack while you cook the rest of the batter.  
PER SERVING (12 SERVINGS): 127 CALS, 7.5G FAT



## CRÊPES



Makes 12  
Ready 40 mins

100g butter, cubed  
500g whole milk  
2 free-range eggs  
2 egg yolks  
seeds from 2 vanilla pods  
200g plain flour  
70g icing sugar  
vegetable oil, for cooking

**1** Start by making the beurre noisette. Melt the butter in a small

pan over a medium heat. Once melted, keep cooking until the butter becomes a deep-golden colour and starts to smell nutty (this takes around 1-2 minutes). Leave to cool for a few minutes, then pour into a small bowl, making sure to keep most of the browned milk solids in the bottom of the pan. Keep in the fridge for up to a week.

**2** Mix the milk, eggs, egg yolks and vanilla seeds together in a jug. In a large bowl, mix the flour and icing sugar. Slowly pour the liquids over the dry ingredients, whisking constantly, then mix in 70g of the melted beurre noisette. Pass the batter through a fine-mesh sieve

to make sure there are no lumps.  
**3** Leave the batter to sit at room temperature, covered with a clean kitchen cloth, for at least 30 minutes.

**4** When you are ready to cook the crêpes, heat a lightly oiled nonstick frying pan over a high heat. Pour the batter onto the pan, using approximately one-third of a cup for each crêpe. Tilt the pan in a circular motion so that the batter coats the surface evenly.

**5** Cook the crêpe for about two minutes, until the edges start to brown and curl slightly. Loosen with a palette knife, flip over and cook the other side for a minute.  
PER SERVING: 243 CALS, 13.8G FAT





*“I usually make this on the very first days of June when the cherries turn into bright-red jewels waiting to be picked. I like to eat it at any time of the day, but it does make a lovely dessert when served with some sharp yoghurt ice-cream or a dollop of crème fraîche.”*

## CHERRY CLAFOUTIS



Serves 10  
Ready in 40 mins

200g plain flour  
120g caster sugar  
a pinch of salt  
3 free-range eggs  
80g butter, melted  
400g whole milk  
500g cherries, pitted

**1** Preheat the oven to 200C/400F/  
Gas 6 and generously butter a  
30cm tart dish.

**2** Combine the flour, sugar and  
salt in a large bowl. Add the eggs,  
one at the time, beating well after  
each addition. When the batter is  
smooth, mix in the melted butter.  
Then gradually add the milk,  
mixing well so no lumps form. If  
you're not fully confident it is  
lump-free, strain the batter  
through a sieve.

**3** Scatter the pitted cherries into  
the prepared dish and gently pour  
the batter over. Bake for 30  
minutes or until golden and quite  
firm. It can be slightly wobbly in  
the centre but a skewer inserted in  
the middle of the clafoutis should  
come out clean.

**4** Cool and cut into wedges.

PER SERVING: 253 CALS, 10.66 FAT



## STICKY TOFFEE PUDDING



Serves 8

Ready in 1hr

### For the cake

260g water

150g stoned dates

150g plain flour

1 tsp baking powder

1 tsp bicarbonate of soda

150g dark brown sugar

50g butter, at room temperature

2 free-range eggs

### For the sauce

400g whipping cream

80g demerara sugar

25g dark brown sugar

**1** Preheat the oven to 160C/320F/ Gas 1½. Butter and line a 20cm cake tin with baking parchment. Bring the water to the boil in a small saucepan, take off the heat and add the stoned dates. Soak for a few minutes.

**2** Combine the flour, baking

powder and baking soda in a bowl and set aside. Blitz the dates using a hand-blender until smooth. Cream the sugar and butter in a large bowl, either with a wooden spoon or electric beaters. Add the eggs, one at a time, beating well.

**3** Then add the puréed dates and mix until combined. Fold in the dry ingredients until you have a smooth mixture. Pour the mixture into the prepared tin and bake for 45 minutes, or until a skewer inserted in the centre of the cake comes out clean. While the cake is cooking make the toffee sauce. Bring the cream and sugars to the boil in a pan over high heat, stirring every now and then. Lower the heat and simmer for 10 minutes or until you can see the bottom of the pan as you stir with a spatula and the sauce coats the back of a cold metal spoon. Serve straight away or leave to cool down in a plastic container and keep refrigerated for up to a week. It will thicken a lot as it cools down, but simply reheat a small quantity in a pan over a low heat until piping hot.

PER SERVING: 253 CALS, 10.66 FAT

*“This is perhaps my favourite cake of all time. Cream and sugars are cooked together until they resemble flowing melted gold. And possibly taste like it too – almost nutty and definitely delicious”*



## BOOKSHELF



Recipes taken from *Paris Pastry Club* by Fanny Zanotti (£20, Hardie Grant)



# RISE AND SHINE

Make breakfast fun again with these recipes from **VBites Foods**



## SAUSAGE AND BEANS

You'll never want tinned beans again after making them from scratch! The VBites Foods meat-free sausages are also suitable for vegans and have a delicate herby flavour. They don't contain any damaging cholesterol levels, which makes this a heart-healthy breakfast choice.

- 1 Tip 400g of tinned tomatoes into a saucepan, stir in 3 tsp of honey, 1 tsp of bouillon, herbs and black pepper. Heat on a gentle heat for a few minutes until heated through and bubbling. Drain and rinse 2 tins of haricot beans, add them into the pan with the tomatoes, along with some chilli flakes.
- 2 Bring to a simmer and allow to bubble away for 10 minutes, until the skins are nice and soft.
- 3 Serve alongside the VBites Foods Meat-Free Sage & Marjoram Sausages.

Ah, there's nothing better than a Sunday morning is there? The inevitable lie-in, newspaper flicking and general pottering around the house; it's what the weekend is all about. And, of course thoughts inexorably turn to treating yourself to a delicious breakfast. Craving more than just toast, you've got time to create magic in the kitchen. Here, VBites Foods show you how to whip up some early morning delights that are totally worth getting up for.

## HOMEMADE GRANOLA AND BLACK CHERRY YOGHURT

This is a breakfast bursting with flavour, you'll feel your body thank you with every bite. The VBites Foods Dairy-Free Black Cherry Yoghurt lifts the granola and gives it a cool, light and fresh taste. Plus, it's dairy and soya free as it's made from pea protein and sweetened with fruit juice, so it's suitable for vegans too.

- 1 Toss oats and granola add-ins (think dried fruits, coconut flakes, nuts, seeds) into a large bowl.
- 2 Drizzle with brown sugar, syrup or honey, a dash of vanilla, and a drop of olive oil.
- 3 Mix well with your hands.
- 4 Spread the mixture on a baking sheet and bake until crispy and golden, about 20 minutes, every so often stirring with a spoon to ensure it browns evenly.
- 5 Let it cool before breaking up. Then, mix in the scrumptious VBites Foods Dairy-Free Black Cherry Yoghurt.

## AMERICAN-STYLE PANCAKES WITH MEAT-FREE BACON

These are a special treat. Make sure you serve them with maple syrup and butter for true indulgence. The VBites Foods Meat-Free Streaky Rashers are beautiful with these fluffy pancakes. They are also great in a BLT, or you could try adding them to a creamy pasta sauce.

- 1 Sift together 2 cups of flour, ½ tsp of baking powder, 3 tbsp sugar, and ½ tsp of salt. In a separate bowl, whisk together 2 large eggs and 1 ½ cups of milk; add to the flour mixture, stir until smooth. Blend in 2 tbsp melted butter. If the batter seems too thick to pour, add a little more milk.
- 2 Cook on a hot, greased griddle, using about ¼ cup of batter for each pancake. Cook until bubbly, a little dry around the edges, and lightly browned on the bottom; turn and brown the other side.
- 3 Serve with VBites Foods Meat-Free Streaky Rashers, butter and maple syrup.

## ABOUT VBITES FOODS

VBites Foods have a huge collection of **meat-free, dairy-free and low gluten products, making vegetarian and vegan cuisine delicious and convenient. For more information visit [www.vbitesfood.com](http://www.vbitesfood.com)**

### The ranges include:

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- **Wot, No Dairy?** (sweet treats that are free from dairy)

*"You'll feel your body thank you with every bite"*



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# Love-hate RELATIONSHIP

We caught up with some of the **UK's top chefs** to find out what they can't stand in the kitchen, but also what they can't do without...

## CAN'T STAND...

### XANTHE CLAY



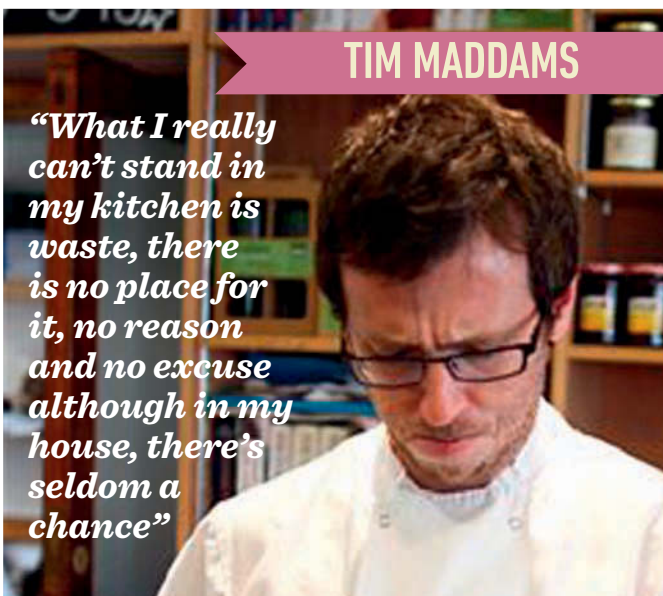
"I hate ready made salad dressings - they taste vile and what is so hard about shaking together oil, vinegar and salt? Also, bottled mayonnaise - it drowns the flavour of everything else - just use crème fraîche instead. Oh and margarine. Read the ingredients list - why would you want to eat that? It's a crime against food"

"Well, first up, no meat or fish every crosses my threshold... and I can't bear it if anyone starts cooking without washing their hands, or 'double-dips' when tasting from the pot. I do like my kitchen to be tidy and clutter-free, too, though I can assure you it's not like that after I've finished cooking! When I'm inventing recipes, I need to be on my own in the kitchen so I can concentrate, but when I'm 'just cooking' for friends and family, my kitchen is a lively place, full of chatter and laughter"

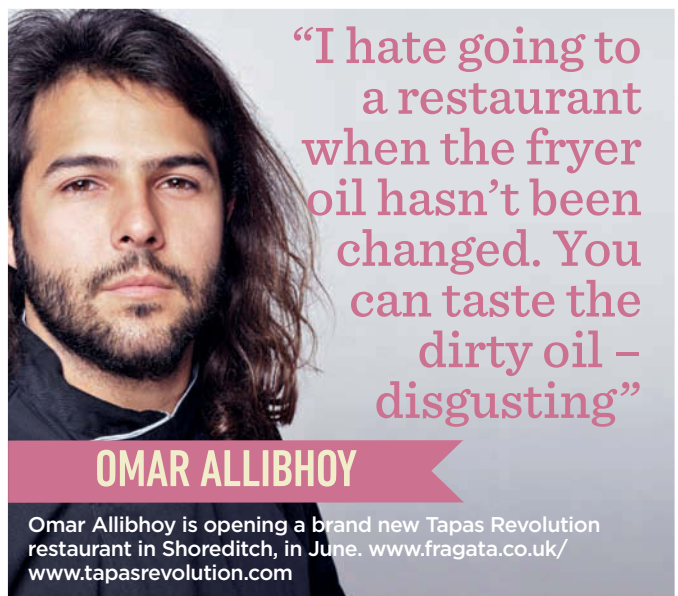


### ROSE ELLIOT

### TIM MADDAMS



*"What I really can't stand in my kitchen is waste, there is no place for it, no reason and no excuse although in my house, there's seldom a chance"*



*"I hate going to a restaurant when the fryer oil hasn't been changed. You can taste the dirty oil - disgusting"*

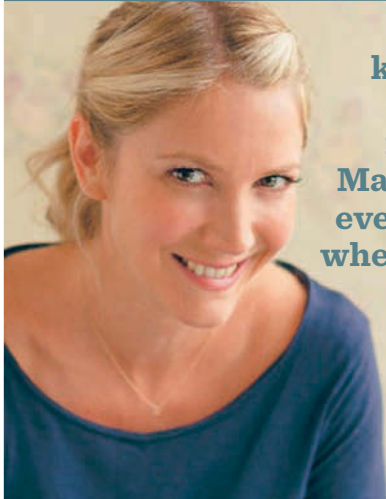
### OMAR ALLIBHOJ

Omar Allibhoj is opening a brand new Tapas Revolution restaurant in Shoreditch, in June. [www.fragata.co.uk/](http://www.fragata.co.uk/) [www.tapasrevolution.com](http://www.tapasrevolution.com)



## CAN'T DO WITHOUT...

## LISA FAULKNER



*“My favourite kitchen gadget is my KitchenAid mixer and I love Marmite. I put it in everything. In fact, whenever I go away, I’ll always take Earl Grey tea bags and Marmite”*

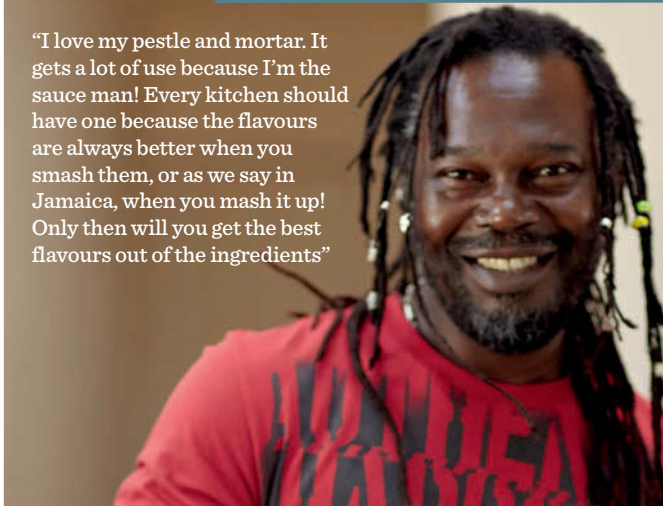
*“Apart from something obvious like a knife, probably a whisk. They’re so versatile – sauces, dressings, desserts – just a really simple hand whisk is probably the tool that I use most”*

## SIMON RIMMER



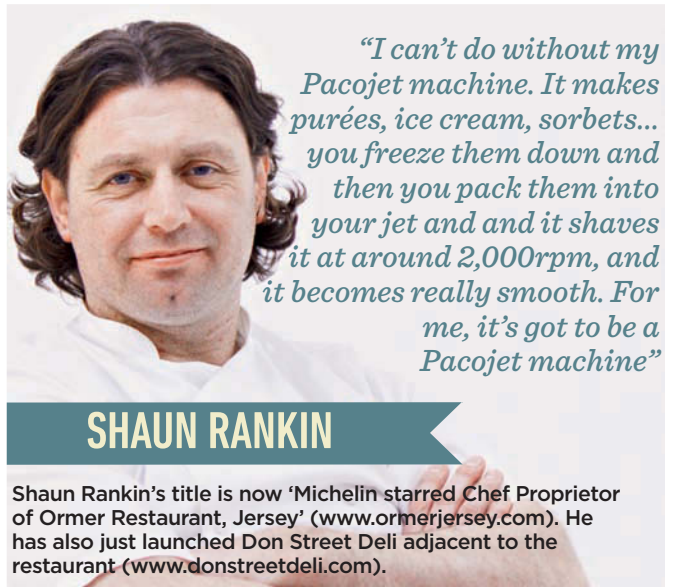
## LEVI ROOTS

*“I love my pestle and mortar. It gets a lot of use because I’m the sauce man! Every kitchen should have one because the flavours are always better when you smash them, or as we say in Jamaica, when you mash it up! Only then will you get the best flavours out of the ingredients”*



*“I can’t do without my Pacojet machine. It makes purées, ice cream, sorbets... you freeze them down and then you pack them into your jet and and it shaves it at around 2,000rpm, and it becomes really smooth. For me, it’s got to be a Pacojet machine”*

## SHAUN RANKIN



Shaun Rankin’s title is now ‘Michelin starred Chef Proprietor of Ormer Restaurant, Jersey’ ([www.ormerjersey.com](http://www.ormerjersey.com)). He has also just launched Don Street Deli adjacent to the restaurant ([www.donstreetdeli.com](http://www.donstreetdeli.com)).

*“My favourite knife is my zwiling henckel. Otherwise, it’s my Magimix. As a vegetarian, you can make some incredible dishes using it. I love making a four cabbage coleslaw spiked with a little wholegrain mustard and balsamic vinegar”*

## MARK SARGEANT



## RACHEL ALLEN

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# VEG OUT WITH BORDERFIELDS

Vegetarian food can be fun, tasty and very varied. **National Vegetarian Week** (Monday 19th – Sunday 25th May) is the perfect time to give it a try and discover some new meat-free favourites

People are drawn to vegetarianism for all sorts of reasons and one of the main drivers is the health benefits associated with a vegetarian diet.

Eating vegetables provides numerous health benefits – people who eat more vegetables and fruits as part of an overall healthy lifestyle are likely to have a reduced risk of some chronic diseases. At the same time, vegetables provide nutrients vital for the health and maintenance of your body.

Here, Borderfields, the UK's leading cold pressed rapeseed oil producer, has teamed up with online food hub, sortedfood.com to bring you an inspiring meat-free mushroom recipe. Mushrooms are a favourite ingredient in vegetarian recipes as they contain more than twice the amount of protein as other vegetables. They are also one of the few natural sources of vitamin E, which is essential for healthy bones and teeth.

Speaking of vitamins, few people realise that Borderfields Cold Pressed Rapeseed Oil is a fantastic source of vitamin E. Vitamin E is known for its antioxidant properties as well as its skin and hair care benefits. Borderfields also contains no additives and is 100 per cent natural with nothing added or taken away – what you see in the bottle comes straight from the seed. This makes it a naturally better choice for all your home cooking.

So, if you're looking to embrace National Vegetarian Week or are looking for a tasty starter to bring to the table, give this delicious recipe a go.



## SORTED'S MUSHROOMS WITH TARRAGON MAYONNAISE

**Serves 4**  
**Ready in 15 mins**

**For the Mushrooms:**  
400g punnet of button mushrooms  
handful of flour  
2 whole free-range organic eggs  
splash of milk  
bowl of panko breadcrumbs  
1 tsp garlic powder

**For the Mayonnaise:**  
2 free-range organic egg yolks  
1 tsp white wine vinegar  
pinch of black pepper

$\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp mustard powder  
250ml Borderfields Rapeseed Oil  
few leaves of fresh tarragon  
1 lemon

1 Separate the egg yolks for the mayonnaise into a round bowl and whisk together with the vinegar, mustard powder, salt and pepper.

2 Continue to whisk vigorously as you slowly dribble in the oil. It's best to rest the bowl on a damp tea towel to stop it moving unless you have somebody to help.

3 Whisk until all the oil has been incorporated and the mayonnaise has thickened.

4 Zest the lemon into the homemade mayonnaise and stir in the finely chopped tarragon leaves.

5 Preheat the Borderfields Cold Pressed Rapeseed Oil in a pan (but don't leave it unattended).

6 Brush any dirt from the mushrooms.  
7 Place the flour and garlic powder in one bowl, whisked eggs and milk in a second and breadcrumbs in a third.

8 Roll the mushrooms in the flour, then dip into the beaten egg and finally in the dried breadcrumbs to coat them all.

9 Lower the mushrooms into the oil and fry for 3-4 minutes until golden all over and the mushrooms are cooked through.

### WHY NOT TRY?



...If you're pushed for time, simply fry some mushrooms in Borderfields' NEW garlic infused oil available from Aldi and online at [amazon.co.uk](http://amazon.co.uk)



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# GIVEAWAYS

Up for grabs this month is a hi-tech blender, beautiful picnicware and some artisan chocolate



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## OUTSIDE DINING MADE EASY!

As the sun starts dribbling through the clouds, grab a pasta salad, some vegetarian Scotch eggs and a bottle of homemade lemonade, and ride your bike to the nearest patch of grass, quick. The dining alfresco season is upon us! And, with the Coolmovers Meadow Lane range from Kitchen Craft ([www.kitchencraft.co.uk](http://www.kitchencraft.co.uk)), you'll have everything you need for lunch in the great outdoors. The set includes a basket, cutlery, plates, cups, jugs, cool bags and a rug to set the scene. Plus a collection of wine glasses for a grown up picnic or romantic tryst. The set is inspired by the colours of nature with cool blues and calm greens. We've only got one so make sure you enter today!

## A KITCHEN ESSENTIAL

Get your hands on this brand new Jug Blender – the hero product from the new Russell Hobbs Illumina range. Every product in the five-piece set features a colour control light ring, with clear guidance on which setting is best for different food types, helping to take the guess work out of cooking. We've got four of the sleek Jug Blenders, which features a new advanced blending technology, allowing you to make short work of soups, smoothies and pulses. The glass jug's unique shape and two tip S-shaped blade creates a strong vortex, which is engineered to give professional results every time. In fact, the blender can crush ice and frozen fruit with ease (perfect for summer!).



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20  
TO GIVE  
AWAY!

## LUXURY CHOCOLATE

For the crumbliest, gooiest and most intense flavoured brownies ever, the secret is all in the quality of the chocolate powder you use, which is where Mortimer Chocolate Company ([www.mortimerchocolate.co.uk](http://www.mortimerchocolate.co.uk)) can help elevate your batch. Good chocolate is like good wine, and the cocoa beans (like the grapes for wine) are sourced from specific locations around the world, chosen due to the deliciously rich flavour produced. The range also contains White Couverture Powder and Melt and Dip Chocolate. Mortimer's are offering 20 *Cook Vegetarian* readers a selection of goodies worth £15 each. So, if you've got the urge to bake or fancy a fondue with friends, visit our giveaways page.

## HOW TO ENTER...

For your chance to win this month's fabulous prize draws get online today! [www.cookveg.co.uk/giveaways](http://www.cookveg.co.uk/giveaways)



## 7 WAYS TO STAY

## CONNECTED!

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COOK VEGETARIAN

## THE APP

No matter where you are in the world, you can access Cook Vegetarian via our app. It's already proving a hit with readers worldwide! Our handy app gives you access to the latest issues which are packed with super-quick makes for weekdays, artisan products, the latest kitchen gadgets and celeb chef advice to hone your cookery skills.

To download this useful app for just £2.99, head to the app store on your phone or tablet and search for Cook Vegetarian.

## WEBSITE

All of our online recipes are broken down into dietary requirements, so there are plenty of dairy-free, egg-free and vegan dishes to choose from.



## FACEBOOK

Come and join us on [facebook.com/cookvegetarian](https://www.facebook.com/cookvegetarian). We regularly update it with the latest veggie news, recipes and our exclusive offers.

## FORUM

Fancy a chat? Check out our forum which debates anything from the perfect veggie burger to top tofu tips. Get the next debate started!



## TWITTER

Want to find out what's hot and what's not in the veggie food world? Then, follow us @cookveg.



## MAGAZINE

Cook Vegetarian is the UK's best-selling monthly vegetarian cookery magazine with around 100 new recipe ideas every single issue! It's an indispensable guide that we know you'll turn to again and again, whether you're vegetarian or not...



## PINTEREST

We love beautiful food photography, and we want to share our stylish snaps with you! Head to our pinterest page and be inspired to make our favourite veggie dishes.



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MORRISONS





# COOK VEGETARIAN TOP PICKS

Here you'll find an exciting selection of all the best veggie food, fan appliances and helpful gadgets that we've stumbled across this month

## FIND A CAT AT THE CLICK OF A MOUSE!

Cats Protection's new 'Find a Cat' function on the charity's homepage will allow people to view all the cats available for adoption within a 30-mile radius of their home. By entering your home postcode, you'll be instantly directed to pages showing pictures and fact-files on all the fabulous felines in their area in need of good homes. Cats Protection urges animal lovers to adopt rather than buy if they are considering getting a cat. **To search for a cat using the 'Find a Cat' facility visit [www.cats.org.uk](http://www.cats.org.uk)**



## HERBS FOR LIFE

If you want to add something special to your veggie dishes, flavouring with herbs is a must. And the quality of the herbs you use is important too, so we've teamed up with the king of herb companies Laurel Farm Herbs during National Vegetarian week (19th-26th May) so that you can get 10 percent off plants at the nursery.

All you have to do is bring in your copy of *Cook Vegetarian*

(Please note this offer excludes mail order plants).

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## KNIFE SKILLS

As a part of the classic Global knife series, the Global Cook's knife is a great, all round knife that every keen cook needs in their kitchen! It has a curved handle that is comfortable for the hand and a sharp blade that can be used for slicing vegetables. This excellent knife has scored a high 93% in the latest *Which?* reports, scoring 10 percent higher than second place for being an excellent multipurpose knife. Global has also won best knife supplier fifth year running in the Chef's Choice Awards 2014.

**For more information, including prices and stockists visit [www.globalknives.uk.com](http://www.globalknives.uk.com)**



## VEGGIE BREAK

Yewfields is a beautiful retreat in the Lake District that offers vegetarian bed & breakfast, and luxury self-catering accommodation as well. It's also eco-friendly as the house is heated with wood chip, supplied from the woods using horses to thin the trees! From the 27th-



29th June there is a wild flower gardening weekend where you'll be introduced to the principles and practice of using wildflowers in the garden. It includes hands-on identification, visits to local wildflower sites, and the design, planting and maintenance of habitats. This year, there is also a summer music festival from 12th-13th July featuring: Paul Janes (piano), Rosa Campos Fernandez (clarinet), Sarah Brandwood Spencer (violin), Catherine Yates (violin), David Aspin (viola), Tom Beer (viola) and Simon Turner (cello). **For more information visit [www.yewfield.co.uk](http://www.yewfield.co.uk)**





### COOKING WITH STYLE

We're loving the new cookware from Sabichi. The die cast aluminium makes it feel top quality in your hand, and the ceramic lining is stunning. Plus, the zesty lime colour is bright, bold and bang on trend; it just looks so good on your kitchen shelves! The range is also functional and the hob top pans have comfy heat resistant Bakelite plastic handles, while the casserole lid benefits from a stainless steel knob for higher oven temperatures. The Sabichi Die cast range is a very affordable range of cookware that not only looks stunning but it's a delight to cook with too, and is supported by a 1-year pan guarantee too.

### MORE CHEESE PLEASE!

This award-winning stilton from Colston Bassett is a real treat. It's a rich cream colour with blue veining spread throughout. The texture of the cheese is smooth and creamy with a mellow flavour and no sharp acidic taste from the blue. Melt in the mouth perfection is what Colston Bassett delivers. **Prices start at £17 per kg and is stocked at [www.nealsyarddairy.co.uk](http://www.nealsyarddairy.co.uk)**



### SUMMERSAULT

Opened in 1989, Summersault has continued to innovate throughout its 25 years. It is like heaven to foodies, what with the organic wines, antipasti and artisan British cheeses.

Occupying a magnificent terracotta fronted building designed and constructed in 1902 this is a unique and atmospheric restaurant and coffee house where everything is cooked from fresh using largely organic ingredients.

**For more information, visit [www.summersault.ltd.uk](http://www.summersault.ltd.uk)**



**SUMMERSAULT**  
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### BOTTOMS UP!

No grown up picnic is complete without a cool tippie, and this premium Sheppy's Cider with its full-bodied flavour and slight sparkle, is a pretty good choice. It should be served slightly chilled, but do not over chill. It is an excellent drink to accompany vegetarian dishes but is equally good just on its own. **Available to buy in a box of 6 x 500ml bottles at [www.sheppycider.com](http://www.sheppycider.com).**



### YADD AN

Add an instant zing to your cooking with Yau's authentic, fresh and healthy oriental sauces. They're gluten-free and suitable for vegetarians and vegans (apart from the Zum). The veggie options include Cantonese, Sweet & Sour, Kung Po, Szechuan and the award-winning Black Bean. Perfect for cooking, dipping, dressing and marinating. **Get yours from [www.bonnieyau.co.uk](http://www.bonnieyau.co.uk)**



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These British crisps are cooked in rapeseed oil, which means they're not as fatty as regular crisps. And, if you're a real health fanatic they even do an unsalted variety.

Not only are they better for you, they full of flavour and made by hand. New for summer, why not try Just Sea Salt Dippers, perfect for sharing at BBQs and picnics with friends and family? Available for 75p or £1.85. **Find your nearest stockist at [www.justcrisps.co.uk](http://www.justcrisps.co.uk)**



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FINALLY

# The *Bite-sized* VEGETARIAN

This month, **Lucy Porter** realises (grudgingly) that she, like many of us, is a slave to the trends



**I was whilst chopping carrots that I realised I'd become a fashion victim – a food fashion victim that is.** In other spheres my tastes have pretty much stayed the same since my heyday in the early 1990s. I still wear clothes that I hope Kim Deal of The Pixies would approve of, and grungy make-up copied from Courtney Love. My interior design style can best be described as 'Late 20th century student chic'. I only got rid of my *Pulp Fiction* poster and inflatable armchair after considerable pressure from my husband.

Uncharacteristically though, I have always followed what's in vogue for vegetables. This week, as I awkwardly chopped a carrot into batons, I had a flashback to my home economics lessons, and Mrs Austen showing us how to prepare our side dishes. In those days, carrots were sliced into centimetre thick rounds. They were then boiled for about three days and served with a main course called Chicken A La King, which I recall having the taste and appearance of meaty wallpaper paste.

Somehow, over the years, I have started batoning my carrots, and I have no idea why. I can only conclude that it's because you just don't see round carrots anymore. They have gone the way of melon balls, vol-au-vents and orange juice served as a starter in a wine glass.

## Roast with the most

I roast most of my vegetables now, and this is also a recent fad. In my 20s steaming became the thing, as we learned that was a way to preserve nutrients. Hollywood starlets boasted that they ate nothing but steamed broccoli after 6 pm and I duly followed suit. Then we realised these actresses were maintaining their enviable figures largely with the use of drugs. So with the dawn of

the new millennium we all thought 'sod it, let's just smother everything in olive oil and roast it.'

A few years ago you couldn't get a meal in a restaurant that didn't involve a tower of roasted peppers, courgettes etc. This was around the time that sundried tomatoes were as ubiquitous as Robbie Williams. We all thought we were following the healthy Mediterranean diet, even though I might as well have just drunk a pint of olive oil every morning. I was also a fan of the newly trendy and 'light' Japanese cuisine – featuring the same vegetables covered in Tempura batter and deep-fried.

## Streets ahead

I have put my weight-gain over the years down to the natural effects of ageing, but I'm now convinced that it's my devotion to roasting. I now roast new-fangled veg such as Romanesco and baby fennel, and I'm always the first to embrace the latest in-thing from the produce aisle. I was an early adopter of kale. Now that everyone bangs on about it I feel like it's an indie band that has now sold out to the mainstream.

It's not just vegetables either, I was into seitan when we still called it 'mock-duck' and it was only served at the Bug Bar in Brixton (before Brixton was fashionable to boot). I was eating – and mispronouncing – quinoa before *The Guardian* got a whiff of it. Don't even get me started on coconut oil – I practically invented it! Frankly, it's exhausting and frustrating being a food fashionista.

Now that I've realised what a slave I am to culinary fads, I'm determined to conquer my sheep-like behaviour. I don't mind if I'm square, and my carrots are round. After all, as Mrs Austen demonstrated all those years ago, it's much easier to cut them that way. Kale A La King anyone?





Just...  
Oil



# The story ...

This award winning, fine culinary oil is grown, harvested, and cold pressed, filtered and bottled on our farm in Staffordshire. It is our hope that future generations will continue in the tradition, bringing produce to market which is wholesome, nutritious and does not have to travel far from farm to plate.

Our range of Just Oil products include Salad Dressings made with our cold pressed Rapeseed oil combining the nutty flavour of the triple filtered oil with other quality ingredients to give outstanding dressings, as well as a range of Infused Oils and Just Balsamic Dressing and Dipping Oil which combines Aspell's Apple Balsamic Vinegar with Just Oil.

## The taste ...

- Smooth and subtle nutty flavour, ideal for salad dressings and marinades
- Great alternative to butter in bread and cake making
- Suitable for high temperature cooking: Stir frying, Roasting and Frying



## The benefits ...

- Half the saturated fat of olive oil
- Naturally high in Omega 3
- Natural source of Vitamin E
- Not chemically extracted at any stage, Zero additives
- Suitable for vegetarians, vegans and is gluten free



Available from selected Tesco, Asda and Co-Op stores, selected independent speciality stores and on line at [www.amazon.co.uk](http://www.amazon.co.uk)

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





Ideal for picnics, lunchboxes  
and outdoor eating



Chicken Style Strips  
and Pepper Wraps  
(serving suggestion)

*Food that speaks for itself...*



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



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