

DIANA HENRY • CHICKEN GENIUS • MEATBALLS • STICKY DATE PUD • NISHA KATONA

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## Raise your bread game

LUSCIOUS LOAVES & EXPERT SKILLS FROM THE BAKING MASTERS



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# Violife

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## CHANGEBURGER, ANYONE?

More and more people are changing to a plant-based diet, at least some of the time! And with good reason.

Detailed research shows that in the UK our **VIOLIFE** 100% vegan alternative to cheese has less than half of the climate impacts and occupy less than one third of the land compared to the same amount of dairy cheese\*.

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**WE ARE PROUD TO BE 100% VEGAN, BUT YOU DON'T HAVE TO BE!**

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**CHANGE YOUR CHEESE  
CHANGE OUR PLANET!**



**VIOLIFEFOODS.COM**



\* Based on a life cycle assessment in 2022 by Quantis of 8 Violife cheese alternative products compared to dairy cheese in the UK. For more information see <https://violifefoods.com/change-your-cheese>



# M



**arch** is a weird month – neither one thing nor the other. Or, rather, sometimes one thing and then something completely different: season, weather, mood, food.

I reckon a hiatus of this kind is the ideal opportunity to master (or brush up on) some skills. We've relaunched and rebooted our Be A Better Cook section – important because I see it as the beating heart of delicious. The more you understand about food, the better the food that comes out of your kitchen will taste.

This month, on p112, you'll find a technical bake special, put together with the experts at the renowned Bread Ahead cookery school, with a focus on yeasted breads – some simple (focaccia and a white loaf); some more complex (brioche and tender milk rolls). We'd love to see photos of your bakes – please share them on our Facebook group, also relaunched with the name 'delicious. food lovers'. It's an online community where you can chat about tips, recipes and discoveries.

I'd love you to tell me what you'd like to learn more about in depth, too. At delicious. we're all about you, our readers and online audience, helping to shape what we do – that way we get better and better. Write to me at [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk). I look forward to hearing from you. In the meantime, have a great month of cooking – and perhaps hone a few skills too.

Editorial director, delicious.

**Follow me on Twitter and Instagram @editorkarenb**



PHOTOGRAPHS: PAUL MITCHELL, MARK ROOPER, ISTOCK/GETTY IMAGES

### The recipe I'm making first...

Leek risotto with kale pesto and crispy prosciutto, p30. What a way to bring flavour to the table in a month when I'm slightly jaded by winter veg and longing for the zing of spring. Bring it on!

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RECIPE: MATTHEW JONES  
PHOTOGRAPH:  
KRIS KIRKHAM  
FOOD STYLING:  
SEIKO HATFIELD  
STYLING: TONY  
HUTCHINSON

### APOLOGIES...

Our cover credits last month should have read:

PHOTOGRAPH:  
ANDY GRIMSHAW  
FOOD STYLING:  
SEIKO HATFIELD  
STYLING: WEI TANG

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welcome.

# MOMENTS

*March*

Ideas, eats and treats to celebrate the end of winter

## *Great sights to see*

The first signs of proper spring, full of cheer, are drifts of daffodils in parks, gardens and hedgerows. Seek them out for a ray of sunshine even when it's cloudy, then walk, inhale that leafy-musky scent and anticipate longer days to come. English Heritage and National Trust properties are always a good bet – or visit [countryfile.com](http://countryfile.com) for the best daffodil walks UK-wide.

## Great treat to try

Fancy a night off cooking? Michel Roux Jr's Classique menu for two, launched for UK-wide delivery by lockdown success Dishpatch, features dishes Michel loves to cook at home, from sublime soupe a l'oignon topped with more melting comté than is decent, a rich, glossy bourguignon and a rum-soaked baba with caramelised oranges and a cloud of chantilly cream. Capital T for Treat. £70 for two; delivery on Fridays; [dishpatch.co.uk](http://dishpatch.co.uk)



## Great stuff to learn

### DISCOVER...

...how to make a hand-tied bouquet at a Petersham Nurseries floristry masterclass: £85pp, and you get to take your bunch home. They're holding a few places for delicious. readers on 26 March and 16 April... Act fast to avoid disappointment. [petershamnurseries.com](http://petershamnurseries.com)

### JOIN...

...a day's kitchen garden workshop to brush up on skills old and new with experts Mark Diacono and Ollie Hutson at The Pig at Combe in southeast Devon. It costs £175pp, including lunch, talks and proper hands-on work. [thepighotel.com](http://thepighotel.com)



## Great things in season

WHAT'S NEW Spinach, spring onions, spring greens, wild garlic and nettles (see p106 for how to prep them for cooking without getting stung!)

STILL AT THEIR BEST Cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring greens, swede, forced rhubarb

AND FROM FURTHER AFIELD

Blood oranges and globe artichokes from the Med, winter tomatoes from Italy

LAST HURRAH Leeks @



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make it yours.



# WHAT'S ON THE MENU?

Turn this month's recipes into a meal to remember. Food editor Jen Bedloe shares her choices for...

## LAZY WEEKEND LUNCH

- Cheese, apple and walnut toastie p104
- Cobb salad with cashew cream dressing p102
- One-pot greens with barrel-aged feta p72
- Gâteau breton p92

## SATURDAY MOVIE-NIGHT FEAST

- Butternut squash, stilton and pecan pastry rolls p63
- Chilli con carne meatballs with paprika tortilla chips p38
- Charred cabbage with harissa butter and herb salad p29
- Banana and date pudding with hazelnut butterscotch p70

## REVVED-UP SUNDAY LUNCH

- Piri-piri roast chicken p86
- Cheese and potato pie p46
- Stir-fried purple sprouting broccoli with crispy garlic and shallots p28
- Classic treacle tart p60

me time.

# #notforsharing

Pasta that's fast, filling and easy to make, yet sophisticated enough to feel like a treat. Solo dining never tasted so good

## Cacio e pepe

Serves 1

Hands-on time 15 min

NEXT TIME

Stir in leftover roast veg or a handful of frozen peas or fried mushrooms.

- 100g spaghetti
- 1 tbsp extra-virgin olive oil
- ½ tsp freshly ground black pepper, plus extra to serve
- 85g pecorino romano (or regular pecorino), finely grated
- 25g parmesan, finely grated

**1** Cook the pasta in a large pan of boiling salted water for 1 minute less than the pack instructions. Drain, reserving 125ml of the cooking water.

**2** Heat the oil in a medium pan for 1 minute to warm through, then stir in the pepper and cook for 15 seconds or until fragrant. Add half the reserved cooking water and bring to the boil, then turn the heat to low, add the pasta to the pan and cook, stirring, for 1-2 minutes until the pasta is coated.

**3** Sprinkle three quarters of the cheeses over the pasta, then stir for 2-3 minutes until the cheeses have melted and coat the pasta. Stir in the remaining cooking water, a spoonful at a time, to create a creamy sauce. Serve the pasta sprinkled with the remaining cheese and an extra grinding of black pepper.

**Per serving** 914kcal, 45.3g fat (23g saturated), 51.4g protein, 72.9g carbs (2.9g sugars), 1.8g salt, 4.9g fibre @

CLICK FOR MORE

**NEXT MONTH**  
For Easter, an egg-based snack for one

**BAKER**  
◦STREET◦

*≡ CLEVERLY PACKED ≡  
to help retain freshness*

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**WEEKEND**  
*≡ FAKEAWAY ≡*



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# Over to you



**Subject:** What about the pros of food delivery apps?

**From:** Simone de Monerri

Reading 'The dangers of instant app-ification' in the January issue [p130] as a disabled person, I felt alienated by Thea Everett's arguments. While the cons of this new system are clear, what about the advantages? It's not easy to pop out to the shops if you have a chronic health condition, are disabled or an OAP, or perhaps shielding from Covid. Food apps enable these sections of the population to retain their independence and have as much choice as everybody else.

**THEA REPLIES...** In a longer article I'd like to have mentioned this benefit. I always hope a neighbour or friend would be able to offer help in these circumstances, but I appreciate your point about the independence such apps can provide. Thank you for sharing your perspective.



**Subject:**

Cosy memories

**From:** Eleanor

I loved how Anja Dunk talked about the German term 'gemütlich' [loosely meaning 'cosy'] in the December issue [p86]. My parents both came from Germany and are sadly no longer with us, but it's a word they used often, and I was thrilled to see it in the German Christmas recipes feature. I bake Christmas biscuits with my grandchildren and turned Anja's braided raisin bread recipe into a loaf so leftovers could be toasted.



**Subject:** Pasty devotee

**From:** Jan Kehoe

I've subscribed to delicious. for years and have enjoyed many of the recipes. There's one I have to comment on, though: it's the recent recipe for budget cheese and onion pasties [Aug, p92, or find it online] – it's one of the best and I've made it many times. I've started to add different things like carrot and mushroom, too. Pastry has never been my forte, but these are so good that I have to restrict myself to doing them no more than once a week. Thank you!



**Subject:** Local cheese news

**From:** Barbara Debney

I have to tell you about the brilliant cheeses I get from my Booths

store in Lancashire. One of my favourites is bowland, from where I live in the Forest of Bowland – it has a brown skin and firm, creamy interior, filled with sultanas and a hint of cinnamon. Another is the French *délice de bourgogne* – like a camembert but whiter inside, softer and so decadent! I hope you can try them sometime soon. For more cheese inspiration, see p72

## This month's star email wins...

...two boxes of Italian craft wine, worth over £50, from When in Rome.

In Italy, wine lovers visit their local winery with refillable containers to hold the wine, then go home to enjoy it. When in Rome is on a mission to bring this tradition to the UK. It offers Italian craft wine from

independent producers in cans, flat bottles and eco-friendly boxes that stay fresh for up to 6 weeks once opened. [wheninromewine.com](http://wheninromewine.com) **FOR YOUR CHANCE TO WIN...** Let us know your thoughts on this month's issue by emailing us at [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk)



\*CONTRIBUTIONS MAY BE EDITED FOR SPACE/CLARITY AND ARE PUBLISHED ON THE BASIS THAT CONTRIBUTORS HAVE THE AGREEMENT OF ANYONE MENTIONED FOR ANY PERSONAL INFORMATION TO BE PUBLISHED



## From the delicious. food lovers group on Facebook



### Jo Branston

Diana Henry's rhubarb, rose and cardamom jam from her book *Salt Sugar Smoke*. Wonderful on rice pudding, filling a sponge cake or straight out of the jar on a spoon!

### Irene Paterson

I make a spicy rhubarb sauce that goes with pork, mackerel or duck – it's great because it cuts through anything slightly fatty.

**We asked:** What's your favourite way to use rhubarb? Here's what you said...

### Joanna Appley

Stewed on Weetabix for breakfast. Yes, the milk curdles a little but that doesn't matter! Or rhubarb jelly – stewed and sweetened, mixed into packet raspberry jelly dissolved in only half the usual amount of water. Yum!

### Matilda Stannard-Moore

I don't think you can beat rhubarb crumble. My late mother didn't cook much but this was something she made every year with rhubarb from a neighbour. The smell of it cooking takes me right back to my childhood.

### James Webb

Khoresh-e rivas (Persian rhubarb stew).

### Sarah Stephens

Rhubarb vodka/gin or cordial.

### Judi Stuart

Smoked eel with a rhubarb compote and salad. My mum used to cook it and now it's one of my family's favourite starters.

### COME AND JOIN US!

Connect with other delicious. food lovers on our Facebook group, discuss your passion for cooking and share ideas and tips. Ask us your cookery questions and we'll do what we can to help, and your comments and photos could have a starring role in our publications.

Join in at [deliciousmagazine.co.uk/foodlovers](http://deliciousmagazine.co.uk/foodlovers)

## Meet the reader

Food and wine tour organiser Cindy-Marie Harvey lives in Hampshire with fiancé Paul



“Stirring risotto is a great way to de-stress”

### When did you start cooking?

From a young age with my mother, who still makes the best lemon drizzle cake.

### Why do you love food?

In a crazy world, cooking a meal that will reassure people and make them smile is a great feeling. I'm also passionate about the UK's artisan producers.

**Odd food combo?** The Gentleman's Relish with

Frank Cooper's thick-cut marmalade on toast.

### Treasured food memory?

The first time I ate white truffle in Italy, aged 17 – I was shocked it was offered simply but generously, shaved over a fried egg.

### Cheer-up dish?

Risotto – the soothing, repetitive stirring is a great way to de-stress.

### Best cooking tip?

Roll lemons before

squeezing to get the most juice – picked up from an Italian chef on the Amalfi coast.

### Top condiment?

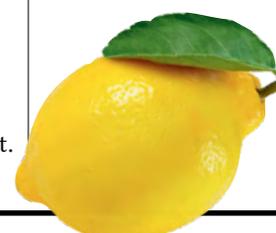
A sprinkle of smoked salt. **Favourite celebrity chef?** Jamie Oliver for his enduring enthusiasm and passion for all things Italian.

### And food writer?

Nigel Slater, whose words create a whole wonderful world to visit.

### WOULD YOU LIKE TO BE FEATURED IN A READER INTERVIEW?

Email a few words about yourself to [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk)



ISTOCK/GETTY IMAGES

# Cook it like delicious. & win

Acting deputy food editor Jess Meyer shares her verdict on your showstopping creations from the January issue

*And the winner is... . . .*

Agnes wins Stellar Eclipse cookware worth £500+



**WINNER: AGNES KOVA**

**Jess says...** “It was great to see lots of people tackling the technical bake this month. Agnes perfected it with an expertly plaited loaf and lovely soft crumb. Well done!”

*The runners-up... . . .*



**RUNNER UP: HANNAH SUCH**

**Jess says...** “Yotam’s curried cauli cheese pie was also popular – and Hannah’s oozy, crisp version is making me hungry.”

**RUNNER UP: TERESA LYNCH**

**Jess says...** “You can’t beat a cuppa and a cake on a cold day. I’m getting cosy vibes from Teresa’s ginger slices and chai tea.”



**CLICK FOR MORE**

## Want to have a go?

Cook it like delicious. this month and you could win £500 worth of brilliant Belazu ingredients\*

**G**reat cooking calls for great ingredients, and Belazu prides itself on sourcing only the very best quality products from the sunny Mediterranean. For example, the Belazu verdemanda extra-virgin olive oil is cold-extracted from 100% arbequina olives and left unfiltered for a punchy, complex flavour that’s perfect for finishing dishes. This attention to detail is applied to all of the Belazu product range – and you’ll taste the difference in your cooking. Many of the products are regularly used in the delicious. test kitchen.

**TO ENTER and for Ts&Cs, go to [delicious magazine.co.uk/cooktherecipe](https://deliciousmagazine.co.uk/cooktherecipe) GET COOKING AND SHARE A PHOTO WITH US by 31 March 2022\*\***

**WIN! £500 WORTH OF BELAZU GOODIES**



**Prize includes** Extra-virgin olive oil, pomegranate molasses, venus black rice, balsamic vinegar, tahini, rose harissa, smoked ketchup, zhoug and more – what’s in the picture above x 3. [belazu.com](https://belazu.com) (d)



Scan the QR code to enter and for Ts&Cs

\*THE PRIZE WILL BE DELIVERED IN TWO BATCHES  
\*\*MARCH'S WINNER WILL BE ANNOUNCED IN OUR MAY ISSUE

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# APPETISERS

Bitesize news, reviews and diary dates. By Phoebe Stone

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## PLANNING A SCOTTISH GETAWAY?

Check out the new Lanarkshire Larder food and drink trail. The 48-mile tour of the region in Scotland's central Lowlands lists over 25 local gems – from farm shops and restaurants to delis and distilleries (such as Biggar Gin, left) and even hotels. The line-up also includes artisan producer Errington Cheese (above left) and sixth-generation family business Alexander Taylor Bakery. Stamp your map at six locations for the chance to win a hamper worth £400\*. [lanarkshirelarder.com/food-trail](http://lanarkshirelarder.com/food-trail)



## PAINT THE TOWN RED (and yellow, blue, pink...)

Holi, the Hindu spring festival known for its joyful atmosphere, colourful splashes of powder paint and, of course, celebratory food, falls on Thursday 17 and Friday 18 March this year. Join the festivities at chef Vivek Singh's Cinnamon Kitchen restaurant in the City of London, which will host a Holi supper club on Friday 11 March (£45pp). [cinnamon-kitchen.com](http://cinnamon-kitchen.com)

**Want to celebrate at home? Find Vivek's sharing menu recipes at [deliciousmagazine.co.uk/holimenu](http://deliciousmagazine.co.uk/holimenu)**

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## Calling young wordsmiths...

Entries are open for The Guild of Food Writers' Young Food Writer of the Year 2022. In this year of the Platinum Jubilee, the theme is 'Food Fit for a Queen'. Entrants are encouraged to interpret this in their own way, with prose or poetry that tempts the senses and tells a special food story.

There are three age categories/word limits, with a £100 book token for the winner in each:

- 10 years and under (250 words)
- 11-14 years (500 words)
- 15-18 years (750 words)

Judges include Yotam Ottolenghi, Xanthe Clay, Tom Parker Bowles and delicious. editor Karen Barnes. The 15-18 champion has the chance to have their winning words featured by delicious. too. *Competition closes 30 April and the winner will be announced in June. Visit [gfw.co.uk](http://gfw.co.uk)*





**Pub of the month**  
**THE SQUARE & COMPASS, DORSET**

**PUBBY CRED**

It's full of character, with a busy live music schedule, a sea view from the sprawling front garden and its own museum housing owner Charlie Newman and his late father Raymond's collection of fossils and archaeological finds.

**THE BOOZE**

Cider made by Charlie in the back garden and beer from Swanage brewery Hattie Brown's.

**ANY FOOD?**

Locally made pies and pasties keep things strictly traditional.

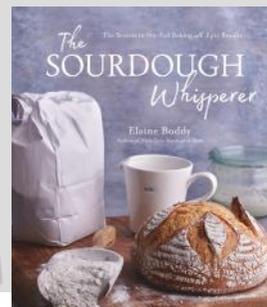
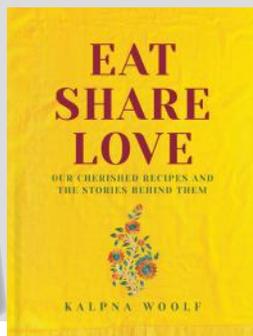
**THE WALK**

Join the South West Coast Path and explore scenic spots Winspit Quarry, Seacombe Cliff or Dancing Ledge along the Jurassic Coast.  
 squareandcompass  
 pub.co.uk

PHOTOGRAPHS & ILLUSTRATION: MIKE ENGLISH, C. JOHNSON, ISTOCK/GETTY IMAGES. PUB WORDS: DOTTIE KAY.  
 \*WINNER WILL BE DRAWN 3 JUNE 2022 - SEE LANARKSHIRELARDER.COM/FOOD-TRAIL FOR DETAILS AND TO ENTER

**KITCHEN BOOKSHELF**

This month: community spirit, inspiring bakes and sourdough expertise



**A GOOD DAY TO BAKE**

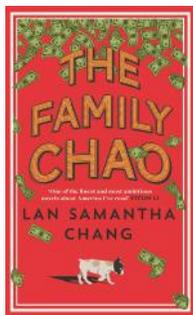
Creative baker Benjaminina Ebuehi's latest leans into the trend to cater to your fancies while improving your wellbeing, with more than 70 recipes to answer sweet and savoury cravings. Intriguing flavours (goose-fat potato focaccia, chamomile lemon buns) and serene photography make this a book bakers will adore browsing. *Quadrille* £22 (out 17 March)

**EAT SHARE LOVE**

The charity 91 Ways to Build a Global City, named for the number of languages spoken in Bristol, uses food to build local connections. Founder Kalpna Woolf brings together the community's recipes, such as Guyanese lamb curry or 'Brizzle' prawn cocktail. Learn the stories behind the dishes too in this warm-hearted read. *Meze Publishing* £22

**THE SOURDOUGH WHISPERER**

Blogger Elaine Boddy is an authority on sourdough. Her jargon-free 'ultimate guide' includes how to make and maintain a starter, plenty of step-by-steps and answers to a range of frequently asked questions, plus 40 recipes, including enriched, spiced and filled options. *Page Street Publishing Co* £17.99 (out 22 March)



**MURDER, MYSTERY... AND NOODLES**

Centred around a Chinese restaurant in the US Midwest, food underscores many pivotal scenes in family-drama-meets-murder-mystery *The Family Chao* (One £16.99). When owner Leo is found dead, suspicion falls on his three sons in Lan Samantha Chang's modern retelling of Dostoevsky's *The Brothers Karamazov*. @



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# HOTLIST



**IT'S A GIFT**  
...for Mother's Day or any time. Handblown glass designed by Rebecca Uth for Danish brand Ro Collection, with colours in several shades of chic. Feel the quality in the weight of it; a covetable present that does double duty as a vase and hurricane lamp. What's not to love?  
*Hurricane no.26*  
(25cm x 17cm), £43.46,  
[blomsterdesigns.co.uk](http://blomsterdesigns.co.uk)

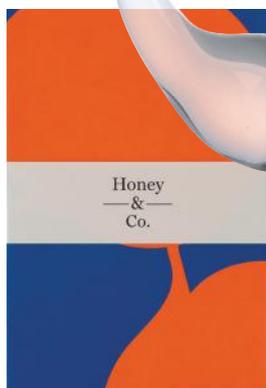
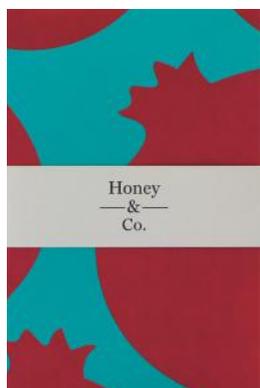


**GOOD BAG**  
All plastic-avoiding food lovers need a tote for impromptu grocery-buying. Homesense has commissioned well-known people to design bags (and more) in aid of Comic Relief's Red Nose Day on 18 March. My faves are by Gok Wan (left) and Luke Christian. Tote, £5.99; tea towel, £4.99; apron, £9.99, Homesense, TK Maxx and [tkmaxx.com](http://tkmaxx.com) (£2 from every sale - £4 for aprons - goes to Comic Relief)



**CHOP, CHOP**  
A board for slicing and serving, made by hand from solid oak to order. The acrylic disc handles are an abstract-art point of difference - you choose the colour, from bright to monochrome. The beautifully crafted design means you'll treasure and use it for decades. *Edward board*, £60, [marklowe.co.uk](http://marklowe.co.uk)

What's new, what's great, what we rate. Chosen by editor Karen Barnes



### WELL NOTED

Many cooks swear by having a kitchen notebook in which to scrawl (sorry, neatly write) their notes, lists and plans. These 128-page, thread-sewn cuties from Honey & Co cost £13.95 each or £40 for a bundle of three (gift alert). [shop.honeyandco.co.uk](http://shop.honeyandco.co.uk); turn to p52 for an interview with Honey & Co's Sarit Packer

### BLOWN AWAY

Another beauty that's individually made – this time from hand-blown, hammered glass. The sophisticated jugs come in either amber or purple – both objects of desire. £39 (size may vary slightly), [spicerandwood.co.uk](http://spicerandwood.co.uk)

### PICTURE THIS

I've long admired the work of food writer and artist Elisabeth Luard, so I was happy to discover you can buy prints of her beautiful work to frame for the kitchen wall. Each 'hand-corrected' image is printed on quality watercolour paper, signed and numbered. Gorgeous. £18 for a 210mm x 297mm print, [elisabethluard.org](http://elisabethluard.org)

### SOME LIKE IT HOT

March is that in-between month where soup and salad days can alternate. For those times when you want to keep lunch hot for later on, I recommend sleek and sturdy Sho food flasks – remarkably efficient and with an opening wide enough for soup with all the chunky bits. Plus there's a fold-up metal spoon hidden in the lid – genius. £29.99, [shoreusable.com](http://shoreusable.com) @

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# An old fashioned with Nisha Katona

The restaurateur, former barrister and new Great British Menu judge on being neighbourly, the ritual of cooking onions and the grounding of heritage

**When you cook onions, make sure they're just turning gold.**

It's meditative – you can't rush that process of caramelising. Onions are a fundamental building block in Indian cooking: if you want a thicker curry and more viscous sauce, chop more onions; if you want a nice high-pitched liquor that's full of flavour, use fewer onions and more spices. In any case, cook them down until they're as sweet as Haribos.

**Look for ancient paths and find a good way through life.** That's what I say to my two daughters. You won't have sleepless nights if your heart is in the right place. It's not about achievement or competition, it's about treating people around you the same as you would want your children to be treated. It's what I've built my business model on.

**Food is one of the best ways of connecting with people who live near you.** I think it comes from being part of an immigrant community that was quite persecuted. All you want is for people to like you, and inviting people to enjoy your food was the way my parents and family could do it. I've not long



**NISHA'S RECIPES FOR HAPPINESS**

"Dhal and rice is a bowl of comfort. It's the equivalent of hot buttered toast or mash in the West. And my favourite cocktail is a smoked cardamom old fashioned. We make it at my Mowgli Street Food restaurants. Frying the seeds turns them from medicinal into the taste of autumnal woodland."

moved to a new village and I can't wait to have all my neighbours round.

**I have to pinch myself that I'm on Great British Menu.** I get to eat the excellence from the nation's best chefs. Tom Kerridge is there for technicality; I'm there because I know what people, what my customers, would want. It should be food you'd never forget.

**When I shuffle off this mortal coil, I need my girls to know they can always re-create my chicken curry, my mother's dhal, my grandmother's lamb dish.** That moment when you walk into a house and smell something that anchors you to your ancestry is a marvellous thing.

**Every morning I listen to a Bible verse on an app.** It calibrates me. It can encourage confidence, which is important for women like me coming to the industry late in life. When you've had corners knocked off you it makes you more useful. It reminds me we are here living for others: to love and, if we are lucky, be loved. @

*Nisha's new book, 30 Minute Mowgli (Nourish £25), is out now*

INTERVIEW: KERRY FOWLER. PORTRAIT: PETER GOODBODY

# The *(not so)* hungry gap



“Slightly tired of the classic, hearty cold-weather dishes? With spring’s new vegetables yet to arrive, I relish the challenge of adding fresh interest to recipes. Breathe new life into winter veg and make the most of seasonal gems to escape humdrum mealtimes”

**JESS MEYER, ACTING DEPUTY FOOD EDITOR**



RECIPES AND FOOD STYLING: JESS MEYER  
PHOTOGRAPHS: STUART WEST. STYLING: LAUREN MILLER

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**Stir-fried purple sprouting broccoli with crispy garlic and shallots**





Venison tacos  
with grilled  
spring onion and  
peanut salsa

seasonal.



## BANISH THE BOREDOM

March was traditionally called the 'hungry gap', when winter veg was used up and spring veg yet to come. But a lean seasonal offering can be a fun challenge...

**Dust off the grill** Cabbage, brassicas and kale give smoky, crispy results with grilling, as do onions, leeks and root veg.

**Spruce up the storecupboard** Update your condiments to add interest. Think flavoured oils/vinegars, harissa or yuzu mustard. Jars of kimchi/sauerkraut and other ferments are another good way to bring a little funk to the familiar.

**Switch up your protein** Seasonal highlights like shellfish and venison are an easy swap for beef and lamb.

**Charred cabbage  
with harissa butter  
and herb salad**

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Mussels and clams  
with beans  
and sobrasada



seasonal.



**Leek risotto with  
kale pesto and  
crispy prosciutto**



## Stir-fried purple sprouting broccoli with crispy garlic and shallots

**Serves** 4 as a side

**Hands-on time** 10 min

**EASY SWAPS** Use tenderstem or chinese broccoli (gai lan) instead of purple sprouting broccoli. The sauce also works well with seasonal greens like kale and cavolo nero.

**KNOW-HOW** Fermented black bean paste is an umami-rich condiment made from black soy beans. Commonly used in Chinese cuisine, it's found in Asian supermarkets and some larger supermarkets. If you can't find any, use a good quality black bean sauce or an umami paste instead.

- 150ml vegetable oil for frying
- 2 banana shallots, finely sliced
- 4 large garlic cloves, finely sliced
- 2 tsp sesame oil
- 5cm piece ginger, finely sliced into matchsticks
- 1 small chilli, finely chopped (optional)
- 300g purple sprouting broccoli, larger stems halved
- 2 tbsp fermented black bean paste (see Know-how) ♻️
- 1 tbsp light soy sauce
- 1 tbsp chinese rice wine (optional)
- Finely grated zest and juice ½ small orange

**1** Put the vegetable oil and shallots in a wok over a medium heat. Bring to a simmer, moving the shallots around for 2-3 minutes until golden. Use a slotted spoon to remove the shallots and set aside on kitchen paper to drain and cool (they'll crisp up as they cool). Add the garlic slices to the oil and fry for 2-3 minutes until light golden (don't let them get too much colour as they'll continue to brown a little out of the oil). Remove the garlic and drain. Set aside with the shallots.

**2** Carefully pour off most of the vegetable oil, leaving about 1 tsp behind (save the flavoured oil for future frying). Increase the heat to high, then add the sesame oil, ginger and chilli (if using) to the wok. Stir-fry for 1 minute, then add the broccoli and cook, stirring and tossing, for 3-4 minutes until slightly softened and charring in places.

**3** Whisk together the black bean paste, soy, rice wine (if using), orange zest and juice. Add the sauce to the wok and continue to cook the broccoli for a further 2-3 minutes until just tender and the sauce is slightly reduced. Serve straightaway, scattered with the crispy shallots and garlic.

**Per serving** 106kcal, 6.2g fat (0.5g saturated), 4.6g protein, 6.1g carbs (4.4g sugars), 1g salt, 3.9g fibre **Vg** **DF**

♻️ For more ways to use fermented black bean paste, see Use it Up



## Venison tacos with grilled spring onions & peanut salsa

**Serves** 4

**Hands-on time** 30 min, plus resting

**Oven time** 8-10 min

**KNOW-HOW** This salsa is our version of salsa macha, a nutty chilli oil condiment from Mexico – feel free to experiment with different nuts and seeds.

We've used a mixture of smoky, fruity and spicy chillies, but use any dried chillies you like (find them in larger supermarkets and online at [coolchile.co.uk](http://coolchile.co.uk)).

The salsa will keep in the fridge for 2-3 weeks. Toss with salad or stir into scrambled eggs.

- 2 venison steaks (about 250g each; or use British beef steaks)
- 1 tbsp ground nut or veg oil
- 2 bunches spring onions
- Tortillas, 100g crumbled feta, chopped coriander and lime wedges to serve

### For the peanut salsa

- 250ml groundnut/veg oil
- 6-8 dried Mexican chillies (we used ancho, guajillo and chipotle; see Know-how), seeds and stems removed, torn
- 4 large garlic cloves, sliced
- 50g raw blanched peanuts
- 1 tbsp sesame seeds
- 2 tsp apple cider vinegar or white wine vinegar
- 1 tsp dark brown sugar

**1** Rub the venison with half the oil, season on both sides with salt, then set aside.

**2** For the salsa, heat the oil in a small pan over a low-medium heat. Add the chillies and fry for 6-8 minutes until a little puffed, toasted and smelling fragrant. Put the chillies in a bowl, leaving the oil behind. Add the garlic to the oil and cook, stirring often, until crisp and light golden, then remove with a slotted spoon and add to the chillies. Add the peanuts and sesame seeds to the oil and fry for 5 minutes until lightly toasted, then stir in the vinegar and sugar and return the chillies and garlic to the pan. Set the pan aside to cool for 15 minutes, then whizz the contents in a food processor until everything is finely chopped. Taste and season with salt.

**3** Heat the oven to 160°C fan/gas 4. Heat an ovenproof frying pan over a high heat, cook the venison for 2-3 minutes on each side until browned, then transfer to the oven and cook for 8-10 minutes for medium-rare. Put on a plate to rest in a warm place (take care with the hot handle).

**4** Wipe out the pan and return to a high heat. Toss the spring onions with the remaining oil, then cook for 3-4 minutes, turning occasionally, until charred and tender. Set aside to cool slightly, then chop or leave whole.

**5** Warm the tortillas according to the packet instructions. Thinly slice the venison and toss with any resting juices. Serve with the warm tortillas and the spring onions for everyone to assemble into tacos topped with crumbled feta, peanut salsa, chopped coriander and a squeeze of lime.

**Per serving** 746kcal, 41.2g fat (9.2g saturated), 40.6g protein, 51.4g carbs (7.4g sugars), 1.5g salt, 3.3g fibre



### Charred cabbage with harissa butter and herb salad

**Serves** 3 as a main, 6 as a side

**Hands-on time** 15 min, plus pickling

**Oven time** 25-30 min



Give green, white or hispi (sweetheart) cabbage the same treatment.

We used smoked chilli harissa, but rose or apricot harissa are milder if you prefer less spice.

- 1 medium savoy cabbage, cut into 6 wedges (see Easy Swaps)
- 2 tbsp olive oil
- 4 garlic cloves, bashed
- 1 preserved lemon, skin only, finely chopped
- 120g unsalted butter
- 2 tbsp smoked chilli harissa paste (see Easy Swaps)
- 2 tsp cumin seeds
- Greek yogurt to serve

#### For the herb salad

- 1 small red onion, chopped
- 100ml white wine vinegar
- 2 tbsp caster sugar
- 1 tsp salt
- Small bunch each dill, parsley and coriander, leaves picked
- 25g flaked almonds, toasted, plus extra to serve
- 1 preserved lemon, skin only, finely sliced

**1** Heat the oven to 180°C fan/gas 6. To start the salad, mix the onion, vinegar, sugar and 1 tsp

salt in a small bowl, then set aside to quick-pickle.

**2** Put a large oven-safe heavy-based frying pan over a high heat until smoking hot. Cook the cabbage wedges in batches for 3-4 minutes on each cut side until well charred. Set aside.

**3** Turn down the heat to medium, then add the oil, garlic and preserved lemon. Cook for 1 minute until fragrant, then add the butter, harissa, cumin and a pinch of salt. Add the cabbage wedges, turning to coat on all sides, then bake for 25-30 minutes until tender.

**4** Drain the pickled onions, then toss with the remaining salad ingredients. Serve the cabbage with the herb salad, extra flaked almonds and greek yogurt on the side.

**Per serving (for 6)** 318kcal, 26.7g fat (11.6g saturated), 4.9g protein, 11.9g carbs (11g sugars), 1.5g salt, 5.3g fibre **V** **GF**



### Mussels and clams with beans and sobrasada

**Serves** 4

**Hands-on time** 15 min

**Simmering time** 8 min



Sobrasada is a spreadable type of chorizo from Mallorca.

Find it online at Ocado or Basco Fine Foods, or use finely chopped chorizo instead. For a hotter kick, use 'nduja (but only use about half the amount as it's powerful stuff). →

seasonal.

- 2 tbsp light olive oil
- 3 shallots, thinly sliced
- 2 fat garlic cloves, crushed
- 1 tsp fennel seeds, bashed
- 200g sobrasada, casing removed, broken into small pieces (see Easy Swaps)
- 100ml dry sherry (manzanilla or fino work well)
- 2kg sustainable clams and mussels
- Handful each flatleaf parsley and dill, roughly chopped
- 400g tin cannellini beans, rinsed and drained
- Juice ½ lemon
- Crusty bread

**1** Heat the oil over a medium heat in a large lidded pan. Add the shallots and a pinch of salt and cook for 5-6 minutes until softened and beginning to colour. Add the garlic and fennel seeds, then cook for another minute.

**2** Add the sobrasada and cook for 2-3 minutes. The paste will melt and darken. Stir in the sherry and clams/mussels, then cover with a tight-fitting lid and turn down the heat to a simmer. Cook for 6 minutes, shaking the pan halfway through, until the shells have opened. Gently stir in the herbs, beans and lemon juice, then cook for 1-2 minutes more.

**3** Meanwhile, toast slices of crusty bread in a hot griddle pan (if you have one). Serve the clams and mussels with the smoky charred bread on the side.

**Per serving** 683kcal, 35.6g fat (9.1g saturated), 43.3g protein, 36.2g carbs (4.2g sugars), 4.1g salt, 8.5g fibre **DF**



## Leek risotto with kale pesto & crispy prosciutto

Serves 6

Hands-on time 30 min

Simmering time 20-30 min



Prepare the pesto up to 2 days ahead. Keep a thin layer of olive oil on top (to prevent discolouring), then store in the fridge. Toss leftovers with pasta, use to top fried eggs on toast or add to salad dressings.



Swap the pistachios for toasted hazelnuts, almonds or walnuts.

- Knob of unsalted butter
- 2 tbsp olive oil
- 2 large leeks, thinly sliced
- 2 garlic cloves, crushed
- 400g risotto rice
- 175ml dry white wine
- 1.5 litres quality chicken stock
- 100g parmesan/pecorino, finely grated, plus extra to serve
- 100g prosciutto (7-8 slices)

### For the kale pesto

- Large bunch curly kale or cavolo nero, woody stems removed and discarded, leaves and soft stems roughly chopped
- 50g shelled pistachios (see Easy Swaps)
- 50g parmesan or pecorino, finely grated
- Finely grated zest and juice 1 lemon

- 100ml olive oil
- 50ml basil oil (or more olive oil)

**1** For the pesto, put all the ingredients except the oils in a food processor. Add half the olive oil and whizz until the kale is finely chopped. Stir in the remaining olive oil and basil oil (if using), then season with salt, pepper and extra lemon juice as needed. Set aside while you make the risotto (see Make Ahead).

**2** For the risotto, melt the butter in a deep sauté pan over a medium heat. Add the oil, leeks and a pinch of salt, then cover and cook, stirring regularly, for 8-10 minutes until very soft. In a separate pan, heat the stock over a low heat.

**3** Add the garlic to the leeks and cook for 2 minutes, then add the rice and stir to coat in butter/oil. Increase the heat to high, then pour in the wine and simmer for 2-3 minutes until absorbed. Gradually add the hot chicken stock, one ladleful at a time, stirring continuously. Wait until each addition has almost all been absorbed before adding the next. Continue until you've added all the stock and the rice is al dente (still has some bite). Stir in the grated cheese, then season with salt and lots of black pepper.

**4** While the risotto cooks, heat the oven to 180°C fan/gas 6. Arrange the prosciutto on a large baking sheet and bake for 10-12 minutes until crispy. To serve, swirl a few tbsp of pesto into the risotto, then top with prosciutto shards, extra pesto and grated cheese.

**Per serving** 640kcal, 30.9g fat (8.9g saturated), 26g protein, 57.4g carbs (2.9g sugars), 1.5g salt, 3.4g fibre **GF** **d**



# Laurent-Perrier

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*Quentin Blake*

*Illustrated by Quentin Blake*

*Michel Roux at Le Gavroche*



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# What to eat when spring hasn't sprung



In like a lion and out like a lamb, March is a fickle month and it's hard to know what to put on the table, says Debora Robertson. Her solution? Patience, planning and a big reset

**I**t's a funny time of year, isn't it? No longer winter, but not quite reliably balmy, beautiful spring. The mornings are still crisp when I walk the dogs. It's a transitional time, as they

say in fashion. The what-to-wear dilemma – shrug off your big coat, but hold tight to scarves, cardigans, warm jackets – is matched by the question of what to eat.

After a winter of casseroles (which we must, apparently, always describe as 'hearty', in a slightly medieval-merchant manner) and thick soups, I'm longing to dive into a salad...

By salad, I don't mean a simple green salad – which I eat almost every day, often after that 'hearty casserole' – but those salads that have ambitions to be dinner all on their own.

But I recommend we all hold out for a bit. If I commit to cold food too early in the year, I find it damply unsatisfying and am raiding the fridge for the makings of cheese on toast or a scrambled-together pasta dish within the hour – with a generous hand on the chilli flakes too. Or I'm just

disappointed, after the faff of preparation, that it's not a pie (see this month's recipe).

Soup is my friend at this time of year. Perhaps not the beany, lentily, hefty soups of midwinter, but lighter, brothy soups filled with wild garlic, watercress, sorrel and spring greens. To stretch my fashion analogy perhaps a step too far, it's like swapping your winter 100 denier merino wool opaques for sprightly 20 denier sheer tights.

The truth is, March is a capricious creature. Some days it's full steam ahead with the light soups and salads (possibly with a lightly grilled lamb chop on the side). Other days, it's all fondue and fur knickers. O temperature, o mores!

At this time of year, in preparation for lazier, warmer days, I like to have a good sort out in the kitchen so I'm ready for the 'new year' of cooking, which I always feel like full-throated spring and summer represents. So I start planning, clearing the decks and dreaming.

I rage through the cupboards, fridge and freezer, discarding anything from the neolithic period or that I know we won't eat. Food that's still good but stuck in a holding pattern of I-know-I'll-never-pick-this-over-beans-on-toast, I give to our neighbours. Dried or canned things that are still within their dates, I take to the food bank. It feels good to clear the decks a bit, to remind myself of what we already have, to use things up. I like that blank-slate feeling you get from a really good holiday rental, where you're unencumbered by the remembrance of dinners past and just start every day afresh. Bringing some of that into my home cooking is always uplifting.

Similarly, I go through equipment I no longer use and find new homes for it. I can highly recommend it. Have you used that bread maker, waffle iron or pasta roller you got for Christmas? Possibly Christmas 1999? Liberate it into the universe. Perhaps you are just not a pasta roller kind of person, and that's absolutely fine. Besides, it's taking up valuable kitchen space, which

you need for the 15-setting Japanese rice cooker you just bought – the one that plays music to let you know the rice is cooked.

This is also the time I try to tackle things that have been annoying me for ages – the wobbly cupboard door, the drawers that don't run smoothly, the lack of a shelf in the very place I need a shelf – a little kitchen MOT will repay your efforts amply in the coming months.

One of the great delights of this time of year is to seize what bright days there are and spend them in

**“Some days it's full steam ahead with light soups and salads... Other days, it's all fondue and fur knickers”**

the garden. My new house came with a small jungle that hadn't been tended for more than a decade, so now I've cleared out all the weeds and invasive bamboo, I have a blank slate on which to plant my little potager of dreams. (In raised beds, of course, because who needs to bend down unnecessarily?)

I have space for cut-and-come-again salads, tomatoes, herbs of all kinds, lots of different chillies, courgettes and radishes. In front of the house, an ancient apricot is having its dull roots stirred with spring rain. With longer days come renewed optimism and a sense of possibility, a fresh start. Seize it.

**Turn the page for Debora's recipe →**



## Chicken pot pie with cheddar pastry

You can use all butter for this pie crust if you like. And if you want to use less meat or add more texture and flavour, mushrooms and/or cooked, vacuum-packed chestnuts are a good addition. I hate peeling pearl onions, so I use frozen ones (Ocado sells the Picard brand). This serves four generously, six more modestly.

### For the pastry

- 140g plain flour, plus a dusting
- ½ tsp English mustard powder
- ¼ tsp salt
- 40g unsalted butter, chilled and cut into small cubes
- 40g lard, chilled and cut into small cubes
- 80g cheddar, finely grated
- 1 free-range egg, lightly beaten
- Iced water (optional)
- Milk for brushing

### For poaching the chicken

- 1.2kg chicken, jointed – or buy chicken pieces if you prefer
- 1 carrot, cut into big chunks
- 1 celery stalk, cut into big pieces – keep any leaves
- 1 bouquet garni (1 bay leaf, some thyme sprigs and parsley stalks, tied with kitchen string)
- 1 tsp fine salt

### For the filling

- 20g unsalted butter
- 80g unsmoked lardons or chopped bacon
- 1 small onion, finely chopped
- 1 carrot, cut into 1cm dice
- 1 celery stick, cut into 1cm dice
- 2 tbsp plain flour
- 100ml white wine
- 250ml stock (from the simmered poaching broth)
- 120g petits pois/garden peas
- 100g peeled pearl onions, frozen if you can get them
- 3 tbsp crème fraîche
- 4 tbsp chopped parsley
- 2 tbsp chopped dill (optional)

**1** To make the pastry: mix the flour, mustard powder and salt in a bowl, then rub-in the butter and lard until it resembles coarse crumbs, still with a few pea-size

pieces of fat. Stir in the cheese, then make a well in the middle and slowly trickle in the egg, cutting the mixture together with a table knife. You may not need all the egg or you may need to add a little iced water – just enough to bring the mixture together into a soft dough. Wrap the pastry in cling film and chill for at least an hour – you can make it the day before.

**2** Meanwhile, put the chicken pieces in a casserole with the carrot, celery, bouquet garni and salt. Pour in enough water just to cover, bring to a simmer and cook gently until the chicken is tender – about 20-25 minutes. Remove the chicken with tongs and set aside. Simmer the poaching broth hard to intensify the flavour until you have about 250ml stock left. When the chicken is cool enough to handle, strip the meat in large chunks. Discard the skin and bones.

**3** To make the filling, melt the butter in a large-ish, heavy-bottomed pan over a medium heat. Add the lardons and cook until crisp. Lower the temperature

and add the onion, carrot and celery, then cook gently, stirring now and then, for 5 minutes.

Sprinkle with the flour and cook, stirring, for 2 minutes, then pour in the wine and reserved stock. Bring to a simmer, stirring, and cook until the sauce has thickened and is glossy. Remove from the heat, add the chicken, peas and pearl onions, then stir in the crème fraîche, parsley and, if you like, dill. Taste and season, then let it cool a bit.

**4** Heat the oven to 180°C fan/gas 6. Roll out the pastry – I do this between 2 sheets of baking paper dusted with flour. Spoon the filling into a 1.9 litre baking dish, brush the edges with milk and drape over the pastry. Crimp to seal (or just press the pastry onto the edges), then make a few cuts in the top for the steam to escape. Brush with milk, then bake for 30-35 minutes until the filling bubbles through the cuts and the pastry is golden brown.

**Per serving (for 6)** 570kcal, 29.8g fat (15.1g saturated), 41.9g protein, 28.5g carbs (4.4g sugars), 1.2g salt, 4g fibre (d)



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RECIPES: LUCY BUSUTTIL. PHOTOGRAPHS: BEN DEARNLEY. STYLING: KIRSTEN JENKINS

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Pork and veal  
meatballs with  
smoked broth



## Chilli con carne meatballs with paprika tortilla chips

**Serves** 4-5

**Hands-on time** 60 min,  
plus chilling

**Simmering time** 30 min

**MAKE AHEAD** Make to the end of step 3, then chill in an airtight container for 1-2 days.

- 500g British beef mince
- 1 onion, grated, excess liquid squeezed out
- 1 medium free-range egg, lightly beaten
- 70g stale sourdough breadcrumbs
- ½ small bunch coriander, stalks finely chopped, leaves roughly chopped
- 1 tbsp each smoked paprika, ground cumin and ground coriander
- 2 tbsp olive oil, plus extra for brushing
- 500g mixed vegetables, roughly diced (we used onion, celery, red pepper, sweetcorn, carrot and sweet potato)
- 2 tbsp chipotle paste
- 2 garlic cloves, crushed
- 330ml lager
- 400g tin chopped tomatoes
- 400g tin black beans or kidney beans, drained and rinsed
- 100g grated cheese – we used mozzarella and gruyère
- Soured cream to serve

### For the paprika tortilla chips

- 6 tortillas, cut into wedges
- 2 tbsp olive oil
- 1 tsp smoked paprika

**1** In a bowl combine the mince, onion, egg, breadcrumbs, coriander stalks, half the ground spices and some salt and black pepper. With slightly wet hands, roll the mixture into balls

(roughly 2 heaped tbsp each) until it's all used up, putting the meatballs on a plate as you go. Chill for 20 minutes to firm.

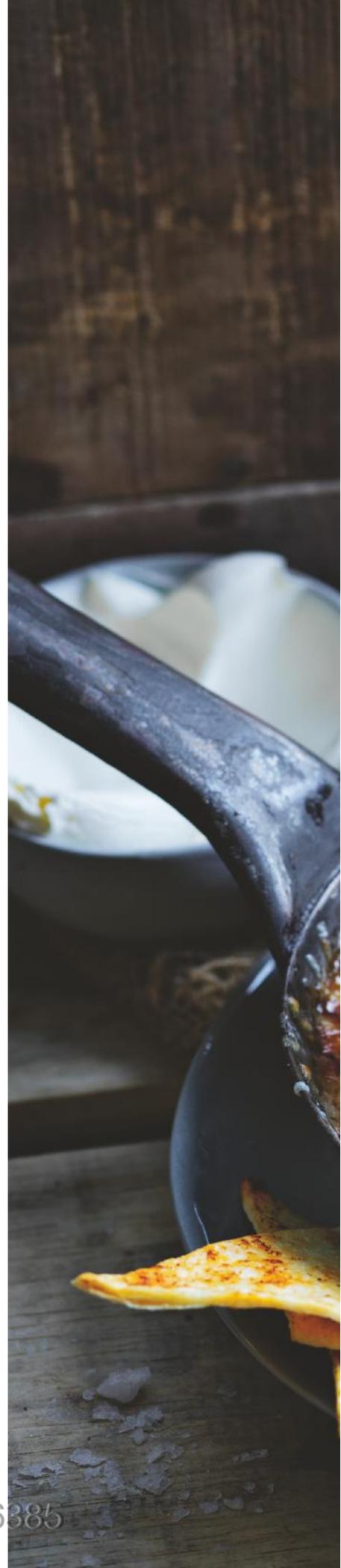
**2** Heat half the oil in a large non-stick frying pan over a high heat. Cook the meatballs in batches for 2-4 minutes, turning often, until browned all over.

**3** Heat the remaining 1 tbsp oil in a large heavy-based saucepan over a high heat, add the mixed vegetables and cook, stirring regularly, for 10-12 minutes until slightly softened. Add the chipotle, garlic and remaining ground spices, then cook for a further 1-2 minutes until fragrant. Increase the heat to high, add the lager and bubble until the liquid has reduced by half. Add the browned meatballs, tomatoes, beans and three quarters of a tomato tin of water. Bring to the boil, then reduce to a simmer. Cook, stirring occasionally, for 30 minutes or until the sauce is thick and rich, and the meatballs are cooked through. Season to taste (see Make Ahead).

**4** Meanwhile, for the tortilla chips, heat the oven to 180°C fan/gas 6. Arrange the tortilla wedges in a single layer on a baking tray, lightly brush with oil and sprinkle with the paprika. Bake for 8 minutes, then turn and cook for a further 4 minutes or until crisp and golden. Set aside.

**5** Heat the grill to high. Divide the meatball mixture among 4-5 ovenproof dishes and sprinkle with the grated cheese. Grill for 10 minutes or until the cheese is melted and golden. Serve with the tortilla chips with the soured cream alongside.

**Per serving (for 5)** 828kcal, 38.2g fat (14.3g saturated), 40.6g protein, 69.2g carbs (12.8g sugars), 2.1g salt, 13.3g fibre →



“On top of Old  
Smokey, all  
covered with  
cheese...”



## Massaman meatballs with vegetable curry

Serves 4-5

**Hands-on time** 40 min, plus 20 min chilling

**MAKE AHEAD** Make the meatballs and sauce to the end of step 3 up to 2 days ahead. Cool, then store in an airtight container in the fridge. Reheat the curry and veg, then continue from step 4 when ready to serve.

- 500g British beef mince
- 190-200g massaman curry paste
- 45g fresh breadcrumbs
- 1 medium free-range egg, lightly beaten
- ½ small bunch coriander, roots, stems and leaves, chopped
- 2 garlic cloves, crushed
- 1 tbsp vegetable oil
- 2 x 400ml tins coconut cream
- 600g root vegetables, cut into 3cm pieces – we used onions, carrots and sweet potatoes
- 50g roasted nuts – we used cashews and peanuts
- 1 cinnamon stick
- 1 star anise
- 4 lime leaves (optional)
- 1 tbsp palm or brown sugar
- 250g green vegetables, chopped – we used sugar snap peas and beans
- 2 tbsp fish sauce
- Juice 1 lime
- Roti and steamed rice to serve

**1** In a bowl, combine the mince, 2 tbsp of the curry paste, the breadcrumbs, egg, coriander and garlic with some seasoning. With damp hands, roll the mixture into balls (about 1 heaped tbsp each), then chill for 20 minutes to firm.

**2** Heat the oil in a large pan over a high heat. Cook the meatballs, in batches, for 4 minutes or until browned all over. Remove and set aside on a plate.

**3** Heat 2 tbsp of the coconut cream in the same saucepan over a medium heat. Add the rest of the curry paste and fry for 2 minutes or until fragrant. Add the root vegetables and fry until well coated. Pour in the remaining coconut cream, then fill 1 tin with water and add to the pan. Add half the nuts with the cinnamon, star anise, lime leaves (if using) and sugar. Bring to a simmer, cover with a lid, then cook, stirring occasionally, over a low-medium heat for 15 minutes or until the root vegetables are just tender (see Make Ahead).

**4** Remove the lid, add the meatballs and green vegetables, then return to the boil. Cook for 4 minutes, remove from the heat and stir in the fish sauce and lime juice. Scatter the curry with the remaining nuts. Serve with the remaining nuts. Serve with roti and steamed rice alongside.

**Per serving (for 5)** 802kcal, 58.9g fat (36.3g saturated), 31.5g protein, 34.8g carbs (10.9g sugars), 3.9g salt, 3.2g fibre **DF**



## Pork and veal meatballs with smoked broth

Serves 4-5

**Hands-on time** 30 min

**Simmering time** 1-2 hours, plus optional 20 min reducing

**MAKE AHEAD** Make the broth and meatballs up to 2 days ahead. Reheat the broth and add the meatballs and pasta to serve. →



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curry with  
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- 500g mixed pork and veal mince
- 1 medium free-range egg, lightly beaten
- 100g stale sourdough breadcrumbs
- 2 garlic cloves, crushed
- Small bunch mixed herbs – we used parsley and tarragon – chopped, plus extra to serve
- Grated parmesan and sauerkraut to serve

#### For the smoked broth

- 1kg smoked ham hock
- 1 each onion, carrot and celery stick (celery leaves reserved), chopped
- 4 garlic cloves, chopped
- 400g tin chopped tomatoes
- 6 thyme sprigs
- 2 bay leaves
- 150g small dried shell pasta

**1** For the broth, put the ham hock, 3 litres water, chopped vegetables, garlic, tomatoes and whole herbs in a large stock pot and bring to a simmer. Cook for 1½-2 hours until the broth is fragrant and the hock is tender. Remove the hock and, when cool enough to handle, shred the meat, discarding the bones and skin. Discard the thyme and bay. Using a slotted spoon, remove the vegetables from the broth and whizz in a blender until smooth. Return to the ham stock with the shredded meat and stir to combine.

**2** Put the pork and veal mince, egg, breadcrumbs, garlic and chopped herbs in a large bowl, mix to combine and season. With slightly wet hands, roll the mixture into balls (about 2 heaped tbsp of the mixture for each one). Put on a plate and chill for 30 minutes to firm.

**3** Taste the broth and, if lacking a bit of body and flavour, bring to the boil and cook rapidly for 20 minutes until reduced by about a third and flavoursome. Add the pasta, stir to combine,

then reduce to a simmer. Add the meatballs and cook for 10 minutes or until the meatballs and pasta are cooked through. Remove from the heat and add the extra herbs.

**4** Ladle into warm bowls and scatter with the celery leaves and grated parmesan. Serve with sauerkraut.

**Per serving (for 5)** 616kcal, 19.4g fat (6.7g saturated), 69.6g protein, 38.4g carbs (7.1g sugars), 4.3g salt, 5g fibre



### Tray-baked sweet-and-sour meatballs

**Serves** 4-5

**Hands-on time** 35 min, plus chilling

**Oven time** 20-25 min

**MAKE AHEAD** Prepare to the end of step 3 up to 1 day ahead, store separately in the fridge, then continue with step 4.

- 500g pork mince
- 25g panko breadcrumbs
- 1 medium free-range egg, beaten
- 3 spring onions, finely chopped, plus extra, shredded, to serve
- 1 long red or green chilli, seeds removed, finely chopped, plus extra to serve
- 2 garlic cloves, crushed
- 1 tbsp finely grated ginger
- 1 tbsp sesame oil
- 270g packet soba noodles, cooked according to the packet instructions
- 250g pineapple, chopped (about ¼ fresh one)
- 2 tbsp toasted sesame seeds to serve

- ½ small bunch coriander, leaves torn

#### For the lemongrass glaze

- 340g marmalade – we used lime
- 125ml white vinegar (or rice vinegar)
- 1 lemongrass stalk, bruised and halved
- 4 lime leaves, torn
- 1 red or green chilli, halved horizontally
- 1 tbsp dark soy sauce

**1** For the glaze, put all the ingredients in a pan over a low heat and cook, stirring constantly, for 2 minutes until the marmalade has dissolved. Increase the heat to medium and simmer for 6 minutes until slightly thickened. Strain through a sieve into a heatproof bowl, discarding any solids. Set aside.

**2** Heat the oven to 200°C fan/gas 7 and put a large deep roasting tray inside.

**3** Put the mince, breadcrumbs, egg, spring onions, chilli, garlic and ginger in a large bowl, season and mix well. With wet hands, roll the mixture into balls (about 1 heaped tbsp each), then chill for 20 minutes to firm.

**4** Remove the hot tray from the oven, add the sesame oil and meatballs, turn to coat, then return to the oven and bake for 5 minutes. Pour over 125ml of the glaze, turning the meatballs to coat, then bake, stirring the meatballs every 5 minutes, for a further 15-20 minutes until the balls are golden, sticky and cooked through.

**5** Put the soba noodles on a serving platter and top with the meatballs and chopped pineapple. Scatter over the sesame seeds, extra chilli and extra spring onions. Drizzle with the remaining glaze to serve.

**Per serving (for 5)** 645kcal, 17.6g fat (5.1g saturated), 30.2g protein, 88.7g carbs (51g sugars), 1.6g salt, 5.2g fibre **DF** **d**

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As seen at the RHS Chelsea flower show 2021

*Mother's Day special*  
Recipe  
memories  
of home... x

Who inspired you in the kitchen? To mark Mothering Sunday on 27 March, we asked a quartet of food lovers to talk about the special women who sparked their love of cooking – and share a recipe in their honour

PHOTOGRAPHS: HANNAH HUGHES. FOOD STYLING: JESS MEYER.  
STYLING: VICTORIA ELDRIDGE



“Mum is still my inspiration and was my driving force to become a chef”



Kuba Winkowski is proof that it's not always family cooking that propels people into the kitchen – but he still has his mum to thank. His restaurant Kubarn launches in the Cotswolds this year, showcasing his smoked, cured and cultured produce. [@kuba\\_winkowski](#); [kubarn.com](#)

“I don't have the usual chef's story that I got my passion for cooking by watching my mother. It's the opposite – but my mum, in a way, was still my driving force to become a chef. My love for cooking came from the urge to make her food taste better... She treats food like fuel, and happily eats the same thing every day. It drove me mad!

Mum has a sweet tooth, though, and this cake was the best thing she made. It's a Polish cake with choux pastry and custard cream. The name comes from the Carpathian mountains (Karpaty), as the pastry is said to resemble them. As soon as I was big enough I made it with her, and with time I took over and it became my speciality. It was the first and probably the last recipe she ever taught me.”

### Karpatka (Polish custard slice)

Serves 15

Hands-on time 20 min, plus cooling

Oven time 40-45 min

**MAKE AHEAD** Leftovers will keep for a day in an airtight container in the fridge.

#### For the choux pastry

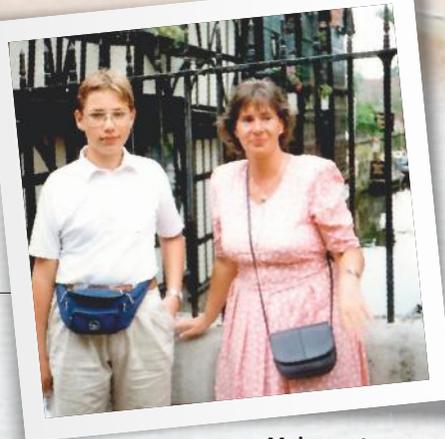
- 170g unsalted butter, plus extra for greasing
- 200g strong white bread flour
- 1 tsp baking powder
- 5 medium free-range eggs, beaten

#### For the custard filling

- 750g whole milk
- 250g unsalted butter
- 150g caster sugar
- 1 tsp vanilla extract
- 2 medium free-range egg yolks
- 40g plain flour
- 60g cornflour
- 20g icing sugar

**1** Heat the oven to 180°C fan/gas 6. Grease and line 2 large baking sheets. For the choux, put the butter in a pan with 450g water. Sift the flour and baking powder into a large bowl. Bring the butter and water to the boil, simmer until the butter has melted, then tip in the flour and beat with a wooden spoon until the mix pulls away from the pan sides and is lump-free. Cool for 5 minutes, then beat in the eggs, bit by bit, until you have a stiff, glossy mixture (this bit is much easier in a food processor).

**2** Divide the pastry in two and



Malgorzata was no cook, but she had one surefire winner

spread on each sheet to make 2 x 20cm x 30cm rectangles, trying to achieve as rough or uneven a surface as possible (so it rises unevenly as it bakes). Bake for 20-25 minutes (don't open the oven or the pastry will deflate), then turn the oven to 150°C fan/gas 3½ and cook for 20 minutes more until well risen, crisp and golden. Leave to cool.

**3** Meanwhile, make the filling. Bring the milk, butter, half the sugar and the vanilla to the boil in a pan. In a large bowl, whisk the egg yolks with the rest of the sugar until pale. Add both flours to the egg yolks and mix well. When the liquid is boiling, pour a little into the egg mixture and whisk until well combined, then whisk back into the rest of the milk/butter mixture. Bring back to the boil, then cook for 5 minutes, whisking constantly, until thickened and lump-free. Remove from the heat, cover the surface with a sheet of baking paper, then set aside to cool.

**4** Spread the cooled custard over a sheet of choux, then top with the other piece (use the most uneven piece for the top). Dust well with icing sugar, then cut into squares to serve.

**Per serving** 394kcal, 27.6g fat (16.5g saturated), 6.7g protein, 29.4g carbs (13.7g sugars), 0.2g salt, 0.6g fibre →

## “I’d have forfeited any other supper for Mum’s cheese and potato pie”



A family favourite made by her late mum Norma transports food and travel writer Karen Burns-Booth back to cosy nights in her childhood home. [@lavenderandlovage](#); [lavenderandlovage.com](#)

“When I was growing up in Cornwall, meat was more expensive than cheese. Towards the end of the month, when the money was running out, my mum used to make this – and we all loved it. I’d have even forfeited bangers and mash for it. She used Davidstow cheddar, which wasn’t really known outside of

Cornwall in the 1970s.

Mum served the pie with steamed sweetheart cabbage. It still reminds me of cosy family meals around the kitchen table, while Atlantic gales blustered and the waves roared angrily in the distance. This makes a wonderful veggie meal – or serve it alongside grilled chicken or a casserole. It makes a stellar topping for a fish pie or shepherd’s pie too. You can use any cheese, but make sure it’s extra-mature – this pie needs a cheese with attitude. And likewise, don’t omit the English mustard as it’s essential to the flavour.”

### Cheese and potato pie

**Serves** 4-6

**Hands-on time** 10-15 min

**Simmering time** 15 min

**Oven time** 20-30 min



Assemble, cover and chill for up to 2 days.

Bake from chilled, adding 10 minutes to the cooking time.

- 75g unsalted butter, plus extra to grease
- 1kg floury potatoes, cut into 2-3cm pieces
- 1 large onion, finely diced
- 2-3 tsp English mustard powder
- 2 medium free-range eggs
- 100-150ml whole milk, warmed
- 225g extra-mature cheddar cheese, grated
- Chopped chives to serve

**1** Heat the oven to 180°C fan/gas 6. Lightly butter a large 2.5 litre baking dish or casserole. Put the potatoes and onion in a large saucepan, cover with cold water and bring to the boil. Simmer for 15 minutes until the potatoes are very tender.

**2** Drain the cooked potatoes and onion, cover with a clean tea towel and set aside to steam dry for 4-5 minutes. Mash the potato mixture, then season to taste with salt and pepper. Add the 75g butter, mustard and enough warm milk to loosen the mixture to a light, fluffy consistency, then beat in the eggs.

**3** Add three-quarters of the grated cheese to the mash and mix well. Spoon the cheese and potato mixture into the prepared dish, then sprinkle the remaining cheese over the top.

**4** Bake for 20 to 30 minutes or until the pie is steaming hot and the top is golden brown. Serve immediately, garnished with chives if you like, with steamed cabbage or salad leaves (or see Karen’s introduction).

**Per serving (for 6)** 447kcal, 26.7g fat (15.6g saturated), 15g protein, 34.7g carbs (4.3g sugars), 0.7g salt, 4.1g fibre  →



Mum Norma captured Karen’s heart with her thriftiest dish





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## “When I got home with freezing fingers and wind-burnt cheeks, there was Granny’s soup to warm me up”



Food blogger and host of the Hampshire-based Duck Pie Supper Club Sam Ellis-Cosgrove recalls the edible excitements that lay in store when she visited her grandmother, Jean. [@sam\\_elliscosgrove;](#) [facebook.com/DuckPie](#)

“I grew up in Hampshire but spent the holidays with my granny in Port Glasgow, Scotland. Cooking and eating with her are some of my most treasured childhood memories, and this scotch broth takes me right back to her kitchen.

From the age of five or six, I vividly remember walking into Granny’s house to a huge hug and the smell of her homemade soup gently bubbling away on the stove. The vegetables were meticulously cubed – she’d spend hours cutting them. After the long drive there, the reward was a bowl of satisfying salty broth, creamy from the pearl barley, served with thick buttered bread and a glass of Irn-Bru. I’d then settle on the sofa and fall asleep while she knitted and watched TV.

For breakfast every morning Granny made me toast cut in the shape of a house: tiny windows, a door and chimney (and a little path outside made of the cut-out pieces, so as not to

waste anything). I’d go to the park knowing that when I got home with freezing fingers and wind-burnt cheeks, there was Granny’s soup to warm me up.

The holidays were spent making peppermint creams and munching the broken biscuits she got from the local biscuit factory. I also remember waiting excitedly at the window for the soda man to come and take our empties, swapping them for glass bottles of cream soda and other pop. We’d have fish and chips on a Friday and stovies (potato stew) on a Saturday, but every day there was soup with extra ham to nibble on, always with buttered bread and Irn-Bru.”

### Scotch broth

**Serves** 6

**Hands-on time** 20 min (plus 4 hours soaking for the split peas)

**Simmering time** 3 hours 20 min

**MAKE AHEAD** Leave the finished broth to cool completely, then store in an airtight container in the fridge for 2-3 days, or portion and freeze for up to 6 months.

- 1 ham hock or small ham joint, 800g-1kg (smoked or unsmoked, depending on your preference – I use smoked)
- 1 ham stock cube (optional)
- 50g yellow split peas (rinsed thoroughly and soaked for 4 hours), drained
- 100g red lentils, rinsed thoroughly
- 100g pearl barley, rinsed thoroughly ☞
- 2 leeks, finely chopped
- 2 carrots, finely diced
- ½ tsp white pepper
- Crusty bread and salted butter to serve (optional)

**1** Put the ham in a large pan and cover with cold water. Bring to the boil, then drain. Rinse the ham to get rid of some of the salt. Cover again with 2-3 litres of cold water and bring to the boil. Add the stock cube (if using), soaked split peas, red lentils and pearl barley, then simmer gently for 3 hours on a low-medium heat, skimming any foam from the top as it cooks.

**2** Remove the ham and set aside to cool slightly. Add the leeks and carrots to the broth, then cook for a further 20 minutes until tender.

**3** Once the ham is cool enough to handle, shred half of it into bite-size pieces and add to the broth. Add the white pepper and some salt (if needed – it’s usually salty enough).

**4** I serve the broth with thick buttered sliced bread and extra ham on the side, like granny did.

**Per serving** 361kcal, 8.1g fat (2.5g saturated), 39.2g protein, 30.6g carbs (3.7g sugars), 3.4g salt, 4.8g fibre \* GF DF

☞ For more ideas for pearl barley, see Use It Up →



It was worth travelling hundreds of miles for granny Jean’s home cooking



## “We’d buy all sorts of fish, then head home to cook lunch together”



Trips to the fish market with mum Sarah and grandmother Sheila were the start of a seafood obsession for restaurateur Rick Toogood who, with his wife Katie, co-owns Prawn on the Lawn restaurants in Islington and Padstow, as well as Barnaby’s, also in Padstow. [@prawnonthelawn;](https://www.prawnonthelawn.com) [prawnonthelawn.com](https://www.prawnonthelawn.com)

“I became obsessed with fish as a kid growing up in Guernsey. Whenever I went to town with Mum and Granny, I’d ask to go to the fish market to see all the different fish and shellfish. The lady on the stall would give me live crabs and lobsters to hold. Although Granny loves seafood, I remember one occasion when she felt so sorry for ‘the poor lobsters’ that she bought one and released it into the harbour. Looking back, that’s bonkers!

We’d buy all sorts of fish, then head home to cook lunch or dinner together. For me it was often goujons – fillets of plaice, sole or brill cut into strips. We breadcrumbed them, covering the table in flour, egg and breadcrumbs – great fun for a kid. It’s something Katie and I now do with our children.

After doing a design degree, I knew I hadn’t found a profession

that excited me. Mum got me to write a list of things I was passionate about and food came top. After working in a restaurant near my parents, I moved to London to work for a fish restaurant with a fish display, and immediately the spark was re-ignited. I felt like a kid in a sweet shop – or in my case, a fishmonger! Here I’ve given a bit of a Thai twist to the goujons I loved so much as a child.”

### Peanut and lime fish goujons with Thai-style salad

**Serves** 4

**Hands-on time** 25 min

**Useful to have** Probe thermometer



Prepare the goujons up to 1 day ahead. Wrap well, then chill.



Find fresh lime leaves in larger supermarkets, or use dried ones.



To bake the goujons, heat the oven to 180°C fan/gas 6. Arrange on a lined tray and bake for 12 minutes, turning halfway through.

- 450g sustainable skinless white fish fillet (MSC-certified plaice or cod are good options)
- 5 tbsp plain flour
- 1 medium free-range egg, beaten
- 60g panko breadcrumbs
- 40g roasted unsalted peanuts, whizzed, plus extra (optional)
- 20 lime leaves, whizzed (see Easy Swaps)
- Sunflower oil for deep frying

#### For the Thai-style salad

- 3 shallots, finely sliced
- Small bunch coriander, leaves picked

- Small bunch mint, leaves picked
- 1 red chilli, finely sliced
- Juice 1 lime, plus wedges to serve (optional)
- 1 tbsp fish sauce
- ½ tsp palm sugar (or any sugar)

**1** Cut the fish into 2cm wide strips. Put the flour in a medium bowl, the beaten egg in another and, in a third bowl, combine the breadcrumbs with the peanuts and whizzed lime leaves.

**2** Coat the fish in the flour, then dip in the egg, then cover in the breadcrumb/peanut mix. Lay on a non-stick surface and chill (see Make Ahead).

**3** For the salad, mix everything in a bowl, then set aside.

**4** Half-fill a large heavy-based pan with oil, then put over a medium-high heat until it reads 180°C on a thermometer (or a cube of bread browns in 30 seconds). Fry the goujons in batches until golden (2-3 minutes). Drain on kitchen paper, then season and put on a serving dish with the salad. Serve with peanuts and lime wedges if you like.

**Per serving** 341kcal, 12.9g fat (2.3g saturated), 28.5g protein, 27.1g carbs (2.3g sugars), 1.5g salt, 1.1g fibre **DF** **d**

PORTRAIT: STEVEN JOYCE

**WHO FIRST INSPIRED YOU IN THE KITCHEN?** We want to hear from you. Email [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk) to tell us about your formative food heroes



**Mum Sarah had to restrain young Rick at the fish counter**



*Diana Henry meets...*

# Sarit Packer

The food at Honey & Co is so enticing that the London restaurant was an immediate success, but it hasn't all been easy. Co-founder Sarit looks back on 'mistakes' and talks frankly about never quite feeling she belongs, yet the fun and passion she puts into her work shine through – and people love her for it



Sarit Packer makes me think of fruit. Sitting opposite her I want to eat ripe watermelons and juicy tomatoes, the sort of ingredients

– vibrant, almost alive – that she loves. Half of the duo who are affectionately known in the London food world as 'the Honeys', Sarit – together with her husband Itamar Srulovich – opened a tiny restaurant that went on to be very big.

Honey & Co, just off Tottenham Court Road, opened 10 years ago. The place was kitted out with what looked to

be garden furniture (at least I always wobbled a bit on the slatted chairs) and Sarit and Itamar cooked Middle Eastern 'home' food that was simple and intensely flavoured. Syrup-drenched pastries and spice-scented breads were always on display, seducing passers-by. Inside, it felt like eating in the kitchen of friends; there was such a sense of affability, casualness and greedy anticipation. Some dishes, like the honey, feta and kadaif cheesecake, had a cult following.

Sarit and Itamar hadn't thought about who would come to this new restaurant but the location, with a hospital, publishing houses and the BBC nearby, turned out to be a massive plus. News travelled fast – everyone wanted a table at Honey & Co –

**“Sitting opposite Sarit, I want to eat ripe watermelons and juicy tomatoes, the sort of vibrant ingredients that she loves”** DIANA



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and in just three months they'd made it. A publishing deal that was the talk of the town quickly followed. The restaurant became known as much for the personalities of the owners as for the food. Itamar was the noisy one, jovially doing front of house, remembering customers' names, cracking jokes. While I'm chatting with Sarit in Honey & Smoke, their second restaurant, he keeps interrupting. "Are you at the bit about me now?" he quips, buttering me up with a slice of Sarit's cake. "Yes, and it's bad," I say. He just laughs.

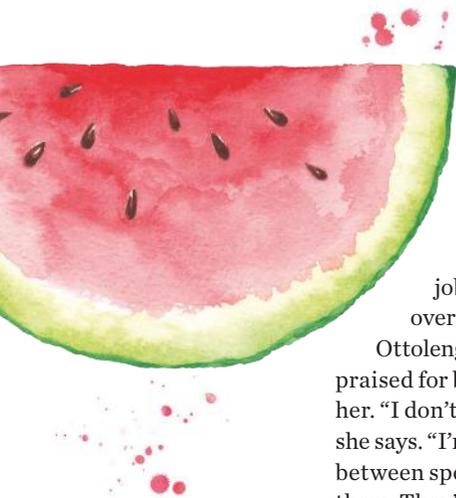
Sarit was born in Israel, though her parents are from here. She talks about being brought up in a 'Jewish-English' home. "My mum cooked very English food – pies and soups – and we had Worcestershire sauce and Marmite in the cupboard, but sometimes Jewish food too (Mum salted her own beef). We didn't speak Hebrew at home, though. I didn't learn that until I went to school." Sarit liked cooking from a young age and, by her teens, was catering for events. She wouldn't go to university – despite her parents' hopes – but left for London and trained at the Butler's Wharf Chef School, part of the Conran empire. "It was the 1980s, the era of Conran restaurants, and I loved that you learnt on the job," she says.

Once you were 'in the system' you could trial for any Conran restaurant and Sarit landed a job at

**"I don't want to be 'out there'. I like being quiet and cooking. I'm quite English – though I feel a bit of an outsider here. When I'm in Israel I feel I'm from there, but also a bit of an outsider" SARIT**

The Orrery – high end and elegant – in Marylebone. "It was amazing," she says, eyes shining. "Proper fine dining, 16-hour shifts, really pressurised, mental. And I loved it. I knew exactly what I was doing and I like high adrenaline." After two years, though, she was exhausted and, when various flats fell through, she thought it was time to go home.

Back in Israel, Sarit met Itamar while they were both working in the same restaurant. "Love at first sight!" I exclaim. She wrinkles her nose. "I thought he was a bit of a waster," she says. "He wasn't focused and he was always late." They became friends, though, and after a particularly tough service – it was 40°C in the kitchen – they went to a nearby beach for a swim. "And that was it," Sarit smiles. "I fell in love over a →



long period. Itamar asked me to marry him a few times, but I didn't want to marry anyone – I just wasn't into marriage. Then we both wanted to go back to London and Itamar needed a visa so we did the deed.”

After stints in brasseries, they both got jobs at Ottolenghi. Itamar cooked and Sarit oversaw the pastry teams across all the

Ottolenghi restaurants. Female chefs are often praised for being nurturing. I wonder if that helped her. “I don't think female chefs are more nurturing,” she says. “I'm very strict. In fact, when issues came up between specific chefs, I learnt to stop trying to fix them. They're adults, they have to sort things out themselves. But I'm organised and I get a lot of respect for that.” She moved on within the company, launching Nopi, and learnt about the practicalities of creating somewhere new. “Restaurants aren't just about food, they're about bin contracts and extraction fans and builders.”

Sarit eventually missed cooking in the kitchen and that's when she and Itamar opened their own place. Now they have Honey and Co – about to move to new premises in Bloomsbury – a deli, a grill restaurant (Honey & Smoke), a column in the *Financial Times* and an award-winning podcast, *The Food Sessions*. “Despite what we learnt at Ottolenghi, we were naïve when we started Honey and Co. We opened without a single recipe. Every day we just cooked what we wanted and gradually took on more chefs.”

Sarit is sorry they didn't credit their time at Ottolenghi. “We made a decision not to ride on Yotam's coat tails, so we never talked about Ottolenghi, but I can now see that it looked as if we were disowning it. That wasn't what we meant at all.”

Opening Honey & Smoke five years later was harder. Sarit slumps in her chair. “First there was the size. We were shocked by the scale of it – 100 covers a night – even though we'd planned it. We got the décor wrong too – we had bright blue walls and white plastic chairs and customers complained about it. We had to have a rethink. The whole thing was the result of vanity and stupidity.” It was also hard on Sarit and Itamar's relationship. At Honey & Co, they were in the kitchen

**“Honey & Co felt like eating in the kitchen of friends; there was such a sense of affability, casualness and greedy anticipation”** DIANA

**“We'll try anything for fun, But the restaurants are the core. I love that restaurants are places people come to for birthdays and anniversaries. You're part of someone's world”**

**SARIT**

at different times. “At Honey & Smoke we were both together in a kitchen for the first time in years and it was horrible. We were more focused on managing each other than doing what we should have been doing. I'd say that was the worst six months of our lives.”

They had just managed to pull things round when Covid struck, the restaurants had to close and they both got ill. “There are thousands of pounds of goods in a restaurant – it's terrible to look at that kind of loss.”

Now everything is back to some kind of normal and they've had much-needed trips to Greece and Israel. “We've always cooked at home and if a dish was good we would put it on the menu. But I had started to get bored with my own food. I needed inspiration.”

I wonder, now the dust has settled, if she and Itamar really had a protracted power struggle. “Neither of us is more in charge than the other,” she says simply. “We have very different qualities and character traits. Itamar is all about vision. He knows where we're going. He kept me buoyant during Covid. If it had been up to me, I'd have stayed in bed for six months. I am more focused on details, practicalities, the day-to-day stuff and I don't want to be 'out there'. I like being quiet and cooking. I'm quite English – though I feel a bit of an outsider here. When I'm in Israel I feel I'm from there, but also a bit of an outsider. People are very straightforward in Israel, they say it how it is, and it has great energy.” A strong woman, then, who is the product of both her backgrounds.

I'm amazed she keeps going, given all she has to juggle. Sarit hasn't mentioned fun – it's all that focus – but she laughs and says, “Oh we'll try anything for fun – podcasts, TV, demonstrations! But the restaurants are the core. I love that restaurants are the places people come to for birthdays and anniversaries. You're part of someone's world.”

In 10 years she'd like to be spending six months with Itamar in a Greek village – they adore Greece – and six months in London. “Come to the Peloponnese, Diana. You'd love it. You should see the fruit!”

I've been thinking about fruit for the last two hours. She won't have to ask me twice. (d)

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# The pub lunch comes home

## MENU TO SERVE 6

Beetroot and goat's  
cheese terrine

Individual fish pies

Classic treacle tart



“For those weekends when you want to entertain but would really rather go to the pub for Sunday lunch, why not bring the best of the bar to your own table? With a colourful gastropub terrine followed by a winner of a fish pie and treacle tart, ladies and gentlemen: it’s time!” **JEN BEDLOE, FOOD EDITOR**

RECIPES: JEN BEDLOE. PHOTOGRAPHS: HANNAH HUGHES. FOOD STYLING: KATY MCCLELLAND. STYLING: VICTORIA ELDRIDGE

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Beetroot and goat's  
cheese terrine



Individual fish pies



## Beetroot and goat's cheese terrine

**Serves** 6

**Hands-on time** 25 min, plus cooling, marinating and setting

**Oven time** 45-50 min

**Specialist kit** 450g loaf tin lined with overhanging cling film or a plastic food bag



Make the terrine at least 2-3 hours or up to 1 day ahead, then cover and chill. Use up leftovers within a few days – the beetroot may bleed but it will still taste great.



Try roasted red peppers or roasted carrots instead of beetroot.

- 3 raw beetroot (we used a mix of red, purple and yellow), trimmed and skin scrubbed
- ½ tsp fennel seeds
- ½ tsp cumin seeds
- ½ tsp coriander seeds
- ½ tsp sea salt flakes
- Grated zest and juice 1 lemon, plus extra wedges to serve
- 4 tbsp extra-virgin olive oil, plus extra to drizzle
- 150g soft goat's cheese
- 200g full-fat Philadelphia cream cheese
- 2 tbsp greek yogurt
- ½ pack dill, chopped, plus extra fronds to serve
- 2 tbsp finely chopped flatleaf parsley
- 1 tbsp snipped chives, plus extra to serve
- 2 tbsp toasted and chopped hazelnuts to garnish
- Crusty bread and salad leaves to serve (optional)

**1** Heat the oven to 160°C fan/gas 4. Wrap the beetroot in foil, then bake for 45-50 minutes until tender when tested with a fork. Set aside to cool, then slice thinly. Transfer to 3 separate bowls if using different coloured beets, or a single bowl if not.

**2** Toast the spices in a small dry frying pan for a few minutes until aromatic. Crush in a pestle and mortar (or use a jug and the end of a wooden rolling pin). Add to a small bowl with the salt, some black pepper, half the lemon zest, the lemon juice and the olive oil.

**3** Divide the spice marinade among the bowls of beetroot, stir to coat, then set aside to marinate for at least 30 minutes.

**4** In a bowl or stand mixer, beat the goat's cheese and cream cheese together with a pinch of salt and pepper until smooth, then stir in the greek yogurt, the remaining lemon zest and half the chopped dill.

**5** Arrange overlapping slices of beetroot on the base of the lined loaf tin, then spoon in a third of the cheese mixture. Arrange another layer of beetroot, sprinkle with parsley, then top with half the remaining cheese mixture. Add another layer of beetroot and parsley, followed by the remaining cheese mixture, finishing with any remaining beetroot. Wrap and cover with the excess cling film/plastic, then chill for 2 hours or until ready to serve.

**6** To serve, unwrap the terrine and invert onto a board. Peel away and discard the cling film/plastic. Drizzle with oil, then scatter with the remaining dill, the chives and the nuts. Serve with lemon wedges and crusty bread/salad leaves, if you like.

**Per serving (without bread/salad)** 295kcal, 26.7g fat (11.2g saturated), 8.9g protein, 4g carbs (3.7g sugars), 1.5g salt, 1.5g fibre  



## Individual fish pies

**Makes** 6 pies

**Hands-on time** 30 min, plus cooling

**Oven time** 20-25 min (30-35 min from chilled)

**Specialist kit** 6 individual skillet pans or pie dishes, roughly 12cm in diameter



Make the sauce, then cover and chill for up to 2 days. Roll out and prepare the pastry, then cover and chill until needed.

- 500g pack puff pastry
- 50g plain flour, plus extra for dusting
- 1½ tbsp olive oil
- ½ small onion, finely chopped
- ½ celery stick, finely chopped
- 1 small carrot (or ½ larger carrot), finely chopped
- 50g butter
- 500ml whole milk, plus extra for brushing
- 2 tbsp pastis (such as Pernod) or dry (white) vermouth such as Noilly Prat, or dry white wine
- 100g crème fraîche
- Grated zest and juice ½ lemon
- 4 tbsp chopped flatleaf parsley
- ¼ nutmeg
- 400g sustainable white fish, skinned and cut into chunks
- 2 lightly smoked salmon fillets, skinned and cut into bite-size chunks
- 18 sustainable raw king prawns, defrosted if need be – or 300g North Atlantic prawns
- Peas and/or steamed greens to serve →

**1** Roll out the pastry on a lightly floured surface to a rectangle roughly 1 cm thick. Cut out 6 discs slightly larger than your dishes/pans, re-rolling as necessary. Keep the trimmings to help secure the pastry lids in place. Dust lightly with flour and chill, covered, until needed.

**2** Heat the olive oil in a saucepan (with a lid), then add the chopped onion, celery, carrot and some seasoning. Fry over a low-medium heat with the lid on for 10 minutes, stirring once or twice.

**3** Meanwhile, put the butter, 50g flour and milk in a separate saucepan over a medium heat, whisking until the butter has melted and you have a smooth, thick sauce – it needs to be thick as the fish juices will loosen it during baking. Add the alcohol, crème fraîche, lemon zest and juice, and parsley, then season to taste with nutmeg, salt and black pepper and more lemon/alcohol, if you like.

**4** Heat the oven to 180°C fan/gas 6. Divide the fish and prawns among the dishes/pans, then spoon over the sauce to cover. Leave to cool, then stick the trimmings to the pie rims and brush with milk before adding the pastry discs and pressing to seal. Score the pastry, if you like, and make a hole in the middle for steam to escape. Brush with milk, then bake for 20-25 minutes until the pastry has risen, the filling is cooked through and the sauce is starting to bubble through the hole. Serve with peas and/or greens – whatever you prefer.

**Per pie** 654kcal, 40.5g fat (19.3g saturated), 37.5g protein, 32.3g carbs (7g sugars), 1.7g salt, 2.9g fibre

## FANCY A PINT?

Our beer master, Mark Dredge, suggests these brews to sip along with your pub-style meal

## Classic treacle tart

**Makes** 12 slices

**Hands-on time** 30 min, plus chilling and cooling

**Oven time** 1 hour 10-20 min

**Specialist kit** 20cm loose-bottomed tart/sandwich tin

**MAKE AHEAD** Freeze the baked and cooled tart, well wrapped, for up to

3 months. Defrost and serve at room temperature or heat in a medium oven for 5 minutes and serve with cream or custard.

**DON'T WASTE IT** Lightly whisk leftover egg whites with a pinch of sugar/salt, label in

bags with the date and number, then freeze for up to 3 months.

- 2 tbsp double cream
- 600g golden syrup
- 50g ground almonds
- 50g dried breadcrumbs
- Grated zest 1 lemon, juice ½
- Grated zest ½ orange
- 1 medium free-range egg, beaten
- Blueberries and extra-thick double cream, ice cream or custard to serve

### For the pastry

- 80g chilled butter, grated
- 60g icing sugar
- 2 medium free-range egg yolks
- 180g plain flour, plus extra to dust

**1** For the pastry, whizz the butter and icing sugar in a food

processor until smooth. Add the egg yolks and pulse to combine. Add the flour and a pinch of salt, mixing just enough to bring the dough together, then knead briefly and bring together with your hands into a ball. Flatten into a disc, wrap well and chill for 30 minutes.

**2** Roll out the pastry on a lightly floured surface, then use to line the tin, trying not to stretch the pastry. Trim off any excess with a sharp knife, then chill again for 30 minutes.

**3** Meanwhile heat the oven to 160°C fan/gas 4. Gently warm the cream and golden syrup in a pan, but don't let it bubble. Put the almonds and breadcrumbs in a bowl with the lemon/orange zests, then pour over the warm syrup mixture and leave to stand.

**4** Line the pastry with foil, fill with baking beans or uncooked rice, then blind bake for 20-25 minutes until the sides feel set. Remove the foil and beans/rice, then bake for 5 minutes more until the pastry feels sandy.

**5** Stir the beaten egg and lemon juice into the syrup mixture until just combined. Pour the mixture into the pastry case and bake for 45-50 minutes until the middle feels just set. Cool, then serve with blueberries and double cream, ice cream or custard.

**Per slice** 347kcal, 10.8g fat (5g saturated), 4.4g protein, 57.7g carbs (43.1g sugars), 0.6g salt, 0.6g fibre **V**

- Get fruity with the terrine, where **Kriek Boon's** (£1.80/250ml, Tesco) sweet and tart cherry flavours will be a great complement to the beetroot and goat's cheese.
- Fish pie likes malt, so go with a smooth dark ale or malt-forward lager like **Lost and Grounded's Helles** (£2.75/440ml, Waitrose).
- You need something strong to handle the sweetness in treacle tart – **Tripel Karmeliet** (£3.10/330ml, Waitrose) adds notes of honey, banana and spicy clove to the pairing. **d**

A favourite since the first recipes for treacle tart appeared in the 19th century, this perennially popular pudding is also immortalised in Cockney rhyming slang (sweetheart)



'ave a slice of  
that, treacle

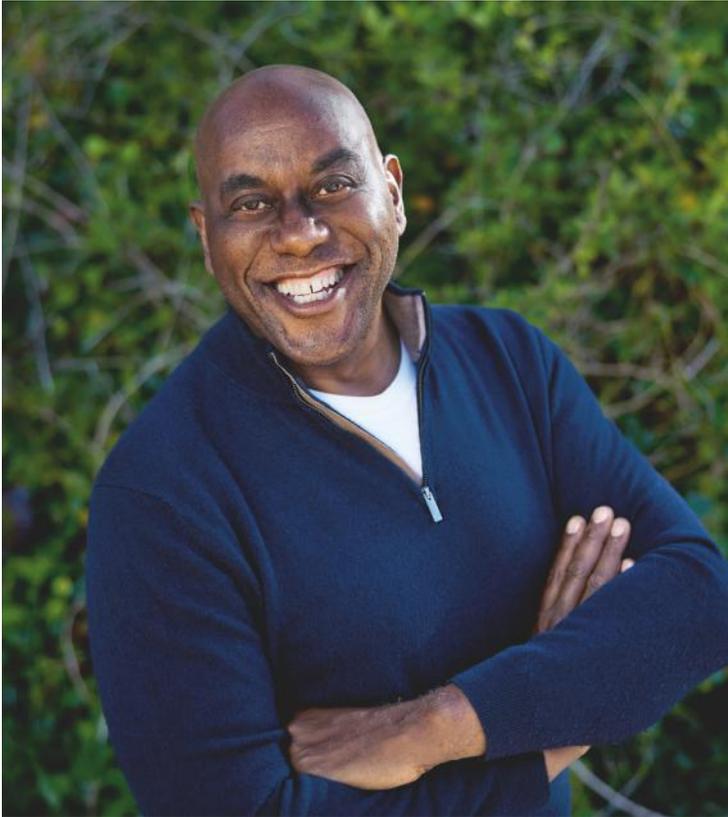
**NEXT MONTH**  
Mix-and-match  
Easter feast



*Ainsley Harriott's*  
taste of  
happiness

The popular TV chef's melty-cheesy rolls are just what's required when there are hungry mouths to feed: easy-to-make comfort food guaranteed to prompt sighs of appreciation

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“These puff pastry veggie rolls are filled with a delicious combination of sweet and nutty butternut squash, earthy sage and sharp blue cheese. They’re great for gatherings, picnics or as a snack. If you’re not a fan of blue cheese, you can use feta”

**AINSLEY HARRIOTT**

## Butternut squash, stilton and pecan pastry rolls

**Makes** 8 rolls

**Hands-on time** 30 min

**Oven time** 50-60 min

- 850g butternut squash, peeled, deseeded and cut into 2cm chunks
- Olive oil for drizzling
- Pinch chilli flakes
- ½ red onion, finely chopped
- 1 small garlic clove, crushed
- 1 tbsp chopped sage leaves (or thyme if you prefer)
- 1 tbsp finely chopped flatleaf parsley
- ¼ tsp ground nutmeg
- 50g pecans or walnuts, roughly chopped
- 75g stilton or similar hard blue cheese, crumbled
- 320g sheet ready-rolled puff pastry
- Plain flour for dusting
- 1 medium free-range egg, beaten with a dash of milk
- ½ tsp nigella seeds

**1** Heat the oven to 180°C fan/gas 6. Line an oven tray with baking paper and set aside. Put the squash chunks on another oven tray and drizzle with a little oil. Sprinkle over the chilli flakes, toss to coat, then roast for 30-35 minutes or until tender. Remove and set aside to cool.

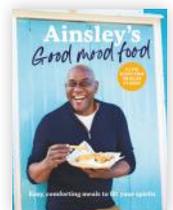
**2** Meanwhile, heat a little drizzle of oil in a small frying pan over a low-medium heat and cook the onion for 4 minutes until slightly softened. Add the garlic and sage, then cook for another 30 seconds until fragrant. Remove from the heat and set aside to cool.

**3** Put the cooked squash in a bowl, leaving any oil behind in the tray, and add the parsley, nutmeg and cooled onion mixture. Use a fork to lightly crush the squash pieces, leaving some lumps for texture. Fold in the chopped nuts and crumbled cheese. Season well with salt and pepper.

**4** Unroll the pastry sheet on a lightly floured work surface and cut in half lengthways into two long strips. Divide the squash mixture in half and spoon it down the middle of each length of pastry. Roll the pastry around the filling to make a long sausage shape. Brush the seam edge with the beaten egg and press lightly to seal the join. Place seam-side down and cut each roll into 4 even lengths.

**5** Transfer to the lined baking tray. Brush the tops with the beaten egg mix. Use a sharp knife to score 3 slashes into the top of each pastry roll and scatter with nigella seeds. Bake for 20-25 minutes until golden brown. These are delicious served hot or cold.

**Per roll** 315kcal, 20.7g fat (7.9g saturated), 7.5g protein, 22.7g carbs (5.7g sugars), 0.6g salt, 3.7g fibre  



Recipe taken from *Ainsley's Good Mood Food* by Ainsley Harriott (Ebury Press £20)

**NEXT MONTH**  
Monica Galetti creates a cracking Easter brunch menu

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#### A BIT ABOUT KESHIA

The chef/owner of Caribe' restaurant and Baruru Supper Club in Brixton celebrates the Caribbean's diverse food culture and its influence all over the globe. Keshia's menus are inspired by her travels and the food cooked by her grandparents, who emigrated to the UK from Montserrat and Barbuda in the Windrush era. Her writing focuses on culture and identity, exploring how heritage and history influence what we eat. Follow her on Instagram @sakah\_ and @caribe\_UK

# Mardi Gras gumbo

The lead-up to Lent sees carnival parties kick off around the world, with New Orleans' Mardi Gras (1 March this year) being one of the most famous. To mark the occasion, chef and food writer Keshia Sakarah digs into a local speciality

**G**umbo is a beautifully complex dish that exemplifies the dynamic cooking of Louisiana, with influences from the many cultures that lived and settled there. The first written reference to the deeply flavoured stew of meat or shellfish – or sometimes both – was in 1764, but the recipe is undoubtedly much older. Its roots are West African, as its name derives from the word 'ki' ngombo', meaning 'okra', which is a key ingredient. During the trans-Atlantic slave trade, okra was one of the many foods that travelled on ships along the Middle Passage from Africa to the Americas from the 16th century – and numerous cooking traditions and recipes made that same journey.

The base of many modern gumbo recipes is a roux (flour and fat or oil) cooked until dark, a technique that speaks to the historic French colonisation of Louisiana. The stew is thickened further by okra or sometimes filé (dried, ground sassafras leaves), a herb first used by Native Americans.

There are many variations, but two general styles: Creole and Cajun. The Creole version uses more seafood (shrimp, crab, crayfish and oysters) and tomatoes. The Cajun version doesn't contain tomatoes and sometimes adds chicken and other meat. My gumbo recipe is more in the Creole style. →

voices in food.



“Gumbo is a beautifully complex dish that exemplifies the dynamic cooking of Louisiana, which was influenced by the French, West African, Spanish, Portuguese, Native American and Caribbean cultures that lived there”

## Gumbo

**Serves** 4-6

**Hands-on time** 1¼ hours

**Simmering time** 1½ hours

**KNOW-HOW** The deeply toasted roux adds a depth of flavour and colour to the gumbo.

**MAKE AHEAD** Make the stock a day ahead. Portion leftovers into containers and freeze for up to 6 months.

- 500g sustainable king prawns, peeled and deveined (leave the tails on, if you like; reserve the heads and shells for the stock)
- 2 blue swimmer crabs (about 500g), cut in half – see intro and Creole Pantry, below
- Juice 1 lemon
- 75g lard
- 20g vegetable oil
- 95g plain flour
- 1 medium onion, finely chopped
- 1 green pepper, finely chopped
- 1 celery stick, finely chopped
- 2-3 garlic cloves, crushed
- 1 small chilli, finely chopped (remove the seeds for less heat if you prefer)
- 1 tbsp tomato paste
- ½ tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp filé powder (optional – see Creole Pantry)
- 2 tsp sea salt flakes
- ½ tsp ground black pepper
- 125g fresh okra, sliced
- 2 spring onions, finely sliced
- Small bunch flatleaf parsley, leaves finely chopped (reserve the stalks for the stock)

### For the fish stock

- 250g andouille sausage or other smoked sausage, sliced (see Creole Pantry) ☼
- About 180g reserved prawn heads/shells
- 1 medium onion, quartered, skin left on
- 2 carrots, unpeeled, cut into large chunks
- About 8 celery tops (the leaves attached to the ends)
- 3-4 bay leaves
- 3-4 thyme sprigs
- 3-4 parsley stalks
- 1 tsp whole black peppercorns

- 1 Begin by making the stock. Put a large stock pot/saucepan on a medium heat, add the sausage and cook, stirring, for 3-4 minutes to release the oils and flavours from the meat. Once the base of the pan is coated in the spiced oil, remove the sausage with a slotted spoon and set aside.
- 2 Put the prawn shells/heads, onion, carrots, celery tops, bay, thyme, parsley stalks and black peppercorns in the stock pot with 4 litres cold water. Bring the pan to the boil, then reduce the heat to low-medium and simmer, uncovered, for 90 minutes, skimming off any impurities that rise to the top. Strain the stock and discard the solids, then set the stock aside (see Make Ahead).
- 3 To prepare the seafood, put the peeled prawns and halved

- crabs in a bowl and cover with cold water. Squeeze in the lemon juice, turn to coat and set aside.
- 4 To start the gumbo, put the lard and vegetable oil in a large pan over a medium heat. Once melted, add the flour to make a roux and stir continuously for 8-12 minutes. Initially the flour and fat mix will start to bubble, but keep stirring to properly cook and colour the roux, which forms the base of the gumbo. Don't turn the heat too high or the roux will cook too quickly and burn. Equally, if it's too low the flour won't cook enough and will taste raw. Keep the heat on medium. The longer you cook the roux, the darker and thicker it becomes. If you'd prefer a lighter roux, cook it for a slightly shorter time but you do need to aim for a rich caramel colour.
  - 5 Add the onion, green pepper, celery, garlic and chilli. Mix well and cook for 2 minutes, ensuring everything is well combined. Add the tomato paste, smoked paprika, cayenne pepper, filé powder (if using), salt, pepper and 1.5 litres of the fresh stock (see Make Ahead). Bring to the boil, reduce to a simmer and cook for 20 minutes.
  - 6 Return the sausage to the pan along with the okra, then simmer for a further 10 minutes until slightly thickened.
  - 7 Add the set-aside crab pieces to the pot, ensuring they're covered in the broth (top up with a little more stock or water if needed). Put the lid on and cook for 10 minutes, then add all the prawns, cover and cook for 2-3 minutes more, just until pink.
  - 8 Serve the gumbo with rice, sprinkled with the sliced spring onions and chopped parsley.
- Per serving (for 6)** 454kcal, 29.6g fat (10.5g saturated), 27.7g protein, 17.2g carbs (3.7g sugars), 3.6g salt, 4g fibre \* DF
- ☼ Find ideas for leftover andouille sausage in Use It Up @

### CREOLE PANTRY

**Where to buy...** You can get blue swimmer crabs from some fishmongers or from [thefishsociety.co.uk](http://thefishsociety.co.uk) (usually sold frozen) – they're used here mainly to add flavour. If you can't find any, use another variety of crab, sustainable Scottish langoustines or extra prawns – or even fresh crabmeat, adding it at the end. Find filé powder at Amazon and andouille sausage at [franconian.co.uk](http://franconian.co.uk), or use another smoked sausage such as Polish kielbasa.

**NEXT MONTH**  
Becky Excell's  
gluten-free  
simnel cake



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# If you make one pudding...

This satisfyingly gooey confection is like sticky toffee pudding with a nutty, lightly boozy twist. Grab a spoon and get stuck in

## Banana and date pudding with hazelnut butterscotch

**Serves** 6-8

**Hands-on time** 20 min, plus soaking

**Oven time** 50-60 min

**DON'T WASTE IT** Leftover butterscotch will keep in an airtight container in the fridge for 3-4 days. Gently reheat and serve with ice cream.

**EASY SWAPS** Swap the Frangelico for another liqueur if you like, or flavour with 1 tsp vanilla bean paste to make the pudding alcohol-free.

- 250g pitted dates, roughly chopped
- ½ tsp bicarbonate of soda
- 125ml freshly boiled water
- 2 ripe bananas, chopped
- 260g self-raising flour
- 120g unsalted butter, melted, then cooled
- 150g dark brown soft sugar

- 250ml buttermilk
- 3 medium free-range eggs, lightly beaten
- Double cream to serve

### For the hazelnut butterscotch

- 200g dark brown soft sugar
- 100g unsalted butter, chopped
- 180ml single cream
- 1 tbsp Frangelico hazelnut liqueur (see Easy Swaps)
- 35g hazelnuts, toasted and finely chopped, plus extra to serve

**1** Heat the oven to 160°C fan/gas 4. Lightly grease a 2 litre shallow baking dish. Put the dates and bicarb in a bowl with the hot water. Set aside for 20 minutes, then strain, reserving the dates. Transfer the dates to a blender, add the bananas and whizz until smooth. **2** Sift the flour into a large bowl. Add the date and banana mixture, melted butter, sugar, buttermilk and eggs, then whisk

to combine. Spoon the mixture into the prepared baking dish, spreading it out evenly, then bake for 50-60 minutes until golden and spongy.

**3** Meanwhile, for the hazelnut butterscotch, put the sugar, butter and cream in a small saucepan over a medium heat and stir until the sugar has dissolved. Bring to a simmer, whisking constantly, for 8-10 minutes until the mixture is slightly thickened. Add the Frangelico and hazelnuts and stir to combine. Set aside and keep warm.

**4** When the pudding is cooked, take it out of the oven and pour the butterscotch over the top. Scatter with extra chopped hazelnuts and drizzle with double cream to serve.

**Per serving (for 8)** 734kcal, 32.5g fat (18.1g saturated), 10.2g protein, 97.1g carbs (71.8g sugars), 0.6g salt, 3.8g fibre **(V)** **(d)**

make.eat.share.



**NEXT MONTH**  
Chocolate  
recipes of  
dreams

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# How to find better feta



Try a barrel-aged version of Greece's famous cheese, says expert Patrick McGuigan, and you'll discover the difference in flavour is an eye opener

**C**rumble feta into a salad and you're following a tradition that stretches back thousands of years.

Some cheese historians claim an early forerunner cameo-ed in Homer's *Odyssey*, which describes the cheesemaking exploits of the cyclops Polyphemus before he discovers Odysseus hiding in his cave. Spoiler alert: it doesn't end well for the one-eyed cheesemaker.

The cheese is a jewel in Greece's culinary crown, with a Protected Designation of Origin (PDO), meaning it must be made in Greece with sheep's milk, plus up to 30% goat's milk. The higher the ratio of goat's milk, the whiter and more piquant the cheese, while 100% sheep's milk fetas are ivory and richer in flavour.

## ROLL OUT THE BARREL

Most feta exported to the UK is made industrially, aged in metal tanks for just two months, giving a cheese that's fresh and salty but lacks complexity. Fetas aged in traditional beechwood barrels are more interesting. The wood imparts yeasty, fruity notes and the longer they're matured, the more intense they become, developing barnyard and lanolin notes. **Roussas feta** from Odysea is aged this way for eight months, while Maltby & Greek imports **kostarelos** 12-month barrel-aged feta. Both are full of character

and can hold their own on a cheeseboard, drizzled with honey and served with thyme leaves.

## HOW TO USE

Feta's tang is also the reason why it holds its shape when heated. Cheeses with high acidity don't melt but soften and caramelize. Roast a block with tomatoes and chilli, then mix with pasta (a viral sensation on TikTok) or whip the cheese with greek yogurt, olive oil and lemon juice to make a dip. Watermelon and mint are refreshing counterpoints in salads, while sharp, dry white wines are perfect for piercing the creaminess. Try flinty assyrtiko.

## THE PRETENDERS

There are many British versions of feta, which can't be labelled as such because of the PDO. **Fetish** from White Lake and **pickled ewe's cheese** from Homewood Cheeses are both buttery and crumbly sheep's milk alternatives made in Somerset. There's also **graceburn**, made from raw cow's milk by Blackwoods in Kent, which is marinated in rapeseed oil infused with herbs, garlic and pepper. Poor Polyphemus would have loved it.

## WHERE TO BUY

odysea.com; maltbyandgreek.com; whitelake.co.uk; homewoodcheeses.co.uk; blackwoodscheesecompany.co.uk

## One-pot greens with barrel-aged feta

Serves 2

Hands-on time 30 min

Oven time 10 min

- 50g unsalted butter
- 2 large leeks, cut into 1cm-thick rounds
- 200g seasonal greens such as cavolo nero, leafy spinach or beetroot/turnip tops
- 1 tbsp extra-virgin olive oil
- 2 tsp balsamic vinegar
- 100g barrel-aged feta
- Lemon wedges and crusty bread to serve

**1** Heat the oven to 200°C fan/gas 7. Melt the butter in an ovenproof frying pan (one with a lid) over a low-medium heat. Add the leeks with a pinch of salt, then cook, stirring now and then, for 12-15 minutes until softened and lightly caramelised.

**2** Tear the greens' leaves from their stalks, then shred into 5cm pieces (if the stalks are woody, discard them; if not, chop finely). Add the greens to the pan, then cook, stirring often, for 5 minutes. Stir in the oil and vinegar, cover and cook for 5-10 minutes to wilt the greens. Season very lightly.

**3** Remove the lid and crumble the feta over the greens, then bake in the oven for 10 minutes until the feta is golden. Serve with lemon wedges and crusty bread.

**Per serving** 447kcal, 38g fat (21g saturated), 13.7g protein, 9.6g carbs (7.2g sugars), 1.6g salt, 5.9g fibre   

cheese time.



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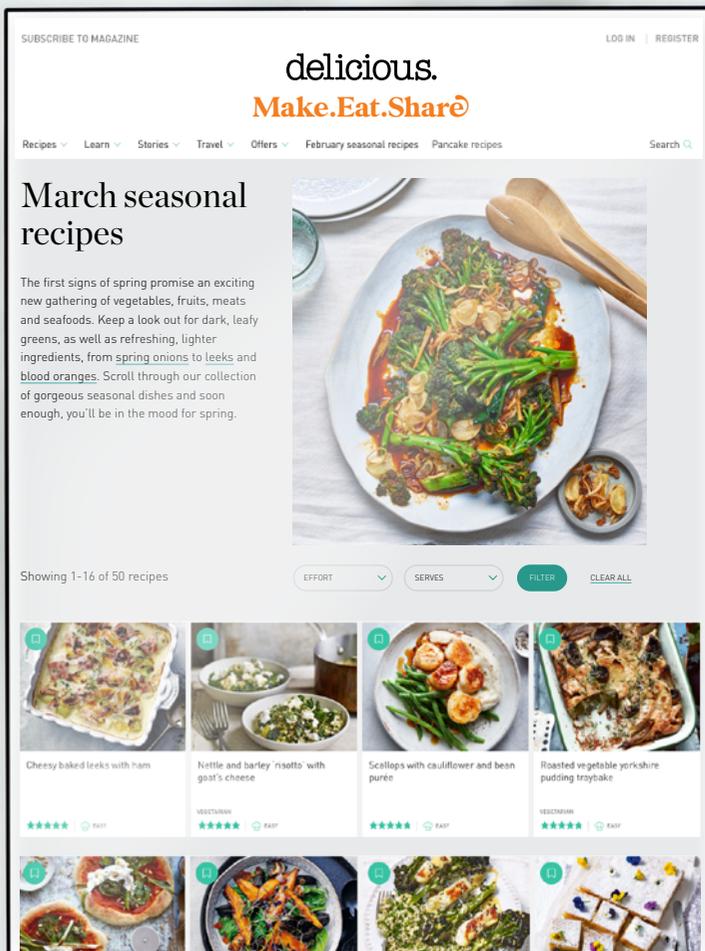
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# Drinks

A classic cocktail, philanthropic wines  
and beers from the dark side

## Cocktail of the month

From the bar of much-loved Covent Garden brasserie Joe Allen, overseen by friend of **delicious**. Russell Norman, comes an update on a classic – updated in 1884, that is, by America’s cocktail godfather Jerry Thomas. [joellen.co.uk](http://joellen.co.uk)

### Jerry Thomas manhattan

*Makes 1*

Chill a martini glass or other elegant glass, then put a **Luxardo maraschino cherry** in it. Pour **50ml rye whiskey** (or bourbon), **15ml Grand Marnier** (or other orange liqueur), **25ml Carpano Antica Formula vermouth** (or a good sweet vermouth) and **3 dashes of bitters** (such as Angostura) into a shaker/jug. Add **ice**, stir, then strain into the glass. **GF DF d**



# Susy's Best buys



Feeling thirsty yet beneficent? Wine editor Susy Atkins, The Telegraph columnist and a TV regular, picks drinks that support good causes (and taste great) – plus a treat for Mothering Sunday and a match for meatballs



## PUBLIC-SPIRITED SPIRITS

### Hawksbill Caribbean Spiced Rum, Harrogate, England 38.8%

Sweet notes of vanilla and raisins with spicy nutmeg pervade this blend of Guyana and Trinidad rums. Ten per cent of the profit from each bottle goes to the Barbados Sea Turtle Project to help endangered turtles, including the hawksbill.

£23/70cl, [hawksbillrum.co.uk](http://hawksbillrum.co.uk); [spiritofharrogate.co.uk](http://spiritofharrogate.co.uk)

### Sapling London Dry Gin No.2, London, England 40%

A 'climate positive' gin made from wheat farmed regeneratively by Wildfarmed ([wildfarmed.co.uk](http://wildfarmed.co.uk)). A tree is planted for every bottle sold of this fresh, citrusy, juniper-led spirit, which makes a fine, classic G&T.

£35/70cl, [saplingspirits.com](http://saplingspirits.com)

### Papillon Sloe Gin, Devon, England 30%

This sweet and ever-so-slightly bitter ruby-purple liqueur, made with Papillon's multi-award-winning Dartmoor gin and Devon sloes, is a warming nip on cold nights – or top it up with sparkling wine for an instant cocktail. One per cent of sales goes to butterfly conservation projects.

£22.95/35cl, [papillongin.co.uk](http://papillongin.co.uk); £21/35cl, [thetipplecellar.com](http://thetipplecellar.com)

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Fairtrade Fortnight is 21 February to 6 March. Visit [fairtrade.org.uk](http://fairtrade.org.uk) to find out what products there are and what Fairtrade stands for

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**NEXT MONTH**  
Best Easter buys – especially for the sweet stuff



## BIG-HEARTED WINES

### Co-op Irresistible Fairtrade Sauvignon Blanc 2021, Western Cape, South Africa 12%

Great value zingy-zesty sauv blanc with the flavour of freshly chopped grapefruit, ending dry and tangy. It's one of my fridge staples through spring and summer. Sales of this wine in the Co-op have funded a range of social projects in South Africa, from creches to an old people's home.

£6.50 (down to £5.50 until 15 March)

### The Hidden Sea Sauvignon Blanc 2021, South Australia 11.5%

A juicy, brightly fruity dry white wine with lemon and lime. For each bottle sold, The Hidden Sea pledges to remove the equivalent of 10 x 500ml plastic bottles from the ocean and recycle them; they're certified by [reseaoproject.com](http://reseaoproject.com). It's perfect with a fish pie and relatively light in alcohol.

£9, Sainsbury's

### Sea Change Vin de Provence 2020, Pigoudet, France 12.5%

Sea Change supports international ocean conservation projects through a number of partner charities. This refined and elegant dry rosé, with subtle notes of strawberry and raspberry, is a great way to herald the arrival of spring. It's in the premium range, so 50 euro cents are donated per bottle sold.

£16.99, or £14.99 as one of six or more; £35.99/1.5 litre magnum, [seachangewine.com](http://seachangewine.com)

### Great Heart Red Blend 2019, Swartland, South Africa 14%

A fine, sturdy blend of mainly syrah with Portuguese grape tinta barocca and a little cabernet sauvignon; terrific with steak or a peppery beef casserole. Great Heart is an empowerment initiative at the renowned Mullineux & Leeu winery; profits from the wines under this label go directly to the winery workers, who collectively own the project.

£14.99, Waitrose

### De Bortoli 17 Trees Shiraz 2019, Australia 14.8%

For every six bottles of this range sold, De Bortoli winery plants a tree – to the end of 2021 over 55,000 trees had gone into the ground. There's a butterscotch-scented chardonnay and refreshing pinot grigio too, but my favourite is this rich shiraz, bursting with brambles and baked plums, along with a chocolate note.

£9.99, Ocado and Amazon (d)

### MOTHER'S DAY GIFT Devaux Oeil de Perdrix Rosé Champagne NV, France 12%

Pale pink with abundant red fruit flavours – fresh, dry and a bit creamy.

£27.99 (£24.99 as part of a mixed six, down to £20.99 from 15-21 March), Majestic



### Match of the month



### Tesco Finest Côtes-du-Rhône Villages Signargues 2020, France 14.5%

A great-value, rich and ripe Rhône red, with bags of plum and cassis flavours, a peppery twist and rounded finish. One for the chilli meatball recipe on p38. £8





Founder of the Three Wrens distillery Nick Wadeson raises a glass of his Apple Crumble Edition gin made with dried apples (right)



*Champion producers*  
**Sweet, spicy  
and spirited**

Taking its cue from a traditional English pud, Three Wrens Apple Crumble Edition is raising the bar for boutique gins

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**F**or Nick Wadson, who founded the Three Wrens distillery in 2019 to make limited-edition gins in Cheshire, his mum's cooking provided some unusual inspiration. "I'm constantly experimenting with flavours and how they pass through the distillation process. After enjoying one of Mum's desserts, it started me wondering if we could use the ingredients in a gin, while still preserving its soul of juniper," says Nick.

The concept of making gin with alternative grains, fruit and spices isn't new – these ingredients have a long history of use in distillation. "Oats, apples and cinnamon have been used in gin for over 200 years," Nick confirms. "We just found a new and innovative way to use them."

#### FROM DESSERT TO GLASS

For its award-winning Apple Crumble Edition, Three Wrens toasts oats before steeping them in spirit, which is then distilled with juniper, cinnamon, nutmeg and sweet orange. After distillation, the mixture passes through a vapour basket packed with dried apple slices to extract the flavour from the fruit. "The apples are sourced from nearby orchards and preserved in-house to last us throughout the year," explains Nick.

The gin requires patience to make, as each small batch takes three days, but this results in a unique, warming liquor. "Ours is the only apple crumble gin currently available on the market," says Nick. "It now sits alongside our world-first Bison Grass Edition as

the best-selling gin in our range – I think that's because of the spirit's quality and the fact that it's unusual and can't be found anywhere else."

#### TASTING IS BELIEVING

Three Wrens Apple Crumble Edition has an intriguing nose, mixing piney juniper, rich toasted oats and crisp apple. There are buttery notes and the taste of baked apple on the first sip, while the finish is long, with subtle cinnamon and gentle spice. Judges at 2021's Great Taste Awards were suitably impressed, commenting that Three Wrens Apple Crumble Edition was 'truly astonishing' with 'a fascinating, unique flavour' before awarding it three stars and the coveted Golden Fork award for the North of England.

"One of Mum's desserts got me wondering if we could use the ingredients in a gin"

#### ONWARDS AND UPWARDS

Three Wrens may be a family business producing a small number of gins, but it has big plans for the future. The company currently distills its gin in two copper stills – Valerie

and Jill – which are named after Nick's mother and produce batches of 300 and 50 litres respectively. Soon, Valerie and Jill will be on the move along with the rest of the team into a new, larger distillery five miles down the road in Combermere. "We'll have greater capacity for tastings, along with a big botanicals wall for visitors to choose from when distilling their own gin – and, of course, a cocktail bar," says Nick. Cheers to that. @ £37.50 for 70cl, [threewrengin.com](http://threewrengin.com)



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## How to enjoy

Serve Apple Crumble Edition gin year-round with elderflower tonic and a slice of apple, or with hot apple juice and mulled spices in winter. Try it in these gin recipes too – search for them at [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk)



#### Gin and tonic cake

Swap the gin for Apple Crumble Edition and the lime juice for orange juice – just the thing for an afternoon treat



#### Gin and tonic jellies

Try Apple Crumble gin and use elderflower tonic for an aromatic twist on these fun jellies for adults



#### Vanilla and ginger soufflés with blackberry gin sauce

Apple Crumble gin will nicely offset the spices and rich berries in this dessert

drinks.

# Beer school

## The dark arts



Expert Mark Dredge shines a light on the murky complexities of stouts and porters. And St Patrick's Day (17 March) is the perfect excuse to enjoy a pint or two. Sláinte!

**S**touts and porters are classic British ales and the most distinctive-looking beers on the bar, pouring dark browns and black with a creamy white foam. It's the grain used for the beer that gives the colour (and a lot of the flavour), and thinking about what happens in cooking helps explain the process better.

Barley is the main brewing grain, with wheat and oats also common. Barley needs to be turned into malt before it's brewed with, and a key part of that process happens in a kiln, where the grain is roasted. As with a slice of bread under the grill, the longer the grain is cooked, the darker it gets – it's the same Maillard/browning effect. The kiln is where a lot of beer's base flavours come from, and it's no coincidence that many of them are reminiscent of the bakery or coffee shop: bread, biscuit, tea, toast, marmalade, caramel, dried fruit, chocolate and coffee.

There are dozens of different types of malt, and for each recipe a brewer usually combines pale base malts (providing the sugars that ferment into alcohol) with more highly kilned malts to add flavour and colour. In a stout or porter, only around 10% of the malts will be roasted, but that's enough to create a dark beer with a chocolate or coffee-like flavour – think of it like a chocolate cake recipe, where a relatively small amount of cocoa is used compared to the rest of the ingredients. [markdredge.com](http://markdredge.com); [@markdredge](https://twitter.com/markdredge)



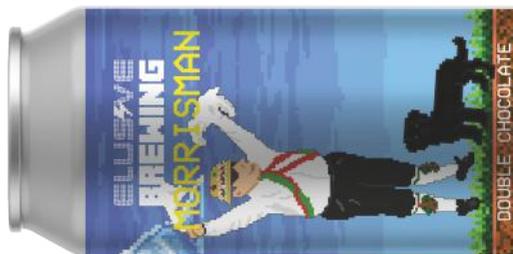
### BEER FACT

There's a misconception that a pint of Guinness or other stout is as calorific as a roast dinner. Calories in beer mostly come from the alcohol, regardless of style, so a pint of 5% lager (230kcal) contains more calories than a 4% stout (200kcal, similar to a glass of wine). But who's counting?

### NEXT MONTH

Brews that go with Easter chocolate

# 3 TO TRY



#### LOCH LOMOND BREWERY SILKIE STOUT, SCOTLAND 5%

Scottish oats give a creamy texture alongside roasted barley, chocolate and fruity coffee flavours. Cools down a spicy chilli. £3/440ml, [lochlomondbrewery.com](http://lochlomondbrewery.com)

#### ELUSIVE BREWING MORRISMAN, ENGLAND 5%

Brewed with cacao nibs, cocoa and vanilla, Morrisman smells like a chocolate truffle but remains dry and roasty. Try it with chocolate stout cake. £4/440ml, [elusivebrewing.com](http://elusivebrewing.com)

#### ANSPACH & HOBDAY THE PORTER, ENGLAND 6.7%

This robustly malty porter has flavours of dark chocolate, bitter espresso, liquorice and juicy berries. Great with lasagne or steak and chips. £3.50/440ml, [anspachandhobday.com](http://anspachandhobday.com)

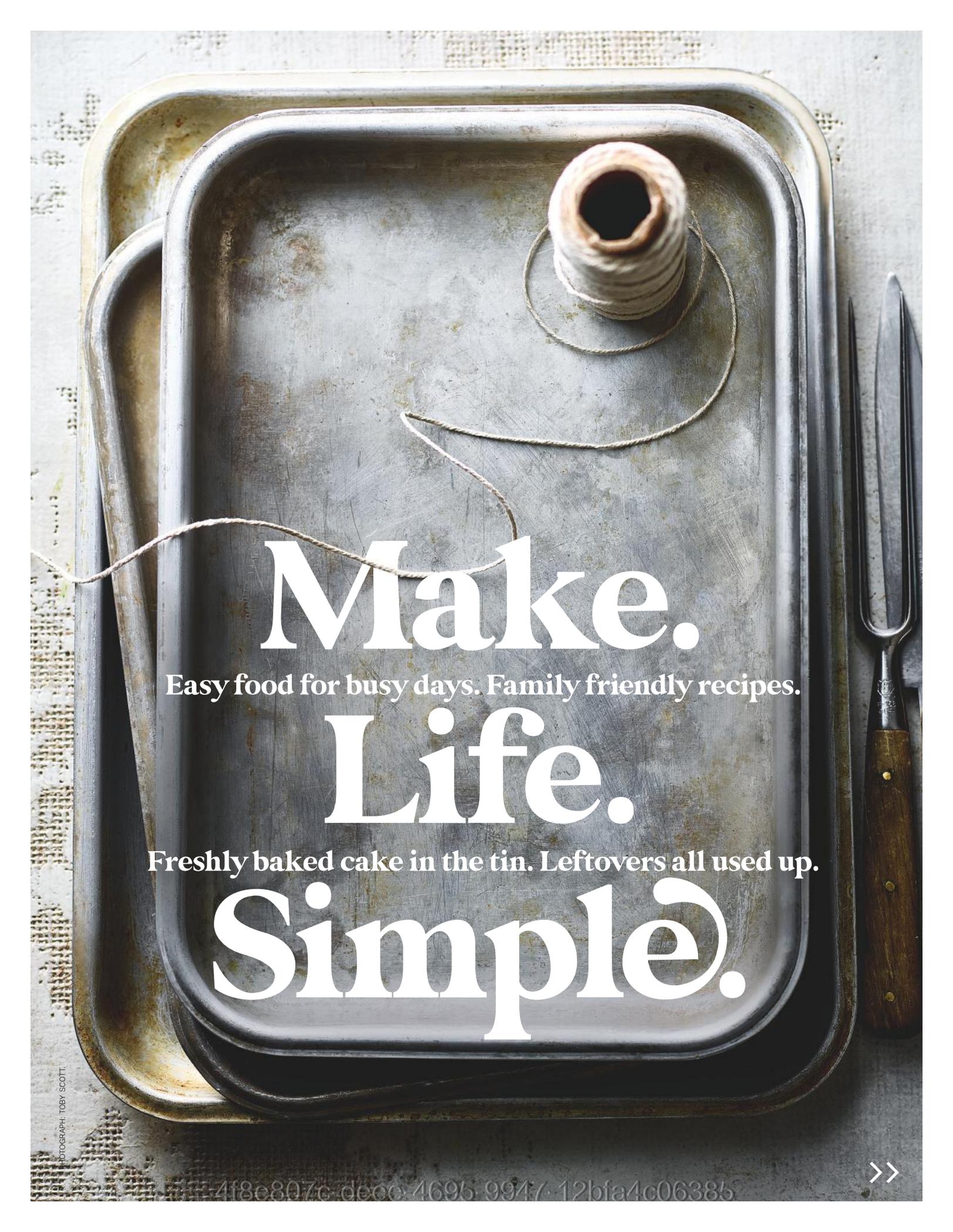
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### PERFECT PAIRING

If you're wondering what food to match with stouts, try a glass of **Loch Lomond Brewery Stout** with this **braised beef chilli** – the stout will be pleasantly cooling, and its chocolate notes pick up on the chocolate used in the chilli. Find the recipe at [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk).

PHOTOGRAPHS: ISTOCK/GETTY IMAGES

A top-down photograph of a rustic, weathered metal tray. On the tray sits a spool of light-colored twine. A piece of twine is draped across the tray, forming a simple smiley face shape. To the right of the tray, a butter knife with a wooden handle is visible. The background is a textured, light-colored surface.

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# 5 new chicken recipes

From katsu to piri-iri, these are the kind of easy, flavour-packed, inspiring creations that make a weeknight feel like the weekend



Piri-iri chicken

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Chicken &  
ricotta polpette



RECIPES & FOOD STYLING: ESTHER CLARK  
PHOTOGRAPHS: TOBY SCOTT. STYLING: SARAH BIRKS

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Katsu chicken bowls



Chicken, sesame,  
apple and peanut  
butter salad





## Piri-iri roast chicken

**Serves** 4 using thighs; a whole chicken will serve 4-6

**Hands-on time** 10 min

**Oven time** 50 min to 1½ hours

**SCALE IT DOWN** If you're using chicken thighs, it's easy to halve the recipe to serve 2.

- 500g baby new potatoes, halved
- 4 large free-range chicken thighs or 1 medium (about 1.4kg) free-range chicken
- 4 tbsp piri-iri spice mix
- 1 tsp dried oregano
- 2 garlic cloves, crushed
- 3 tbsp olive oil
- 1 onion, cut into 6 wedges
- 4 frozen half corn cobs, defrosted
- Small bunch coriander, roughly chopped
- Lime wedges and coleslaw to serve

**1** Heat the oven to 180°C fan/gas 6. Bring a pan of salted water to the boil, add the potatoes and simmer for 5 minutes. Drain.

**2** Slash the chicken thighs a few times with a sharp knife. Put them in a bowl and add the piri-iri mix, oregano, garlic, olive oil and some salt. Mix everything together, then put the chicken thighs skin-side up in a large roasting tin with the potatoes, onion and corn cobs. Roast for 50 minutes until the skin is crisp and the meat is cooked through.

Alternatively, for a whole bird: rub it all over with the piri-iri, oregano, garlic and olive oil. Put on a roasting tray and roast for 1¼-1½ hours until the juices run

clear when you pierce the thickest part of the thigh with a sharp knife. Add the potatoes, onion and corn cobs for the final 50 minutes of the cooking time.

**3** Scatter the coriander over the chicken and veg, then serve with lime wedges and coleslaw.

**Per serving (for 4)** 498kcal, 19.9g fat (4.1g saturated), 39.1g protein, 37.3g carbs (10.4g sugars), 4.5g salt, 6.6g fibre **GF DF**



## Chicken and ricotta polpette

**Serves** 4

**Hands-on time** 25 min

**Oven time** 20 min

**MAKE AHEAD** Prepare up to the end of step 2, cover the polpette and leave in the fridge for up to 3 hours before continuing with step 3.

**DON'T WASTE IT** To use up the leftover egg white, make a whisky sour – find a recipe at [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk).

- 2 tbsp olive oil
- 1 onion, very finely chopped
- 2 garlic cloves, crushed
- ½ tsp chilli flakes (optional)
- 2 x 400g tins finely chopped tomatoes or whole peeled tomatoes, whizzed
- Pinch sugar

**For the polpette**

- 400g free-range skinless and boneless chicken thighs
- 1 free-range egg yolk
- 100g ricotta
- 70g fresh breadcrumbs
- Finely grated zest ½ lemon
- 1 small bunch flatleaf parsley, roughly chopped

- 50g parmesan, finely grated
- Cooked polenta or pasta to serve

**1** Heat 1 tbsp of the oil in a large saucepan, add the onion and fry over a low-medium heat with a pinch of salt for 10 minutes until softened. Add the garlic and chilli and cook for 1 minute. Add the tinned tomatoes, sugar and half a tin of water. Bring to a simmer and cook over a low heat, uncovered, for 10 minutes. Set aside.

**2** Meanwhile, for the polpette, whizz the chicken, egg yolk and ricotta to a thick paste in a food processor. Tip the mixture into a bowl, then add the breadcrumbs, lemon zest, most of the parsley and half the parmesan, as well as a good pinch of salt and black pepper. Mix well and squish everything together, then divide into 16 small balls and set aside on a plate.

**3** Heat the oven to 180°C fan/gas 6. Heat the remaining oil in a non-stick frying pan. Add the polpette and fry over a medium heat for 5 minutes, turning regularly, until golden brown. Tip the polpette into a baking dish (or leave in the pan if it's ovenproof). Pour the tomato sauce into the dish/pan, top with the parmesan and bake for 20 minutes. Sprinkle with the remaining parsley and serve with cooked polenta or pasta.

**Per serving** 388kcal, 16.9g fat (6.1g saturated), 33.2g protein, 24.4g carbs (11.3g sugars), 0.7g salt, 2.9g fibre

## Chicken tagine traybake

**Serves** 4

**Hands-on time** 15 min

**Oven time** 45 min

**MAKE AHEAD** Mix the chicken pieces with the onions, ground spices and olive oil, then cover and leave in the fridge to marinate for up to 12 hours before cooking. →

simple.

Chicken tagine  
traybake



simple.

- 8 small free-range chicken thighs
- 2 medium red onions, cut into wedges
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- 2 tbsp olive oil
- 2 x 400g tins chickpeas, drained
- 2 tbsp rose harissa
- 100g pitted green olives
- 50g dried apricots, chopped
- 1 preserved lemon, pith removed, thinly sliced
- Bunch flatleaf parsley, roughly chopped
- Natural yogurt and flatbreads to serve

**1** Heat the oven to 180°C fan/gas 6. Slash the skin of the chicken with a sharp knife and put in a baking dish or shallow casserole with the onion wedges. Mix the spices with the olive oil and season well with salt, then toss this with the chicken and onions. Roast, uncovered, for 20 minutes.

**2** Add the chickpeas to the roasting tin with the harissa, olives, apricots and preserved lemon, then cook for a further 25 minutes. Scatter with parsley and serve with yogurt and flatbreads.

**Per serving** 543kcal, 24.4g fat (4.9g saturated), 43.9g protein, 30.9g carbs (10.8g sugars), 1.6g salt, 12.2g fibre



**NEXT MONTH**  
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### Katsu chicken bowls

**Serves** 2

**Hands-on time** 10 min

**Oven time** 20-25 min

**SCALE  
IT UP**

It's easy to double this recipe to serve 4

**KNOW-  
HOW**

Togarashi (it means 'seven spice') is a chilli-based Japanese spice mix with extra citrus and seaweed flavours. Buy it online from [souschef.co.uk](http://souschef.co.uk).

- 50g plain flour
- 1 medium free-range egg, beaten
- 50g panko breadcrumbs
- 2 free-range skinless chicken breasts, cut into 3cm chunks
- 2 tbsp sesame oil
- 180g long grain rice
- 150g katsu curry sauce, from larger supermarkets
- ½ cucumber, cut into rounds
- 1 small carrot, shredded
- 1 tbsp pickled ginger (or sushi ginger)
- Sesame seeds and togarashi (optional; see Know-how) to serve

**1** Heat the oven to 180°C fan/gas 6. Put the flour and egg in separate bowls. In another bowl, toss the panko crumbs with some salt and pepper. Dip each piece of chicken in the flour, then the egg and finally the breadcrumb mixture to coat well. Lay each piece on a baking tray as you go. Drizzle with the sesame oil, then cook in the oven for 20-25 minutes.

**2** Meanwhile, cook the rice according to the packet instructions and heat the katsu sauce in a small pan over a medium heat. Drain the rice, then divide between 2 deep bowls. Top with the crispy chicken and katsu sauce, then add the cucumber, carrot and pickled ginger. Sprinkle with sesame seeds and togarashi, if using.

**Per serving** 882kcal, 23.3g fat (4.5g saturated), 52g protein, 113.9g carbs (7.1g sugars), 1.2g salt, 4.4g fibre **DF**



### Chicken, sesame, apple and peanut butter salad

**Serves** 4

**Hands-on time** 20 min

**SCALE  
IT DOWN**

This recipe is easily halved to serve 2.

- Juice 2 limes
- 60g crunchy peanut butter – we used Whole Earth
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- ½ small red cabbage, thinly shredded
- ½ small red onion, thinly sliced
- 2 small apples, cored and thinly sliced
- 250g pouch ready-to-eat mixed grains
- 4 cooked chicken thighs, meat removed, skin and bones discarded (or 250-300g roast chicken, shredded)
- 3 tbsp sesame seeds
- ½ bunch coriander, roughly chopped

**1** Make the dressing by putting the lime juice, peanut butter, soy sauce, sesame oil and 50ml boiling water in a jug. Mix well to combine.

**2** Toss together the cabbage, onion, apples, grains and chicken, then season to taste with salt and black pepper. Divide among 4 bowls, then sprinkle with the sesame seeds and chopped coriander. Drizzle over the dressing to serve.

**Per serving** 554kcal, 33.4g fat (6.4g saturated), 31.4g protein, 27.4g carbs (11.9g sugars), 1.4g salt, 8.9g fibre **DF** **d**

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# The thrifty cook



“Plant-based ingredients can be pricey, but if you forage for the wild garlic, this recipe delivers punchy flavours and a fab ‘cheese’ sauce”

THEA EVERETT, delicious. CONTENT PRODUCER

## Vegan wild garlic lasagne

**Serves** 6

**Hands-on time** 45 min, plus soaking

**Oven time** 30-40 min

**MAKE AHEAD** Assemble the lasagne to the end of step 5 up to 2 days ahead. Cover and chill until ready to bake.

**EASY SWAPS** Visit [deliciousmagazine.co.uk/wildgarlic](http://deliciousmagazine.co.uk/wildgarlic) for tips on how to find wild garlic in the UK this spring. If you can't find any, fry 2 chopped garlic cloves and mix with 200g spinach, prepared as in step 4.

- 200g wild garlic (see Easy Swaps)
- Pinch grated nutmeg
- 10-12 lasagne sheets (egg free)
- 100g vegan mozzarella (optional)

### For the ragù

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 small carrot, finely chopped
- 1 garlic clove, finely chopped
- A few thyme, sage or rosemary sprigs
- 1 bay leaf
- 500g frozen vegan mince
- 400g tin crushed tomatoes
- 1 tbsp tomato purée
- 1 tsp soy sauce
- 2 tsp Marmite
- 2 tbsp plant-based milk

### For the ‘cheese’ sauce

- 250g cashews, soaked in boiling water for 1 hour

- 1 tbsp white wine vinegar or cider vinegar
- 2 tbsp nutritional yeast (such as Engevita)
- ¼ tsp celery salt (optional)
- ¼ tsp paprika
- Splash hot chilli sauce
- Pinch mustard powder (optional)

**1** For the ragù, heat the olive oil in a heavy-based pan, then add the onion, celery, carrot and a pinch of salt. Cook for 15 minutes to soften, then add the garlic and cook for 10 minutes until the veg start to caramelize. Add the herbs, bay leaf and plenty of black pepper.

**2** Add the vegan mince to the pan and stir to defrost and brown it a bit. Mix in the tomatoes, tomato purée, soy sauce and Marmite.

**3** For the ‘cheese’ sauce, blend the soaked and drained cashews, vinegar, nutritional yeast, celery salt (if using), paprika and 375ml water in a bullet blender/food processor for 2 minutes until smooth. Season with chilli sauce

and, if using, mustard powder.

**4** Cook (blanch) the wild garlic in a large pan of boiling water for 15-20 seconds, drain and leave to cool, then squeeze out any excess liquid and finely chop.

Season with nutmeg and a good pinch of salt and pepper.

**5** Heat the oven to 180°C fan/gas 6 and prepare the lasagne sheets according to the packet instructions. Spread a third of the ragù over the base of a baking dish (about 25cm x 35cm). Add a third of the ‘cheese’ sauce, then cover with a layer of pasta. Spread evenly with half the wild garlic mixture and a third of the mozzarella (if using), then repeat the layers and finish with layers of the remaining ragù, pasta, ‘cheese’ sauce and mozzarella (if using).

**6** Bake for 30-40 minutes until bubbling and golden. Rest for 10 minutes before serving.

**Per serving** 627kcal, 29.5g fat (5.6g saturated), 36.8g protein, 47.2g carbs (12g sugars), 1g salt, 12.9g fibre **Vg** **DF**

## 3 more ways to use the ragù

### Vegan nachos

Spoon the hot ragù over a tray of tortilla chips, then top with gently warmed cashew ‘cheese’ sauce. Serve with pickled jalapeños and guacamole.

### Vegan shepherd’s pie

Put the ragù in a pie dish and cover with mashed potato made with olive oil and plant-based milk, then bake until golden and bubbling.

### Speedy vegan pies

Put the ragù in individual pie dishes, top with shop-bought vegan puff pastry (Jus-Rol do blocks and sheets), then bake until risen and golden. **(d)**

simple.

**FROM  
£1.42  
PER  
PERSON**



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# Easy bake Eric Lanlard's gâteau breton



“This rich, buttery bake is like a cross between a cake and a biscuit, and it’s served – usually with coffee – at any celebration in Brittany, from christenings and birthdays to wedding banquets. The classic gâteau breton is made with either peeled and sliced apple in the middle, laced with rum, or with armagnac-soaked prunes. As with most traditional recipes, everyone’s mum or grandmother’s is the best... This recipe is my grandmother Camille’s” **PATISSIER ERIC LANLARD**

**Serves** 8-10

**Hands-on time** 20 min, plus chilling

**Oven time** 40-45 min

**Specialist kit** 20cm springform or loose-bottomed cake tin, lightly greased with butter and the base lined

**MAKE AHEAD** The cake will keep for up to 3 days in an airtight container (don't chill it).

**KNOW-HOW** If the top of the cake browns too quickly, loosely cover it with foil.

**DON'T WASTE IT** Lightly beat, label and freeze the egg whites to use in other recipes.

- 350g plain flour
- 250g salted butter (ideally good quality Brittany butter)

- 250g golden caster sugar
- 5 medium free-range egg yolks (see Don't Waste It), plus 1 whole beaten egg
- 2 tbsp dark rum
- 2 tsp vanilla bean paste
- 1 granny smith apple, peeled, cored and finely sliced

**1** Heat the oven to 160°C fan/gas 4. Put the flour, butter and sugar in a mixing bowl and rub together with your fingertips until the mixture looks like fine breadcrumbs.

**2** Put the egg yolks, rum and vanilla paste in a jug, beat with a fork, then pour into the bowl with the dry ingredients. Mix gently to form a dough. Divide the mixture into 2 equal portions.

**3** Press one piece of the dough into the prepared cake tin. Arrange the sliced apples on top, leaving a small border around the edge, then press them gently into the dough. Roll the remaining piece of dough between 2 sheets of baking paper to a rough 22cm disc, then put on top of the apples and press down lightly to create an even top. Brush with the beaten egg.

**4** Use a fork to lightly trace a criss-cross/diamond pattern on top of the dough, then bake for 40-45 minutes until golden.

**Per serving (for 10)** 471kcal, 24.5g fat (14.1g saturated), 6g protein, 54.2g carbs (27.5g sugars), 0.5g salt, 1.6g fibre  

**NEXT MONTH**  
Speedy bakes  
for Easter

simple.

**A melt-in-the-mouth  
bake – a celebration  
of Brittany butter**



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# Use it up

Savvy ways to make the most of those partly used bits and bobs left over from some of the recipes in this issue

BY JESS MEYER

## *Kimchi/sauerkraut* (cheese toastie p104)

### • SAUER-SLAW

Finely shred  $\frac{1}{2}$  small cabbage (white or red – whichever you like) and mix in a large bowl with 2 coarsely grated carrots, 1 finely sliced red onion, 1 finely sliced green apple, a handful of chopped parsley and about 150g drained sauerkraut. Toss with some lime juice, a good pinch of salt and a drizzle of oil. For a spicy twist, use kimchi and swap the onion for spring onions and the parsley for coriander.

### • KIMCHI POTATO SALAD

Mix 100g finely chopped kimchi/sauerkraut, 2 finely chopped shallots, 100g mayo (we like Japanese Kewpie mayonnaise, which has a good, rich flavour), 1 tbsp dijon mustard, 1 tbsp rice vinegar, 1 tsp runny honey and 2 diced hard-boiled eggs. Add about 500g cooked and cooled new potatoes and toss to coat. Season to taste and sprinkle with toasted sesame seeds to serve.

### • GUT-FRIENDLY SALAD DRESSING

Whizz 2 tbsp kimchi or sauerkraut with your favourite vinaigrette and top your seasonal salads with a dollop of probiotic goodness.



## *Pearl barley* (Scotch broth p49)

### • ORANGE BARLEY WATER

Rinse 125g pearl barley in cold water. Put in a pot with 2 litres water and bring to a simmer. Cook for 20 minutes, then strain (reserve the barley to use in a salad). Return the infused water to the pot with the pared zest of 1 small orange and 1 lemon, 75g

light brown sugar and a pinch of salt, stirring until the sugar dissolves. Set aside to cool, then add the juice from the orange and lemon. Strain through a fine sieve and serve with lots of ice.

### • COCONUT BARLEY PORRIDGE

Put 100g pearl barley, 100g jumbo oats, 300ml coconut milk and 500ml cold water in a large bowl. Cover and soak overnight in the fridge. Tip the mixture into a large pot. Add 1 tsp vanilla extract and a pinch of salt, then simmer over a medium heat for 15 minutes until thickened and tender. Serve the porridge with

yogurt, fruit compote and a drizzle of maple syrup.

### • TOAST YOUR GRAINS

Toasting the barley before cooking adds a nutty dimension to the grain. Heat 1 tbsp olive oil in a pan over a medium heat. Add 200g pearl barley and toast, stirring constantly, until golden and smelling nutty – about 8 minutes. Cover with water, add a pinch of salt and bring to the boil. Simmer for 25-30 minutes until tender. Drain and use in salads. Or give barley the same toasty treatment before starting a risotto, soup or stew.



## Fermented black bean paste

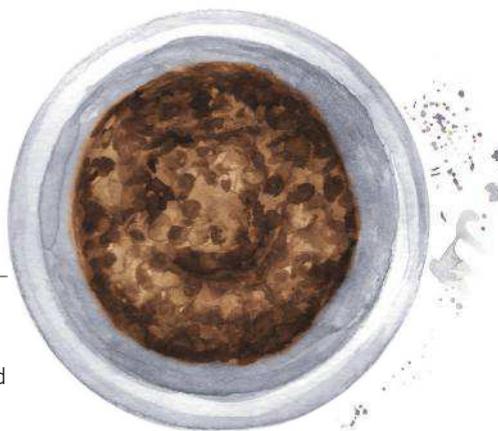
(Stir-fried purple sprouting broccoli p28)

### • QUICK PASTA SAUCE

Heat a glug of olive oil in a pan over a medium heat. Add 4 sliced garlic cloves and cook, stirring, for 1-2 minutes until softened. Add 1 tbsp fermented black bean paste, a pinch of chilli flakes (we like urfa), 1 tsp soy sauce and a pinch of sugar. Stir to combine, then tip in cooked spaghetti, about 125ml of the pasta cooking water and a knob of unsalted butter. Toss over a medium heat until the noodles are coated. Serves 2-3.

### • UP THE UMAMI

Add 1-2 tbsp black bean paste



to bolognese or chilli con carne for added depth of flavour.

### • MAKE A MEATY MARINADE

Whizz together 6 spring onions, 5 fat garlic cloves, a thumb-size knob of grated ginger, 3 tbsp black bean paste, 1 tbsp ground black pepper, 1 tbsp dark brown sugar and 100ml olive oil. Use as an overnight marinade for beef short ribs or shin, a whole chicken or thick slices of tofu.

## Andouille sausage

(Mardi Gras gumbo p68)

### • CAJUN HOTDOGS

Swap the usual frankfurter or saveloy for a 'posh dog' that'll work for breakfast, lunch or dinner. Pan-fry andouille sausage whole or butterflied (split lengthways), add a soft bun and mix and match the toppings to your heart's content. Try pairing it with a fried egg, salsa verde and crispy shallots; corn salsa, quick pickled onions and crumbled feta; or go classic with caramelised onion or sauerkraut, cheese and mustard.

### • SMOKY BAKED EGGS

Roughly chop 100g andouille sausage and fry it with 2 sliced red onions and 2 bashed garlic cloves in a glug of olive oil for 8-10 minutes until the onions soften and the sausage browns. Add 2 tsp smoked paprika, 2 tbsp red wine vinegar, a 400g tin of chopped tomatoes, a pinch of sugar and plenty of seasoning. Simmer for 10 minutes. Stir in a 400g tin of drained cannellini or butter beans and a handful of chopped parsley, then make 4 indentations in the sauce and crack an egg into each. Cover and cook over a low heat for 5-10 minutes until the eggs are cooked to your liking.

### • ADD TO TRAYBAKES, SOUPS AND CASSEROLES

Swap in andouille for other smoky flavoured sausages such as chorizo or kielbasa. Try it in a French cassoulet-style dish, meaty Boston(ish) baked beans or Tuscan-style sausage soup. For more inspiration, search 'sausage' at [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk).



## Using up the scraps

Nifty (and tasty) ideas for the parts you've been throwing away: the loaf of bread edition

### • ONE-DAY-OLD BREAD

Garlic/herb bread heaven! Adding a generous spread of flavoured butter and giving it a quick bake will transform that slightly stale loaf into a new suppertime star. Consider a sweet version with warm spices, citrus zest and vanilla whipped into butter with brown sugar, honey or maple syrup. Day-old bread is also good for bread and butter puddings, French toast and apple charlotte.

### • TWO-DAY-OLD BREAD

This is the sweet spot for all your crumb and crouton needs. Dice or tear the bread into bite-size pieces, or whizz to fine crumbs. Up the flavour by adding hard cheese scraps, nuts or herbs. Fry in oil with garlic, chilli or miso for a crunchy topping that goes with everything from pasta to seasonal veg.

### • THREE (OR MORE) DAYS OLD

For those rock-hard ends-of-loaves, we have two words: bread soup. Almost every region of Italy has a variation on this use for stale bread, and the Spanish are equally frugal. Look for pancotto and gazpacho recipes at [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk). @



reader offer.

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## ROOTED MYTHS

Are carrots the most misunderstood vegetable? It's true they're rich in vitamin A, which is known to support eye health. But this has morphed into the myth that carrots improve your night vision: they don't. Carrots are also touted as most nutritious when eaten raw, which is also untrue. Some of their nutrients can only be unlocked by cooking.

2,000 carrot seeds will fit in a teaspoon



Stick to the Med diet for good health

## A diet disaster

A panel of leading scientists, doctors and nutritionists have named the ketogenic diet the least healthy of 2022.

After assessing and ranking 40 diets for the annual US News and World Report, they scored keto, an extreme meat-heavy low-carb diet, the lowest mark of all.

Experts said the diet was "excessively" high in saturated fat, and noted it was not effective at either preventing or managing heart disease. They also said it was low in key nutrients such as calcium and fibre, and not supported by good scientific evidence.

The best choice for healthy eating was the Mediterranean diet, with its nutritious balance of fresh fruit, vegetables, olive oil, fish and other good-for-you foods. @

# Health NEWS

PHOTOGRAPHS: ISTOCK/GETTY IMAGES



News, nuggets of knowledge and advice you can trust. By Sue Quinn

### GOOD FOR BONES

Dried plums – aka prunes – deserve more love, as they're delicious and nutritious. Research suggests eating prunes has a protective effect on women's bones, particularly during and after menopause. Now, a new study has confirmed the benefits for men too. Researchers at San Diego State University found men aged over 50 who ate 100g prunes daily for a year had stronger and healthier bones than those who didn't.



### Keeps plants in mind

A new long-term study by the University of Barcelona suggests a diet rich in plant-based food and drink might reduce the risk of brain impairment and dementia. Cocoa, coffee, red wine, green tea and food rich in plant compounds called polyphenols (such as apples, blueberries, oranges and pomegranates) could help stave off age-related cognitive decline.

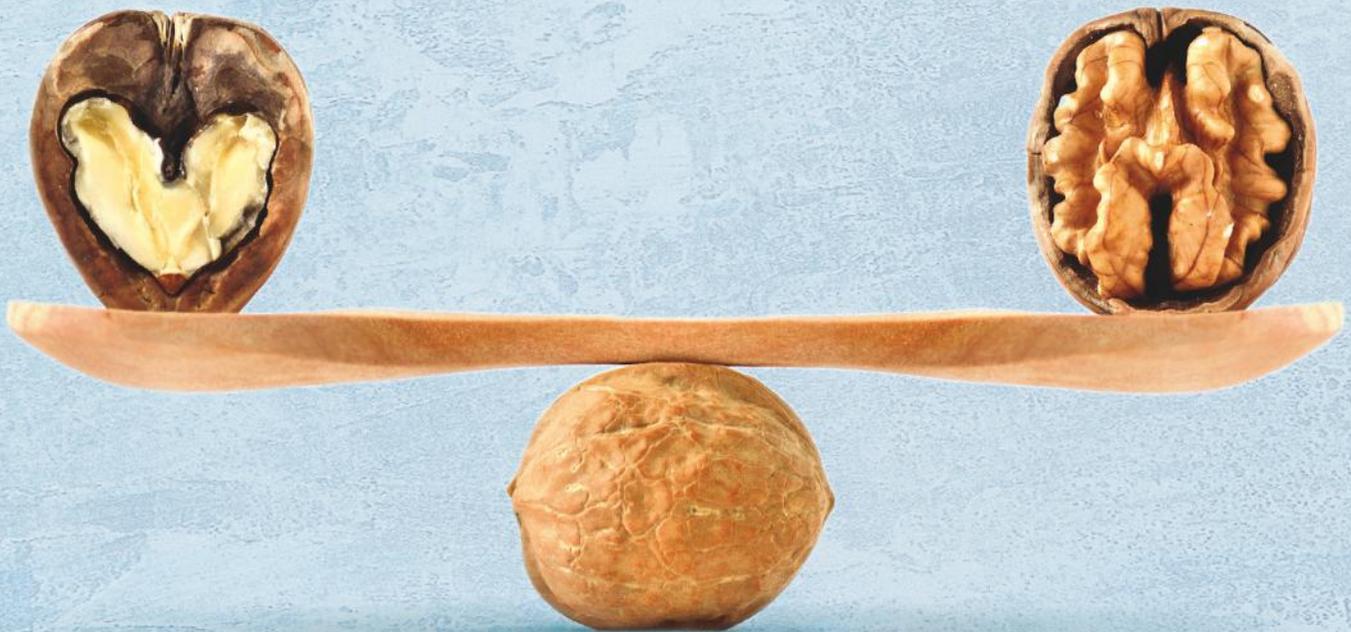
# Nuts

## Key to a balanced diet?



High in calories and fat, nuts are often cited as food to cut down on if you're watching your weight.

But the fats they're packed with are good ones, says health writer Sue Quinn, and they're also full of protein, fibre and more. She weighs up the evidence in their favour – and dishes up some great recipes



**Y**ou may not realise it, but nuts are actually seeds or fruit that comprise a brittle outer shell with an edible kernel inside. The term 'nut' refers to those that grow on trees, such as almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts. Although peanuts (also known as groundnuts) are technically legumes like peas and beans, they're nutritionally similar and referred to in the same way as tree nuts.

In nature, nuts do an important job of delivering the energy and nutrients a new plant needs to grow. Those same fats, protein, minerals, vitamins and plant compounds benefit humans, too.

#### **TOO MUCH FAT?**

All nuts are high in fat (they're usually about 50% fat) but mostly the unsaturated, healthy kind, according to Victoria Taylor, a registered dietitian who advises the British Heart Foundation. Walnuts and pine nuts, for example, are high in polyunsaturated fats, while almonds, pistachios, pecans and hazelnuts are rich in monounsaturated fats.

Brazil nuts, cashews and macadamia nuts are higher in saturated fat. "Too much of this can contribute to raised cholesterol levels, so only eat them occasionally," Taylor says. "Chestnuts are an exception – they're lower in many fats and higher in starchy carbohydrate than other nuts." Because of their fat content, nuts are relatively high in calories. But they're not as calorific as the packet might suggest, says Dr Sarah Berry, a nutritional scientist at King's College London and health science company ZOE.

When we eat whole nuts, not all the fat they contain is

'bioaccessible' or absorbed by the body. That's because some of the fat is trapped inside the cells that make up the fibrous structure of the nuts. Some of this fat passes through the body and is excreted. Almonds, for example, should contain around 170 calories per 28g serving according to the packet. But studies show we only extract 129 calories – around a quarter less than the label suggests.

Even better, the unabsorbed bits of nut are good for your gut

**“The latest research shows that eating more nuts doesn't result in higher weight gain”**

microbes. "They feast on all the fat, fibre and other nutrients you don't absorb, and this improves your microbiome composition, which we know is important for health," Dr Berry says.

A common concern about nuts is that they lead to weight gain, but studies show the opposite may be the case. According to Oregon State University's Micronutrient Information Centre, the latest research shows that eating more nuts doesn't result in higher weight gain. In fact, because nuts are rich in fat, protein and fibre, they leave you feeling fuller for longer and may help you maintain or even lose weight.

One legitimate concern, however, is that nuts are among the most common foods to trigger allergic reactions.

Common signs of a reaction →

include hives, a skin rash or runny nose, but in some cases nut allergies can be fatal.

### HEALTH BENEFITS

Many studies have linked nut consumption, particularly walnuts, with a lower risk of cardiovascular disease and improved heart health. Some studies suggest a link between eating nuts and a reduced risk of type 2 diabetes, but the findings are inconsistent.

Nuts are rich sources of vitamins and minerals, including calcium, copper, iron, magnesium, manganese, phosphorous, potassium, zinc and vitamin E. They're also packed with plant compounds that have a wide range of health benefits.

Scientists think this concentration of micronutrients and healthful compounds might explain why including nuts in a balanced diet may reduce the overall risk of disease and prolong life. One unproven theory holds that nuts may help regulate inflammation and oxidative stress, which causes cell damage. Both these conditions contribute to the shortening of telomeres, the segment of DNA that protects the ends of chromosomes. Telomere shortening is a biological marker of ageing.

### HOW MANY SHOULD WE EAT?

There's no official guidance on the most beneficial quantity of nuts to eat, but cholesterol charity Heart UK says around 30g daily (a small, cupped handful) is optimal because this has the potential to lower cholesterol. Nuts are also a noteworthy source of protein for people on vegan and vegetarian diets.

Victoria Taylor suggests avoiding shop-bought dry-roasted, salted or flavoured nuts, as they're often loaded with oil, salt and/or sugar and other additives. "Plain nuts are

healthier, but they don't have to be boring," she says.

Dry frying or toasting nuts in the oven releases their natural oils and gives them more flavour, especially almonds, hazelnuts and pecans. While they're still warm, try tossing them with chinese five-spice, paprika, cayenne pepper or seaweed flakes. For a sweet version, try cinnamon, vanilla extract or a little honey or maple syrup.

Some people struggle to eat nuts on their own (though others can't stop themselves once the packet is open!). To pack more into your diet, try adding a handful of chopped nuts to your cooking pot – they add texture and flavour to soups and stews. Fold them into pasta dishes and salads (warm or cold) for extra crunch, or whizz a few into your morning smoothie.

Nut butters are another easy way to eat more nuts, but choose low-salt versions that don't contain any added sugar. Alternatively, try making your own: toast your favourite nuts in a dry frying pan or in the oven, then transfer to a food processor and whizz until they release their oils and turn into a paste – you shouldn't need to add extra oil.

Nut butters aren't just for toast. Slather on chunks of apple for a healthy snack, stir a spoonful or two into soups and stews to thicken and add depth, or thin with water and whisk into your favourite salad dressing.

### THE BOTTOM LINE

"Nuts are so good for us, yet they're often avoided because of their perceived high fat and high calorie content," Dr Berry says. "But their low fat bioaccessibility, together with their high fibre, high polyphenol (plant compounds) and favourable fat profile, have multiple health benefits." Time to find ways to eat a few more...

## SUE'S RECIPES...

### Almond and cranberry granola bars

Makes 12

Hands-on time 15 min, plus cooling

Oven time 30 min

Specialist kit Sugar thermometer



The bars will keep in an airtight container for 3-4 days.

- 140g blanched skinless almonds
- 150g gluten-free rolled oats, half whizzed in a blender to make a flour
- 200g dried cranberries
- 2 tsp ground coriander
- ¼ tsp fine sea salt
- 150ml maple syrup (check it's vegan if it needs to be)
- 150ml golden syrup

- 1 Heat the oven to 180°C fan/gas 6. Line a 20cm x 20cm baking tin with baking paper. Spread the almonds on a baking sheet and roast for 7-8 minutes until golden, set aside to cool, then roughly chop. Put the almonds in a bowl with the oats, oat flour, cranberries, coriander and salt. Turn down the oven to 160°C fan/gas 4.
  - 2 Pour the syrups into a deep pan (they'll bubble up a lot) and simmer until the temperature reaches 122°C on a sugar thermometer (about 4 minutes once they're simmering rapidly).
  - 3 Quickly pour the syrup over the oat mixture, then stir with a spatula until fully combined. Tip into the prepared tin, pressing down gently with damp hands to form an even layer.
  - 4 Bake for 15-20 minutes until golden. Leave in the tin to cool, then cut into bars/triangles.
- Per bar** 200kcal, 7.7g fat (0.7g saturated), 4.6g protein, 27.1g carbs (17.7g sugars), 0.4g salt, 2g fibre →



**“Nuts are relatively high in calories, but they’re not as calorific as the packet might suggest”**

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# 10 HEALTHY NUT CHOICES



## ALMONDS

Best source of fibre, calcium and vitamin E



**BRAZIL NUTS** Best source of magnesium, manganese and phosphorous



## CASHEWS

Best source of copper and iron



## HAZELNUTS



## MACADAMIAS

Highest in calories, total fat and monounsaturated fat



## PEANUTS\*

Best source of protein



## PECANS



**PINE NUTS** Best source of zinc



**PISTACHIOS** Best source of phytosterols/plant compounds and potassium



**WALNUTS** Best source of polyunsaturated fats

## “Rich in fat, protein and fibre, nuts leave you feeling fuller for longer and may even help you lose weight”

### Cobb salad with cashew cream dressing

**Serves** 2, or 4 as a side

**Hands-on time** 30 min, plus at least 1 hour soaking



Store leftover cashew cream in an airtight container in the fridge

for 2-3 days. Combine with lemon juice, olive oil, garlic, miso paste and/or herbs, and stir into soups and stews to thicken and enrich – or use as a pasta sauce or dip.

For something sweet, add honey or maple syrup, vanilla extract and/or cinnamon and use instead of cream.

- 2 medium free-range eggs
- 2 streaky bacon rashers, chopped
- Large handful curly kale, ribs and stems removed, sliced/torn
- Glug olive oil for drizzling
- 6 romaine lettuce leaves, sliced
- 120g cooked chicken, chopped
- 10 cherry tomatoes, halved
- 120g corn kernels (fresh or tinned)
- 50g mature cheese such as cheddar or comté, chopped into cubes
- 1 avocado, sliced

### For the cashew cream

- 100g cashews, soaked in boiling water for 1 hour

### For the dressing

- 3 tbsp cashew cream
- 2 tbsp white wine vinegar
- 1 garlic clove, lightly crushed
- ½ tsp dijon mustard, or more to taste
- 90ml mild extra-virgin olive oil

**1** Cook the eggs in a pan of simmering water for 7-8 minutes. Drain, then run under cold water, peel and halve. Set aside. Cook the bacon in a pan over a medium heat until crispy, then set aside on kitchen paper.

**2** For the cashew cream, drain the soaked cashews and put in a blender with 100ml cold water. Whizz until smooth and the consistency of softly whipped cream. Add a splash more water if too thick.

**3** Put all the dressing ingredients except the oil in a bowl, then slowly whisk in the oil. If the dressing gets too thick, add a splash of water.

**4** For the salad, put the kale in a bowl, drizzle with a little oil and a pinch of salt, then scrunch well with clean hands. Set aside for 10 minutes.

**5** Arrange all the salad ingredients on a platter and drizzle well with the dressing. Serve immediately with any remaining dressing on the side.

**Per serving (for 4)** 557kcal, 48.3g fat (11.1g saturated), 22.2g protein, 6.4g carbs (2.7g sugars), 0.9g salt, 3.9g fibre →



**“A small daily handful of nuts is optimal because it has the potential to lower cholesterol”**



### **Cheese, apple and walnut toastie**

**Serves 1**

**Hands-on time** 10-15 min

- 1 streaky bacon rasher (optional)
- Butter, softened, to spread
- 2 thick slices bloomer or country-style bread
- 60g kimchi or sauerkraut, drained and chopped 🌱
- ¼ apple, skin on, thinly sliced
- 75g grated cheese (comté, cheddar or gruyère are great, but choose your favourite)
- 20g walnuts, roughly chopped

**1** If you're including bacon in your toastie, heat a frying pan

and cook until crisp. Drain on kitchen paper and set aside.

**2** Spread butter over both slices of bread, then turn one slice over and top with the kimchi, apple, cheese, walnuts and bacon (if using). Sandwich together with the remaining bread so both buttered sides are facing out.

**3** Heat a frying pan over a medium heat and fry the sandwich for 3-4 minutes on each side, or until the cheese has melted and the bread is golden.

**Per toastie (no bacon)** 746kcal, 50.2g fat (23.1g saturated), 30g protein, 41.8g carbs (7.2g sugars), 2.7g salt, 3.8g fibre **V**

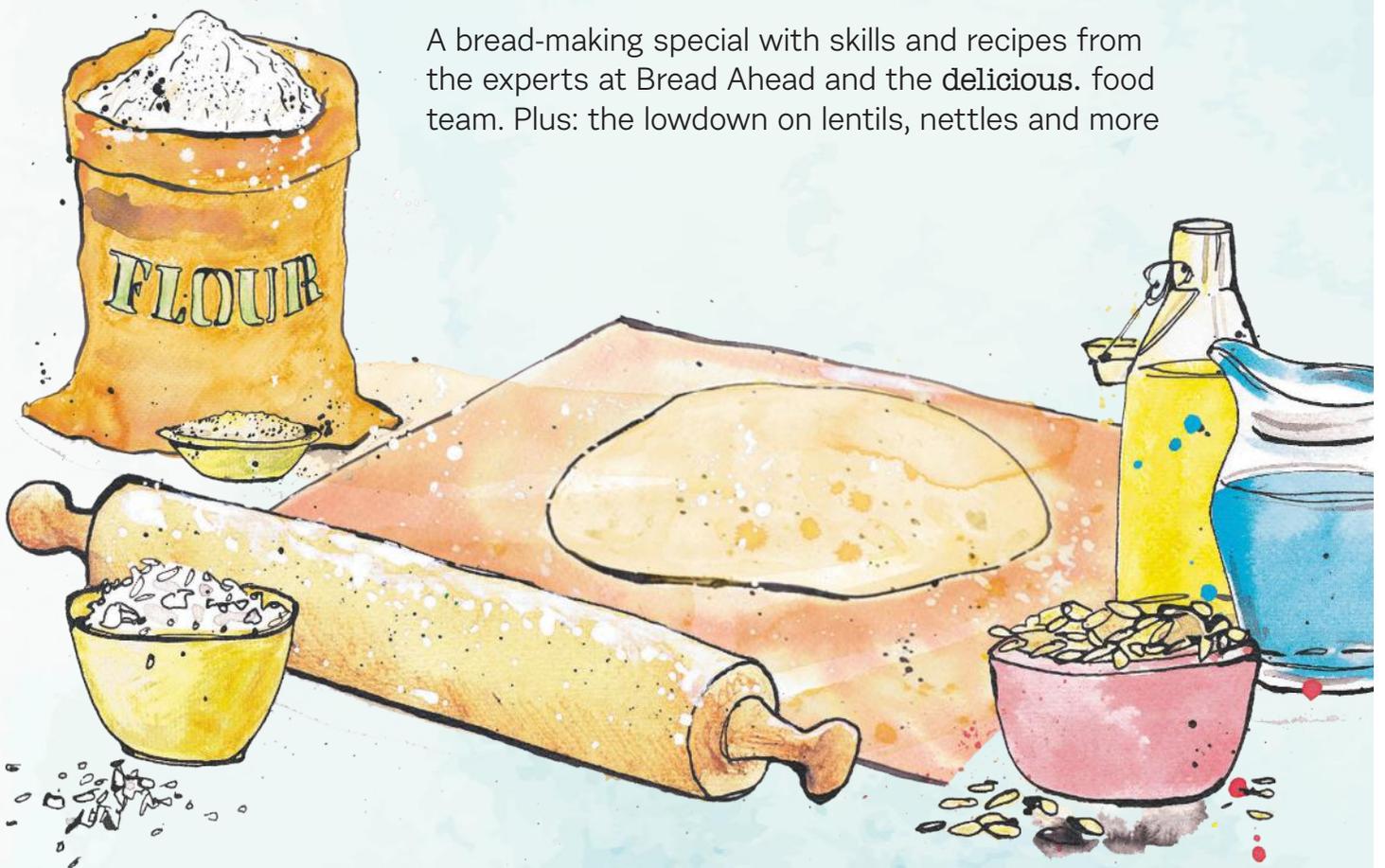
🌱 For more ways to use kimchi or sauerkraut, see Use It Up **@**

#### **NEXT MONTH**

Fasting is becoming more popular, but how good is it for you really?

# // Be a better cook

A bread-making special with skills and recipes from the experts at Bread Ahead and the delicious. food team. Plus: the lowdown on lentils, nettles and more



ILLUSTRATIONS: EVA KELLY/LEMONADEILLUSTRATION.COM



“These pages are full of knowledge that food editor Jen and I have gathered as we’ve tested recipes this month. We have two pages of general know-how and three more packed with bread tips (and a great reader offer) to help with the technical bake special on p112” **JESS MEYER, ACTING DEP FOOD EDITOR**

# //The lowdown LENTILS

Here's how to use 1 cup (200g) of the four most common varieties

RED	GREEN/BROWN	FRENCH (PUY)	BLACK (BELUGA)
 <p><b>USE...</b> for soups, thick stews or dhals and smooth sauces (they break down)</p>	 <p><b>USE...</b> for soups, thick stews and purées (they break down)</p>	 <p><b>USE...</b> for salads, stews and braises (they keep their shape)</p>	 <p><b>USE...</b> for salads, stews and braises (they keep their shape)</p>
<b>RINSE, THEN ADD LIQUID (1 cup = 200g)</b>			
 <p>4-5 cups water or stock <b>OR</b> add to soup</p>	 <p>3 cups water or stock <b>OR</b> add to soup</p>	 <p>4 cups water or stock</p>	 <p>4 cups water or stock</p>
<b>FLAVOURINGS</b>			
<p><b>FRY IN GHEE/OIL</b></p> 	<p><b>FRY IN OIL</b></p> 	<p><b>FRY IN OIL</b></p> 	<p><b>FRY IN OIL</b></p> 
<b>COOK (min)</b>			
<b>15-20</b>	<b>25-30</b>	<b>25-30</b> then drain	<b>25-30</b> then drain
<b>TO FINISH</b>			
Serve with rice/bread, yogurt, herbs	Serve with rice/bread, yogurt, herbs	Oil, vinegar, herbs, crumbly cheese	Oil, lemon juice, yogurt, herbs

## PRODUCE HIGHLIGHT Stinging nettles

It's the bane of gardeners and ramblers, but when handled with care, this abundant nuisance of a weed can be your culinary friend

### HOW TO PREPARE

Wear thick rubber gloves and protect your arms and legs with sleeves and high socks. Pick the young tips of the nettles – just the top 4-6 leaves. Wash well, blanch for 10-15 seconds in boiling water, then refresh in cold water before using.

### COOKING METHODS

Sauté, whizz into soups and sauces, wilt into stews and curries or use to top a pizza... In fact, you can use nettles anywhere you'd usually reach for spinach or another leafy green.

### FLAVOUR PAIRINGS

Distinctly 'green' and subtly earthy, the flavour of nettles sits between spinach and broccoli, with a slight tang that's entirely their own. Good pairings include garlic, lemon, feta or goat's cheese and fresh, bright herbs such as dill, chervil and chives.

**TRY THIS** Add some nettles to the greens mixture in our one-pot greens with barrel-aged feta on p72.





SURPRISING  
USES FOR  
BICARB

**SMOOTHER HOUMOUS**

To cook 200g dried chickpeas, dissolve 1 tsp bicarb in 1.5 litres cold water and soak them overnight. Refresh both water and bicarb the next day, then cook the beans until tender, adding more water as needed.

**Why it works** Bicarb raises the pH of the water, breaking down the pectin and softening the skins, for chickpeas that are ready in half the usual time.



**EXTRA SNAPPY PRAWNS**

Toss 500g peeled raw prawns with 1 tsp salt and ¼ tsp bicarb,

then chill for 15 minutes before cooking.

**Why it works** Brining in bicarb and salt gives the prawns a snappier, succulent texture by slightly altering the pH of the flesh and helping them brown better. The technique will work with prawns in any recipe.

**BALANCE ACIDITY**

Add a scant pinch of bicarb to any dish using tinned tomatoes.

**Why it works** The alkalising effect of bicarb neutralises the acidity of tinned toms – useful when making soup or pasta sauces with them.

# //Root to tip cooking CELERIAC

Get more for your money

Celeriac is from the same family as celery and tastes similar – especially the stalks. The root is more earthy. If you buy celeriac with the stalks and leaves attached, this is how you can use it all...

**LEAVES**  
Add delicate small leaves to salads. Toss larger leaves into a stir-fry or use like basil to make tangy celeriac pesto.

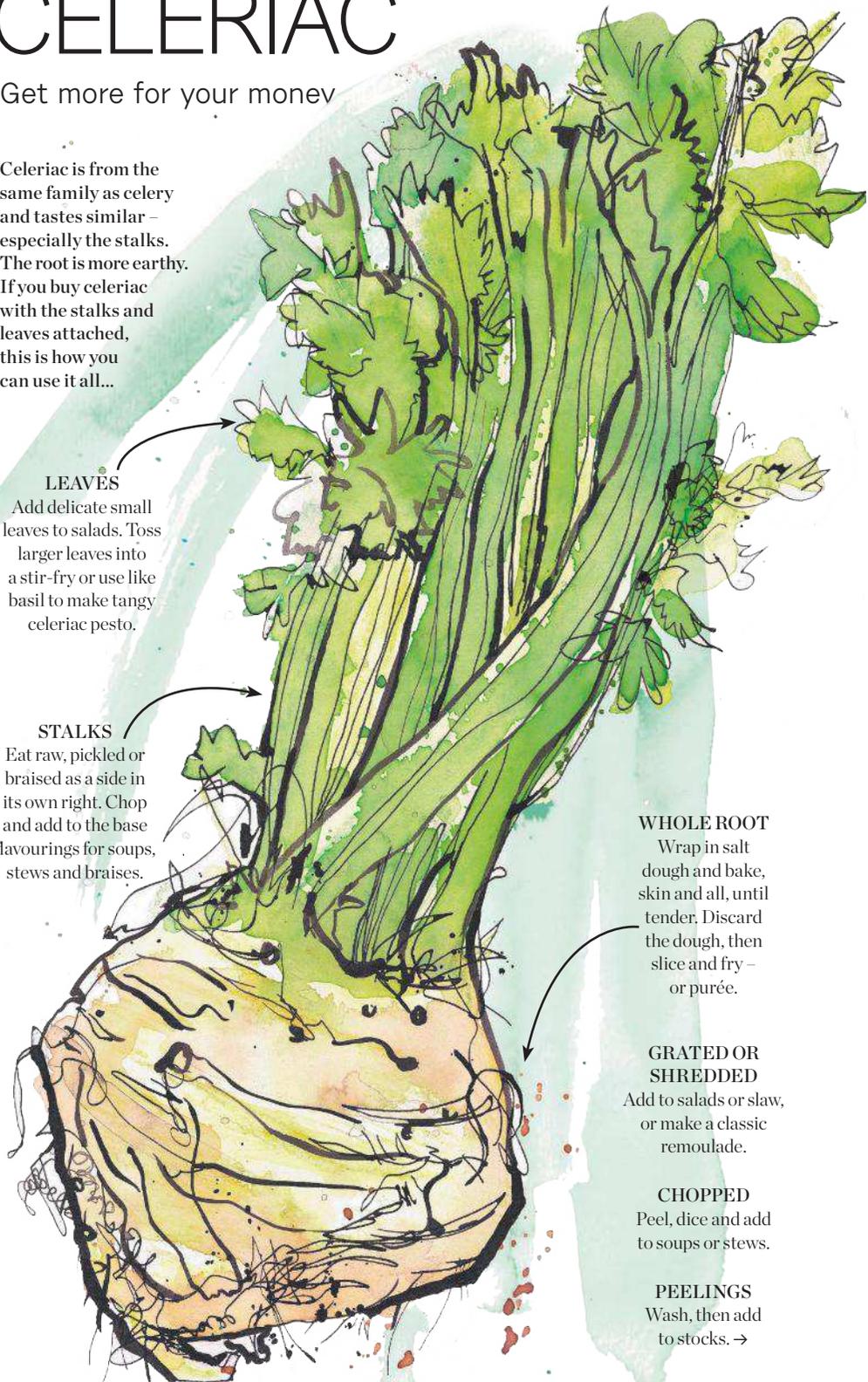
**STALKS**  
Eat raw, pickled or braised as a side in its own right. Chop and add to the base flavourings for soups, stews and braises.

**WHOLE ROOT**  
Wrap in salt dough and bake, skin and all, until tender. Discard the dough, then slice and fry – or purée.

**GRATED OR SHREDDED**  
Add to salads or slaw, or make a classic remoulade.

**CHOPPED**  
Peel, dice and add to soups or stews.

**PEELINGS**  
Wash, then add to stocks. →





## HOW TO RAISE YOUR **BREAD GAME**

Making bread is a science, and understanding that science will make the difference between pillowy loaves and bricks. On p112 you'll find four yeasted recipes from the Bread Ahead experts to inspire you, from a standard white loaf to more complex enriched doughs. Before you get going, here are some key tips to help you on your way to success...

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# //The knowledge

## YEAST

BY LUCAS HOLLWEG

### WHAT IS IT?

Baker's yeast is a leavening agent used to make bread and similar baked products rise. Unlike other raising agents, such as bicarbonate of soda, it's not a chemical compound but a living organism, called *Saccharomyces cerevisiae*. One gram of fresh baker's yeast contains around 15 billion single-cell yeast organisms. Most yeast used in baking is commercially produced, though a similar wild yeast occurs naturally in flour (this is the starting point for sourdough bread).

### HOW DOES YEAST MAKE BREAD RISE?

Like other living organisms, yeast requires food, water and warmth to thrive and survive. In bread-making, the food comes from sugar and starch in flour. When water is added, the yeast starts to feed and reproduce. This happens most rapidly at around human blood temperature (37°C), which is why baking recipes often call for lukewarm water.

As the yeast feeds, it produces two

byproducts – alcohol and CO<sub>2</sub>. In brewing (which uses a different strain of the same yeast), the aim is to produce alcohol. In baking, however, it's the CO<sub>2</sub> that's important. As the yeast feeds and reproduces, the gas it creates forms tiny air pockets in the stretchy gluten structure of the dough, causing it to slowly expand – this is called rising or proving, depending on when it occurs in the dough-making process (proving is usually the last rise once the dough is shaped). When the bread is baked, these pockets of gas expand rapidly in the hot oven, causing the bread to swell dramatically (oven-spring).

### DIFFERENT YEASTS

There are three main baking types: **Fresh (compressed yeast)** A creamy-coloured block that needs to be kept in the fridge and is best used within a few days. Blend with a little water and add with the wet ingredients.

**Active dried** A dried, granulated form of yeast that can be kept in an airtight tin at room temperature for up to a year. Blend with a little water and add with the wet ingredients.

**Instant dried (easy blend, easy bake or fast action)** Powdered dried yeast, often in sachets. You can add it directly to the dry ingredients.

### SUBSTITUTING TYPES OF YEAST

The rules to remember: use half as much dried as fresh and half as much again of instant – so, instead of 30g fresh, use 15g active dried or 7g instant.



# //What is a pre-ferment?



This technique has been used for centuries to improve the flavour and texture of bread. Long fermentation has another benefit, too: it develops acidity in the dough, which helps extend shelf life. Sourdough breads are more often associated with pre-ferments (such as a starter), but yeasted doughs benefit from them too. They come in three main forms:

	POOLISH	BIGA	PÂTE FERMENTÉE ('OLD DOUGH')
<b>TEXTURE &amp; APPEARANCE</b>	Runny, pourable	Firm, dough-like	It's a piece of the previous day's dough
<b>INGREDIENTS</b>	Flour, water, yeast	Flour, water, yeast	Flour, water, yeast, salt
<b>PURPOSE</b>	Improves flavour/texture; extends shelf life	Improves flavour; extends shelf life; strengthens dough; reduces kneading time	Improves flavour/texture, strengthens dough; reduces kneading time
<b>FERMENTATION TIME (HOURS)</b>	12-18 at room temperature	12-18 at room temperature; up to 48 hours in fridge	12 at room temperature; up to 72 hours in fridge
<b>GOOD FOR...</b>	Crusty country loaves and baguettes	Ciabatta, focaccia, pizza; enriched doughs such as brioche and danish pastries	Pizza, croissants or any butter-enriched doughs

## MYTHBUSTER

### SALT KILLS YEAST

**THE TRUTH** The quantity of salt added to bread dough will not kill yeast; only heat – specifically above 60°C – will do this.

#### WHERE THE MYTH CAME FROM...

Salt plays several key roles in bread-making. It adds flavour, shortens gluten strands (strengthening the dough) and slows the rate of fermentation, giving an even texture. It's this third role that leads to the myth. Salt competes with the yeast for water, restricting the yeast's ability to multiply. Add too much salt and the yeast will slow to an almost inactive state, but there's no need to keep your yeast and salt apart when making bread, especially if you're planning on a long prove.

## YOUR VIDEO DOUGH GUIDE

Scan the QR codes below to watch key techniques from the technical bake feature (p112-119)



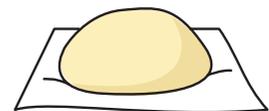
Learn three ways to knead (including the stretch-and-fold technique for focaccia)



See three ways of shaping dough



Test the rise (how to tell when the dough has risen to perfection)



Score a loaf (using a lame to create an ear and help 'oven-spring') →

## IT ALL STARTS WITH GOOD FLOUR: 5 BRANDS TO KNOW

**Matthew Jones from Bread Ahead recommends finding a flour you like and sticking with it for consistency in your bread-making. Here are five brands the delicious. team rate highly**

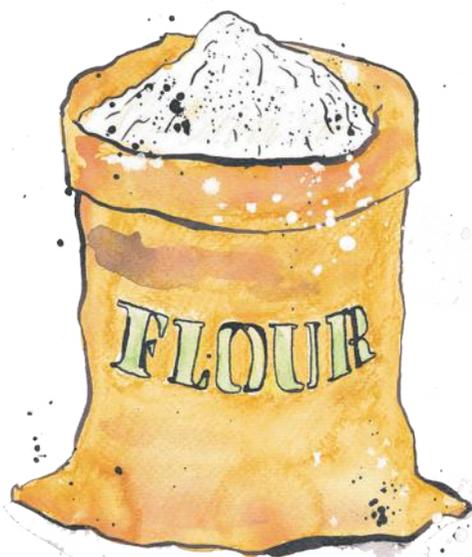
**Doves Farm** An impressive range of regular and organic flours, as well as various speciality grains such as emmer and khorasan. [dovesfarm.co.uk](http://dovesfarm.co.uk)

**Marriage's** The flour of choice for the Bread Ahead bakery team, Marriage's produces a select range of speciality bread flours. [flour.co.uk](http://flour.co.uk)

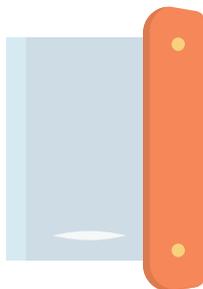
**Matthews Cotswold Flour** A wide selection of British-grown stoneground flours, including interesting blends such as Cotswold Crunch, with 'ancient grains and spelt flakes'. [fwpmatthews.co.uk](http://fwpmatthews.co.uk)

**Shipton Mill** A broad offering, from plain white bread flour to rare and speciality blends such as diastic malt flour for the adventurous baker. [shipton-mill.com](http://shipton-mill.com)

**Wessex Mill** Quality British-grown flours and speciality varieties including French bread flours. [wessexmill.co.uk](http://wessexmill.co.uk)



## // Essential kit for keen bread-makers



### DIGITAL SCALES

Choose a set that has regular and micro-scale functions (for measuring small amounts of yeast and salt). Our go-to scales are made by Salter.

### DOUGH SCRAPERS

There are two kinds to look for – a cheap-and-cheerful flexible plastic scraper with a curved edge to help with scraping up dough from the worksurface, as well as dividing and kneading (very useful for handling wet dough such as

focaccia). Also look for a rigid, flat-edged metal scraper for dividing, moving and shaping larger quantities of dough.

### DIGITAL THERMOMETER

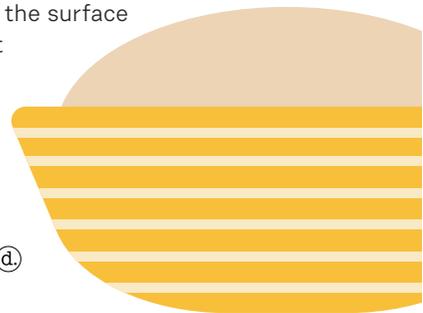
For reliable proving and baking times, you need to keep an eye on water, dough, the ambient room temperature and the temperature of your oven. We keep an instant-read and infra-red type on hand: the Thermapen IR+ (£90) can do both *and* measure the room temperature.

### LAME (PRONOUNCED 'LAHM')

A razor-sharp blade (often curved) used to score the tops of loaves – this controls where the loaf opens, allowing the dough to rise rapidly as soon as it hits the heat of the oven (called the oven-spring).

### OTHER USEFUL BITS AND BOBS

- Large lidded plastic containers to put dough in while it rises/proves
- A reusable proving cap or plastic shower cap to cover a bowl of dough as it rises/proves
- A spray bottle for misting the inside of the oven to create a steamy environment (this condenses on the surface of the dough, cooling it and keeping it soft for longer, allowing it to rise more easily as it bakes in the heat of the oven)
- Pastry brushes
- Loaf tins in various sizes
- Bannetons/brotforms/proving baskets – to give loaves an attractive ridged design
- Baking stone or heavy-duty baking sheet @



WHERE TO BUY YOUR KIT:  
OUR 3 GO-TO WEBSITES

[bakerybits.co.uk](http://bakerybits.co.uk) • [souschef.co.uk](http://souschef.co.uk)  
[thebertinetkitchen.com](http://thebertinetkitchen.com)

READER  
OFFER

# Learn to bake like a pro and save 25%

Save over £30 on unlimited membership of the Bread Ahead baking school, with a year of online baking courses. Plus: try an online workshop for free

**L**ooking to up your baking game? Bread Ahead bakery school takes skills and knowledge from its much-loved professional bakery and teaches them in a domestic setting. Now you can bring the virtual school's baking stars into your own home.

The Unlimited membership package gives you a whole year's access to all Bread Ahead's live online masterclasses, from wholegrain breads to croissants, cake-making to doughnuts. Sessions are scheduled for midweek and weekends, hosted live from the Bread Ahead bakery schools in London, so you can interact with your expert teacher and put your questions to the team, just as you would in person.

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Bread Ahead is offering delicious readers the chance to get an access-all-areas Unlimited membership for £93.75 (usual price £125). To save, you can sign up at [breadahead.com/bread-ahead-unlimited](https://breadahead.com/bread-ahead-unlimited) and use the code UNLIMITEDEDELICIOUS.



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If you'd like to get a taste of the Unlimited life before you buy, Bread Ahead is offering readers a free online workshop so you can experience the magic. Book your free online workshop at [breadahead.com/elearning](https://breadahead.com/elearning), using the code BAXDELICIOUS. Offer ends 31 March 2022

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*Technical bake special*  
**Yeasted bread**

Foolproof recipes for four classic breads – from a sandwich tin to focaccia – with practical tips and dough know-how from the experts at Bread Ahead

RECIPES: MATTHEW JONES. PHOTOGRAPHS: MATT RUSSELL AND IONA KONG.  
FOOD STYLING: KITTY COLES. STYLING: JENNIFER KAY



White  
sandwich  
tin loaf

# 8 golden rules of bread-making

1  
2  
3  
4  
5  
6  
7  
8

**Water** Good, honest tap water is the way to go, usually slightly warm (about 24°C).

**Flour** Consistency is everything. It's beneficial to get to know a flour and stick to it. Flours do have a personality, so the more time you spend with them the better the relationship will be. For more on flour, see p110.

**Salt** Use unrefined, additive-free sea salt – it has all the minerals needed for your bread. If you're using salt for flavour or texture, for example with a focaccia, use sea salt flakes such as Maldon for the best finish.

**Dairy** Use full fat for flavour, texture and a great eating experience. In most cases, you can replace cow's milk with plant-based alternatives.

**Why weigh in grams?** Accuracy is key in bread-making. For consistent results, measure the ingredients (liquids too) in grams. For small quantities (under 20g) it's worth investing in a set of accurate digital or micro scales. See p110 for our recommended essential kit.

**Why use fresh yeast?** It has a slower activation rate than dried yeast, making it ideal for longer fermentation methods. Many bakers also find the flavour is better in recipes with a short rising time (dried yeast takes longer to develop flavour). If you can't find fresh (try the bakery section of large supermarkets or [ocado.com](https://www.ocado.com)) you'll be fine with dried, which is readily available and easier to store. For more on yeast, see p108.

**Why use a pre-ferment?** It allows the bread to develop more complex flavour and a chewier texture. A slow, overnight rise can do this too.

**Why spray the oven with water?** It creates a steamy environment – as does adding a tray of water to the base of the oven. This keeps the dough surface moist and flexible, and adds 'oven spring' (meaning the dough rises better in the oven). →



## A BIT ABOUT MATTHEW JONES

After years working as a chef and baker, Matthew opened Bread Ahead in 2013 in London's Borough Market. It soon became known for its patisserie (those doughnuts...) and sourdough. Now there's the acclaimed Bread Ahead Bakery School too, and five bakery-café's across London. [breadahead.com](https://breadahead.com)

## WANT TO TRY THE BREAD AHEAD BAKERY SCHOOL?

Turn to p111 to save 25% on an Unlimited membership – a whole year of online baking courses

Brioche  
loaf

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## White sandwich tin loaf

**Makes** 1 medium loaf (10 slices)

**Hands-on time** 25 min, plus 4-10 hours resting/proving and 24-48 hours chilling

**Oven time** 30 min

**Specialist kit** 900g loaf tin

**Useful to have** lame; spray bottle filled with water

**MATT SAYS:** “The white tin loaf is an essential part of a good traditional sandwich, and the key to a classic breakfast spread – served with butter and marmalade, it makes fantastic toast. The Bread Ahead white tin loaf takes a far more traditional approach than its modern supermarket counterpart. Most importantly, we use a long, slow fermentation to develop the flavour.”

**MAKE AHEAD** Although you won't need much hands-on time to make this loaf, it will take 3 days to fully develop and prove. Make the loaf up to the end of step 2 on the first day, then up to step 5 on the second day. Finish the recipe on the third day.

**DON'T WASTE IT** The loaf is best eaten fresh on the day it's made, but it will keep for 2-3 days in an airtight container. Use for toast once the loaf starts to dry out. Alternatively, wrap well and freeze (sliced or whole) for up to 3 months.

### For the pre-ferment

- 2g fresh yeast or 1g (½ tsp) active dried yeast
- 80g warm water (24-26°C)

- 80g strong white bread flour
- 2g (½ tsp) fine sea salt

### For the loaf

- 370g strong white bread flour
- 6g (1 tsp) fine sea salt
- 4g fresh yeast or 2g (¾ tsp) active dried yeast
- 230g cold water
- Vegetable oil to grease

**1** To make the pre-ferment, put the fresh yeast and warm water in a mixing bowl and mix until dissolved. If using dried yeast, check the packet instructions – you'll either mix the yeast into the flour, then add the water, or you may need to hydrate the dried yeast in the water first.

**2** Add the flour and salt to the yeast mixture and mix until it has come together into a rough dough. Cover and leave at room temperature for 2 hours, then refrigerate for 12-24 hours.

**3** The next day, combine the flour and salt for the loaf in a bowl. In a separate bowl, add the pre-ferment and yeast to the 230ml cold water and mix.

**4** Make a well in the dry flour mixture, then pour in the liquid and combine gently. Once the dough starts coming together, transfer it to a work surface. Don't add any extra flour.

**5** Push the dough into the work surface with the heel of your hand and knead for about 8 minutes. The dough will become elasticated and have a velvety feel. Form the dough into a round and place it back in the bowl. Cover and leave for 1-2 hours at room temperature, then refrigerate for 12-24 hours.

**6** Release the dough from the bowl – this will gently knock it back, dispelling some of the gas and encouraging the yeast to start working a bit faster. Reshape it into a loose round, then cover again and leave to rest for at least 10 minutes.

**7** Lightly oil a 900g loaf tin and put the dough in the tin. Cover

and leave to prove at room temperature for anything from 1-6 hours. You can tell when your bread is ready by gently pushing your finger into the dough. If it springs back nicely it's ready – if it leaves an indent it isn't.

**8** Heat the oven to 230°C fan/gas 10 or as hot as it will go. If you like, you can use a lame or a sharp serrated knife to score it down the middle (this lets the bread expand in more directions, giving it a more textured crust) – or just leave it as is.

**9** Put the tin directly onto an oven rack. Spritz all around the oven chamber with a water spray, or put a baking tray with 120ml hot water on the bottom of the oven.

**10** Bake, turning around once, for 30 minutes or until the loaf has a nice golden crust and a hollow sound when you take it out of the tin and tap the bottom.

**Per slice** 168kcal, 0.8g fat (0.2g saturated), 4.6g protein, 34.7g carbs (0.3g sugars), 0.5g salt, 1.8g fibre   

## Brioche loaf

**Makes** 2 loaves (each loaf cuts into 8 slices)

**Hands-on time** 25 min, plus 3-5 hours proving and at least 12 hours resting

**Oven time** 28-30 min

**Useful to have** Dough scraper; stand mixer with a dough hook

**MAKE AHEAD** You won't need much hands-on time for the loaves, but they will take 2 days to fully develop and prove. Make them up to the end of step 3 on the first day, then complete the recipe the following day.

- 500g strong white bread flour
- 20g fresh yeast or 10g (3¼ tsp) active dried yeast
- 30g (2½ tbsp) caster sugar
- 10g (1½ tsp) fine sea salt
- 5 medium free-range eggs
- 25g (5 tsp) whole milk

- 175g unsalted butter, softened and cubed

#### To finish

- Vegetable oil to grease
- 1 egg, beaten
- 25g (1 tbsp) sugar nibs (optional)

**1** Put the flour, yeast, sugar, salt, eggs and milk in a large mixing bowl. Using one hand or a dough scraper, bring them all together to form a rough, sticky dough. Transfer the dough to a clean worksurface and knead for about 5 minutes until you can feel it has become a little more elastic. It won't look like a smooth dough yet.

If using a stand mixer, hold the dough hook in your hand and use it to gently bring the ingredients together into a rough mixture in the bowl. Transfer the bowl to your mixer and attach the dough hook. On a medium speed, mix the ingredients together for about 8 minutes.

**2** Add the butter into your dough, one third at a time. Put a few cubes of butter over the surface of the dough and knead it in, ensuring the butter is incorporated each time before adding the next amount. Use a dough scraper or spatula to regroup your dough, ensuring you bring all the dough back together throughout the kneading process. Continue to knead the dough for about 3-5 minutes. You'll know it's ready when it stops sticking to your hand and the worksurface.

If using a stand mixer, continue mixing the dough on a medium speed and add the butter one third at a time, allowing about 3 minutes between each addition. The total mixing time should be about 8-10 minutes. When ready, the dough should appear smooth, glossy and elastic.

**3** Return the dough to a clean mixing bowl, or leave in the bowl

“Brioche is a central part of classic French baking. It's incredibly versatile as a dough, but we suggest starting off with a classic loaf. This recipe has slightly less sugar than most brioches, so it's ideal for eating with pâté, terrines and savouries. Once the loaf is baked, it freezes well, due to the high butter content, and makes memorable toast or French toast” **MATTHEW JONES, BREAD AHEAD**

of your stand mixer. Cover with a plate, shower cap or damp tea towel and leave to rise at room temperature for 1-4 hours until almost doubled in size. Transfer it to the refrigerator to rest for 12 hours or overnight.

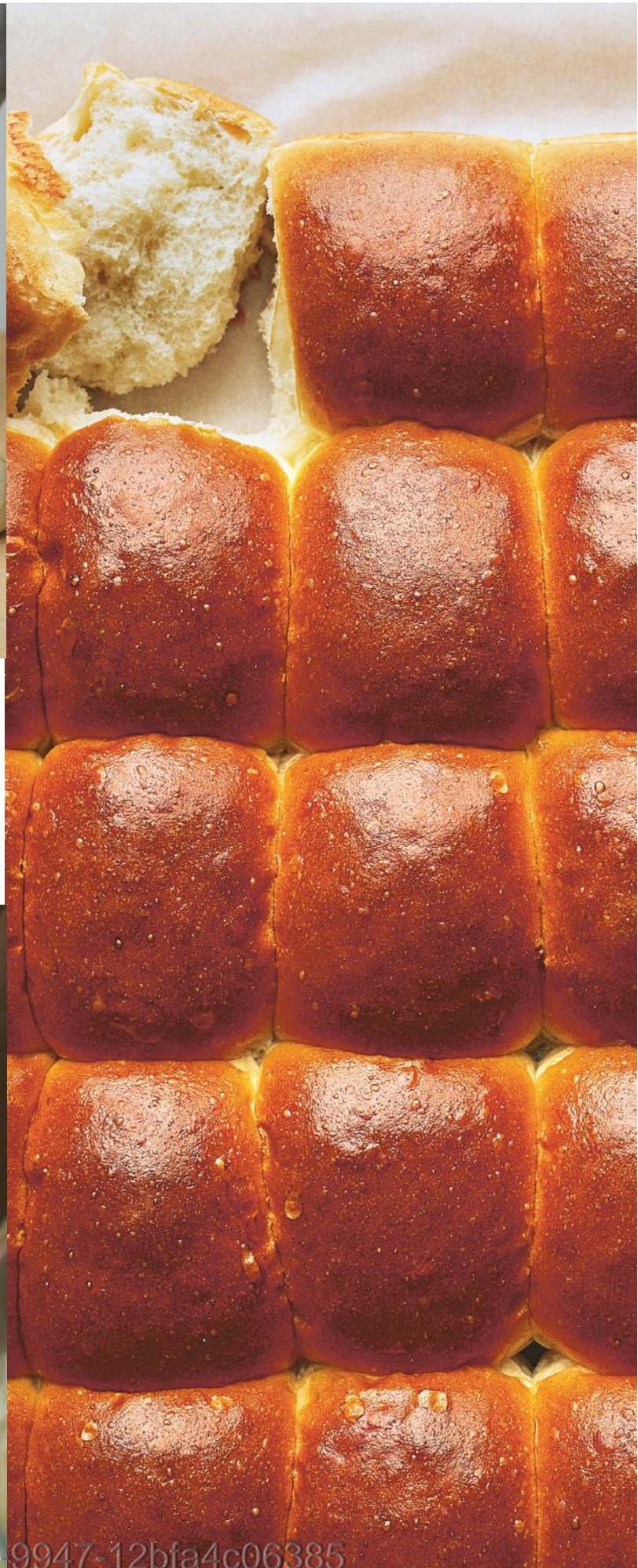
**4** Remove the brioche dough from the refrigerator and lightly oil 2 x 900g loaf tins. Divide the dough in half and form each half into a loaf shape. Put in the loaf tins, cover again and leave to prove at room temperature for 2 hours or until the dough

reaches the top of the tin. The dough should feel slightly springy to the touch.

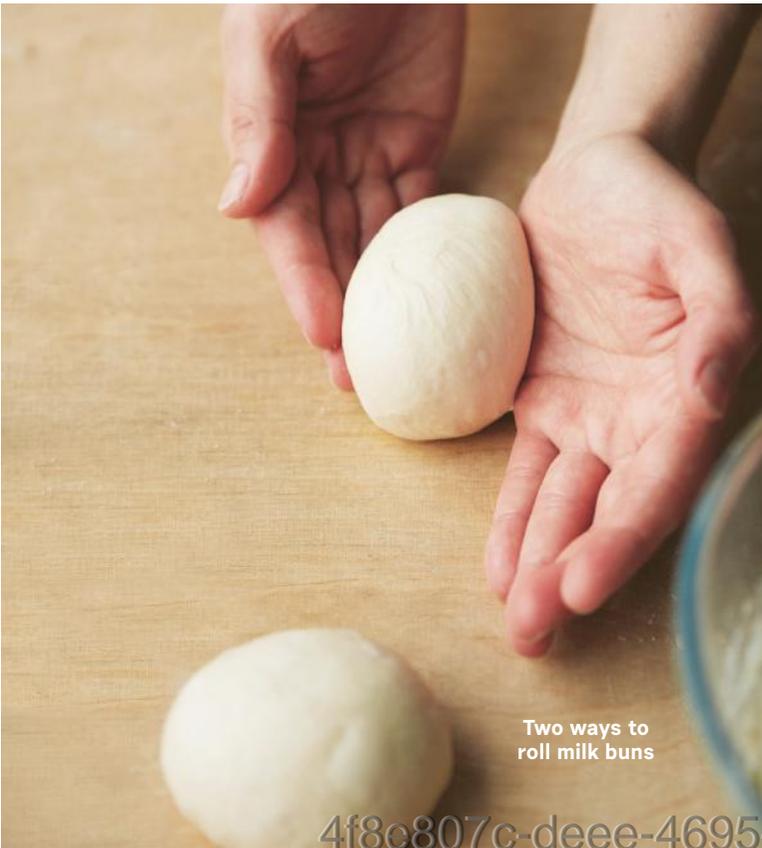
**5** Heat the oven to 160°C/gas 4. Brush the top of the brioche loaves with the beaten egg and sprinkle with a few sugar nibs if you like. Bake for 28-30 minutes or until golden all over. Remove the loaves from their tins and allow to cool on a wire rack.

**Per slice** 239kcal, 11.7g fat (6.5g saturated), 6.3g protein, 26.5g carbs (2.6g sugars), 0.6g salt, 1.2g fibre \* v →





“This is a simple recipe that can be made in around 3 hours or extended as an overnight dough. Either way, the results will be fantastic. Using a little milk and butter in your dough gives a wonderful soft, milky texture and will extend the shelf life. These can be used to make a burger bun or a soft sandwich bap” **MATTHEW JONES**



Two ways to roll milk buns



## Milk buns

**Makes** 12 buns

**Hands-on time** 15 min, plus  
1¾-2¼ hours proving

**Oven time** 12-15 min

**Useful to have** Dough scraper;  
stand mixer with a dough hook

**MAKE AHEAD** The buns will keep in an airtight container for 2-3 days. Or wrap well and freeze for up to 3 months.

- 500g strong white bread flour
- 300g whole milk, at room temperature
- 50g unsalted butter, softened
- 10g (1½ tsp) fine sea salt
- 10g (2½ tsp) caster sugar
- 8g fresh yeast or 4g (1¼ tsp) active dried yeast
- Oil to grease (optional)
- 1 free-range egg, beaten, to glaze (or more milk)

**1** Combine the flour, milk, butter, salt, sugar and yeast in a large mixing bowl. Use your hand or a dough scraper to bring the ingredients together into a rough dough. Ensure it's well mixed and there are no pockets of flour or butter. If using a stand mixer, take the dough hook in your hand and use it to gently bring the ingredients together into a rough mixture in the bowl. Transfer the bowl to the mixer and attach the dough hook. On a slow speed, mix the ingredients until you have a dough with no traces of flour or butter.

**2** Transfer the dough to a clean worksurface (don't add any extra flour). Knead for just a few minutes until it's smooth and relatively elastic. It will be quite a tight dough.

**3** Return the dough to the bowl, cover with a damp tea towel or plate and leave to rise at room temperature for about 45 minutes or until the dough has doubled in size. At this stage, you can cover the dough and

leave it to rise slowly in the refrigerator overnight, if you like.

**4** Line a baking sheet measuring about 20cm x 30cm with baking paper or brush it lightly with oil. Once your dough has had its first prove, release it from the bowl and set on a worksurface. Divide the dough into 12 pieces, about 70g each.

**5** To shape your rolls, there are two methods: put a dough ball on the worksurface in front of you and place your hand over it, cupping the dough lightly. With your hand in a claw-like shape over the dough, gently move your hand in a circular motion, applying a small amount of pressure with your palm on the top of the dough ball as you rotate it (see pic, top left). This uses the worksurface to create a little friction as you rotate the dough, creating tension across the top of the ball. Alternatively, with the palms of your hands facing upwards and the inside edge of each hand against the sides of the dough ball, pinch and rotate the dough with the sides of your hands (see pic, bottom left). Between each pinch and rotation, lightly flatten the dough ball and continue to pinch and rotate.

**6** Put the shaped dough balls on the prepared baking sheet, leaving a space of about 1cm in between each one as they'll expand as they prove. Cover with a damp tea towel and leave to prove for 1-1½ hours until doubled in size (the exact time will depend on the warmth of your kitchen).

**7** Heat the oven to 210°C fan/gas 8. Brush the buns with beaten egg or milk to glaze, then bake for 12-15 minutes until puffed and golden all over.

**Per bun** 212kcal, 5.5g fat (3.1g saturated), 5.7g protein, 34.1g carbs (2.2g sugars), 0.9g salt, 1.7g fibre   →



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“This starts as what appears to be a sloppy mix, but with a bit of folding and care it becomes a beautifully springy, elastic, pillowy dough. The dough base can be used with various toppings – fresh herbs, chopped onions, artichoke hearts, tomatoes... Let your imagination run wild. We recommend using a good quality olive oil, as it forms the underlying flavour. This has been one of the staple breads of the Bread Ahead range from day one at our Borough Market bakery” **MATTHEW JONES**

★ **COVER RECIPE**

**Lazy focaccia**

**Makes** 1 large loaf (serves 8-10)

**Hands-on time** 20 min, plus 2 hours 10 min resting

**Useful to have** Dough scraper; spray bottle filled with water



You can ‘hold’ this focaccia for up to 4 hours in the fridge after step 7, which is useful if you want to serve it for an evening meal.



Folding is a technique often used for sourdough, but it’s equally useful with any high hydration (wet) doughs where kneading is difficult. Don’t skip the resting between folds as this is crucial for letting the gluten develop.

- 500g strong white bread flour
- 10g (1½ tsp) fine sea salt
- 6g fresh yeast or 3g (1 tsp) active dried yeast
- 400g water at room temperature
- 80g olive oil, plus extra to brush
- Sea salt flakes, fresh rosemary sprigs or your favourite toppings (see box, below right)

**1** Combine the flour and salt in a bowl. In a separate bowl, add the yeast to the water and mix until dissolved. If using dried yeast, mix the yeast through the flour mixture.

**2** Make a well in the middle of the flour mixture and pour in the water, then use a spatula, dough scraper, spoon or your hand to bring the dough together to form a loose dough, mixing for a few

minutes until all the ingredients are evenly incorporated.

If using a stand mixer, use the dough hook attachment to bring the ingredients together. You want a glossy dough with no lumps of flour in it.

**3** Drizzle 2 tbsp of the olive oil around the edges of the bowl and use a scraper or spoon to gently tease the oil around the edges of the bowl so it’s evenly distributed underneath and over the top of the dough.

**4** Put your hands under one side of the dough, then pull it up and stretch it over to the other side. Do this from the bottom, then the top, then from each of the two sides (this is considered a single fold and will trap layers of air within the dough). Cover with a damp tea towel and leave to rest for 30 minutes.

**5** Give your dough 3 more folds in the same way, resting for 30 minutes after each of the first 2 folds. After the third and final fold, move the dough to the fridge and rest for 10 minutes.

**6** Lightly oil a large baking tray with some of the remaining oil, then gently slide the rested

dough into the prepared baking tray. Fold it in half (like a giant Cornish pasty) and massage the remaining olive oil into the surface of the dough, making sure it’s evenly covered. Press your fingers into the top of the dough to spread it out to fill the tray. Make sure you press over the whole surface of the dough (this will give your focaccia its dimpled appearance).

**7** Add your toppings (except the salt) and leave to rest for 30 minutes – see Make Ahead.

**8** When ready to bake, heat the oven to 220°C fan/gas 9 or as hot as it will go. Sprinkle the top of the dough with salt, then transfer to the oven and lightly spray the oven chamber with water or place a baking tray filled with 120ml water on the bottom of the oven. Bake for 15 minutes or until crisp and golden. Remove from the oven, brush with a little more olive oil, then cool and serve.

**Per serving (for 10)** 257kcal, 8.7g fat (1.4g saturated), 5.1g protein, 38.5g carbs (0.3g sugars), 1g salt, 2g fibre



Recipes from *Bread Ahead: The Expert Home Baker* by Matthew Jones (Hardie Grant £26)

**NEXT MONTH**  
Michel Roux Jr’s classic lemon tart masterclass



**HOW TO ADD TOPPINGS**

The focaccia is superb topped just with salt or added rosemary sprigs, but it’s easy to add flavourings such as fresh or sun-blush cherry tomatoes and green and black olives, as we have on our cover this month. Push some of the ingredients into the dough and leave others on top. And don’t stop there: try charred artichokes, anchovies, goat’s cheese, pickled jalapeños and prosciutto... Whatever combination takes your fancy.



# delicious. discoveries

The best food and drink we've tried that you need to know about, from bijoux indie suppliers to the big retailers

*Your buying choices make a difference*



## Raised the right way

The Ethical Butcher goes above and beyond to ensure the highest possible welfare standards on the regenerative farms it buys from, not being content with terms such as 'free range' and 'outdoor reared', which have no precise legal meaning. Their pork loin chops from Redwoods Farm in Devon, from pigs not fed on controversial soy-based feed, were some of the juiciest, most flavoursome we've ever had. Swap them in on steak night. **£13.20 for two large chops (minimum order £37)**, [ethicalbutcher.co.uk](http://ethicalbutcher.co.uk)

**SPREAD THE WORD**  
Though they may be a bit pricey, Nut Blend's nut butters are palm oil and additive-free. Our favourite is the maca, pecan & almond – it has a deeply roasted flavour that kept our taster going back to the jar.

The texture is satisfyingly thick too.

*£5.99 for 200g,  
[nutblend.com](http://nutblend.com)*



## LOOSE FIT

Everyday loose-leaf green teas are tricky to find, says our green-tea enthusiast. He warmed to Brew Tea Co's whole-leaf offering, from the hills of Yunnan in southwest China by way of Manchester. It has big grassy flavours and a hoppy tang with a bitter edge, but don't use boiling water to brew, or it can become a bit tannic. The 1940s-style packaging is cute (and all recyclable/compostable, including the tea bags), and you can buy a tin to be even more eco-friendly and subscribe for regular deliveries. *From £5.49 for 113g*, [brewteacompany.co.uk](http://brewteacompany.co.uk)



## THE GADGET

### Panasonic SD-YR2550SXC Breadmaker

From £199.99, John Lewis, Argos and panasonic.com

#### WHAT'S GOOD ABOUT IT?

It's simple (and fun) to use and, with the pre-set recipes, fairly foolproof. Great for a household that wants a regular supply of inexpensive fresh bread without much hassle – and no worktops to scrub. Use the delay function and the bread will be ready to eat when you get up in the morning. If time's short, you can have a loaf ready in two hours.

#### ANY DRAWBACKS?

The instruction manual is a whopper, and 32 recipes might seem like overkill. But read the manual systematically and it's much less daunting. The machine uses up quite a bit of worktop.

#### THE VERDICT?

Great for a bread lover whose busy life precludes baking by hand; the quality and moisture level of the loaves produced (even gluten-free) are high.

TESTERS: LES DUNN, AGGIE MACKENZIE (GADGET)

## Hot on the shelves



delicious. food ed Jen Bedloe's family-tested picks from what's new in the supermarkets

#### LIFE OF PIE

Celebrate British Pie Week (7-13 March) with this pub-style creation. It has a generous filling-to-pastry ratio, the beef was tender and we loved the tang from the ale in the gravy. No need for mash – just add greens. *Higgidy Steak & Sussex Ale Pie, £4 for 250g, Sainsbury's, Ocado and Booths*

#### GUT FEELING

Need to give yourself a boost? Try this zingy range of yogurts from Onken with live kefir cultures to help support gut health, and bonus vitamins B6 and B12 to aid your immune system. My favourite was the juicy strawberry and pomegranate. *Onken Super Kefir, £1.50 for 350g, Tesco, Co-op, Ocado and Asda*

#### VEGAN WINNER

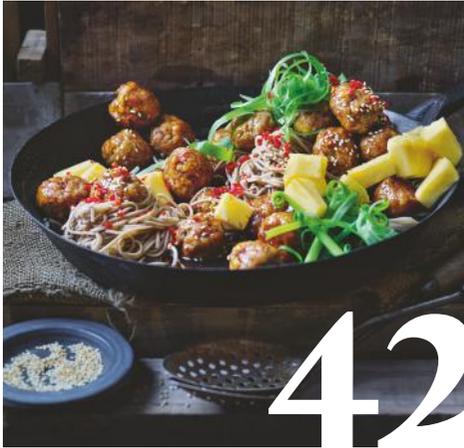
Two years in the making, this new vegan cream cheese-style spread is highly rated by the home team. We've used it as we would regular Philly, and the flavour and texture are fantastic. Sweet vegan recipes incoming... *Philadelphia plant-based spread, £2.50 for 150g, Tesco*



## UNDERGROUND HIT

The Snowdonia Cheese Company's Black Bomber, a strong, wax-encased cheese, has long had a cult following among cheddar lovers. Rock Star is the company's first cave-aged cheddar, matured in a former slate mine in the heart of the Welsh national park. It's strong without being mouth-burning, and has a creaminess with hits of crunchy crystals. One for after lunch on Mothering Sunday, perhaps. *£4.50 for 150g (minimum order £12), snowdoniacheese.co.uk @*

# March Recipe index



## STARTERS, SIDES, SNACKS & NIBBLES

- Beetroot & goat's cheese terrine **V GF** 59
- Butternut squash, stilton and pecan pastry rolls **V** 63
- Charred cabbage with harissa butter and herb salad **V GF** 29
- Cheese, apple and walnut toastie **V** 104
- Cobb salad with cashew cream dressing **GF** 102
- One-pot greens with barrel-aged feta **V GF** 72
- Stir-fried purple sprouting broccoli with crispy garlic and shallots **Vg DF** 28

## MAIN COURSES

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- Cheese and potato pie **V** 46
- Chicken and ricotta polpette 86
- Chicken pot pie with cheddar pastry 34
- Chicken, sesame, apple and peanut butter salad **DF** 88
- Chicken tagine traybake 86
- Chilli con carne meatballs with paprika tortilla chips 38
- Gumbo **\* DF** 68
- Individual fish pies 59
- Katsu chicken bowls **DF** 88
- Leek risotto with kale pesto and crispy prosciutto **GF** 30

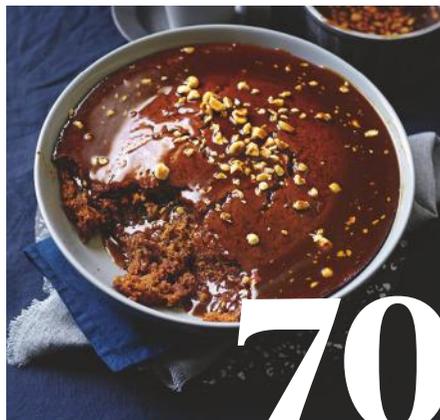
- Massaman meatballs with vegetable curry **DF** 40
- Mussels and clams with beans and sobrasada **DF** 29
- Peanut and lime fish goujons with Thai-style salad **DF** 50
- Piri-piri roast chicken **GF DF** 86
- Pork and veal meatballs with smoked broth 40
- Scotch broth **\* GF DF** 49
- Tray-baked sweet-and-sour meatballs **DF** 42
- Vegan wild garlic lasagne **Vg DF** 90
- Venison tacos with grilled spring onions and peanut salsa 28

## SWEET THINGS

- Almond and cranberry granola bars **Vg GF DF** 100
- Banana and date pudding with hazelnut butterscotch **V** 70
- Classic treacle tart **\* V** 60
- Eric Lanlard's gâteau breton **V** 92
- Karpatka (Polish custard slice) **V** 45

## OTHER

- Brioche loaf **\* V** 114
- Jerry Thomas manhattan **GF DF** 75
- Lazy focaccia **Vg DF** 119
- Milk buns **\* V** 117
- White sandwich tin loaf **\* Vg DF** 114



## ESSENTIAL INFO ABOUT OUR RECIPES

### Our symbols explained

**\*** You can freeze all or most of the recipe. Unless stated otherwise, freeze the finished dish for up to 3 months. Defrost and heat until piping hot throughout.

**V** Vegetarian **Vg** Vegan

**GF** Gluten free **DF** Dairy free

Recipes with the above symbols are suitable for special diets provided you choose appropriate free-from ingredients – check the label. Other recipes can easily be adapted for special diets – see our Know-how and Easy Swaps tips.

### Standard kit

Our recipes assume cooks will have a food processor/blender/stick blender, an electric stand mixer/hand mixer and a selection of pans, tins and casseroles, as well as compostable baking paper and kitchen paper. We give alternative methods for combining ingredients if possible, and specify the size of dish/tin needed if it's relevant. We also think a digital probe thermometer is helpful for cooking meat, making preserves and so on.

### Prep and cooking times

All our timings include prep.

**Hands-on time** is when you're chopping, stirring, assembling, frying or grilling.

**Oven/simmering time** is when you can leave the dish unattended in the oven or on the hob.

### Nutritional information

Recipes are analysed for nutritional content by an expert nutritionist. Calculations may vary, depending on your choice of ingredients, and include listed ingredients only.

### Our suppliers

Fresh eggs for our recipe-testing are supplied by Clarence Court ([clarencecourt.co.uk](http://clarencecourt.co.uk)); meat is from The Ginger Pig ([thegingerpig.co.uk](http://thegingerpig.co.uk))

### Prices

These are checked and correct at the time of going to press.

### Oven temperatures

We give fan oven and gas mark temperatures in our recipes. For conventional ovens without a fan, add 20°C to the fan temperature.

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**MAY:** celebrate a verdant planet in **The Green Issue**

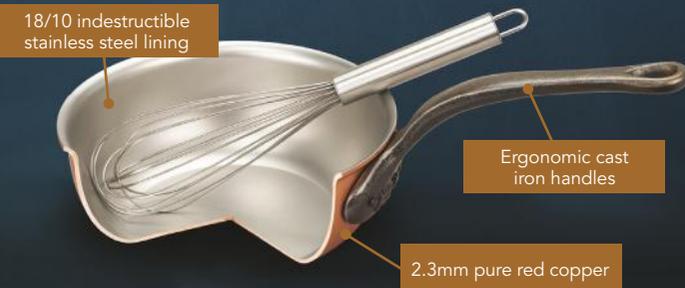
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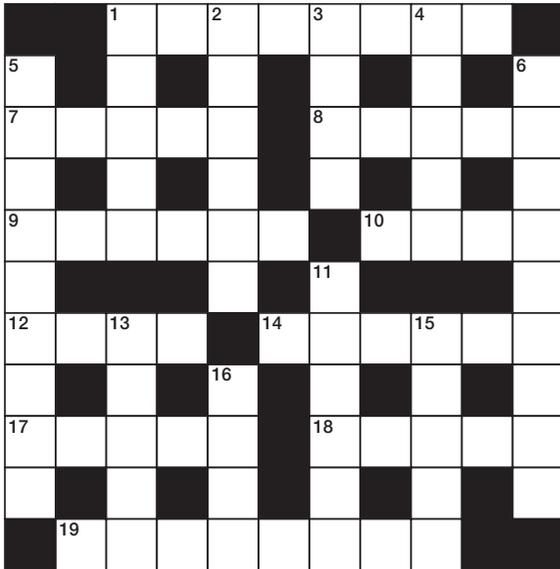


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# Take five

There are prizes to be won and fun to be had with Hugh Thompson's delicious brain teasers



PRIZE CROSSWORD NO. 38

Complete the puzzle, take a picture and email it to [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk) for a chance to win\*

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## Across

- 1 Sicilian dish of sweet and sour stewed vegetables (8)
- 7 Aromatic plant leaves, extremely useful in cooking (and medicine) (5)
- 8 Wild mushroom that comes out in spring (5)
- 9 Traditional gingerbread cake from the north of England (6)
- 10 Juicy tree fruit with a distinctive shape (4)
- 12 Semi-solid fat from a pig – good for crisp, flaky pastry (4)
- 14 Family of flowering plants that includes vanilla (6)
- 17 Cut of chicken, best for roasting and casseroles (5)
- 18 Add a little colour to, for example, an icing (5)
- 19 Airy Italian bread, widely associated with Genoa and Liguria (8)

## Down

- 1 Kitchen utensil used to prepare 10 across for stuffing and cooking (5)
- 2 Anise-flavoured spirit from France; turns cloudy when mixed with water (6)
- 3 High-end Danish restaurant that popularised New Nordic cuisine (4)
- 4 Rich multilayered glazed cake, typically from Germany and Austria (5)
- 5 Classic English thin sausage (actually named from the Italian for onion) (9)
- 6 Art Deco Mayfair hotel popular with royalty – great for cocktails (9)
- 11 Roll with a surprising filling? Invented in the UK in the 1950s (6)
- 13 Animal killed for its horn, which is falsely thought to be an aphrodisiac (5)
- 15 Plant used for medicinal purposes and to dye skin and hair (5)
- 16 Nutritious edible seeds from Mexico and South America (4)

ANSWERS TO CROSSWORD NO. 36: ACROSS 1 Feijoada 7 Acrid 8 Sushi 9 Steins 10 Bile 12 Roti 14 Teacup 17 Laksa 18 Pearl 19 Parathas DOWN 1 Farce 2 Iodine 3 Oast 4 Dashi 5 Casserole 6 Pineapple 11 Tempeh 13 Tikka 15 Clams 16 Fava

# THE FOOD QUIZ

IT'S WHAT COFFEE, CAKE AND SOFAS WERE MADE FOR

**1** The mushroom *Boletus edulis* is highly prized. What is it NOT known as?  
 a) Ceps  
 b) Chicken of the woods  
 c) Porcini  
 d) Penny bun

**2** What is the surprise ingredient in Scottish cock-a-leekie soup?  
 a) Haggis  
 b) Scallops  
 c) Prunes  
 d) Dried apple

**3** How many flavours are portrayed in Andy Warhol's 1962 work *Campbell's Soup Cans*?  
 a) 24    b) 32  
 c) 48    d) 57

**4** What is a Salisbury steak?  
 a) Beef patty in gravy  
 b) Pork loin steak  
 c) Steak with grilled bacon  
 d) Steak with a chips Stonehenge

**5** Death in the afternoon (a cocktail of champagne and absinthe) was created by...  
 a) Ernest Hemingway  
 b) Marquis de Sade  
 c) Marcel Proust  
 d) Albert Camus

**6** Who was the original 'Champagne Charlie'?  
 a) Charlie Chaplin  
 b) Charles Heidsieck  
 c) Charles Lindbergh  
 d) Charles X of France

**7** Which country was a pioneer in intensive farming in the 17th and 18th centuries?  
 a) England  
 b) France  
 c) Germany  
 d) Holland

**8** The Indian spice *methi* is also called...  
 a) Asafoetida  
 b) Cassia  
 c) Fenugreek  
 d) Mustard seeds

**9** Sauce maitaise is hollandaise with what added?  
 a) Maltesers  
 b) Pomegranate juice  
 c) Blood orange juice  
 d) Grapefruit juice

**10** Freeze-dried potatoes were invented by...  
 a) Ancient Incas in Peru  
 b) Cadbury's in Birmingham, UK  
 c) Aliens from Mars  
 d) Aztecs in Mexico

CRYPTIC CLUE SET BY LES DUNN. \*FOR TSSCS, SEE P122



# Is fine dining worth it?



Is eating out in an ultra-fancy, multi-award-winning restaurant the pinnacle of the food lover's journey, asks Benny Davis, or are we being taken for a ride?

## WHAT DO YOU THINK?

Do you agree with Benny's definition of 'fine' dining? Let us know at [info@deliciousmagazine.co.uk](mailto:info@deliciousmagazine.co.uk)

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May I begin with a caveat? I like fine dining. I also like affordable dining. Eating food? Easily one of my top three things to do. But do I have problems with the idea of fine dining. The main one is that we all have differing definitions of what 'fine' actually is.

Arguably what sets fine dining apart from everyday dining are the elements beyond the food itself: décor, service, hospitality. Then again, you don't actually need any of those to have a great meal. Some of the best food I've ever had came on Styrofoam plates in the hawker centres of Singapore. I found the most inhospitable places would invariably have the best dishes. Why? They didn't need to be nice when the food was that good.

A lot of the time, sadly, 'fine' just means more expensive. Ideally, as the monetary cost of a meal increases so should the *value to the diner*. But plotting it out on the graph of cost/value, there's a point at which the cost continues to increase but the value plateaus. And where you place that point depends on your gullibility and the size of your wallet.

My cut-off point is when food jumps the shark: this flaky piece of paper you've handed me is actually an 'aperitif of champagne'? Brilliant...

The only thing I like more than drinking fine champagne is chewing on a napkin that

*tastes a bit like champagne* – and for only £60!

The value plateaus for me at that point because the extra cost has given me neither a better meal nor a better experience. Regrettably, what I've often ended up paying for in fancy restaurants is exclusivity – a sense of being part of an elite.

Being privileged has given me the 'privilege' of being able to indulge in these kinds of elite activities, only to find out that often they're not actually that good.

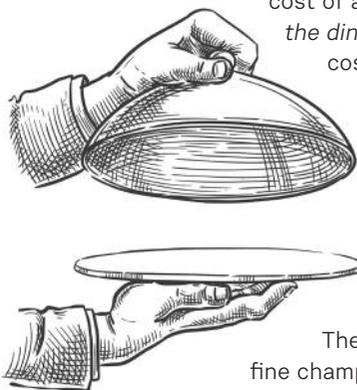
And yet, I do enjoy the trimmings of fine dining. Having my water refilled before I've even noticed the level is low. Bypassing the cocktail menu to have an in-house mixologist make some Franken-drink of my own design. The pristine marble bathrooms adorned with artwork, their air perfumed by

scented candles. All these can serve to enhance my experience and reason for being there in the first place: enjoying the company of my loved ones.

My ideal world would be one where everyone is able to engage in such a special experience. And the truth is that, regardless of price, we already are. That cheap-but-generous parmigiana and chips at the pub, enjoyed while chatting with friends about the movie you just saw together? That was it. It just wasn't cloaked in presentation, false prestige and illusory superiority. @

*Benny is a former member of Australian comedy rock band The Axis of Awesome. Find his cooking antics on TikTok @bennymofodavis*

“Regrettably, what I've often ended up paying for in fancy restaurants is exclusivity – a sense of being part of an elite”





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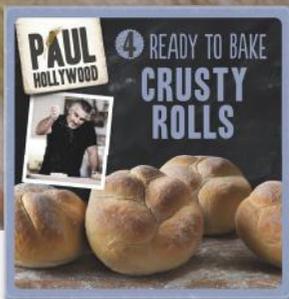


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