Sainsbury's magazine

MARCH 2020

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ONLY £3

Easter BAKING special

BLUEBIRD CUPCAKES

CHEESECAKE CHICKS

CHOCOLATE SIMNEL CAKE

PAGES 57, 58 & 154

STEP AWAY FROM THE BISCUIT TIN

The healthy new way to snack

PAGE 122

MARVELLOUS MINI BREAKS

Explore the UK with our monthly guide

PAGE 132

WINNER WINNER CHICKEN DINNER

Lemony chicken with roast veg and olives

PAGE 18

Let's do lunch!

Roast lamb with buttered peas and basil pearl barley 'risotto'

PAGE 74

Make it snappy...

30-MINUTE SUPPERS

STEAK, MASH AND ROMESCO SAUCE

AUBERGINE RICE BOWL

SALMON AND SPRING VEG

PAGES 18, 15 & 17

4 664500 54

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Photograph: Kris Kirkham
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EDITOR-IN-CHIEF **Helena Lang**
Art director Cassie Eade
Food director Sarah Akhurst

FOOD
Managing food editor Tamsin Burnett-Hall
Senior food assistant Abigail Spooner

FEATURES
Associate editor Sarah Maber
Books editor (freelance) Kerry Fowler

ART
Layout editor Sarah Knight
Picture editor Tivina Elliott-James
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COPY
Workflow editor Kate Whitfield

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Digital editor Liz Stansfield

PRODUCTION
Print lead Elizabeth Knipe
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PUBLISHING
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Account manager Alice Leeson
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Regional sales The Media Consultants (01423 569553)
Chief promotions art director Mailynne Woolley
Project manager Lucy Tomkins

FINANCE
Finance director Dennis Ziel

SEVENC3 MANAGING DIRECTORS Michael Doukanaris, Mark Smith

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Hello

When having our ideas session for this issue, I challenged the team to come up with some themes that would sum up March for you. The one that we fell upon like a bunch of hungry toddlers presented with the cookie jar was associate editor Sarah Maber's theme of Making Time For What Matters. What could be more important? And I do feel that this issue reflects the phrase with its fun Easter bakes for when you have little fingers helping you in the kitchen, chef Tom Aikens' delicious Easter feast – because who doesn't like spending that special day with their loved ones? – and many more recipes to share the good times with friends and family.

The theme continues with many of our other features, such as How to snack right on page 122, which offers you four easy between-meal treats to make yourself. Yes, more time consuming than opening a bag of crisps, but oh-so-much better for you in the long run – and that really does matter.

Finally, we have several great ideas for simple getaways where you can recharge your batteries, enjoy some delicious food and experience something new and out of your comfort zone – all of which matter. From Paris to Inverness, Lyon to the Lake District and posh Le Touquet to more down-to-earth Glasgow, we hope you are inspired.

Helena

HELENA LANG EDITOR-IN-CHIEF

editor@seven.co.uk @helenaolivialang @SainsMagEditor

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*** Toothbrush handle made with 100% natural bamboo. The tube and carton are recyclable.*

**** Assessed by RecyClass.*

March

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PHOTOGRAPH: MAJA SMEND

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Our at-a-glance, easy-to-use recipe search

SAINSBURYSMAGAZINE.CO.UK/RECIPES

STARTERS, BREAKFASTS, SNACKS AND SIDES

V

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GF

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V

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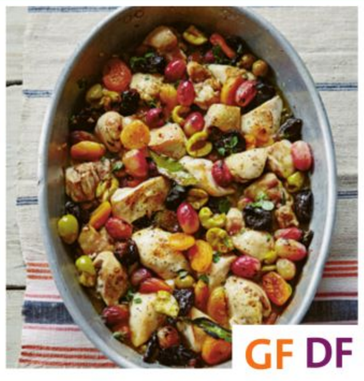

GF DF

MARBELLA CHICKEN

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V GF ❄

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What's cooking?

V GF

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NUTTY HEMP CHOC COOKIES

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PALOMA COCKTAIL

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V ❄

RASPBERRY BAKED ALASKA

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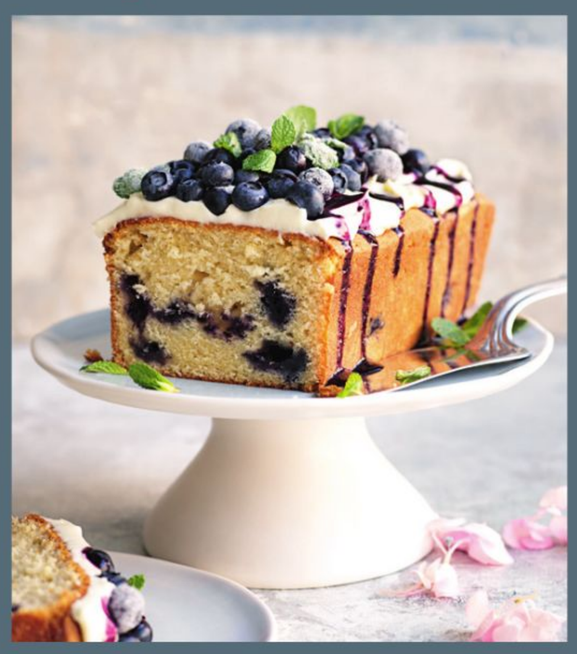
Make it for Mother's Day



Find the perfect cake, bake or breakfast in bed recipe for your mum online

sainsburysmagazine.co.uk/mum

COOK WITH CONFIDENCE

We test every recipe at least three times until we think they are perfect. Recipes created for advertisement features are checked by our cookery team but not tested.

Weights and measures We list base measurements for tins, pans and dishes. We use measuring spoons for accuracy; a teaspoon is 5ml; a dessertspoon is 10ml; and a tablespoon is 15ml. Spoon measures are level unless otherwise indicated.

Ingredients We aim to use ingredients that are available in at least 250 Sainsbury's stores nationwide. Stocks vary from store to store, so if you are unable to find an ingredient in your local store, please ask at the customer service desk or call the Customer Careline on 0800 636262.

Food safety Public health advice is to avoid raw or lightly cooked eggs if you are vulnerable to infection, including pregnant women, babies and the elderly.

Alcohol Visit drinkaware.co.uk for advice.

Nutrition Our nutritional values are per serving (if a recipe serves, say, 4-6, the values refer to the larger portion size; if an ingredient is listed with an alternative, values are based on the first option; 'serve with' suggestions are not included). For healthy eating information and nutritional guidelines, go to recipes.sainsburys.co.uk/articles/ tips/nutritional-information.

Vegetarian recipes are indicated with the **V** symbol, but they may use cheeses that contain animal rennet.*

Vegan Recipes marked **Vn** contain no products made from or with the aid of animals or animal products.*

Dairy free Recipes marked with the **DF** symbol do not contain dairy products as ingredients.

***Gluten free** Ingredients in recipes marked with the **GF** symbol are all naturally gluten-free, but some may be produced in non-gluten-free environments.* For more information on avoiding gluten, visit coeliac.org.uk.

Freezable The ❄ symbol indicates that you can freeze all or most of a recipe. Unless otherwise stated, freeze for up to 3 months, defrost thoroughly and heat until piping hot.

**Always check food packaging to ensure it is suitable.*

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See what we're doing and for ways to help https://aussiehair.com/help-australia

Share your THOUGHTS

We love to hear what you enjoyed reading – and had fun cooking – in the magazine, so please share with us!

STAR LETTER

Quality time

I've not been in the best health this year, so most of the time spent with my 10-year-old daughter has been at home. Each month, we've found something in your magazine that we can make or bake together and that has now become an activity that we both look forward to. Thank you for giving us so much inspiration and something fun to do together. Her confidence in cooking has grown and it's been lovely for me to be able to play a supporting role in her cooking creativity.

HOLLY, WEST YORKSHIRE

GREAT SCOT

As someone whose father is a Scot, I was pleased to read your story on Burns Night in the January issue. I've always indulged in haggis, neeps and tatties on the 25th to celebrate my heritage. Sadly, my wife has never been a fan of the food, so this year I will use your fantastic recipe for haggis, neeps and tatties tart to tempt her.

LUKE, WEST YORKSHIRE

RELISHING RUSSIA

My husband spends time in Russia through his work and he is always enthusing about the food and drink there – although I'm surprised there is more to Russian cuisine than potatoes and vodka. So I read your January feature *From Russia With Love* with great interest to see if I could create any of his favourites. I have to admit you made me very hungry – I just might add Russia to my wish list.

ELAINE, CHESHIRE

DISCOUNT DISCOVERY

I've never bought *Sainsbury's magazine* before and only bought the January issue because of the photo on the front and the 50% discount. I had no idea what I would find inside – but I actually shopped for the cover recipe while in the store. I'm currently planning my next month's meals around this edition. Top marks – I love it! I'm happy to pay full whack next time if it's as good.

EMMA, WARWICKSHIRE

#IMADETHIS

Share your own cooking triumphs on Twitter, tagging @SainsburysMag and the #imadethis hashtag, or email your photos to feedback@sainsburysmagazine.co.uk and we may print your photos. One lucky winner will receive a £50 voucher*. Here are a few of your *Sainsbury's magazine* creations.

January issue

'I made these coconut "Bounty" brownies as soon as I returned home with the magazine.'

SIOBHAN, OXFORD

WINNER

January issue

'On a miserable Thursday this puttanesca cod was the perfect lunch. Yum yum.'

JULIE, DURHAM

sainsburys magazine.co.uk

'Tofu katsu curry from @SainsburysMag – our first attempt at vegan cooking. Delicious!'

@SARAH_DOBBERS

WORTH £175

WRITE IN TO WIN

Our Star Letter writer, Holly, wins a pair of Klipsch T5 True Wireless earphones. With legendary great sound quality, these super-comfortable earphones have unique contour ear tips and a slick, chic style. The metal charge-and-carry case gives you up to 32 hours of wire-free music and hands-free calls (henleyaudio.co.uk).

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TASTE FOR REBELLION

SINCE 1952

Bessie, Dinah, Rachel.

Three generations of female farmers blazed the trail for organic farming and that spirit lives on in every one of our delicious Luscious yogurts.

Eat well every day

No more than 600 calories each, these easy veg-loaded recipes take 30 minutes or less – so you can feel great, even on the busiest day of the week

RECIPES **ABIGAIL SPOONER**
PHOTOGRAPHS **ANT DUNCAN AND TOBY SCOTT**

ONLY 471 CALS

Steak with Romesco sauce and butterbean mash

» PAGE 18

NUTRITION NOTES

- Both steak and kale are good sources of iron.
- For a fibre-packed, low-carb mash, butterbeans make a great alternative to potato mash

MONDAY

Thai red curry noodle soup with prawns

SERVES 4 **DF** **HANDS-ON TIME** 20 MINS
TOTAL TIME 30 MINS

ONLY 300 CALS

- 2 tsp flavourless oil
- 25g root ginger, grated
- 4 spring onions, whites and greens sliced separately
- 1 x 30g pack coriander, leaves and stalks chopped separately
- 2 tbsp Thai red curry paste, or to taste (we used Thai Taste)
- 400ml fish stock
- 400ml lighter coconut milk
- 1 x 200g pack baby corn and mange tout, halved
- 1 x 300g pack quick-to-cook noodles
- 1 tbsp lime juice, plus wedges to serve
- 1 x 225g pack raw peeled king prawns, defrosted

1. Heat the oil in a large saucepan and stir-fry the ginger, the whites of the spring onions and the chopped coriander stalks for 1 minute. Add the red curry paste and cook, stirring, for a further 2 minutes.
2. Pour in the stock and coconut milk, bring to a simmer and cook for 5 minutes. Add the halved baby corn and simmer for a further 3 minutes, then stir through the noodles and mange tout and cook for 2 minutes more.
3. Add the lime juice, most of the coriander leaves, prawns and seasoning to taste. Gently cook for 2 minutes or until the prawns just turn pink. Scatter with the spring onion greens, remaining coriander leaves and serve with lime wedges.

■ 300cals; 14g fat (8g sat fat); 16g protein; 3g fibre; 26g carbs; 7g total sugars; 1.8g salt

TUESDAY

Teriyaki aubergine rice bowl

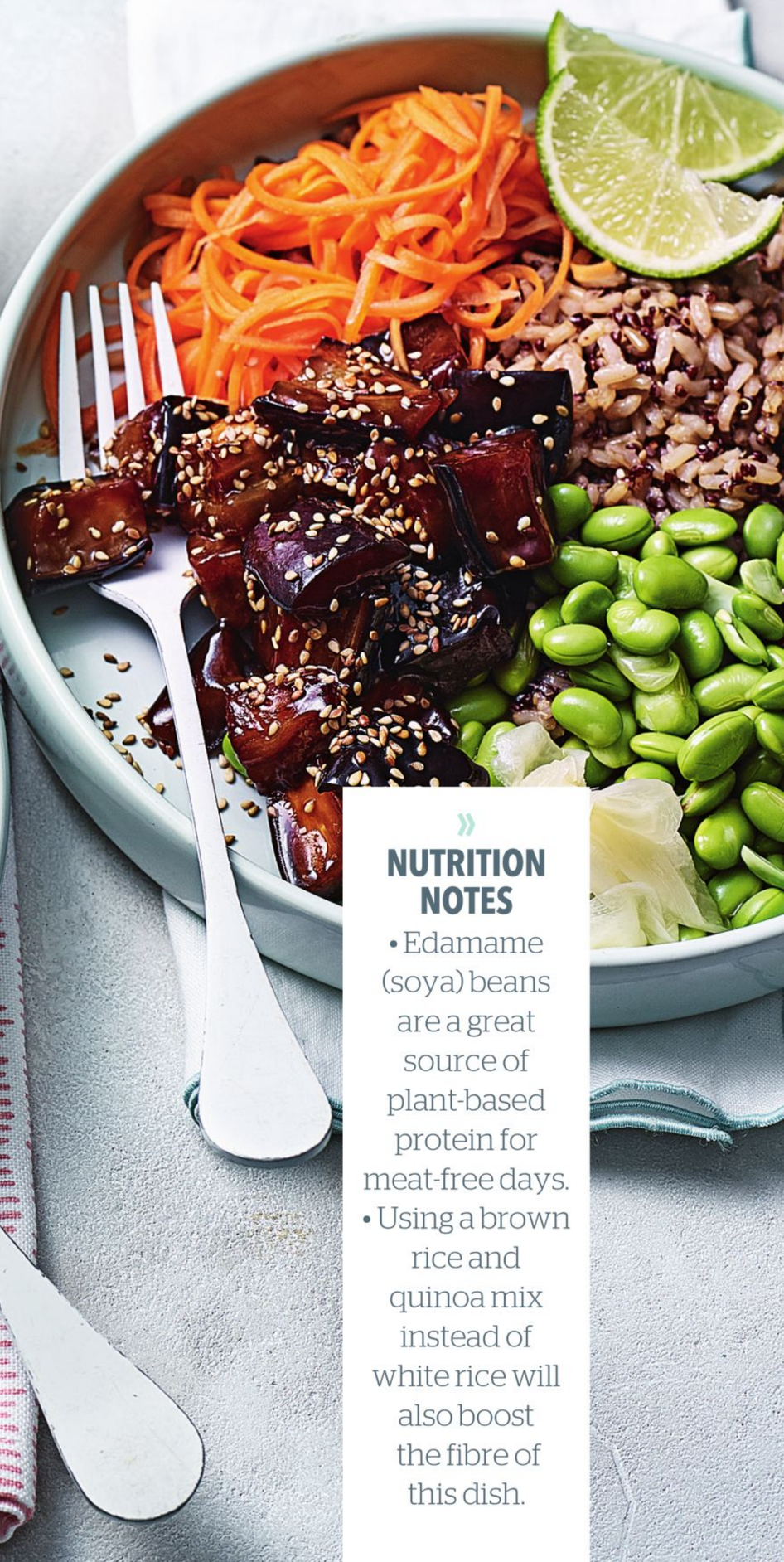
SERVES 2 **V Vn GF** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 30 MINS

- 1 aubergine
- 4 tbsp teriyaki sauce (we used Kikkoman)
- 1 tbsp toasted sesame oil, plus 2 tsp
- 1 tbsp lime juice, plus wedges to serve
- 2 tsp clear honey* or maple syrup
- 1 small carrot
- 150g frozen edamame beans
- 1 x 250g pouch pre-cooked brown basmati rice and quinoa
- 1-2 tbsp sushi ginger, roughly chopped
- 2 tsp toasted sesame seeds

1. Cut the aubergine into 2cm chunks, place in a large bowl and toss with half the teriyaki sauce until coated.
2. Heat 1 tablespoon of sesame oil in a large frying pan and once hot, fry the aubergine chunks for 5-7 minutes over a medium-high heat, tossing regularly, until charred and beginning to soften. Reduce the heat to medium and add 60ml water along with the remaining teriyaki sauce. Continue to cook uncovered, for 6-8 minutes, stirring occasionally, until the aubergine is completely tender.
3. Meanwhile, bring a small pan of salted water to the boil. Combine the lime juice and honey or maple syrup in a small bowl. Thinly slice the carrot into matchsticks (or grate) and toss with the sweet lime mixture. Set aside.
4. Boil the edamame beans for 4 minutes until tender, then drain. Microwave the rice according to pack instructions, mix with 2 teaspoons of sesame oil and divide between 2 serving bowls.
5. Top with the aubergine, drained carrot slaw, edamame beans and sushi ginger, arranging the components separately. Scatter the sesame seeds over the aubergine and serve with lime wedges.

**Use maple syrup if on a vegan diet*

■ 526cals; 19g fat (4g sat fat); 16g protein; 13g fibre; 65g carbs; 26g total sugars; 2.2g salt ➤



NUTRITION NOTES

- Edamame (soya) beans are a great source of plant-based protein for meat-free days.
- Using a brown rice and quinoa mix instead of white rice will also boost the fibre of this dish.

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WEDNESDAY

Salmon and spring veg orzo

SERVES 4 **HANDS-ON TIME** 30 MINS **TOTAL TIME** 30 MINS

- 750ml vegetable stock
- 1 x 240g pack salmon fillets
- 2 lemons
- 250g dried orzo (or other small pasta)
- 1 x 200g pack Tenderstem broccoli, roughly chopped
- 1 x 200g pack sugar snap peas, halved on the diagonal
- 2 tbsp olive oil
- 1 tbsp clear honey
- a handful of fresh herbs, finely chopped (we used dill, parsley and chives)
- 60g soft goat's cheese, crumbled

1. Preheat the oven to 200°C, fan 180°C, gas 6 and prepare 2 saucepans; bring one up to the boil with salted water, and the other with the vegetable stock.
2. Place the salmon fillets on a baking tray and season. Slice ½ lemon into rounds and arrange over the salmon. Roast in the oven for 10-12 minutes.
3. Add the orzo to the pan of stock and cook for 10-12 minutes, stirring regularly, until just cooked. Reserve 2 tablespoons of the cooking liquid, then drain well. Towards the end of its cooking time, add the broccoli to the other pan of water for 2 minutes, followed by the sugar snap peas for a further 1-2 minutes, then drain.
4. For the dressing, whisk together the olive oil, reserved orzo stock, honey, 3 tablespoons of lemon juice and seasoning. Toss together the orzo, dressing, vegetables and most of the chopped herbs. Flake through the salmon, discarding the skin. Serve warm, scattered with the goats' cheese and the remaining herbs.

509cals; 20g fat (5g sat fat); 27g protein; 6g fibre; 53g carbs; 8g total sugars; 0.3g salt ➤

ONLY 509 CALS

TOTAL COST £2.19*

BULK IT UP

Use 4 salmon fillets or add a handful of toasted pine nuts.

THURSDAY

Lemony chicken with roast veg and olives

SERVES 2 **HANDS-ON TIME** 25 MINS
TOTAL TIME 30 MINS

- 300g sweet potatoes, cut into 2cm cubes
- 200g cauliflower, cut into small florets
- 2 tbsp olive oil
- 1 tsp cumin seeds
- 2 skinless chicken breast fillets
- 20g plain flour
- 150ml chicken stock
- 1 tbsp lemon juice
- 40g pitted green olives, halved
- 20g butter, diced
- 1 tbsp chopped coriander

1. Preheat the oven to 220°C, fan 200°C, gas 7. Cook the sweet potatoes in boiling water for 2 minutes. Add the cauliflower and cook for a further 2 minutes then drain well. Tip the sweet potatoes and cauliflower onto a baking tray and toss with 1 tablespoon of the olive oil, the cumin seeds, salt and some freshly ground black pepper. Roast for 20 minutes until crispy.
2. Meanwhile, bash the chicken breasts between 2 sheets of baking paper or clingfilm until they are an even thickness of about 1cm. Season the flour well and coat the chicken in the flour, shaking off the excess.
3. Heat the remaining 1 tablespoon of oil in a nonstick frying pan and brown the chicken for 3 minutes on each side or until cooked through. Set aside, loosely covered with foil, while you make the sauce.
4. Add the chicken stock, lemon juice and olives to the same pan, and bubble to reduce by almost half. Gradually whisk in the butter until the sauce has a coating consistency. Return the chicken to the pan for 3-4 minutes to warm through, spooning over the sauce.
5. Serve the chicken and sauce with the roasted veg and garnish with the chopped coriander.

■ 593cals; 26g fat (8g sat fat); 44g protein; 8g fibre; 43g carbs; 12g total sugars; 1.2g salt

FRIDAY

Steak with Romesco sauce and butterbean mash

SERVES 2 **GF DF** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 30 MINS

- 1 x 225g rump steak, fat trimmed
- 2 tbsp light olive oil
- 100g drained roasted red peppers from a jar
- 25g blanched almonds
- 2 garlic cloves
- ½ tsp red wine vinegar
- ½ tsp smoked paprika
- 100ml chicken or vegetable stock*
- 1 x 400g tin butterbeans, rinsed
- 100g shredded kale, thick stalks discarded

1. Rub the steak with 1 teaspoon of the oil, season and set aside.
2. Place the roasted red peppers, almonds, 1 peeled garlic clove, the vinegar, smoked paprika and a pinch of salt in a food processor and blitz to a chunky paste. Add 1 tablespoon of olive oil, 1 tablespoon of stock or water and process briefly until combined.
3. For the mash, heat 1 teaspoon of oil in a saucepan, crush the remaining garlic clove and cook for 1 minute, stirring. Add the butterbeans with the stock and a pinch of salt, bring to a simmer and cook for 5-6 minutes until the liquid has reduced down. Mash with a potato masher, season to taste and keep warm.
4. Heat a dry frying pan on a medium-high heat. Add the oiled steak and cook for 1½-2 minutes on each side. Set aside on a warm plate, loosely covered with foil. In the same frying pan, heat the remaining teaspoon of oil. Add the kale with seasoning and a splash of water and cook for 2-3 minutes until wilted.
5. Slice the steak thinly and divide between 2 plates with the butterbean mash and kale, and the Romesco sauce spooned over the top.

**Use gluten-free stock if required*

■ 471cals, 24g fat, 4g sat fat, 39g protein, 10g fibre, 19g carbs, 4g sugar, 0.6g salt ■

FOOD STYLING: BIANCA NICE; SARAH COOK.
PROP STYLING: TAMZIN FERDINANDO; MORAG FARQUHAR

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The balance

Healthy eating news, views and trends you need to know about

SAINSBURYSMAGAZINE.CO.UK/HEALTH

SUGAR V VANILLA

Scans have shown sugar to act on the brain like a drug – which is why it's hard to resist sweets and chocolate. If you're susceptible, try wearing a vanilla-scented perfume to beat cravings. Scientists at St George's Hospital have found the smell of vanilla reduces appetite for sweet foods and drinks.

MILKING IT

Good news for fans of skimmed milk. New research suggests that drinking skimmed milk – both non-fat and 1% – could slow down ageing and make your DNA younger. Research on nearly 6,000 adults in the States investigated the link between milk fat content and the length of telomeres – 'caps' at the end of our chromosones that act like a biological clock. The result? Those drinking skimmed milk experienced several years less biological ageing.

HOT DOG REBOOT

There's a new, healthy dog on the block – Heck's vegan Vegfurter. Plant-based, gluten-free, with a hint of smoke – a future barbecue classic. £2.75 for four, sainsburys.co.uk

PHOTOGRAPHS: ALAMY, GETTY, SHUTTERSTOCK

TWO APPLES A DAY

An apple a day can help keep the doctor away – but two is even better. Researchers at Reading University found that if you eat two daily, you'll slash cholesterol and improve blood vessel function. According to study leader Julie Lovegrove, the positive effects are due to high levels of fibre and the micronutrient polyphenol.

IF I COULD TELL YOU ONE THING...

'Burn fat for fuel'

Geeta Sidhu-Robb, nutritionist

'A lot of my new customers, who come to me using a low-fat diet plan, are confused about why they cannot shift weight. The truth is we need some fat in our diet and low-fat diets can be difficult to stick to. I sometimes advise clients to use a high-fat, low-carb diet. Why? Because of a process called ketosis which encourages the body into a metabolic state whereby it shifts to burning fat for fuel – known as a state of ketosis. This changes metabolic functions, including the ability to lose weight, go longer without food and regulate blood sugar levels.'

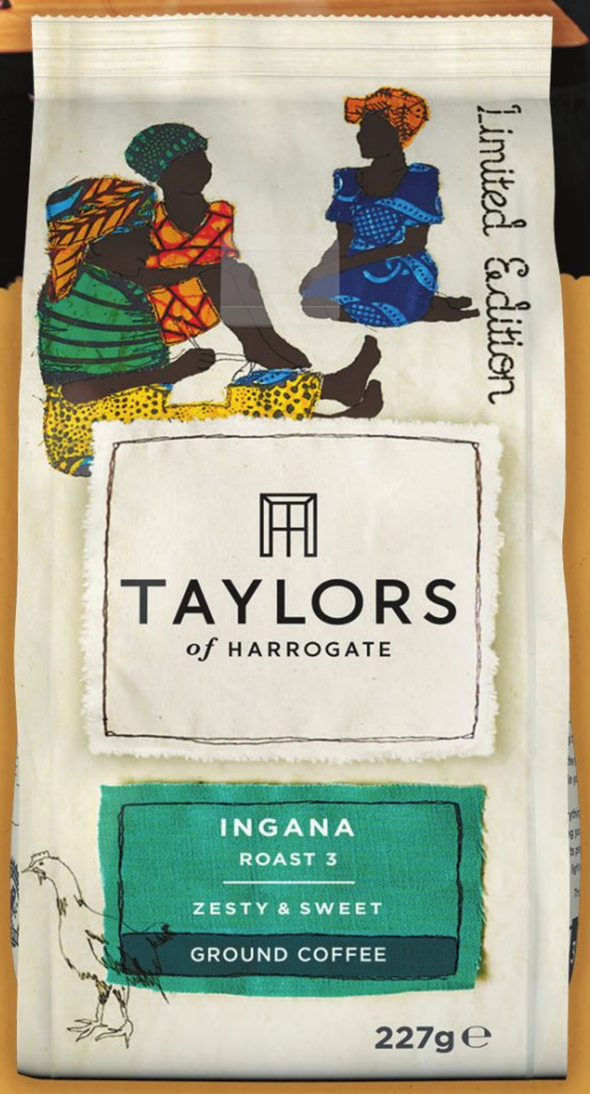
Geeta Sidhu-Robb is the founder of Nosh Detox

Supporting Ugandan women sew a brighter future.

At Taylors we know that sourcing outstanding coffee starts with great relationships. We've combined our efforts to help coffee growing communities thrive in Uganda, giving hundreds of women access to sewing machines.

A sewing machine can make a real difference to women's lives in these regions, creating new skills and additional income.

Our limited edition coffee, Ingana, celebrates this.



Zesty & sweet coffee

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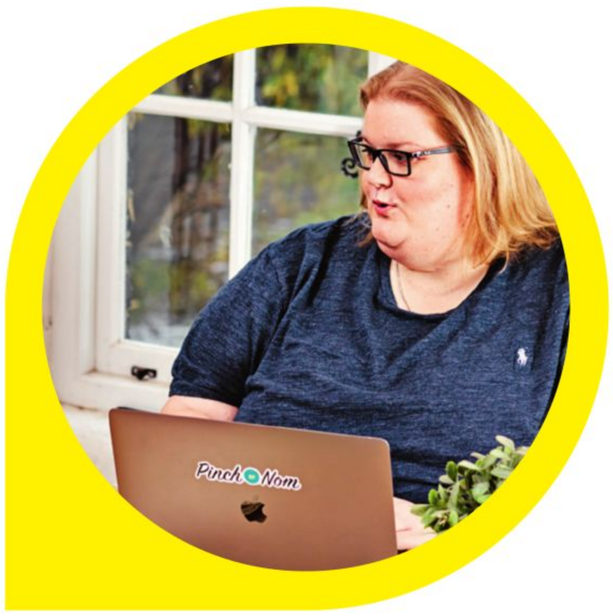

Shopping with a FOODIE

We go shoppingwith Kay Featherstone, one half of cookbook duo Pinch of Nom

OATS
'We make baked oats for breakfast using eggs, yogurt, vanilla extract and lemon with blueberries served on top. Oats blitzed in a food processor also make delicious breakfast pancakes.'

BUTTERNUT SQUASH
'This is not too carby like potatoes and makes a good veggie lunchtime soup. We usually add carrots and a bit of hot sauce for some spice.'

TEISSEIRE CORDIAL
'For an alcohol-free spritz, mix the cordial, slimline tonic and half a cup of cooled green tea with ice, then strain into glasses adding mint, cucumber and lemon slices.'

PECORINO
'We're fans of full-flavoured hard cheeses like pecorino and Parmesan – you don't need to use a lot to get that salty kick. Combine them with a lower fat cheese so you don't feel you're missing out.'

SPRAY OIL
'These are usually a blend, but we tend to only use sunflower or avocado oil because of their high smoke points – they won't burn your pan.'

PAPRIKA
'Smoked paprika gives a real depth of flavour. Along with turmeric, this goes into our popular Mediterranean chicken orzo recipe.'

STRAWBERRIES
'We stuff strawberries with cheesecake – make up the mixture, hollow out some of the strawberry then spoon the mixture in. Add a crushed digestive over the top for a bit of crunch.'

QUARK
'When you mix Quark with low fat soft cheese you can make it taste pretty nice. For a cheesecake, add a bit of vanilla extract and a sprinkling of granulated sweetener.'

Kay Featherstone, together with her partner Kate Allinson, is the co-author of the fastest selling non-fiction book of all time – *Pinch of Nom: 100 Slimming, Home-style Recipes*. Their new book *Pinch of Nom Everyday Light* is out now (Bluebird, £20).

INTERVIEW: SUSAN GRAY. PHOTOGRAPH: F1 COLOUR. STYLING: SARAH KNIGHT. PORTRAIT: MATT ENGLISH

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for the facts

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RAISE HELL

My most memorable MEAL

A childhood fishy breakfast aboard a trawler off the west coast of Wales was a transformative meal for musician **David Gray**

The 20th anniversary edition of David Gray's album White Ladder *is out now. For info on live shows, visit davidgray.com*

ILLUSTRATION: HEATHER GATLEY.
PHOTOGRAPH: DERRICK SANTINI

I spent my early childhood in Manchester, but my parents moved to a remote fishing village in Pembrokeshire, west Wales, when I was eight. Being nature-mad, I was in heaven. Suddenly, I was let loose to explore and I spent all my time outside. I came face to face with adders and lizards, all kinds of wonderful things.

Next door to us lived Buzz, the local fisherman, with his family. I always got up very early to explore outside and one spring morning, I was playing near their house when they appeared at the door and invited me to go on a fishing trip. I was so excited. I dashed inside to wake up my parents and ask if I could go, and when they said yes I was overjoyed.

We set out on the trawler. The first job was to pull up some lobster pots not far from the harbour, so I sat with the fisherman's sons on the roof of the cabin watching them pulling up lobster and crab. Then we set out across the bay. I'd never been that far out to sea, and when we had been going for two or three miles Buzz shouted: 'We are going to fish for our breakfast!'

He got out a load of mackerel lines, and me and the boys just started to fish off the back of the boat. Suddenly we hit a shoal of mackerel and began pulling them in five, six, seven at a time. Within minutes we had this big bucket of fish. Buzz filleted the fish, dipped them in flour, fried them and we ate them with bread and butter, there on the deck. It was the nicest meal I have ever eaten. Mackerel's quite a strongly-flavoured fish, but when you eat it straight out of the sea like that it's a different thing entirely. We could have eaten it like sushi – totally raw – it was so fresh and delicious.

The taste of the mackerel, eaten straight from the sea in the morning sunshine, has anchored that day in my memory. It was a transformative experience. Even now, the memory is so vivid; I remember so clearly the feeling of being allowed to sail out, into the wilderness beyond.

From our village, it was about 10 miles across St Bride's Bay to Skomer Island – an incredible nature reserve with an enormous colony of seabirds. As we got closer to Skomer, I saw razorbills, guillemots, gannets, kittiwakes, gulls of every type, puffins, seals… we even saw a basking shark. My mind was blown and it has remained blown ever since.

I've never really come back from that magical, sun-kissed day. It was the first of many trips out with Buzz and his family, and it changed my view on life. Today, nature is my way out of the tortures of this world. It's the thing I seek far above human company. I've got a little place on the coast in Norfolk, which is where I go to get away from it all. It's my refuge; my way of recharging my batteries.

If there's one thing I don't like about the musician's life, it's the separation from nature – the sensory deprivation. It's all hotels, airports, tour buses, dressing rooms. You don't get outside much. It's something I plan to rectify… the next 20 years are going to be heavy on the outdoors. ■

Lindt

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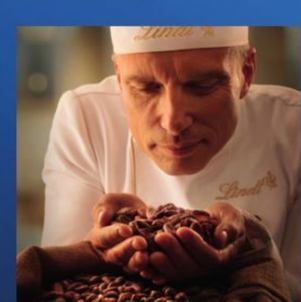

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The scoop

Foodie news and views, tastes and trends

SAINSBURYSMAGAZINE.CO.UK

WORDS: LIZ STANSFIELD. RECIPE: ABIGAIL SPOONER. PHOTOGRAPH: ANT DUNCAN. FOOD STYLING: BIANCA NICE. PROP STYLING: TAMZIN FERDINANDO

Seedy business

Try a snack pouch of Boundless nuts and seeds this month. There's a choice of flavours but we liked turmeric with smoked paprika, and orange, ginger and maple, £1.

ROSTI BAKED EGG NESTS

Put 650g unpeeled **potatoes** in a pan of cold water, bring to the boil, cook for 8-10 minutes. Drain, chill for 1 hour, peel and grate coarsely. Mix with 1 chopped **onion** and seasoning. Press the mixture into a buttered 12-hole muffin tin, making a small well in each. Brush with 30g **melted butter** and bake at 190°C, fan 170°C, gas 5 for 25 minutes. Crack a **quail's egg** into each nest and return to the oven for 8-10 minutes until set. Top with **black pepper** and **chopped chives**.

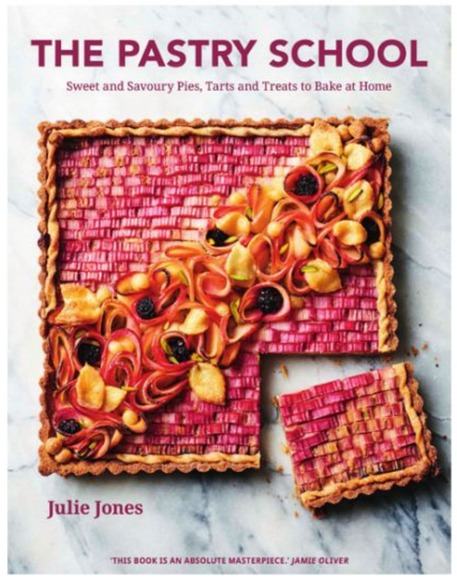
MAKES 12 **V GF TOTAL TIME** 1 HR 10 MINS, PLUS CHILLING

PIZZA FOR ONE

Quiet night in? Reach for a Momenti from Dr Oetker – perfectly portioned for one with a variety of Italian deli-style toppings like tomato, mozzarella and pesto. £2.29.

On the shelf

Liz Stansfield checks out The Pastry School



'There's pastry and then there's pastry', says Julie Jones, as she aims to get us all making our own for tarts, pies and strudels. Known for her ornate bakes on Instagram, there are detailed guides to all the different basic pastry types, along with sublime recipes and beautiful images to inspire you to get out your rolling pin. (Kyle Books, £25)

New in store

Our pick of Easter treats

Tony's Chocolonely Eggs, £4.49
12 different flavoured eggs

Buttermilk salted caramel chocolate cups, £2.50
Dairy-free delights

Galaxy Ripple Cake, £11
A celebration cake with ganache topping

HOW TO *wake up* WELL...

Do you open your eyes each morning feeling full of get up and go – or get up and woe? Here, three women reveal the rituals that help them start the day right. By **Jill Foster**

FOOD PHOTOGRAPHS **GARETH MORGANS**

Spring smoothie bowl with crunchy topping

» PAGE 34

'First thing, I'll put on my running gear and head outdoors'

DR CLARE BAILEY, GP AND WIFE OF FASTING EXPERT DR MICHAEL MOSLEY, IS AUTHOR OF *THE FAST 800 RECIPE BOOK* AND CO-FOUNDER OF THE COMPANION WEBSITE, THEFAST800.COM.

I'm lucky as I sleep rather well. I make sure I eat my evening meal a good three hours before bedtime. I'll include lots of good sources of fibre such as chickpeas, lentils, wholegrains or red rice, which have been proven to reduce anxiety and therefore improve sleep. I'll add lashings of olive oil too – some studies show you need three tablespoons a day for optimum benefits. It also helps improve the flavour of the meal and fills you up.

Half an hour before bed, I make sure I turn off any screens and then I'll read a book before dropping off, although poor Michael sometimes has to put up with me muttering in my sleep or wandering around. It runs in the family. One of my children once sleep-walked out of the house and closed the door behind him. And only the other day, Michael said I climbed over him in bed and kneed him in the chest. I had absolutely no recollection of it at all the next morning!

When our four children were younger and I was working as a GP, mornings were manic. There was barely a moment to breathe. Now they have grown up, Michael and I have more time to enjoy food. So our breakfasts have moved away from a hurried bowl of cereal to homemade nutty granolas or cooked breakfasts.

Out of habit, though, I still rarely lie in. First thing I'll do is put on my running gear and head out for a 20 minute run in the countryside around our house with our dog. Doing it outside resets and maintains your circadian rhythm as the light outside is hundreds of times stronger than the light inside, so it helps adjust your body clock and improve sleep. Running is also a great way to lift mood.

When I return, I'll have a breakfast such as the kippers with scorched tomatoes in this recipe. It's cheap and only takes minutes. Kippers are cured herrings, one of the best sources of high quality omega-3, which is incredibly important for both your body and your brain. It has been shown to have a wide range of benefits, including reducing the risk of heart disease and diabetes, fighting inflammation, improving mood and anxiety and even reducing mental decline. Sourdough is made through a process of fermentation, which makes it easier to digest, and tomatoes add a lovely tangy flavour to offset the richness of the fish. We love scrambled eggs, too, which provide an excellent source of protein and nutrients, and are particularly good for managing weight as eggs are low in calories. After a good breakfast, I'm set up for the day.
thefast800.com; *Instagram @drclarebailey*

I DON'T LEAVE THE HOUSE WITHOUT:
My cycling helmet! I always use my bike when I can, so take my helmet everywhere. I'll cycle the mile to my local train station and leave the bike there while I head to a meeting. It's all downhill on the way there but a very steep uphill on the return – it's like having a high intensity exercise session!

PORTRAIT: DEBRA HURFORD BROWN / CAMERA PRESS

Kippers on sourdough with scorched tomatoes and spinach

SERVES 2 **HANDS-ON TIME** 10 MINS **TOTAL TIME** 15 MINS

This is super quick and easy. The sweet tangy flavour of the tomatoes complements and cuts through the oiliness of the kippers.

- 1 x pack Taste the Difference kipper fillets, about 280g
- 1 tsp olive oil
- 16 cherry tomatoes, halved
- 100g baby spinach
- 2 slices sourdough bread, wholemeal if possible, about 45g each
- chopped parsley, optional
- lemon wedges, to serve

1. Cook the kippers following the pack instructions for your preferred method.
2. Meanwhile, heat the oil in a frying pan over a medium heat. Add the tomatoes and cook for 2-3 minutes until starting to scorch and soften. Add the spinach to the pan, remove from the heat and leave to wilt.
3. Toast the sourdough then spoon on the tomatoes and spinach and top with the kippers, broken into large flakes. Scatter with chopped parsley if you like, and serve with a lemon wedge to squeeze over.

■ 480cals; 28g fat (6g sat fat); 31g protein; 5g fibre; 23g carbs; 4g sugar; 3.1g salt ➤

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feel GOOD FOOD

'If I wake up feeling anxious, I try some breathing exercises'

ANJUM ANAND IS A FOOD WRITER AND FOUNDER OF THE SPICE TAILOR. SHE LIVES IN LONDON WITH HER HUSBAND AND TWO CHILDREN.

I love to have half an hour of 'me time' before the rest of the family wake up in the morning. Usually I set my alarm for 6.30am, but if I wake up naturally before that, I get up, potter around and clear things away. I love to have a tidy house and that's not always possible with a family.

I make a fresh pot of masala tea and while it's simmering, I have some hot water and watch the news. If I'm really busy, I'll tackle some work emails but I try not to go into 'work mode' too early. Sometimes, if I have a hectic day ahead and if I've woken up feeling anxious, I try breathing exercises which keep me grounded and balanced.

I'm not a bad sleeper but I am an over-thinker, so if something is troubling me and I wake up, it takes me an hour or so to get back to sleep. Interestingly, that hour can be the time when I have my most creative thoughts. Some deep breathing usually helps me drop off eventually. I avoid caffeine and alcohol after lunch as they both keep me up, and I eat dinner at least three hours before bedtime – nothing too heavy or spicy!

My daughter is a teen, so it can take a couple of tries to wake her up, but once both children are fed, dressed and off to school at 8am, I'll make myself some toast, or something more special at the weekend, like this brunch recipe. It reminds me of the many breakfasts I have had in India over the years. I add Spice Tailor tomato, chilli and garlic chutni which adds a depth of flavour and really elevates the dish.

anjumanand.co.uk

I DON'T LEAVE THE HOUSE WITHOUT:
My phone, my sunglasses, credit card and lip balm. I'm very low maintenance, though my husband might not agree!

Turmeric masala scrambled eggs with buttery buns

SERVES 1, CAN EASILY BE DOUBLED **V** **HANDS-ON TIME** 15 MINS **TOTAL TIME** 15 MINS

- 1 tsp vegetable oil
- 2 tbsp finely diced red onion
- ½ ripe large tomato, chopped
- ½ tsp finely chopped green chilli, or to taste (optional)
- 1/8 tsp ground turmeric
- 1 white or brown soft roll or brioche bun
- 10g soft butter
- pinch of garam masala
- 2 medium eggs, beaten
- 1 tbsp chopped coriander
- The Spice Tailor tomato chilli and garlic chutni, optional, to serve

1. Heat the oil in a large nonstick frying pan. Add the onion and a good pinch of salt, give them a stir in the oil and allow them to cook until they soften and start to shrivel; around 2-4 minutes depending on the dice size. Give them an occasional stir.
2. Add the tomato, green chilli and ground turmeric and cook, stirring often and mashing the tomatoes down every now and then until they have completely softened and become pulpy, around 3-4 minutes. Meanwhile, halve the bun and butter the cut sides.
3. Add the garam masala and eggs to the pan and stir well. Once they start to solidify, move the eggs to the side of the pan to finish cooking, mashing and stirring the mass a couple of times. Where you have made space in the pan, add the bun halves, buttered side down and cook, pressing with a ladle or cup measure to flatten slightly. When the eggs are cooked and slightly grainy looking (not too soft like Western eggs), taste and season them and spoon out into a small bowl. Continue cooking the buns until the cut surface is crisp and browned.
4. Serve the eggs over the crisp buns, scatter with coriander and serve with the chutni if you like.

■ 539cals; 31g fat (14g sat fat); 22g protein; 3g fibre; 42g carbs; 8g sugar; 1.1g salt ➤

'I have a herbal tea before doing yoga postures to release tension'

MODEL AND NUTRITIONIST DANIELLE COPPERMAN IS FOUNDER OF QNOLA – A QUINOA-BASED GRANOLA. SHE LIVES IN LONDON WITH HER BOYFRIEND.

I have picked up a few tricks to ensure a good night's rest, and make sure I wake up feeling as well as possible. I exercise every day, generally before midday. If I only have 10 minutes to spare, I'll always do some gentle yoga or stretching exercises. I make sure my diet consists of lots of fresh fruit and vegetables, and I don't eat much meat or fish. In the evening, I try to finish work and close the laptop by 9pm so I have time to wind down before going to bed. I'll watch something on TV with my boyfriend or FaceTime my family. At bedtime, a spritz of lavender or a natural aromatherapy pillow mist usually helps me drop off.

In the morning, unless our whippet Arden has been in to see us, I'm woken gently by my Lumie lamp alarm clock. I used to have an unbearably loud alarm that would shock me awake, so I now use this one that glows like your own personal sunrise, and find this has completely changed my mood in the mornings. I wake about 7am and I'll have a glass or two of water, to cleanse, and then a coffee or herbal tea after exercising.

I developed Qnola after studying nutrition and understanding the benefits that come with eating natural, unprocessed ingredients. I gave up sugar and also gave up eating grains like wheat which meant giving up traditional granolas, so I began experimenting by making gluten-free granola using quinoa. My friends, family and Instagram followers loved it, and the range is now stocked in Sainsbury's.

My breakfast is usually a smoothie; I like to start the day with something liquid and easy to digest, and smoothies are concentrated sources of vitamins and nutrients. The recipe I've suggested here is full of fibre and antioxidants. I like to scatter the top with my beetroot quinoa granola which might sound weird but it's actually the most delicious of our flavours, and helps boost brain function, so I can start the day with good concentration and energy levels. This is especially important when you're working as a model, taking lots of flights and travelling through time-zones – you have to eat well and snatch good quality sleep when you can.

qnola.co.uk

I DON'T LEAVE THE HOUSE WITHOUT:

My headphones. I walk everywhere, and listen to music, podcasts and audio books to keep it interesting. Oprah Winfrey and Gwyneth Paltrow's Goop podcasts are my favourites.

Spring smoothie bowl with crunchy topping

SERVES 2 GENEROUSLY **V Vn GF DF**
HANDS-ON TIME 15 MINS **TOTAL TIME** 15 MINS

For the smoothie

- 250g frozen sliced banana
- a handful of frozen or fresh raspberries
- a handful of frozen or fresh blueberries
- 150ml-200ml plant-based milk* or water
- 1-2 tbsp almond or peanut butter
- a small handful of spinach
- 2-4 ice cubes

Optional extras

- 1 tsp vegan vanilla protein powder
- ½ tsp grated root ginger or ¼ tsp ground
- a handful of dried goji berries

For the toppings

- about 20g Beetroot Qnola or granola*
- 30g finely chopped nuts and/or seeds
- fresh, dried or frozen fruits

1. Put all the smoothie bowl ingredients into a blender or liquidiser and blend on the highest speed until smooth. Add more liquid if the smoothie is too thick. Add any of the extra ingredients and blend a second time to combine.
2. Divide between 2 bowls then add the Qnola (or granola) and other toppings of your choice to decorate.

**Use GF milk and granola if required*

■ 378cals; 18g fat (5g sat fat); 13g protein; 5g fibre; 38g carbs; 32g total sugars; 0.3g salt ■

FOOD STYLING: LIBERTY FENNELL. PROP STYLING: MORAG FARQUHAR.

Cracking Easter bakes for chocoholics

Take a trip to our chocolate factory and find all the recipes online at
sainsburysmagazine.co.uk/chocolate

PHOTOGRAPHS:TOBY SCOTT; MIKE ENGLISH; NASSIMA ROTHACKER; KAREN THOMAS

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AFTER *Service*

From crisp sandwiches to spaghetti, our favourite foodies reveal what they eat when they hang up their aprons after a tough shift in the kitchen

Michael Caines, chef/patron

I cook something quick to maximise family time, my favourite is an omelette filled with a naughty amount of West Country cheese.

LYMPSTONEMANOR.CO.UK

Russell Norman, restaurateur

Occasionally, when I'm in the mood, I'll take two slices of farmhouse white bread, lightly toast and butter them, then grate a good chunk of cheap cheddar over the buttered slices, add a layer of hand-crushed crisps (*any* packet will do) and add another layer of grated cheddar. I sprinkle over some chopped pickled jalapenos and then grill until the cheese has really melted. Ideally it will be just on the cusp, so might go slightly crunchy at the edges. Surely everyone does this, right?

POLPO.CO.UK

John Whaite, chef, cookery teacher and *Bake Off* winner

My too-tired-to-cook treat is mackerel on a bagel. I toast a bagel, then mix canned mackerel with mayo, horseradish, capers and chopped rocket, and slather it on the bagel, topped with some spicy sriracha sauce.

JOHNWHAITESKITCHEN.COM

SHELINA PERMALLOO, *MASTERCHEF* WINNER AND COOKERY TEACHER

After a long day in the kitchen, I'm a sucker for carbs. I love a nice big bowl of pasta fungi. I use dried porcini and fresh mixed mushrooms, rigatoni, fresh thyme and parsley, garlic and cream, plus a healthy dose of grated Parmesan to bring it all together. I'll be in my PJs, on the sofa, enjoying it in silence!

SHELINACOOKS.COM

Jose Pizarro, restaurateur

Fish and chips! But they have to be served with mayonnaise, ketchup, mustard and an ice-cold beer. JOSEPIZARRO.COM ➤

Sabrina Ghayour, TV chef and food writer

If I have leftover rice, then I love to make pad krapow (Thai-style spicy mince with rice and a fried, oozy egg on top). Delicious, and perfect for evenings when you're feeing exhausted.

SABRINAGHAYOUR.COM

Theo Randall, chef patron

My favourite comfort food is spaghetti with tomato sauce. You need good quality passata, fresh garlic, basil, spaghetti and, of course, great olive oil. When you make the tomato sauce, slice the garlic very thin and soften in olive oil in a large nonstick frying pan. Add four leaves of basil then the passata, and cook gently for at least 20 minutes. Season with sea salt and black pepper. Cook the spaghetti two minutes less than the packet suggests, and take out of the water with a pair of tongs. Add to the tomato sauce with a ladle of the hot pasta water and reduce until the pasta and sauce has emulsified. Check seasoning and serve with a dash of olive oil and fresh basil rippd up on top. Don't add Parmesan cheese – it doesn't need it!

THEORANDALL.COM

Ben Tish, culinary director

Chicken goujons with mayo and chips are the ultimate comfort food from my childhood. If I'm home alone and my wife has gone out, then I'll have this with a nice glass of wine – the perfect night in!

NORMALONDON.COM

WORDS: CHARLOTTE DAVIDSON. PHOTOGRAPHS: ALAMY, GETTY IMAGES, SHUTTERSTOCK, KRIS KIRKHAM, NASSIMA ROTHACKER.

Lorraine Pascale, chef and author

After a tough day, I love a big, healthy salad with avocado, grapes, black sesame-coated chicken and a maple dressing. It's my healthy version of comfort food and makes me feel good from the inside out.

LORRAINEPASCALE.COM

SOPHIE MICHELL, FOOD AND DRINK DIRECTOR AT BYRON BURGER

After working a 14-hour day, I love cheese on toast when I get home. Sourdough bread, toasted, really strong cheddar, melted to perfection, then English mustard and apple chutney. Always with extra pickles on the side. If I am really lazy, or too knackered, then a packet of pickled onion Monster Munch really hits the spot!

BYRON.CO

DAVE MYERS, THE HAIRY BIKERS

I love pizza. I even bought a wood-fired pizza oven for my house. We make the pizzas from scratch and they only take three minutes to cook in the oven. When I'm in France, I bike 20 miles to my favourite pizza place, which I think then justifies the pizza eating!

The Hairy Bikers' new book One Pot Wonders *is out now (Seven Dials, £22)*

Chris Galvin, restaurateur

My favourite thing of all is a charcuterie board with rillettes, cornichon pickles and a bottle of Côte de Brouilly from Beaujolais.

GALVINRESTAURANTS.COM

*participating packs only
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The measure

All the latest news from the world of drinks

SAINSBURYSMAGAZINE.CO.UK/DRINKS

She'll love it!

Treat Mum to the perfect cuppa for Mother's Day with this cheerful Mama mug, £12, and coaster, £8 (oliverbonas.com).

FIZZ FOR FRIENDS

Put Ellercombe English sparkling wine on your Easter lunch table this year – a beautiful bottle of bubbles with a hint of elderflower. £24.

RECIPE: ABIGAIL SPOONER. PHOTOGRAPH: TOBY SCOTT. STLYING: LIBERTY FENNELL. PROP STYLING: LINDA BERLIN. WORDS: LIZ STANSFIELD. PHOTOGRAPH: ALAMY

Cocktail class

PALOMA

Named after the Spanish for 'dove', this fruity cocktail is a favourite in Mexico and provides a thirst-quenching kick.

Fill a cocktail shaker with a handful of **ice** and add 60ml **tequila**, 120ml **pink grapefruit juice**, 2 tbsp **lime juice** and 1½ tbsp **agave syrup** (or **clear honey***), Shake well until chilled then strain into 2 glasses. Top up with **soda water**, lightly stir and garnish with a half slice of **pink grapefruit.**

**Use agave syrup, not honey, if vegan.*

MAKES 2 **V Vn GF DF** **HANDS-ON TIME** 5 MINS **TOTAL TIME** 5 MINS

CHEESY DOES IT

The clever chaps at Black Cow have found a tasty use for leftover whey on their dairy farm – they distil it into vodka. Book a day trip to Childhay Manor in Dorset to meet Ermintrude the copper still and enjoy a vodka tasting, cocktail making class and a slap-up three-course lunch. £70 (blackcow.co.uk).

A CRAFTY CAN

Going 'sober curious' for spring? Alcohol-free craft beer brand Infinite Session has a bold citrus flavour and 75% less calories than regular beer. £1.30.

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Let's cook

New recipes and fresh inspiration for March

SAINSBURYSMAGAZINE.CO.UK/RECIPES

SUGAR AND SPICE

There are more ways to eat delicious hot cross buns than simply toasted with butter. Try them...

LAYERED IN BREAKFAST YOGURT POTS

Spread halved hot cross buns with apricot jam. Cut into cubes and layer in glasses with chopped tinned apricots and Greek yogurt. Top with toasted flaked almonds to serve.

FOLDED THROUGH ICE CREAM

Tear hot cross buns into small pieces and toss with demerara sugar and melted butter. Bake until toasted and golden brown. Once cool, fold the crumbs and a handful of dried fruit through softened vanilla ice cream. Re-freeze until firm.

IN A BROWN BETTY

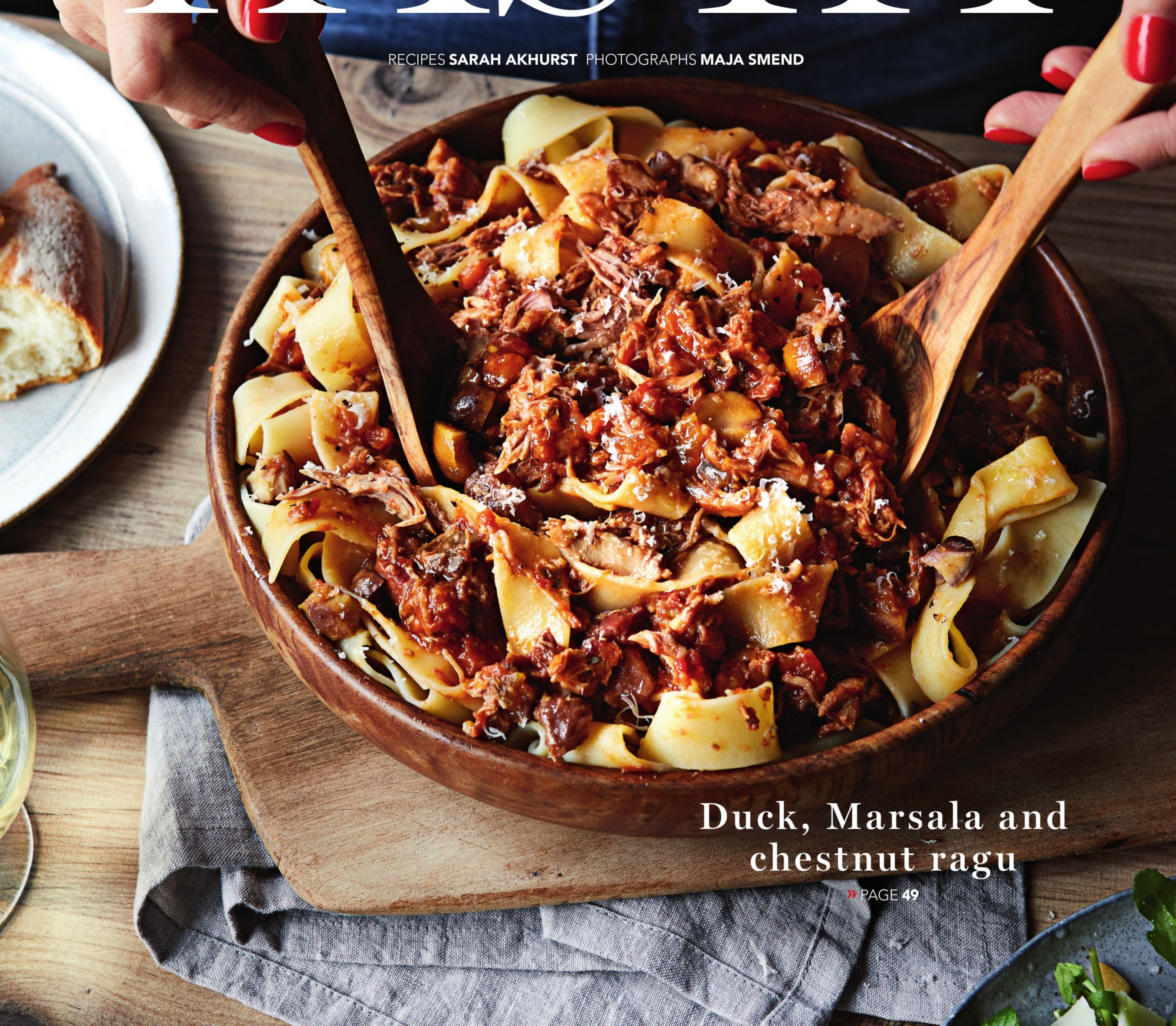
Pulse less-than-fresh hot cross buns into chunky breadcrumbs and fry them in melted butter until golden. Toss sliced apples with lemon zest and juice, brown sugar and cinnamon in an ovenproof dish. Scatter with the hot cross bun crumbs and bake until crisp.

WORDS: ABIGAIL SPOONER. PHOTOGRAPH: ANDREW BURTON. FOOD STYLING: BIANCA NICE. PROP STYLING: VICTORIA ELDRIDGE

Posh PASTA

These new *dolce vita* classics are smart enough for any dinner party

RECIPES **SARAH AKHURST** PHOTOGRAPHS **MAJA SMEND**



Duck, Marsala and chestnut ragu

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Creamy miso mushroom casarecce

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Open lasagne with roasted squash, prosciutto and amaretti

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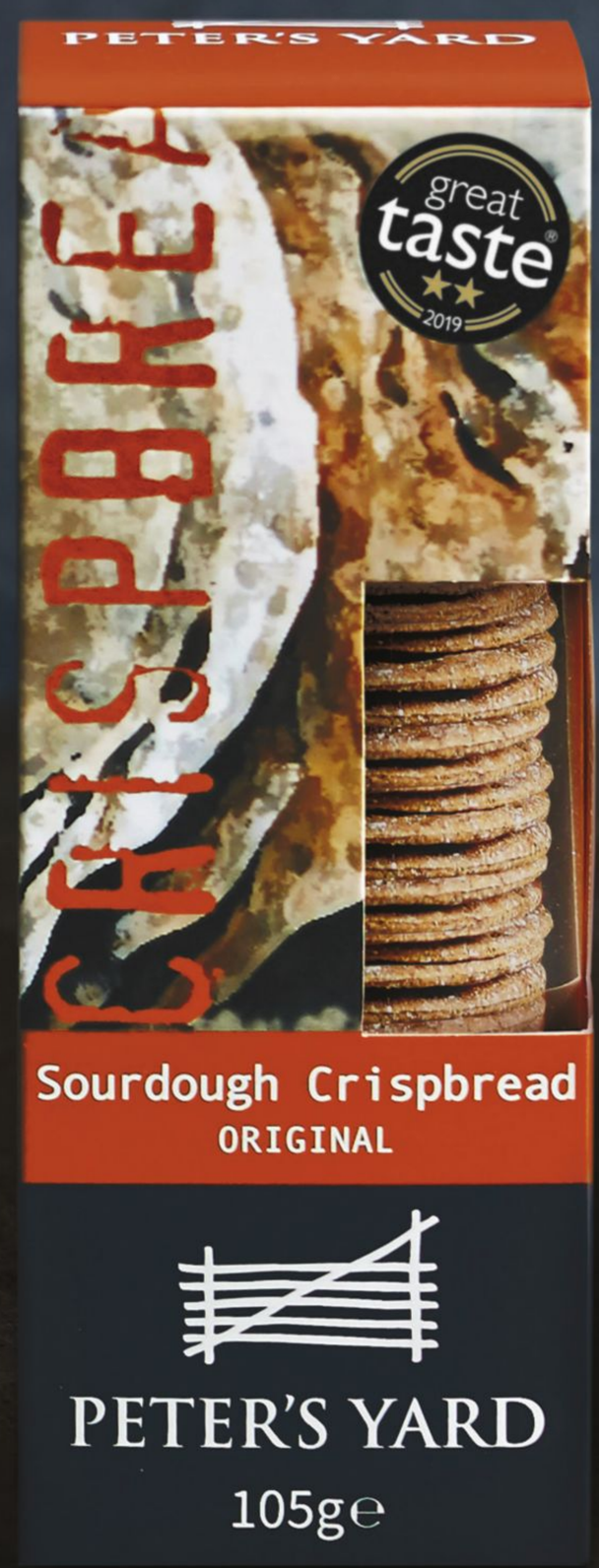
Lobster mac 'n' cheese

» PAGE 50

HAND-BAKED

SOURDOUGH CRISPBREAD



NOW AVAILABLE IN STORE*

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Duck, Marsala and chestnut ragu

Duck fat adds a real richness and depth to this slow-cooked ragu, sweetened with a splash of Marsala wine and earthy chestnuts. A perfect low-maintenance dinner party dish; serve with a wild rocket salad scattered with toasted pine nuts.

SERVES 6 ❄ **HANDS-ON TIME** 30 MINS **TOTAL TIME** 2 HRS 30 MINS

» GET AHEAD
The ragu keeps in the fridge for up to 3 days, or can be frozen in portions. Add a little water when reheating.

- 1 tbsp olive oil
- 4 duck legs
- 1 x 160g pack smoked pancetta cubetti
- 1 red onion, finely diced
- 2 celery sticks, finely sliced
- 1 carrot, finely diced
- 2 garlic cloves, finely sliced
- 1 tbsp plain flour
- 1 x 400g tin chopped tomatoes
- 200ml Marsala dolce
- 150ml chicken stock
- 1 tbsp finely chopped rosemary
- 1 x 180g pack cooked chestnuts, roughly chopped
- 500g Taste the Difference dried pappardelle
- 40g Parmesan, grated

1. Heat the olive oil in a large casserole and fry the duck legs for 5 minutes, or until browned all over. Remove and set aside. Add the smoked pancetta and fry for 2-3 minutes before adding the onion, celery and carrot. Cook on a gentle heat for 6-8 minutes, or until softened. Add the garlic and cook for a further minute.
2. Add the flour and cook out for 2-3 minutes before adding the duck legs back to the pan. Add the chopped tomatoes, Marsala, stock and rosemary and bring to the boil then reduce to a very slow simmer, cover and simmer for around 1 hour 30 minutes.
3. Carefully remove the duck legs from the pan and place on a chopping board. Return the pan to the hob and simmer for another 15-20 minutes, or until reduced to a thick sauce.
4. Discard the skin from the duck legs, then shred the meat using 2 forks. Return this meat to the pan, adding the chestnuts. Season to taste.
5. To serve, bring a large pan of salted water to the boil and cook the pasta for around 10-12 minutes, or until al dente. Drain and return the pasta to the pan. Stir through around half of the ragu, then divide the dressed pappardelle between warmed plates and ladle the rest of the ragu on top. Scatter with Parmesan to finish.

■ 655cals; 19g fat (6g sat fat); 32g protein; 8g fibre; 80g carbs; 11g total sugars; 1.4g salt

Creamy miso mushroom casarecce

Take a classic creamy mushroom sauce to the next level with the simple addition of a dollop of miso – the salty, rich umami flavour of miso works brilliantly with the earthy flavour of the mushrooms.

SERVES 4 **V** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 25 MINS

- 50g butter
- 1 echalion shallot, finely diced
- 2 garlic cloves, crushed
- 2½ tbsp miso paste (we used Yutaka)
- 1 tbsp pale dry sherry
- 2 x 200g packs speciality mushroom mix, roughly torn
- ½ tbsp balsamic vinegar
- 100ml single cream
- a few sprigs of thyme, leaves picked
- 300g Taste the Difference dried casarecce pasta

1. Heat the butter in a large frying pan and fry the shallot for 5-6 minutes or until very soft but not coloured. Add the garlic and continue to cook for a further minute. Whisk the miso and sherry together, add to the pan and cook for 2 minutes.
2. Add the mushrooms to the pan and cook, stirring regularly, for 6-8 minutes or until they are golden. Add the balsamic and cook for 1 minute, then stir through the cream and most of the thyme, reserving some for garnish. Season to taste and keep on a low heat.
3. Meanwhile, bring a large pan of salted water to the boil and cook the pasta for 8-10 minutes. Drain, reserving a cup of the pasta liquid. Add the sauce to the pasta, with enough of the pasta cooking liquid to give a coating consistency sauce. Divide between bowls and top with a twist of black pepper and the reserved thyme leaves.

■ 444cals; 17g fat (10g sat fat); 13g protein; 5g fibre; 57g carbs; 4g total sugars; 0.6g salt ➤

Open lasagne with roasted squash, crispy prosciutto and amaretti

Lasagne, but not as you know it. Twisted ribbons of pasta are layered with sweet squash and salty prosciutto, then finished with a rich sage butter and amaretti crumbs.

SERVES 4 **HANDS-ON TIME** 35 MINS **TOTAL TIME** 1 HR 15 MINS

- 1 large butternut squash (about 1kg), peeled and cut into 2cm chunks
- 2 tbsp olive oil
- 1 x 70g pack sliced prosciutto crudo
- 1 echalion shallot, finely chopped
- 2 garlic cloves, finely sliced
- 400g baby leaf spinach
- 2 tbsp full-fat crème fraîche
- 100g unsalted butter
- a handful of sage leaves
- 1 x 250g pack fresh egg lasagne sheets
- 50g toasted pine nuts
- 2 amaretti biscuits, crumbled

1. Preheat the oven to 200°C, fan 180°C, gas 6. Toss the butternut squash with 1 tablespoon of oil in a large roasting tray. Season well and roast for 40 minutes, or until soft and just starting to caramelise. Turn the oven off but leave the squash in the oven to keep warm.
2. Heat the remaining oil in a large frying pan. Tear the prosciutto into strips and fry for 2-3 minutes until crisp. Remove to a plate and keep in the warm oven. Add the shallot to the pan and cook for 5-6 minutes until soft. Add the garlic and cook for 1 minute. Add the spinach and leave to wilt. Season and keep warm.
3. Put half of the squash in a mini food processor with the crème fraiche and 2 tablespoons of boiling water. Blitz to create a smooth purée, then season to taste. Keep warm.
4. Melt the butter in a saucepan over a medium heat, add the sage leaves and cook for 3-4 minutes until the butter has turned a light brown and smells nutty. Season to taste.
5. Put the lasagne sheets in a large baking dish and cover with boiling water. Leave for 2 minutes, then drain. Cut each sheet in half lengthways.
6. To plate, intersperse the purée, wilted spinach, roasted squash, prosciutto and pine nuts with twists of lasagne sheets. To finish, drizzle over the sage butter and scatter with amaretti crumbs.

■ 764cals; 46g fat (19g sat fat); 21g protein; 10g fibre; 61g carbs; 13g total sugars; 1.1g salt

Lobster mac 'n' cheese

This indulgent rigatoni pie combines a classic mac 'n' cheese base with juicy lobster tails and a touch of saffron.

SERVES 6 **HANDS-ON TIME** 1 HR **TOTAL TIME** 1 HR 45 MINS, PLUS RESTING

- 1 x 280g pack raw lobster tails, defrosted
- 50g butter
- 1 large onion, finely sliced
- 2 garlic cloves, finely sliced
- 50g plain flour
- 2 tbsp brandy
- 900ml whole milk
- ½ x 0.4g jar saffron
- 200g Gruyère, grated
- 125g Parmesan, grated
- 3 tbsp snipped chives, plus extra to garnish
- 400g dried rigatoni
- 1 tbsp olive oil, plus extra for greasing
- 30g ciabatta or other rustic bread

» GET AHEAD
Prepare to the end of step 6 up to 24 hrs ahead, cover and chill; add an extra 100ml milk to the sauce in step 2, as the pasta will absorb more liquid as it stands. Add an extra 10-15 mins cooking time from chilled.

1. Cook the lobster tails according to pack instructions, then leave to cool on a plate.
2. Melt the butter in a saucepan and add the onion. Cook gently for 4-5 minutes or until soft. Add the garlic and cook for another minute before adding the flour. Stir together until you have a paste, then continue to cook for another 2 minutes. Mix in the brandy, then slowly add 800ml of the milk, whisking continuously until it is incorporated. Add the saffron, then cook the sauce for 6-8 minutes, stirring occasionally until it has thickened. Meanwhile, remove the lobster meat from the shells and shred finely.
3. Take the sauce off the heat, add the Gruyère, 100g of the Parmesan and the chives and stir until melted. Season to taste then measure out 300g of the sauce into a small pan for serving later. Stir the shredded lobster through the remaining sauce and set aside.
4. Bring a large pan of salted water to the boil and add the pasta. Cook for 8 minutes until just al dente then drain and dress with ½ tablespoon of olive oil to prevent the tubes from sticking together.
5. Lightly oil a 20cm springform tin then start lining the rigatoni up vertically, following the line of the tin. Continue in concentric circles, making sure the pasta fills the tin but isn't too tightly packed. Ladle the cheesy lobster sauce over the pasta, pushing the lobster meat into or in between the tubes (it's easiest to use a spoon to make a little 'pocket' between some pasta tubes, then add some sauce). Continue until the sauce has filled all the pasta holes and you have a sauce layer on top.
6. Blitz the ciabatta into breadcrumbs and toss with ½ tablespoon of olive oil and remaining Parmesan. Scatter over the top of the pasta.
7. When ready to cook, preheat the oven to 200°C, fan 180°C, gas 6. Place the springform tin on a baking tray and cook in the oven for 25-30 minutes, or until golden and bubbling. Cover with foil halfway through if needed, to prevent it browning too much. Leave to stand for 15 minutes before serving.
8. Add the remaining 100ml milk to the reserved sauce and heat through gently. To serve, run a knife round the edge of the tin then release the springform. Transfer to a serving plate (you can keep the pasta pie on its base if you like) and bring to the table whole, with the sauce in a jug to pour over as you serve.

■ 769cals; 35g fat (20g sat fat); 42g protein; 5g fibre; 66g carbs; 10g total sugars; 1.7g salt ■

FOOD STYLING: MATTHEW FORD. PROP STYLING: MORAG FARQUHAR.

SO GOOD THEY'LL THINK YOU MADE THEM.

Birds & bees bakes

Joyful Easter treats for the prettiest springtime tea table

RECIPES **TAMSIN BURNETT-HALL** PHOTOGRAPHS **MARTIN POOLE**

Honeycomb cake

» PAGE **57**

» GET AHEAD

The sponge layers can be frozen. The cake can be fully assembled up to 2 days before serving; keep chilled. Leftovers keep for 3 days in an airtight container.

GO ONLINE

Check out our huge selection of Easter bakes and feasts at

SAINSBURYSMAGAZINE.CO.UK/EASTER

GET AHEAD

The undecorated cupcakes can be frozen. The bluebirds can be made and stored in an airtight container, almost indefinitely. Once decorated, eat within 3 days.

Bluebirds-in-a-nest cupcakes

» PAGE 57

Marbled chocolate feather cake

» PAGE 58

» GET AHEAD
The cheesecake truffles keep in the fridge for up to 1 week, or can be frozen at the end of step 4, then add the eyes and beaks when ready to serve.

Cheesecake chick truffles

» PAGE 58

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Available at Sainsbury's

Honeycomb cake

SERVES 14 V ❄ **HANDS-ON TIME** 1 HR **TOTAL TIME** 1 HR 30 MINS, PLUS COOLING AND CHILLING

For the sponges
- 225g soft unsalted butter
- 225g golden caster sugar
- 225g self-raising flour
- 1½ tsp baking powder
- 1 tsp fine sea salt
- 4 large eggs
- 3 tbsp milk
- 3 tbsp clear honey
- 1 tbsp ground cinnamon

For the honey buttercream
- 225g soft unsalted butter
- 1 tsp ground cinnamon
- ½ tsp fine sea salt
- 350g icing sugar, sifted
- 4 tbsp clear honey

To decorate
- 1 x 454g pack golden marzipan
- 25g dark chocolate
- a few flaked almonds

You will also need
- bubble wrap, measuring 10cm x 70cm
- piping bag with a small plain nozzle
- firm but flexible florists wire, or wooden skewers

1. Preheat the oven to 170°C, fan 150°C, gas 3. Grease and line 2 x 18cm sponge tins.
2. Put all the ingredients for the sponge in a mixing bowl and beat with an electric whisk for at least 3 minutes until pale and fluffy. Divide between the sponge tins, spread out evenly then bake for about 40 minutes or until risen, set and springy. Cover the cakes after 30 minutes if they are browning too quickly. Cool in the tins for 10 minutes then turn out onto a wire rack and cool completely.
3. Meanwhile, to make the buttercream first beat the butter on its own until very soft and creamy. Add the cinnamon, salt and sifted icing sugar and start beating slowly (to avoid an icing sugar cloud). Add the honey and beat the buttercream until it turns pale in colour. Cover and set aside.
4. Reserve 50g of the marzipan to make the bees later. Shape the rest into a long sausage and lay this down the middle of the long strip of bubble wrap, bubble-side up. Cover with a sheet of baking paper then use a rolling pin to first press out, and then roll out the marzipan thinly. Try not to press too hard, or you'll pop the bubbles and lose the honeycomb effect. The marzipan should reach down to the bottom edge of the bubblewrap in a fairly straight line, but you want the upper edge to be quite wavy and uneven – it doesn't need to reach the top of the bubblewrap all along the strip, only in parts.
5. Place one sponge on a cake board and spread with a some buttercream. Add the second sponge, flat base uppermost. Spread most of the icing around the sides of the cake using a palette knife, then the rest over the top. Even out with the palette knife or an icing scraper. While the buttercream is still soft, wrap the cake in the marzipan 'beeswax'. Firstly, trim a straight edge along the bottom using scissors. Peel off the baking paper, then use the bubble wrap to lift the marzipan and wrap it around the cake, flat edge at the bottom of the cake. Leave the bubble wrap on for now and chill the cake until firm.
6. For the bees, shape the reserved marzipan into 7 or 8 fat little bee bodies and place on a plate lined with baking paper. Melt the chocolate and add to a piping bag; drizzle back and forth over each bee to make the stripes. Add 2 eyes to each bee (wait until the chocolate in the piping bag has thickened up a bit if it is runny) and chill until set. Remove and bring back to room temperature so the marzipan softens enough to add flaked almond wings to each bee. Return to the fridge until ready to decorate and serve.
7. Unwrap the bubblewrap from around the cake. Add the bees, using florists wire or wooden skewers to make them 'fly' over the cake at different heights.

For Get Ahead tips see page 52

■ 661cals; 33g fat (18g sat fat); 7g protein; 1g fibre; 83g carbs; 71g total sugars; 0.9g salt

Bluebirds-in-a-nest cupcakes

MAKES 12 V ❄ **HANDS-ON TIME** 45 MINS **TOTAL TIME** 1 HR, PLUS COOLING

- 50g desiccated coconut
- 75g coconut oil or vegetable oil
- 250g self-raising flour
- ¾ tsp bicarbonate of soda
- 125g caster sugar
- ½ tsp fine sea salt
- 1 large egg, beaten
- 150ml milk
- 4 tbsp coconut cream
- 1½ limes
- 50g icing sugar, sifted

For the coconut cream icing
- 125g soft unsalted butter
- 250g icing sugar, sifted
- 3 tbsp coconut cream

To decorate
- blue food colouring gel or paste
- 250g white ready-to-roll icing
- a handful of sunflower seeds
- black writing icing
- 50g desiccated coconut

1. Put the 50g of desiccated coconut in a bowl and add 5 tablespoons of boiling water. Stir then leave to soak and soften while you make the cupcake mix. Preheat the oven to 200°C, fan 180°C, gas 6. Line a 12-hole muffin tin with deep paper cases. Melt the coconut oil and then let it cool.
2. Sift the flour, bicarb, sugar and salt into a mixing bowl. Break the egg into a jug and beat lightly. Add the milk, coconut cream and oil; stir to combine. Add the grated zest of 1 lime, then stir in the soaked coconut. Pour this mixture into the dry ingredients and stir to combine, making sure that you don't have any pockets of flour left, but don't overmix or the cupcakes will end up tough.
3. Divide between the cake cases (don't over-fill) and bake for 18-20 minutes until risen and firm. While the cupcakes are cooking, zest the half lime into a bowl for the icing and set aside, then squeeze the juice from all the limes. Mix into the icing sugar in a small bowl. As soon as the cupcakes come out of the oven, prick the tops with a fork or cocktail stick, then brush this lime syrup on generously until it has all been used up. Leave to cool.
4. Beat the butter for the icing with the lime zest and a pinch of salt until very soft and creamy. Gradually add the icing sugar; once it's all incorporated, add the coconut cream and beat until the icing looks almost white.
5. Knead a few drops of blue colouring gel or paste into the ready-to-roll icing until it is your desired shade of pale blue and evenly coloured. Using about 8g of blue icing for each bluebird, shape into little egg shapes, then flatten the base. Arrange on a tray lined with baking paper. You should make about 30 bluebirds. Press in sunflower seeds at the top of each one to make a beak, either a single seed or two arranged to look like an open beak. Add eyes using the black writing icing.
6. Pipe a ring of icing on each cupcake to make the birds' nests and scatter with desiccated coconut to add texture. Sit 2 or 3 bluebirds inside each nest.

For Get Ahead tips, see page 53

■ 567cals; 29g fat (22g sat fat); 5g protein; 2g fibre; 71g carbs; 55g total sugars; 0.6g salt ➤

Marbled chocolate feather cake

SERVES 10 **V** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 1 HR 30 MINS, PLUS COOLING

- 2 tbsp cocoa powder
- zest and juice of ½ orange
- 3 large eggs
- 175g soft unsalted butter
- 175g caster sugar
- 175g self-raising flour
- ½ tsp baking powder
- ½ tsp fine sea salt
- 1 tbsp milk
- 1 tsp vanilla extract

For the chocolate feathers

- 100g chocolate of your choice, chopped (we used both white and milk chocolate)
- edible gold lustre spray, optional

For the chocolate icing

- 100g dark chocolate, chopped
- 30g unsalted butter
- 1 tbsp golden syrup or honey
- ½ tsp vanilla extract

» GET AHEAD
Make the chocolate feathers several days ahead. Store in a container in the fridge. The cake keeps for up to 3 days in an airtight container.

1. Preheat the oven to 180°C, fan 160°C, gas 4 and grease and line a 900g loaf tin (measuring about 10cm x 20cm on the base).
2. Put the cocoa powder in a mixing bowl and stir in 2 tablespoons of boiling water, the orange zest and juice to make a paste. Set aside.
3. Add the eggs, butter, sugar, flour, baking powder and salt to another mixing bowl; beat with an electric mixer for 3 minutes or until pale and creamy. Mix half in with the cocoa paste, and add the milk and vanilla to the plain cake mix.
4. Add alternating spoonfuls of the light and dark mixtures to the loaf tin until both are used up. Use a table knife to swirl the mixtures together, then bake for 50-55 minutes or until the cake is set and a skewer comes out clean. Leave in the tin for 10-15 minutes before turning out to cool completely on a wire rack.
5. Melt the chocolate for the feathers in a heatproof bowl set over a pan of gently simmering water (try not to stir until the chocolate has melted, especially for white chocolate which is more temperamental). Leave to cool and start to thicken slightly.
6. Line a large baking tray with baking paper. Using a pastry brush (one with bristles, not a silicone brush), dip in the chocolate and roughly draw the centre line of a feather, around 8-10cm long. Now brush outwards from the centre line, using less pressure as you move out so that the chocolate feathers at the end, dipping the brush in chocolate again as needed. Repeat to make more feathers, then chill for a few minutes until just set. If you want curved feathers, lay the paper with the feather tips resting up against a rolling pin. Repeat to build up another layer of chocolate, then use a cocktail stick to add further definition to the edges of each feather. Spoon the remaining melted chocolate into a piping bag fitted with a small plain nozzle and pipe a central rib down each feather. Spritz with edible gold lustre which helps define the texture, then chill again until set.
7. For the icing, simply place the dark chocolate, butter, syrup, vanilla and a small pinch of salt in a heatproof bowl over barely simmering water, and leave to melt. Remove from the heat and stir until smooth. Leave to cool slightly if it's very runny, then pour over the cooled cake, allowing it to drip down the sides.
8. To serve, carefully peel the chocolate feathers from the paper and arrange on top of the cake.

■ 435cals; 25g fat (15g sat fat); 6g protein; 2g fibre; 44g carbs; 31g total sugars; 0.6g salt

Cheesecake chick truffles

MAKES ABOUT 20 **V** ❄ **HANDS-ON TIME** 45 MINS
TOTAL TIME 45 MINS PLUS CHILLING AND FREEZING

- 1 x 340g tub full-fat soft cheese
- 60g caster sugar
- zest of ½ lemon
- 1½ tbsp vanilla extract
- 100g shortbread biscuits, crushed

To coat

- 300g white chocolate, chopped (we used Dr Oetker)
- 100g desiccated coconut
- ¼ tsp yellow food colouring gel

To decorate

- 50g yellow ready-to-roll icing plus 5g red, from a mixed pack
- dark chocolate balls or mini choc chips for the eyes (we used Cake Angels Zillionaire cake decorations)

1. Put the soft cheese, sugar, lemon zest and vanilla in a mixing bowl and combine using a wooden spoon or spatula. Stir in the shortbread crumbs then cover and chill in the fridge until firm (about 1 hour).
2. Line a baking tray with baking paper. Shape the chilled mixture into small egg-shapes – you should get about 20. The coating will make them quite a bit bigger, so don't make them too large at this stage. Place on the lined baking tray and chill in the freezer until firm.
3. Meanwhile, put the white chocolate in a heatproof bowl and sit over a pan of barely simmering water. Leave to melt, without stirring. Remove from the heat and stir until smooth. Put the coconut in a plastic food bag (or bowl), add the food colouring and rub to distribute the colour. It looks best if you stop before it is all the same colour; variations in tone look good. Tip into a bowl.
4. Take a few cheesecake truffles at a time out of the freezer. Insert a cocktail stick into the base then dip into the white chocolate (or spoon the chocolate over, if that seems easier). Let the excess drip off then roll the coated truffle in the yellow coconut. Return to the tray in the freezer.
5. Knead the yellow and red icings together to make orange. Shape 20 pointed beaks and snip them with scissors, so that they look like they're open. Take the truffles out of the freezer again and use a small brush or teaspoon to dab on a little white chocolate to help secure a beak and 2 eyes on each chick truffle. Present in an egg box, lined with a little paper straw.

For Get Ahead tips see page 55

■ 200cals; 13g fat (9g sat fat); 3g protein; 1g fibre; 18g carbs; 16g total sugars; 0.2g salt ■

FOOD STYLING: KIM MORPHEW. PROP STYLING: TABITHA HAWKINS

NEW

Have a break with Nestlé KitKat bunny

Rich chocolatey centre with **crunchy** wafer pieces

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Let's cook

Oil rich

At a beautiful villa in Tuscany **Helena Lang** discovers the secrets of olive oil and why this golden elixir is renowned for its health benefits

RECIPES **ANGELA BOGGIANO** PHOTOGRAPHS **MAJA SMEND**

When cookery writer Elizabeth David enouraged Brits to start using olive oil back in 1950 she couldn't have imagined that nowadays we would be using over 60,000 tonnes of it a year.

I'm standing admiring the sculptured beauty of trees in the largest olive grove in Italy. The trees are three of over 600 varieties that we see all across the Mediterranean countries and each of their fruit ripens at a slightly different time. Peeking through the trees is a low-level terracotta Tuscan villa, the 'home' of the Filippo Berio brand and our base for a few days while we take in just how olive oil is produced and why, its renowned health benefits, and the dangers facing its production.

IN THE BEGINNING

At this the world's largest producer, the 200 employees have perfected the simple techniques of extracting oil from olives and also achieving the best harvest using clever systems of irrigation and pruning the trees. Their current issue is a virus (Xylella Fastidiosa) known as the 'olive ebola', spread by spittlebugs – flies who deposit their saliva on the leaves. It was reputedly imported from the US on some oleander plants that were used to line highways in southern Puglia.

Here, a few hundred metres from the villa, there is a mill where they crush the olives from the immediate area to test their quality and also have a little laboratory for the company's experts to experiment with blends. In a good year they can produce 10,000 litres of Tuscan oil. A few miles away is the much larger main factory and distribution centre where the bulk of production happens, all 90 million litres of it from oil not just from Italy but also the other large Mediteranean olive producers such as Morocco, Portugal, Greece and Spain. As Italy itself consumes more olive oil than it produces, this makes perfect sense and is in fact common for many items we consider Italian produce – they don't grow coffee beans in Italy for instance, and almost all the wheat for pasta is grown in North America.

Over a splendid lunch in the sun-filled villa, of typical delights including stuffed courgette flowers, crudites and salads (plus, of course, bread for dipping in little dishes of oil), we hear how Filippo Berio was started by its eponymous creator in 1867. Filippo himself was born in 1823 in Liguria in Italy but moved to Lucca after becoming an olive trader as the fruit there was better. His hit business idea was supplying olive oil to migrants leaving Italy for the new world. The brand is no longer family owned but the ethos remains the same and, as well as Europe, they are breaking into new markets, such as China, where there is a huge demand.

THE PERFECT BLEND

Choosing the oil to go into Filippo Berio bottles is a specialist task. The team are sent 6,000 samples to taste from the various suppliers and only 6% get selected. Consistency of taste and quality is key for each of the 14 different types and blends and there is daily testing and tasting to make sure the 'house style' is maintained.

The olives are crushed where they are grown – the fruit decays very quickly once picked – and then the oil shipped to Italy. Pretty much all the world's production happens in the Mediterranean basin where the near-constant temperatures suit the crop. It's fascinating to taste the difference between the varieties, much like wine, the 'terroir' of a region is a defining factor. Some are a vivid green and have a very strong, almost bitter flavour, others quite golden in colour and have a creamy, nutty flavour. The brand's speciality is producing great value, high-quality oil – according to them 'anyone can produce a fabulous £10 bottle of olive oil, the challenge is doing this for £4.' Production is very strictly regulated in the EU and each type of oil has to meet a strict criteria, including acidity levels, before it reaches market.

DRIP AND DRIZZLE

We learn how the Italians, especially from this region, use oil – they drizzle it like a condiment to give a peppery, juicy dressing to steaks and salads, risottos and pastas. I'm a convert and have immediately started to do this at home. What's important is to use a green, fresh extra-virgin oil that's harvested early. In Spain they use the oil to cook with, something many of us do now as a matter of course, and here a golden oil from a late harvest is the most suitable.

And, what of the health benefits? Unbelievably Filippo Berio were until recently banned from advertising on London taxis due to the Mayor's directive on advertising high fat foods. This decision has now been overturned, reflecting our increased understanding of monounsaturated fat which we now know promotes good cholesterol and is loaded with polyphenols and antioxidants that mop up damaging free radicals and can improve everything, including our mental health.

According to experts only 20ml per day can improve our health and top up our levels of vitamin E and healthy fats – possibly the best way to eat 180 calories – and younger olive oil fans are adding it to smoothies, drizzling it over their avocado on toast and using it to dress their quinoa salads. Back in 1950 when Elizabeth David declared it was good for more things than just curing earaches (they poured it in), she was very much ahead of her time. ➤

Walnut, watercress and pecorino pesto

Perfect served drizzled over soups, salads, stews, tossed into pasta or serve alongside grilled fish and chicken. Use a regular olive oil here, not your best extra virgin, as the flavour could be overpowering.

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GO ONLINE

Use your pesto to top our summer caprese focaccia. Find the recipe at

SAINSBURYSMAGAZINE.CO.UK/CAPRESE

Walnut, watercress and pecorino pesto

MAKES ABOUT 300ML **V GF** **HANDS-ON TIME** 10 MINS
TOTAL TIME 15 MINS, PLUS COOLING

- 60g walnuts
- ½ tsp flaky sea salt
- 1 x 30g pack basil (use both the leaves and the stalks)
- 65g watercress, stalks removed
- 85g pecorino cheese*, finely grated
- ½ tsp freshly ground black pepper
- 100ml olive oil, plus extra for storing
- zest and juice of ½ lemon, or ½ tsp white wine vinegar

1. Preheat the oven to 200°C, fan 180°C, gas 6. Place the walnuts on a baking tray and bake in the oven for 5 minutes until toasted and lightly golden. Keep a close eye on them so they don't burn.
2. Cool slightly then place the toasted walnuts in a food processor, add the sea salt and blitz until finely chopped. Add the basil and watercress and process until you get a rough paste.
3. Scrape down the sides with a spatula and add the cheese and pepper, olive oil, lemon zest and juice and blitz again to ensure all is incorporated and you have a thick, smooth paste. Taste and adjust the seasoning (add more pepper or some lemon juice or white wine vinegar if needed to balance things). You're unlikely to need salt as the pecorino is salty, but check to your taste. Spoon into a sterilised jar and top with extra olive oil to cover the surface for storage until needed.

**Use vegetarian cheese if required*

■ Per 2 tbsp: 73cals; 7g fat (2g sat fat); 2g protein; 0g fibre; 0g carbs; 0g total sugars; 0.2g salt

» GET AHEAD
Keeps in the fridge (covered with oil) for up to 7 days; keep topping up with extra olive oil after each time you use it.

This cake is based on a classic Ligurian olive oil cake which is very moist and light. It's traditionally served with milky coffee for breakfast.

Apple, cinnamon and olive oil cake

SERVES 8-10 **V GF DF** **HANDS-ON TIME** 30 MINS
TOTAL TIME 1 HR 30 MINS

- 200g ground almonds
- 120g polenta
- 1 tsp baking powder*
- 1 heaped tsp ground cinnamon
- 3 large eggs
- 200g caster sugar
- 200ml light olive oil
- 2 large eating apples (about 350g) peeled, cored and cut into 1cm dice
- 50g blanched hazelnuts, roughly chopped
- 2 tbsp demerara sugar

1. Preheat the oven to 180°C, fan 160°C, gas 4. Line the base and sides of a 20cm diameter springform tin with baking paper.
2. Place the almonds, polenta, baking powder, cinnamon and a good pinch of salt into a large bowl and mix together thoroughly. Whisk the eggs and sugar in a large bowl with an electric hand mixer until really pale and thick, about 4 minutes. With the mixer still running, slowly pour in the olive oil in a steady stream. Once incorporated and emulsified, add the chopped apple and the mixed dry ingredients. Stir in with a metal spoon, combining until evenly mixed. Spoon into the cake tin and sprinkle over the chopped hazelnuts and demerara sugar. Bake in the middle of the oven for about 1 hour or until a skewer comes out clean when inserted into the middle of the cake.
3. Leave to cool completely in the tin. Run a knife around the edge of the cake before releasing from the tin.

**Use gluten-free baking powder if required*

■ 591cals; 39g fat (5g sat fat); 13g protein; 2g fibre; 46g carbs; 35g total sugars; 0.3g salt ■

» GET AHEAD
This cake will keep well in an airtight container for up to 4 days.

FOOD STYLING: MATTHEW FORD. PROP STYLING: MORAG FARQUHAR

New

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drinkaware.co.uk for the facts

Banana blossom stir-fry with fresh coconut

» PAGE 71

INGREDIENT

BANANA BLOSSOM

This year's vegetarian cuisine discovery, banana blossom – or banana heart as it's sometimes known – is the flower that grows at the end of a bunch of bananas. Inside the tear-shaped blossom, the fruit has a fleshy, fibrous texture, which makes it popular as a meat substitute. Without a strong flavour of its own, it's also really good at absorbing lots of flavour in the cooking process.

2020

NEW ingredients

Move over tofu and tahini, we're jazzing up our breakfast, lunch and dinner repertoire with these hot new additions to our kitchen cupboards. You heard it here first.

RECIPES **EMILY JONZEN** PHOTOGRAPHS **ANDREW BURTON**

INGREDIENT

DATE MOLASSES

Date molasses, also referred to as date syrup, nectar or honey, is a very popular ingredient in North African and Middle Eastern cuisines. Made by extracting the syrup from dates, this dark, caramel-like liquid can be used to add sweetness to everything from salad dressings to stews. It's also a good unrefined alternative to sugar in bakes and cakes.

Date molasses granola

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INGREDIENT

KEFIR

Kefir is a cultured, fermented milk drink, which is made by fermenting naturally occuring kefir grains (little gelatinous beads of yeast and lactic acid bacteria) in milk. The result is a sour, tangy drink, similar to natural yogurt but with a thinner consistency. As well as having all the known nutritional benefits of milk, kefir is also very rich in probiotics.

Roast carrots and grains with herby kefir dressing

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INGREDIENT

HEMP

From milk to oil to seeds, by-products of the hemp plant (otherwise known as *cannabis sativa*) have been rapidly growing in popularity thanks to their perceived health benefits. Hemp seeds (sometimes called hearts) are one of the few complete sources of protein in the plant world, and both the seeds and their oil are rich in essential fatty acids.

Nutty hemp choc cookies

» PAGE 72

enjoy Breakfast on the Slow

take time to savour
dorset cereals ultimate
range of no added sugar
mueslis, all high in fibre
& vegan

dorsetcereals.co.uk
#breakfastontheslow

dorset cereals ultimate mueslis contain at least 6g of fi bre per 100g and contain naturally occurring sugars

Date molasses granola

Serve on top of a bowl of yogurt with an extra drizzle of date molasses, plus some fresh fruit if you like.

MAKES 900G **V** **HANDS-ON TIME** 15 MINS **TOTAL TIME** 40 MINS, PLUS COOLING

- 75g unsalted butter
- 150g date molasses or date syrup*
- 1 tsp ground cinnamon
- 350g jumbo or rolled oats (not porridge oats)
- 75g pecans, roughly chopped
- 75g pistachio kernels, roughly chopped
- 100g sunflower seeds
- 75g Medjool dates, pitted and roughly chopped
- 75g dried sour cherries, roughly chopped

1. Preheat the oven to 160°C, fan 140°C, gas 3. Line 2 large roasting tins with baking paper.
2. Melt the butter in a large saucepan. Add a pinch of salt and the date molasses and stir to combine. Add the cinnamon and oats to the pan and coat in the syrupy mixture, then spread out equally between the 2 tins.
3. Bake for 10 minutes, then remove from the oven. Stir well and divide the nuts and seeds equally between the tins. Stir well to combine, then return to the oven for 10-15 more minutes, until golden and crunchy.
4. Remove from the oven and leave to cool, then stir through the dried fruit. Store in an airtight container.

■ Per 50g serving of granola: 237cals; 12g fat (3g sat fat); 4g protein; 4g fibre; 26g carbs; 10g total sugars; 0.1g salt

» GET AHEAD
The granola keeps in an airtight container for at least a month.

Banana blossom stir-fry with fresh coconut

Based on a traditional Sri Lankan dish this has a sweet-sharp tang from tamarind.

SERVES 2 **V** **DF** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 30 MINS

- 1 x 400g tin banana blossom in water*
- ½ x 80g pack freshly prepared coconut
- 3 tbsp coconut or vegetable oil
- 1 onion, finely sliced
- a handful of fresh or dried curry leaves
- ½-1 red chilli, diced (deseed if you wish)
- 2 cardamom pods, lightly crushed
- 1 cinnamon stick
- ½ tsp ground turmeric
- 2 tsp curry powder (we used Natco Madras curry powder)
- 1 tsp light brown sugar
- 1 tbsp tamarind paste

To serve

- 2 large eggs**
- 4 roti** or chapattis**
- 2 spring onions, finely shredded or sliced
- lime wedges, to serve (optional)

1. Drain the banana blossom and rinse well in cold water. Pat dry then roughly chop. Use a veg peeler to pare some of the coconut into shavings for the garnish, then finely grate the rest.
2. Heat 2 tablespoons of the oil in a large frying pan or wok. Add the onion to the pan and fry for 5 minutes until golden. Add the curry leaves, chopped chilli and all the dried spices and fry for 2-3 minutes.
3. Add the sugar and tamarind paste to the pan and continue to cook for a further 2 minutes, until slightly sticky. Add the banana blossom to the pan and fry gently for 2-3 minutes until heated through.
4. Meanwhile, fry the eggs to your liking in a separate pan if using, in the remaining tablespoon of oil. Heat through the rotis or chapattis.
5. Stir the grated coconut through the stir-fry then divide between 2 shallow bowls. Scatter with the coconut shavings and spring onions, then top with a fried egg if using. Tuck the rotis into the bowl and serve with lime to squeeze over if you wish.

***Use dairy-free flatbreads if required, and omit the eggs if following a vegan diet*

■ 687cals; 37g fat (25g sat fat); 21g protein; 10g fibre; 63g carbs; 11g total sugars; 2.1g salt ➤

*PLEASE NOTE: THESE NEW INGREDIENTS ARE AVAILABLE IN LIMITED STORES. PLEASE CALL 0800 636262 TO CHECK AVAILABILITY

NEW INGREDIENTS

Roast carrots and grains with herby kefir dressing

SERVES 2 WITH LEFTOVERS, OR 4 AS A STARTER OR SIDE **V GF**
HANDS-ON TIME 15 MINS **TOTAL TIME** 50 MINS

- 1 x 400g bunch carrots, trimmed and scrubbed
- 1 red onion, cut into slim wedges
- 1 tsp cumin seeds
- 1½ tsp smoked paprika
- 2 tbsp olive oil
- 125ml plain kefir*
- 1 small garlic clove, crushed
- ½ x 30g pack flat leaf parsley
- ½ x 30g pack coriander
- zest of ½ lemon
- 1 x 400g tin chickpeas, rinsed and drained
- 1 x 250g pack cooked freekeh or other grains
- 1 pomegranate, seeds removed, or about 100g prepared seeds

1. Preheat the oven to 200°C, fan 180°C, gas 6. Cut the carrots in half lengthways, and then chop each half in two unless the carrots are small.
2. Tip the carrots, red onion, cumin and paprika into a roasting tin and drizzle with 1½ tablespoons of the oil. Season well, transfer to the oven and roast for 20-25 minutes, until golden and beginning to soften.
3. Meanwhile, make the dressing. Use a liquidiser or stick blender to blend the remaining ½ tablespoon of oil, the kefir, garlic, half the herbs and the lemon zest to make a dressing. Season to taste. Roughly chop the remaining herbs.
4. Add the chickpeas and grains to the roasting tin. Give everything a good stir and return to the oven for a further 8-10 minutes, until the carrots are tender and the chickpeas and grains are piping hot. Season to taste.
5. Spoon the carrot mix onto a serving platter and pour over the dressing. Scatter over the remaining herbs and pomegranate seeds.

■ 651cals; 22g fat; 4g sat fat; 22g protein; 25g fibre; 79g carbs; 26g sugar; 0.7g salt

» GET AHEAD
Leftovers can be chilled for up to 2 days, and make a great light lunch.

GO ONLINE

Add hemp seeds to an easy home-made muesli, then use in a breakfast smoothie pot by food bloggers and cookbook authors Green Kitchen Stories. Find the recipe at

SAINSBURYSMAGAZINE.CO.UK/HEMPMUESLI

Nutty hemp choc cookies

MAKES ABOUT 24 **V DF HANDS-ON TIME** 20 MINS
TOTAL TIME 30 MINS, PLUS COOLING

- 50g blanched hazelnuts
- 220g plain flour
- 1 tsp baking powder
- 100g chocolate chips**
- 40g milled hemp seeds/ hearts*
- 100g light muscovado sugar
- 100g caster sugar
- 1 tsp vanilla extract
- 140ml hemp oil*
- 1 large egg, beaten
- a pinch of sea salt flakes, to finish

» GET AHEAD
These keep for up to a week in an airtight container

1. Preheat the oven to 180°C, fan 160°C, gas 4. Line 2 baking sheets with baking paper and set one aside.
2. Tip the hazelnuts onto one of the baking sheets and pop in the oven for 4-5 minutes until golden. Leave to cool slightly then chop roughly.
3. Sift the flour, baking powder and a good pinch of salt into a large mixing bowl. Stir through the chocolate chips, hemp seeds and hazelnuts.
4. Add both sugars to a separate bowl, make a well in the centre and add the vanilla, hemp oil and the egg. Whisk together until smooth.
5. Pour the wet ingredients into the dry, and mix until just combined. You should have a fairly soft, sticky dough. Either leave the dough, covered, to rest overnight in the fridge or if baking immediately, scoop tablespoons of the mixture onto both trays, spacing well apart to allow the mixture to spread. Top each cookie with a tiny pinch of flaky salt.
6. Bake for 10-12 minutes, until golden but still soft. Leave on the tray for 10 minutes to firm up slightly before transferring to a cooling rack.

***Use dairy-free dark chocolate chips if required.*

■ 138cals; 8g fat (2g sat fat); 3g protein; 1g fibre; 14g carbs; 6g total sugars; 0.1g salt ■

FOOD STYLING: BIANCA NICE. PROP STYLING: VICTORIA ELDRIDGE. *PLEASE NOTE: THESE NEW INGREDIENTS ARE AVAILABLE IN LIMITED STORES. PLEASE CALL 0800 636262 TO CHECK AVAILABILITY

Subject to availability. Selected stores only. Excludes Centrals and Locals.

Basil pearl barley *'risotto'*

» PAGE 81

Buttered peas *with soft lettuce*

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Happy Easter

Tom Aikens' Easter menu puts delicious roast lamb centre stage, bursts with the fresh flavours of spring veg and has a spectacular pud to finish

PHOTOGRAPHS **TARA FISHER**

Roast leg of lamb
with garlic and rosemary

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MENU FOR SIX

STARTER
Roast asparagus with duck eggs and pancetta

MAIN COURSE
Roast leg of lamb with garlic and rosemary
Basil pearl barley 'risotto'
Buttered peas with soft lettuce

DESSERT
Raspberry baked Alaska

Roast asparagus *with duck eggs and pancetta*

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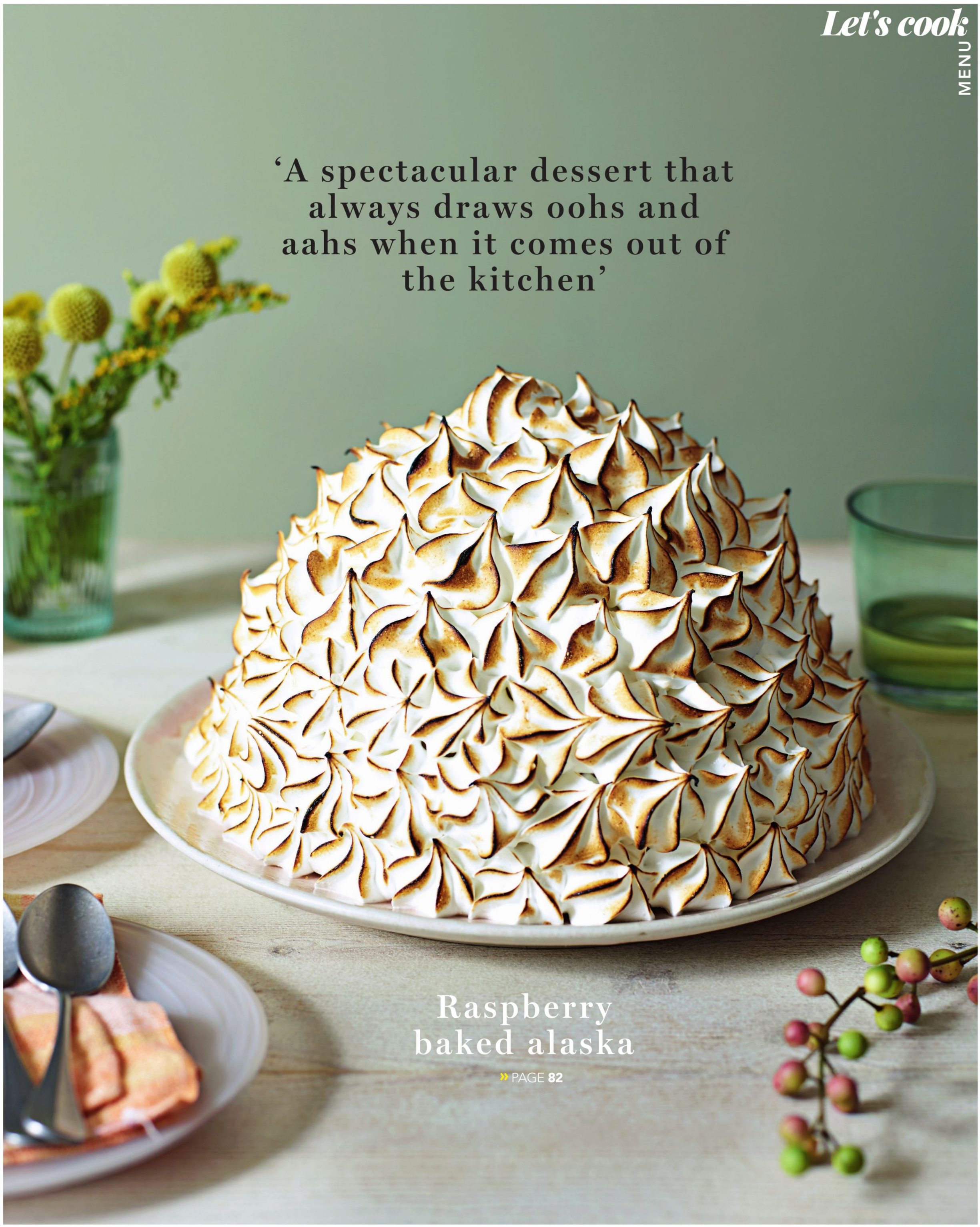
» GET AHEAD
Roast the asparagus, poach the eggs and cook the pancetta a few hours ahead (before the lamb goes in the oven). Reheat the pancetta for 5 mins alongside the lamb, and gently reheat the eggs in a pan of boiling water for 1-2 mins.



'A spectacular dessert that always draws oohs and aahs when it comes out of the kitchen'

Raspberry baked alaska

» PAGE 82

100% St. Dalfour.
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St. Dalfour preserves are handmade in the Aquitaine region of France, near Bordeaux. Our Maître Confiturier slowly cooks hand-picked and meticulously selected and sourced fruit together with vineyard-ripened grapes and fruit juices in traditional kettles. Our local French method of small batch production results in the finest, best-tasting preserves in the world.

TOM AIKENS

Tom Aikens' illustrious career has included stints with both Pierre Koffmann and Joël Robuchon, and he is the youngest chef to have won two Michelin stars, during his five-year tenure at Pied à Terre. His new restaurant Muse is housed in an intimate 25-cover converted mews house in London. (musebytomaikens.co.uk)

Clockwise from top: The restaurant is split across two floors of the house and each dining room has its own open kitchen; the tiny mews house in Belgravia

'The menus at Muse have been inspired by nostalgia and pivotal moments in Tom's life'

Buttered peas with soft lettuce

SERVES 6 **GF** **HANDS-ON TIME** 20 MINS **TOTAL TIME** 20 MINS

- 500g frozen peas
- 50g unsalted butter
- 2 large echalion shallots, finely diced
- 150ml chicken stock*
- 100ml double cream
- 5 spring onions, sliced thinly
- 1 soft English lettuce, trimmed, washed and shredded
- 1 tbsp chopped flat-leaf parsley
- 1 tbsp snipped chives

1. Bring a pan of salted water to the boil and cook the peas for 3 minutes. Drain, refresh in iced water, then drain again and pat dry.
2. Heat half of the butter in a pan over a low heat and sweat the shallots for a couple of minutes until they are soft but haven't coloured. Add the chicken stock and cream, bring to the boil and cook for 2 minutes.
3. Add the peas, spring onions, remaining butter, lettuce and herbs and warm through until the butter has melted. Season to taste, then serve with the roast lamb.

**Use gluten-free stock if required*

■ 235cals; 17g fat (10g sat fat); 7g protein; 5g fibre; 11g carbs; 4g total sugars; 0.1g salt ➤

» GET AHEAD

Prepare to the end of step 2 a couple of hours ahead, then continue from step 3 to serve.

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Basil pearl barley 'risotto'

SERVES 6 **HANDS-ON TIME** 50 MINS **TOTAL TIME** 50 MINS

- 3 tbsp olive oil
- 200g shallots, finely chopped
- 3 garlic cloves, finely chopped
- 2 tsp flaky sea salt
- 300g pearl barley
- 225ml dry white wine
- 1 litre hot chicken stock
- 40g Parmesan, grated finely
- 3 tbsp soured cream or crème fraîche
- zest and juice of ½ lemon
- ½ x 30g pack basil, leaves cut into strips
- 1 x 50g pack pea shoots

1. Heat the olive oil in a wide shallow pan over a low to medium heat and add the shallots, garlic, salt and a good grinding of black pepper. Cook for around 2 minutes, then add the pearl barley and continue to cook for a further minute. Add the white wine and cook for a further minute or so, until the wine has been absorbed.
2. Gradually add the chicken stock, little by little – enough should be added each time to just cover the pearl barley. Cook, stirring every minute or so, allowing the stock to be absorbed before you add the next ladleful. Cook until all the stock has been absorbed and the pearl barley is soft, which will take about 30 minutes (if needed, add a bit of extra water).
3. Add the Parmesan, soured cream, lemon zest and juice, basil and most of the pea shoots and cook for a further minute until the greens have wilted. Garnish with the remaining pea shoots just before serving.

318cals; 10g fat (3g sat fat); 8g protein; 1g fibre; 42g carbs; 2g total sugars; 2.2g salt

MAKE IT VEGETARIAN
Use vegetable stock rather than chicken, and serve as a vegetarian main course scattered with some crumbled goats' cheese or feta. Ensure your chosen cheeses are suitable for vegetarians.

GET AHEAD
Prepare to the end of step 2, but reserving about 150ml of the stock and leaving the pearl barley slightly al dente. Set aside for up to 2 hours. Reheat, adding the reserved stock, then continue from step 3.

Roast leg of lamb with garlic and rosemary

SERVES 6-8 **GF DF** **HANDS-ON TIME** 40 MINS **TOTAL TIME** AT LEAST 2 HRS, PLUS RESTING

- 1 large leg of lamb with bone in (about 2.5kg)
- 2 bulbs of garlic
- a few sprigs of rosemary
- 100ml olive oil
- 1 tbsp flaky sea salt
- 3 onions, roughly chopped
- 5 carrots, sliced in half lengthways
- 500ml chicken stock*
- 2 tsp cornflour

1. Make small incisions all over the lamb. Peel and halve 10 garlic cloves, then insert the garlic pieces into the incisions. Break off little pieces of rosemary and insert these into the remaining holes. Rub all over with a little of the oil and season with the sea salt.
2. Sit the lamb on a wire rack in a roasting tray and leave at room temperature for about 1 hour before roasting, so it will cook evenly.
3. Preheat the oven to 200°C, fan 180°C, gas 6. Put the onions and carrots into the bottom of the roasting tray (under the lamb on its rack) with the rest of the olive oil, remaining unpeeled garlic cloves and a few rosemary sprigs. Brown the lamb in the oven for 15 minutes, then turn the temperature down to 180°C, fan 160°C, gas 4. Roast for a further 1½ hours, or depending on how you like your lamb cooked. The best way to tell if the meat is cooked is by inserting a roasting fork into the centre of the meat, and then lightly place the fork onto your upper lip or your inner wrist. It should be a little hotter than your own body temperature. For well-done, you will need to roast it for around 2½ hours. Remove the lamb from the oven and leave to rest for 10-15 minutes.
4. Meanwhile, make the gravy. Spoon off the excess fat then place the roasting tray on the hob and colour the vegetables if they are not yet caramelised. Add the chicken stock, bring to a simmer, and season. Mix the cornflour with a little cold water, then whisk into the gravy and add any resting juices from the lamb. Simmer for a few minutes, pressing the vegetables into the stock to extract all of their flavour. Pass through a sieve into a pan and keep warm until you are ready to serve.
5. Carve the lamb and serve with the gravy.

**Use gluten-free stock if required*

697cals; 35g fat (14g sat fat); 80g protein; 5g fibre; 13g carbs; 8g total sugars; 3.4g salt ➤

Roast asparagus with duck eggs and pancetta

SERVES 6 **GF** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 30 MINS

This starter makes the most of seasonal asparagus, rich duck eggs and British smoked pancetta. Add a few shavings of Parmesan, or other mature hard cheese, if you like.

- 30-36 spears asparagus, depending on thickness
- 45g unsalted butter
- 12 thin slices of British pancetta
- 6 duck eggs or regular eggs, as fresh as possible
- 1 tbsp wine vinegar
- Parmesan or other mature hard cheese (optional)

1. Preheat the oven to 240°C, fan 220°C, gas 9. Trim the asparagus, peeling the bottom third of each spear. Cook in boiling salted water for just 2 minutes. Drain and refresh in iced water then drain again and dry the spears using some kitchen towel. Arrange in a shallow roasting tin.
2. Melt the butter in a pan then pour over the asparagus, season generously and toss to coat. Separate the pancetta slices out on a large lined tray. Put the pancetta tray on the top shelf, and the asparagus on the middle shelf. Cook for 12-15 minutes until the pancetta is crisp and the asparagus is lightly roasted (check the pancetta after 8 minutes cooking time so that it doesn't start to burn).
3. Bring a large pan of water to a gentle simmer and add the vinegar. Crack 3 eggs into separate cups, carefully tip each one into the water and coax the egg white around the yolk, using a spoon. Simmer gently for 2-3 minutes until the white is set but the yolk is still soft. If preparing ahead, add to a bowl of iced water; if almost ready to serve, add to a bowl of warm water so that they stay warm but don't cook any further.
4. To serve, divide the asparagus and pancetta between warmed plates, drizzling with any butter from the tin; top with a warm poached egg and finish with Parmesan shavings.

For Get Ahead tips, see page 76

■ 5323cals, 28g fat, 12g sat fat, 17g protein, 2g fibre, 2g carbs, 1g sugar, 1.5g salt

Raspberry baked Alaska

SERVES 8-10 GENEROUSLY **V** ❄ **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 20 MINS

For the jam
- 350g frozen raspberries
- 275g jam sugar
- 1 tbsp lemon juice

For the sponge
- 3 large eggs
- 60g caster sugar
- 1 tsp vanilla extract
- 30g self raising flour
- 30g cornflour

For the meringue
- 300g caster sugar
- 40g liquid glucose
- 150g egg whites (1 from above, plus an extra 3-4 eggs)

To serve
- 1 litre good quality vanilla ice cream (not soft-scoop)
- 150g mixed berries

1. For the jam, put half each of the raspberries and sugar in a large pan. Add the lemon juice and cook gently until the berries have released their juice and the sugar has dissolved. Tip into a sieve set over a bowl and press through, using a ladle or spatula. Discard the seeds and return the raspberry purée to the pan, add the rest of the sugar and heat gently until it has dissolved. Bring to the boil, add the reserved raspberries, then boil for 2-3 minutes. Pour into a shallow dish and spread out to cool.
2. For the sponge, preheat the oven to 180°C, fan 160°C, gas 4. Grease and line a 20cm round tin. Separate the eggs, keeping 1 egg white aside for the meringue. Put the 2 egg whites in a large clean bowl and whisk until almost stiff. Add the caster sugar, a tablespoon at a time, until thick and glossy. Whisk in the 3 egg yolks and vanilla, then sift in the flour, cornflour and a pinch of salt. Fold in carefully. Pour into the tin, level the top and bake for 12-14 minutes until it's just firm to the touch; the sponge will be quite pale. Turn out onto a cooling rack and peel off the paper.
3. Once cool, place on a lined baking tray. Spread the sponge with a thick layer of jam, leaving a 2cm border all around the edge. Pile up balls of ice cream and berries and put in the freezer.

» GET AHEAD Prepare to the end of step 3 a few days ahead and freeze, well-wrapped.

4. For the meringue, put the caster sugar in a medium pan with the glucose and 75ml of water. Stir to combine and heat gently until the sugar has dissolved, then bring to a boil and simmer until you reach soft-ball stage; 121°C on a sugar thermometer.
5. As the syrup is coming up to temperature, begin to whisk the egg whites in a stand mixer on a medium to high speed, until they are almost at stiff peaks. As soon as the sugar syrup reaches 121°C, remove from the heat and pour into the egg whites in a steady stream, trying to avoid it going on the whisk. Once all of the syrup has been added, turn the mixer down to low speed and continue to whisk for 8-10 minutes or until cool.
6. Remove the Alaska from the freezer and spread a thin coating of meringue all over the ice cream, sealing it to the sponge. Spoon the rest of the meringue into a piping bag fitted with a star shaped nozzle and cover the Alaska with piped stars of meringue. You can prepare this a few hours before serving and keep in the freezer.
7. When ready to bake, preheat the oven to 220°C, fan 200°C, gas 7. Bake for 3-4 minutes until lightly golden. You can caramelise further with a blow torch if you want. Serve immediately.

■ 530cals; 13g fat (7g sat fat); 10g protein; 1g fibre; 94g carbs; 94g total sugars; 0.25g salt ■

FOOD STYLING: ANNIE RIGG. PROP STYLING: TABITHA HAWKINS

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A taste of home

Home is definitely where the heart is for these four chefs, celebrating the distinct flavours of their heritage

PHOTOGRAPHS **TOBY SCOTT**

Brunch eggs

» PAGE 89

MOHAMMED RAHIMEH

Syrian refugee Mo runs Mo's Eggs, a buzzy brunch pop up in London. The inspiration behind his dishes comes both from his upbringing in the fertile mountain town of Ain al-Fijah, but also from his journey to the UK. This recipe, a regular on his brunch menu known as 'asylum' eggs, was created while waiting for his asylum claim to be processed in 2017.

moseggs.co.uk

Smoked haddock toastie *with* Scotch bonnet chilli jam

» PAGE 89

JAMES COCHRAN

James Cochran is the chef owner of 12:51 in Islington, London. His cooking is heavily influenced by his eclectic heritage, growing up by the sea in Whitstable, Kent, of both Caribbean and Scottish parentage. *1251.co.uk*

MARIANNA LEIVADITAKI

Marianna is head chef at the Hackney Road branch of London's Morito, an offshoot of Sam and Sam Clark's renowned restaurant Moro. Born and raised in Chania, Crete, Marianna has been influenced by a childhood and early career working in the family restaurant. *moritohackney road.co.uk*

Chicken kofte *with* pickled vegetable salad

» PAGE 90

Arroz marisco (seafood rice)

» PAGE 90

GEORGE TANNOCK

Born in Portugal, chef George Tannock has had a 22-year career, cooking at The Fat Duck, The Capital Restaurant and Oblix. As head chef at new Volta do Mar, George celebrates the real soul of Portugese food. *voltadomar.co.uk*

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Mo's brunch eggs

SERVES 6 **V** **HANDS-ON TIME** 35 MINS **TOTAL TIME** 45 MINS

- 4 tbsp olive oil
- 1 large onion
- 4 garlic cloves
- 2 green chillies, deseeded if you wish
- 2 large tomatoes, roughly chopped
- 1 tsp fine salt
- 1 tsp ground black pepper
- 1 tsp baharat spice mix or harissa spice mix
- 12 eggs, any size
- 1 x 250g bag grated mozzarella cheese, or mixed mozzarella and cheddar*
- 2 tbsp fresh oregano or 1 tsp dried
- Middle Eastern-style flatbreads, to serve eg Deli Kitchen Greek-style flatbreads

1. Add half the olive oil to a large nonstick frying pan (26-30cm across the top) on a medium-high heat. Chop the onion, garlic and green chillies, add to the pan and cook until the onion turns golden, stirring occasionally.
2. Add the tomatoes and cook for 4 minutes, or until starting to soften.
3. Stir in the salt, pepper and spice mix, and cook, stirring. Crack the eggs into a separate bowl and lightly beat together. Add the remaining oil to the pan and swirl around, then pour in the beaten eggs. Cook over a medium heat, using a spatula to gently draw the edges of the setting egg towards the middle every few minutes, allowing the uncooked egg to run into the space left behind.
4. When the eggs are about 70% cooked, scatter on the cheese and oregano. Turn off the heat, cover the pan and wait for the egg to finish setting and the cheese to melt, about 10 minutes.
5. Serve as a sharing dish in the middle of the table, with hot flatbreads or fresh bread on the side. Cut into wedges, which you can stuff into the bread.

**Check your cheese is vegetarian if required*

■ 354cals; 27g fat (10g sat fat); 24g protein; 1g fibre; 4g carbs; 3g total sugars; 1.7g salt

James' smoked haddock toastie with Scotch bonnet chilli jam

SERVES 4 **HANDS-ON TIME** 25 MINS **TOTAL TIME** 45 MINS, PLUS COOLING

- 250ml whole milk
- about 300g smoked haddock fillets, preferably undyed
- 40g butter
- 40g plain flour
- 100g extra-mature cheddar, grated
- ½ tbsp English mustard
- 8 slices from a large farmhouse white loaf
- 3 tbsp vegetable oil, to fry
- 3-4 tbsp *12:51* Scotch bonnet chilli jam* or other hot chilli jam or sauce

1. Put the milk in a pan and bring to the boil. Drop the haddock fillets into the milk, cover the pan and remove from the heat. Allow the fish to poach in the hot milk for 7-8 minutes. Remove the haddock fillets, reserving the milk, and break the fish into large flakes. Set aside.
2. Melt the butter in a saucepan, then add the flour. Stir until you have a smooth paste, then continue to cook over a low heat for 2 minutes. Slowly add the haddock-infused milk, stirring continuously. Bring to the boil and simmer for 5 minutes until you have a thick sauce. Stir through the cheddar and mustard and season to taste. Pour into a shallow dish and cover to stop a skin forming. Leave to cool.
3. Add the flaked haddock to the cheese sauce and stir to combine. Divide the haddock mix between 4 slices of bread. Spread chilli jam onto the other 4 slices, then sandwich these on top, chilli jam side in. You can prep ahead to this point if you wish, chilling the sandwiches for a few hours. Preheat the oven to 200°C, fan 180°C, gas 6.
4. Heat a frying pan with half the vegetable oil, add 2 sandwiches and toast on both sides until golden brown. Transfer to a baking tray and repeat with the other sandwiches in the remaining oil. Bake in the oven for 5 minutes or until the filling is piping hot. Cut in half to serve.

**Available from 1251deli.co.uk*

■ 622cals; 30g fat (13g sat fat); 34g protein; 3g fibre; 53g carbs; 11g total sugars; 2.7g salt ➤

Marianna's chicken kofte with pickled veg salad

SERVES 6 **HANDS-ON TIME** 50 MINS **TOTAL TIME** 55 MINS, PLUS INFUSING AND CHILLING

For the pickled vegetable salad

- 200ml white wine vinegar
- 5 tbsp caster sugar
- ½ tbsp fine sea salt
- 4 bay leaves
- 2 sprigs mint
- 1 tsp whole cloves
- 1 cinnamon stick
- 2 cardamom pods, lightly crushed
- 1 tsp black peppercorns
- 200g red cabbage, finely shredded
- 200g white cabbage, finely shredded
- 2 carrots, grated coarsely
- 1 medium onion, thinly sliced

For the kofte

- 500g chicken breast (or turkey mince)
- 100g chorizo*, finely chopped
- 50g fresh breadcrumbs
- 2 large eggs, beaten
- 2 tsp Turkish chilli flakes** (or ¼-½ tsp dried chilli flakes)
- 1 tsp ground cumin
- ½ tsp ground fenugreek
- 1 tbsp chopped tarragon
- 2 tbsp chopped parsley
- 2 tbsp chopped dill
- 2½ tbsp olive oil, to fry

To serve

- 6 pitta breads or flatbread
- thick Greek yogurt
- lemon wedges

1. For the pickled vegetable salad, bring the vinegar, 100ml water, sugar, salt, herbs and spices to the boil in a pan. Cover; leave to infuse for at least 30 minutes. Reheat, then strain over the combined mixed veg in a large bowl. Cool to room temperature, cover and chill.
2. If using chicken breasts for the kofte, chop them up roughly then blitz in a food processor until finely chopped. Don't over-process or the chicken may become rubbery. Place all the kofte ingredients, apart from the olive oil, in a bowl and mix well using your hands, adding plenty of seasoning. Put in the fridge for at least 30 minutes to chill so that it's easier to handle.
3. When you are close to serving the kofte, roll the mixture into around 18 kofte (tapered and shaped like a rugby ball). Heat 1½ tablespoons of oil in a nonstick frying pan and fry half the kofte for 10-12 minutes, turning every 2-3 minutes until they are cooked but still juicy. Repeat with the remaining kofte, adding more oil as needed.
4. To serve, take a warmed pitta bread and smother some thick Greek yogurt inside. Add 2 or 3 kofte, spoon on some pickled vegetables (leaving the pickling liquid behind) and wrap up. A squeeze of fresh lemon juice is good too.

■ 577cals; 16g fat (5g sat fat); 40g protein; 5g fibre; 66g carbs; 22g total sugars; 2.1g salt

**Traditionally these kofte are made with pastirma, a type of cured pressed beef.*
***Turkish chilli flakes, also known as pul biber, or Aleppo chilli, are a milder, sweeter form. Easily available online, or from Mediterranean grocers.*

» GET AHEAD
The kofte mixture can be made up to 24 hours ahead. The pickled vegetable salad keeps in the fridge for 3-4 days.

George's arroz marisco *(seafood rice)*

SERVES 4 AS A MAIN **GF DF** **HANDS-ON TIME** 45 MINS **TOTAL TIME** 1 HR 35 MINS

- 1 x 600g pack frozen raw shell-on king prawns, defrosted
- 3 tbsp olive oil
- 1 celery stalk, roughly chopped
- 1 tbsp tomato purée
- 2 bay leaves
- 1 onion, diced
- 2 garlic cloves, finely sliced
- 2 ripe plum tomatoes
- 1 tsp paprika
- 1 red pepper, deseeded and sliced
- 300g long grain rice
- 2 x 100g packs white and brown crabmeat
- 240g mussels in the shell, cleaned
- juice of ½ lemon, plus wedges to serve
- 1 x 30g pack coriander, roughly chopped

1. Peel the prawns, putting the heads and shells in a large pan with 1 tablespoon of oil, the celery and tomato purée. Fry the prawn shells until they start to turn pink, then add a bay leaf, some seasoning and 1.25 litres cold water. Bring to a simmer, skimming off any scum, then cook gently, uncovered, for 30 minutes. Set aside until needed (leaving the shells in the stock to develop the flavour if you have time). Meanwhile, de-vein the prawns and chill until needed. The prawn shell stock can be made a day ahead, cooled and chilled.
2. Heat the remaining olive oil in a medium size pan then add the other bay leaf, the onion, garlic and a pinch of salt. Cook the onion gently for around 5 minutes, until translucent but not browned.
3. Halve the tomatoes and grate coarsely, discarding the skins. Add to the pan with the paprika and pepper; cook until the liquid from the tomatoes has evaporated.
4. Strain the prawn stock and add 1 litre of this to the pan, along with the rice (reserve the rest of the stock to add later). Bring to a simmer, cover with a lid and cook for 15 minutes on a low heat, stirring occasionally.
5. Add another 150ml of the stock to the pan; the rice should be slightly soupy so if it's looking too dry, add more stock or water. Gently stir through the crabmeat, followed by the prawns and mussels. Simmer for 3 minutes then remove from the heat, cover with a lid and leave to rest for 5 minutes, by which time the prawns should be cooked through and the mussels opened up (discard any which haven't).
6. Add the lemon juice and seasoning to taste, then finish with the chopped coriander. Serve with extra lemon wedges to squeeze over.

■ 571cals; 13g fat (2g sat fat); 46g protein; 3g fibre; 67g carbs; 5g total sugars; 1.4g salt ■

FOOD STYLING: LIBERTY FENNELL. PROP STYLING: LINDA BERLIN

Taste of home

Gathering the family together over the Easter long weekend? Serve some hearty family pies flavoured with a couple of British classics

What could be more comforting than creating homemade pies for the family to enjoy when they all troop home for the Easter holidays? Ramp up the comfort factor even more by enhancing the flavours with the addition of some familiar family favourites. The nation's favourite gravy, made from Bisto Gravy Granules, and a hearty stock made from Oxo Beef Stock Cubes bring a depth of flavour to pie fillings – try them for yourself in these delicious springtime pies.

Beef, mushroom & spring veg pies

MAKES 4 **HANDS-ON TIME** 20 MINS
TOTAL TIME 2 HOURS

- 2 **Oxo beef stock cubes**
- 1 tbsp **olive oil**
- 600g **extra-lean diced beef**
- 300g **baby button mushrooms,** halved
- 2 tbsp **plain flour**, plus extra for dusting
- 400g **chantenay carrots**, halved lengthways
- 10g **fresh thyme** sprigs, leaves stripped
- 100g **mangetout**, halved
- 500g block **puff pastry**
- 1 **medium egg**, beaten
- 4 heaped tsp **Bisto Beef Gravy Granules**, to serve

1. To make a beef stock, stir 1 stock cube into 650ml just-boiled water and set aside.
2. Heat the oil in a large pan. Brown the beef in batches over a high heat, then add the mushrooms. Sprinkle over the remaining stock cube and the flour and cook for 1-2 minutes, then add the stock, carrots and thyme. Season and bring to the boil. Reduce the heat to a simmer, cover and cook for 1 hour 15 minutes, stirring halfway, until the beef is tender and the liquid has reduced.
3. Add the mangetout and simmer for 3 minutes, then spoon into 4 small pie dishes. Preheat the oven to 220°C, fan 200°C, gas 7.
4. Cut the pastry into 4 equal pieces. On a lightly floured surface, roll out each piece to a thickness of 3-4mm. Brush the rims of the pie dishes with beaten egg, then drape the pastry over the filling, trim off any excess pastry, and press to seal the edges. Brush the pastry tops with the remaining egg, pierce a hole in the centre to allow the steam to escape, and bake for 20-25 minutes, until the pastry is golden.
5. For the gravy, put the gravy granules in a jug, pour over 280ml just-boiled water and mix well. Serve alongside the pies.

Bisto Beef Gravy Granules, 170g, £1.50; £1 from 23 March

Oxo Beef Stock Cubes, 12 x 35g, £1.60; £1 from 23 March

Winners in family favourite and storecupboard essential categories.

A perfect finish

Delicious spring lamb is a perennial favourite for an Easter gathering. To make your meal even more memorable, serve a roasted rack of lamb with tender new potatoes dressed with Lurpak slightly salted butter, grated lemon zest and a grinding of black pepper. Made from 100 per cent fresh milk and a pinch of salt, Lurpak slightly salted is the ideal finishing touch for pretty much any veggie side. Try it with steamed asparagus, baby carrots and corn-on-cob. Find recipe inspiration at lurpak.co.uk – good food deserves Lurpak.

Lurpak slightly salted butter, 250g, £1.75

Easter feasts

Celebrate the season with a family meal that's packed full of flavour

The main event

If you love the tradition of serving fish on Good Friday, salmon is a great choice. Simple to cook, colourful and rich in flavour, it's easy to turn it into something special for a celebratory meal. All Sainsbury's Scottish Salmon comes from dedicated farms and are grown in an environment that produces top-quality fish. And for the main event on Easter Sunday? You can't go wrong with succulent Sainsbury's New Zealand lamb, which has been chosen for its tenderness and flavour. Serve with seasonal spring sides, such as new potatoes and asparagus.

Sainsbury's salmon joint, 600g, £8; Sainsbury's whole leg of lamb, £8/kg (from 25 March-14 April 2020)

MUSHROOM BOURGUIGNON

Serve this plant-based version of the classic beef stew with mash and greens, or use as a pie filling.

RECIPE **ABIGAIL SPOONER** PHOTOGRAPH **ANT DUNCAN**

SERVES 6 **V GF** ❄ **HANDS-ON TIME** 45 MINS **TOTAL TIME** 1 HR 15 MINS

- 20g dried porcini or shiitake mushrooms
- 250ml hot vegetable stock*
- 350g baby onions or shallots
- 800g mixed fresh mushrooms (eg chestnut, shiitake, baby button mushrooms)
- 1 x 250g pack portobello mushrooms, cut into chunky slices
- 4 tbsp olive oil
- 3 garlic cloves, finely sliced
- 1 tbsp tomato purée
- 1 tbsp plain flour*
- 200ml red wine
- 2 bay leaves
- 3 tbsp crème fraîche* or oat fraîche, plus extra to serve (optional)
- ½ x 20g pack tarragon, leaves chopped

HOW TO STORE
Cool and divide into portions. Chill for up to 3 days, or freeze. Defrost and reheat gently in a covered pan.

1. Place the dried mushrooms in a bowl, cover with the hot stock and leave to soak for 30 minutes. Put the baby onions or shallots in another bowl and cover with boiling water to soften the skins. Leave to stand for 5 minutes, then drain, peel and halve.
2. Halve or quarter any large mushrooms and leave the small ones whole. Heat 1 tablespoon of oil in a casserole or large nonstick pan, then quickly fry the mushrooms in 3 batches over a medium-high heat until browned, adding an extra tablespoon of oil for each batch. Set aside in a colander over a bowl to catch the cooking juices.
3. Heat another tablespoon of oil, add the baby onions or shallots, with a pinch of salt, and brown over a medium-high heat for 8-10 minutes. Lower the heat, stir in the garlic, tomato purée and flour and cook for a further 2 minutes, stirring.
4. Gradually mix in the wine. Add the soaked dried mushrooms and their liquid (leaving any sediment in the bowl), the mushroom cooking liquid from the bowl under the colander, the bay leaves and seasoning. Return to a simmer and cook for 20-25 minutes until the sauce is glossy and thickened.
5. Return the mixed mushrooms to the sauce and simmer for a further 5 minutes. If making ahead, see How to Store. Season well, remove the bay leaves and stir through the crème or oat fraîche and the chopped tarragon. Serve with extra crème or oat fraîche, if you like.

** Use gluten-free stock and flour if required (use crème fraîche if GF, not oat fraîche)*

■ 190cals; 11g fat (3g sat fat); 6g protein; 3g fibre; 8g carbs; 5g total sugars; 0.1g salt

FOOD STYLING: BIANCA NICE. PROP STYLING: TAMZIN FERDINANDO

BUTTER UP

Want to know the one thing that will make all your bakes taste better? Lurpak unsalted butter. It adds richness to baking that you don't get from using oil-based alternatives. Made from 100 per cent fresh milk (around 5 litres of fresh whole milk for every 250g pack), Lurpak is ideal for any baking recipe – from biscuits and cakes to all kinds of pastry. Using Lurpak unsalted means you can control exactly how much salt goes into your recipes, and it's also the best choice when making buttercream for filling and topping cakes. Find recipe inspiration at lurpak.co.uk – good food deserves Lurpak.

Lurpak unsalted butter, 250g, £1.75

Easter treats

Take bakes and desserts to the next level with these flavour-boosting ingredients

FINE FLAVOUR

Vanilla extract is a storecupboard staple for any cook who loves creating mouthwatering bakes and desserts. And if you're looking for the very best, it has to be Nielsen-Massey. This family-run business has been producing vanilla since 1907, using the finest vanilla beans that are examined and selected by hand. The vanilla is produced using a cold extraction process to preserve the complex vanilla flavours that will bring your recipes to life. Whether you're making a creamy cheesecake, a velvety-smooth buttercream or a classic vanilla custard, it's worth using the very best. Find recipe inspiration at nielsenmassey.com

Nielsen-Massey Vanilla Bean Paste, 60ml, £5.75

'JAFFA CAKE' FINGERS

A traybake version of this classic favourite, perfect for easy Easter teas

RECIPE **TAMSIN BURNETT-HALL** PHOTOGRAPH **ANDREW BURTON**

MAKES 20 FINGERS **V** **HANDS-ON TIME** 35 MINS **TOTAL TIME** 1 HR 5 MINS, PLUS COOLING

For the sponge
- 275g self-raising flour
- 2 level tsp baking powder
- ½ tsp fine sea salt
- 225g soft unsalted butter, plus extra to grease
- 225g caster sugar
- 4 large eggs
- 2 tsp vanilla extract
- 3 tbsp milk

For the orange layer
- about 5 oranges
- 30g cornflour
- juice of ½ lemon
- 60g caster sugar
- 20g unsalted butter, diced

For the topping
- 40g unsalted butter
- 20g cocoa powder, sifted
- 2 tbsp milk, plus extra if needed
- 175g icing sugar, sifted
- 50g milk chocolate, melted

1. Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line a 20cm x 30cm traybake tin.
2. For the sponge, first grate the zest from 2 of the oranges that you need for the orange layer, adding the zest to a large mixing bowl. Sift in the flour, baking powder and salt then add the rest of the sponge ingredients. Using an electric mixer, beat for about 2 minutes until pale and fluffy. Scrape into the prepared tin, level the surface and bake for 30-35 minutes until golden brown and slightly springy to the touch.
3. Meanwhile, make the orange layer. Squeeze the oranges until you have 280ml juice, then strain this through a sieve. Measure 3 tablespoons of the strained juice into a small bowl and mix with the cornflour to make a paste. Put the rest of the measured juice in a pan with the lemon juice and sugar. Bring to a simmer, stirring to dissolve the sugar. Add the cornflour paste and stir until thickened. Mix in the butter, remove from the heat and set aside.
4. Leave the cake to cool in the tin for 15 minutes. If the orange layer has started to set in the pan, warm it again briefly then pour over the sponge and spread out with a spatula. Leave to cool completely then remove the cake from the tin using the lining paper to help to lift it out.
5. For the icing, melt the butter in a saucepan. Mix in the cocoa powder and cook for 1 minute, stirring, then add 2 tablespoons of milk and mix until smooth. Remove from the heat and gradually mix in the sifted icing sugar. Add a little more milk if it really needs it, but you should have a thick but pourable glossy icing. Pour all over the cake as evenly as possible; don't worry if some of the orange layer shows through in a couple of places. Drizzle with the melted milk chocolate and leave to set. Cut into fingers to serve.

■ 296cals; 14g fat (9g sat fat); 4g protein; 1g fibre; 38g carbs; 26g total sugars; 0.4g salt

» GET AHEAD
These keep in an airtight container for up to 5 days.

MAKE IT GLUTEN FREE
Use gluten-free flour and baking powder, adding ½ tsp xanthan gum, and increase the milk in the sponge to 4 tbsp.

FOOD STYLING: BIANCA NICE. PROP STYLING: VICTORIA ELDRIDGE

ADVERTISEMENT

LEMON MERINGUE PIE

PREP 1HR 20 MINS | COOK 1HR 10 MINS | SERVES 8-10

- You will need a 20 or 22cm tart tin
- Preheat your oven to 180°C/160°C fan/gas mark 4

METHOD:

- For the pastry, mix the flour, sugar, salt and Lurpak® in a food processor until it resembles breadcrumbs. Add the egg yolk and just enough water (2 tbsp) to bring the dough together into a ball. Don't overwork the pastry too much. Loosely wrap in greaseproof paper and flatten the dough with the palm of your hand. Chill for 30 minutes.
- Roll out the pastry and line the tart tin, trimming it so there's still pastry hanging over the side. Prick the base of the pastry with a fork and chill in the freezer for another 20-30 minutes.
- Line the tart with greaseproof paper and baking beans and bake for 20-25 minutes.
- Meanwhile, make the filling. Put the lemon juice and zest in a small saucepan with the water and whisk in the cornflour until smooth. Add the sugar and yolks and stir continuously until the mixture comes up to a bubble. Add the cubed Lurpak®, turn the heat down to a simmer and continue to stir over a low heat until the mixture thickens.
- Cover the mixture with wet greaseproof paper and leave to cool. Remove the beans and paper from your tart case and bake for another 5-7 minutes until the pastry is dry and golden. Remove from the oven and when cooled slightly, trim the pastry and place your lemon filling in the cooked tart case.
- To make the meringue, in a large clean bowl, whisk the whites until you have soft peaks. Add the sugar a spoonful at a time, and whisk until the meringue is stiff and shiny. Whisk in the remaining cornflour and spoon the mixture on to the top of the pie and shape to make peaks. Bake for 15 minutes until the meringue is golden. Allow to cool before serving and grate with lemon zest.

INGREDIENTS:

For the pastry:
- 225g plain flour
- 2 tbsp caster sugar
- 1/2 tsp salt
- 20g cold Lurpak® Unsalted butter, cubed
- 1 egg yolk
- 2 tbsp cold water

For the filling:
- Zest of 3 lemons, juice of 6 (about 200ml)
- 50ml water
- 65g cornflour
- 200g caster sugar
- 3 egg yolks
- 25g Lurpak® Unsalted butter, cubed

For the meringue:
- 4 egg whites
- 225g caster sugar
- 2 tsp cornflour
- Zest of 1 lemon

Per serving (132g) based on 10 servings

Energy	Fat	Saturates	Sugar	Salt
1609kj/408kcals	14.5g	8.5g	44g	0.3g
21%	21%	43%	49%	5%

Typical value per 100g: 1282kj/309kcals
Each serving provides: Carbohydrate 64g, Protien 5g, Fibre 0.9g

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PORTRAIT: MAJA SMEND. HAIR AND MAKE-UP: JO CLAYTON

HELENA LANG
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EASTER GETS ELEGANT

When decorating your Easter table, think beyond bunting and fluffy chicks, and go grown-up instead. This year sees a trend towards simple elegance, with crisp white table linens, metallics and homegrown blooms, says stylist and creative consultant Dani Tucker (thesocialkitchen.org).

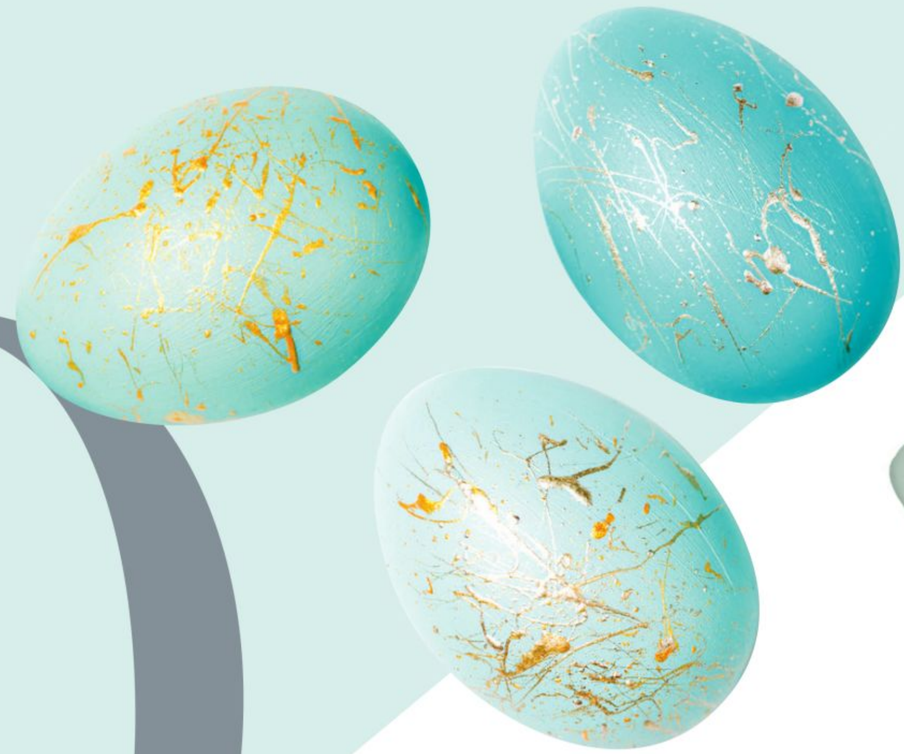
● 'Adding a few extra layers to classic place settings can completely upgrade your table,' says Dani. Layer plates, place napkins on top, and finish with decorative eggs.

● Gold accents bring a beautiful richness to an Easter brunch table setting. 'Gold is festive any time of the year, and as an accent colour illuminates your table setting,' says Dani. 'Try hand-painting some golden eggs to place around the table.'

● Dot white candles around the dining room for a warm glow of light, and place fresh buds in vintage vases for the perfect finishing touch.

Easter moss bunny, £5; **Easter terrarium,** £12; **Golden egg,** £1, **Glitter eggs (10 pack),** £2.50; **Ivory pillar candle,** £3.50; **Everyday Luxury white dinner plate,** £3.50 and **side plate,** £3; all sainsburys.co.uk (0800 636 262)

WORDS: SARAH MABER



Sea Foam Party matt emulsion, £49.99 for 2.5l (dowsingandreynolds.com). For similar egg decorations try notonthehighstreet.com

10 *of the best...* BUYS IN BLUE

With its pretty vintage feel, duck egg blue is a modern spring decorating classic. Inspired by the perfect shade of these eggs, it's a robust yet calming pastel that adds seasonal freshness to tired rooms, particularly bedrooms and kitchen/dining rooms. For the perfect finish, just add a jug of fresh blooms and a table set with high tea.

By **Jessica Taverner**

1

SET THE SCENE

Enjoy the ambience of a soft, romantic glow in this season's shade, particularly pretty in glass candlesticks. *Ib Laursen candle bundle, £5.95 (trouva.com)*

2

LISTEN UP

Catch up with podcasts and your favouite DJ while you cook with this Roberts Revival Mini. It's a beauty. *£149.99 (robertsradio.com)*

3 FOCAL POINT

Shine a spotlight over a kitchen island or dining table with a vintage-look ceiling pendant at a great price.
Duck egg metal shade, £10 (argos.co.uk)

4 BOWLED OVER

Serve breakfasts, soups and desserts in these glazed dishes; the watercolour finish blends well with white crockery.
Cereal bowl set, £60 (denbypottery.com)

5 DUAL PURPOSE

A versatile, foldaway design that works brilliantly as an occasional side table, plant stand, or bedside table.
Side table, £40 (habitat.co.uk)

6 TEA TIME

This beautiful tea cup combines an on-trend aqua shade with a pretty botanical-inspired pattern hidden inside.
Estuary cup, £4.50 (sainsburys.co.uk)

7 PICTURE PERFECT

Put special moments on display in this decorative marble-effect frame.
Modena diamond frame, £18 (oliverbonas.com)

8 SLUMBER SUNDAYS

On cooler afternoons this cosy, eco-friendly throw is just the ticket – and it's made of recycled plastic bottles. *Diamond teal blanket, £45 (weavergreen.com)*

9 ALL POUR IT

A beautifully designed, hard-wearing jug perfect for milk, water or a casual spring bouquet. *Teal glaze large jug, £38 (heals.com)*

10 TAKE A SEAT

Smarten up wooden chairs around the dining table, or an off-white sofa, with cushions in a geometric design. *Arrows pale blue cushion, £30 (habitat.co.uk)*

INSIDER TRICKS

- Duck egg blue suits both traditional and contemporary homes, adding personality without dominating the colour scheme.
- 'For a dramatic look, pair duck egg with dark blue and earthy shades,' says Crown colour consultant Judy Smith. Or go romantic by combining with blush pink.
- Draw the eye around a room with a combination of high sheen and chalky, matt accessories; duck egg panelling adds a modern touch to hallways and landings.
- 'Stripes, floral and leaf motifs work seamlessly with duck egg hues. Introduce pattern with scatter cushions, curtains and carefully chosen accessories,' says fabric designer Vanessa Arbuthnott. ■

PHOTOGRAPH: SHUTTERSTOCK

A LITTLE OF *what you fancy*

Easter is a special time for families, and what better way to enjoy spending time together than chatting over a cuppa with your favourite tea-time treats?

Cadbury Mini Eggs Nest Cakes; and Cadbury Creme Egg Choc Cakes

Mr Kipling Mini Sponge Tarts

Mr Kipling Lemon Fancies

Cadbury Mini Eggs Choc Cakes

Mr Kipling Mini Bakewells

Mr Kipling Mini Fruit Pies

TINY TREATS

Sometimes it's the little things that are the most special. A selection of mini cakes and tarts will put a smile on everyone's face, whether it's at an Easter celebration or a regular family tea-time. Mr Kipling Mini Bakewells selection includes the classic cherry variety, plus lemon and caramel Bakewells; the Mini Fruit Pies selection includes Bramley apple, cherry, and Bramley apple & blackcurrant varieties; and the Mini Sponge Tarts collection is made up of almond & raspberry, double chocolate, and coconut & lemon. Mini Eggs Nest Cakes and Choc Cakes will get everyone into the Easter spirit, while Mr Kipling Lemon Fancies are impossible to resist. And if you're fond of a Cadbury Creme Egg, you'll love the chocolate cake versions. Put them all together and you've got the recipe for a very happy Easter!

Mr Kipling Mini Bakewells, pack of 9, £2

Mr Kipling Mini Fruit Pies, pack of 9, £2

Mr Kipling Mini Sponge Tarts, pack of 9, £2

Cadbury Mini Eggs Nest Cakes, pack of 4, £2

Cadbury Creme Egg Choc Cakes, pack of 6, £2

Mr Kipling Lemon Fancies, pack of 8, £1.50

Cadbury Mini Eggs Choc Cakes, pack of 6, £2

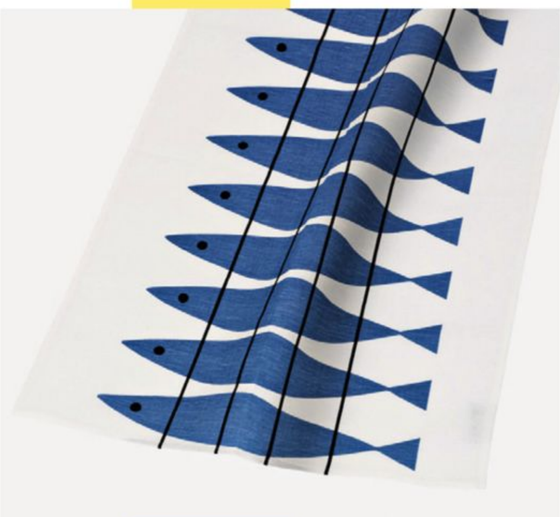
Mum's Recipes book, £8; and teapot, £12, both sainsburys.co.uk

The cook's KITCHEN

Fill the heart of your home with great gadgets and the best on-trend accessories

MUM'S THE WORD

Find the perfect Mother's Day gift at Sainsbury's this month; our top picks are this glamorous tea pot and baby blue recipe book.



COOL BLUE

Classic Blue has been named as Pantone's 2020 Colour of the Year, and this graphic fishy tea towel – based on a 1950s design from Marianne Nilsson – brings the trend to your kitchen. £11.50 (andliving.co.uk)

WORDS: BETH MCDONALD

Humphrey Munson Kitchens start from £40,000

BLUICE IT
Is it a blender? Is it a juicer? Actually it's a Bluicer, which allows you to combine ingredients into smoothies, slushies or even cocktails. £369.95 (sage appliances.com)

RETURN OF THE PANTRY

With over 30% of Brits considering installing one, a 'pantry cupboard' is set to become one of the biggest trends of 2020. Peter Humphrey of kitchen makers humphreymunson.co.uk shares his tips.

- **Include some open storage so you can instantly see everything, plus countertop space for appliances and closed storage below to stash items away.**
- **Consider adding a second fridge freezer if space allows.**
- **Think small – you only need 1.5m x 1.5m to create a usable walk-in pantry.**
- **If you can't find space in your kitchen, rethink your under-the-stairs cupboard, or use a glass-fronted bookcase for your essentials. Matching containers and labels give a pantry vibe.**

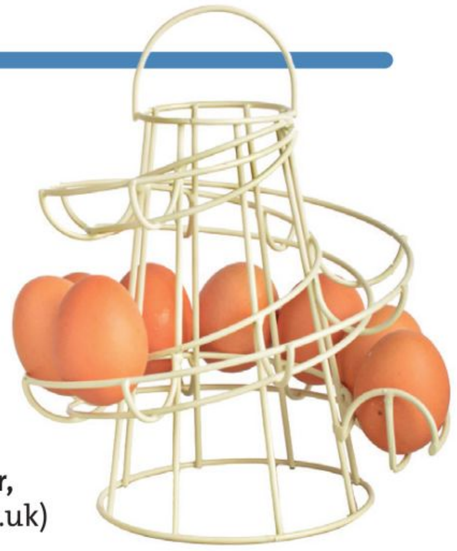
3 of the best: egg holders

Absolutely cracking for Easter!

1 **Gisela Graham London metal egg caddy,** £9.50 (tch.net)

2 **Beech egg holder,** £19.95 (annabeljames.co.uk)

3 **Egg helter skelter,** £12 (redcandy.co.uk)



Fren

A bijou French city break allows you to indulge in squidgy cheeses, pretty patisseries, ocean-fresh fish and deliciously fruity wine alongside seeing the sights and soaking up *la bonne vie*! What are you waiting for?

Gallic fancies

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3 FOODIE TREATS TO TRY

PARIS BREST A wheel-shaped choux pastry filled with praline buttercream and sprinkled with almonds, based on a bicycle race from Paris to Brittany.

MACARONS Colourful and sweet confection, simply made from almond, egg, sugar and air, in a rainbow of flavours.

ILES FLOTTANTES Soft puffs of meringue, 'floating islands', in a pool of crème anglaise (vanilla custard), drizzled with caramel.

Sweet somethings in Paris

BY RENATE RUGE

What an inspired idea it was to build a hotel around a cake shop I think, as our Eurostar train glides out of the Channel Tunnel into the sunlight. A short taxi ride from Gare du Nord, three sweet-toothed friends and I arrive at the beautiful Fauchon L'Hôtel, opened in 2018 and just a macaron's throw from the fine-food brand's original luxurious 'épicerie fine' (upmarket delicatessen) built by Auguste Fauchon in 1886.

The hotel has a Carita beauty spa, Grand Café and tea shop but for now, check in begins in the sleek salon where welcome mocktails and freshly made strawberry and cassis macarons are served.

My oh-so-pretty boudoir has a golden headboard, marble bathroom, herringbone parquet floor and creamy drapes and an iPad for ordering room service or streaming Netflix. Filled with joie de vivre, I step through French windows onto an ornate Juliette balcony to snap a selfie with the Eiffel Tower in the background, feeling just like Carrie in *that* scene from *Sex And The City*.

On further room inspection my travel pal Lauren whistles in delight, as she discovers the metallic pink armoire is actually a 'gourmet bar', packed with goodies like Earl Grey biscuits, Parmesan sables, nougat and chocolates (all on the house). There's even a take-home bag for later…

Next, we cross Place de la Madeleine, passing the graceful Cathedral en route to Amélie, a restaurant where we lunch on oysters, seabass ceviche with yuzu and roasted red mullet with orzo pasta. Dessert is a 'tasting' over the road at the original Fauchon flagship store, a treasure trove of exquisite patisserie, confectionery, speciality teas, fine wines and Champagnes. I'm a kid in a sweet shop as we sample truffles and lip-shaped cakes, called Bisou Bisou (kiss, kiss), laced with red fruit, mint and chilli.

Foodie souvenirs of truffle-infused salt and jars of fruit soaked in liqueur are bought and we board a sleek wooden Riva boat for a cruise along the glimmering river Seine. Such a relaxing way to see the sights, floating under Paris' elegant bridges by the Musée d'Orsay and Marie Antoinette's palace. It's the first time I've seen the Eiffel Tower from the water, its sparkling fairy lights twinkling as dusk descends.

Back at the hotel, we dress for dinner. My friend Alexis (birthday girl) is thrilled at tonight's surprise; as we lead her to a corner suite filled with candles and a large table laid for our private dinner. Champagne flows as waiters expertly serve creamy lobster risotto, scallops with pomme purée and a cheeseboard stacked with Roquefort, Camembert and Brie.

Post coffee, we retire upstairs to find a record player, vinyls and a guitar in an atelier, where celebrities have played impromptu music sessions. It's the perfect girls' night in.

Breakfast of scrambled eggs with Comté and strawberry smoothies sets us up for a day browsing art at the Louvre, sniffing out fragrances at the Musée du Parfum Fragonard and seeing a show at Lido de Paris.

The next day, we walk through nearby fountain-filled Jardin des Tuileries, before Sunday brunch with a side of jazz at Le Grand Café. Seafood starters are followed by poached eggs, salmon en croute and leafy salad. We reach for one last slice of hazelnut torte and discreetly pack away our remaining cakes, just in case we're hungry (impossible, surely?) on the journey home… ➤

HOW TO BOOK

Nightly rates at Fauchon L'Hôtel Paris start from €450 for a Classic Room. Private dinners, river boat cruise and entrance into museums can be arranged upon request. Find out more at hotel-fauchon-paris.fr. Eurostar takes just over two hours from London St Pancras International to Paris Gare du Nord. One-way fares start from just £29 (based on a return journey). Visit eurostar.com.

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From right: tempting cheeses at Les Halles de Lyon market; 'delightful' Lyon; the dining room at Cour des Loges hotel

Michelin-star magic in Lyon

BY TAMSIN BURNETT-HALL

I'm sure that my family and I are not alone in choosing holiday locations based on the local cuisine, so I don't quite know how Lyon – centre of gastronomy – hasn't occurred to me before as a destination. Easily accessible by rail, road and air, it has many delightful secrets to uncover.

Once the capital of Gaul, Lyon was established between the Rhône and Saône rivers and flanked by two hills – La Croix-Rousse and Fourvière. Trades such as silk weaving and printing, shaped Lyon into the city we see today.

Linked by interior courtyards, verandas and ancient wonky doorways, the old town of Vieux Lyon is crisscrossed by around 300 hidden passageways or 'traboules', which provide shortcuts between the main streets. Entering our hotel – Cour des Loges – via a long passageway from the cobbled street, we emerge into a bright atrium formed of four Italian Renaissance-style buildings. This feels more like a fairy-tale castle than a hotel, with towers, spiral staircases and corridors between the rooms, offering glimpses through arched windows down to Les Loges, the hotel's restaurant.

Chef Anthony Bonnet, a Lyonnais native, gained his Michelin star here in 2012, so an exquisite meal in the candlelit covered courtyard awaits. We relish confit tomatoes with sheeps' yogurt, alpine herbs and aromatics, and boulangère potatoes that arrive in a juniper smoke-filled glass dome; an intensely flavoured dish that marries beautifully with our rare Mézenc beef. Food to delight the senses.

The next morning, I navigate the hotel's hanging gardens, on the terraces of the steep Fourvière hill that rises up behind the old town and is crowned by the Basilica, a landmark reminiscent of the Sacré Coeur. Tucked away from the hustle and bustle, bees buzz around the hives, as they produce the hotel's honey.

Heading out to explore the city, a funicular railway takes us to the top of the hill. From here, we can see how the city unfolds through the architectural style and era of each quartier. Hopping on electric bikes, we cycle along the banks of the Saône; on the far side are Grand Siècle buildings more typical of classical French architecture, while on the slopes of La Croix-Rousse, home to silk weavers from the 16th century, are the workshops that were built around their looms. We pedal on to the wide-open green space of Parc de la Tête d'Or with its lake, zoo and botanic gardens – all free to access.

We make our way to Daniel et Denise, a traditional bouchon. Bouchons are classic brasseries, specialising in homely cuisine and complete with red-checked tablecloths and copper pans. While three-starred Paul Bocuse is now the face of Lyon's gastronomy, it was Les Mères Lyonnaises (The Mothers of Lyon) who established the city's culinary reputation. Having lost their jobs between the wars, women set themselves up as cooks offering simple yet generous food. There are now 20 Michelin-starred restaurants in this relatively small city and tonight's venue has a Bib Gourmand. Our meal includes classic Lyon dishes such as pâté en croûte and fish quenelles with a rich crawfish sauce.

Another sunny, crisp morning dawns and before we leave, there's time to visit the famous food market of Les Halles de Lyon. We're spoilt for choice as we wander between the stalls. A poulet de Bresse is a must, and I can't resist a soft St Marcellin cheese. It's time to head home, but I'll be back… next time with a bigger cool-bag. ➤

3 FOODIE TREATS TO TRY

GRATTONS Pork scratchings – perfect with a glass of fizz, or a carafe of Côtes du Rhône.
QUENELLES Light, airy dumplings, traditionally made from pike. The name comes from the shape.
PRALINES LYON Almonds encased in a crispy sugar coating and dyed bright pink. Often eaten as they are, but also used for tarts, brioches and desserts.

HOW TO BOOK

Bed and breakfast at Cour des Loges starts at €220 (around £195) per night. To book, visit en.courdesloges.com/en

PHOTOGRAPH: GETTY IMAGES

From left: the 'characterful' town; Le Touquet plage is 'the cleanest beach I've ever seen'

Seafood delights in Le Touquet

BY LIZ STANSFIELD

There is something rather charming about a model village; everything picture-perfect, clean and tidy. And walking down Rue St. Jean in Le Touquet feels like you've landed right in the middle of a toy town, completely purpose built for having a lovely time.

Perched on the coast, Le Touquet is my 'let's have a potter' dream destination. Grand houses and arty shops line the streets of this characterful town, surrounded by a sweet-smelling pine forest and topped off with the cleanest beach I've ever seen – and all just a 45-minute drive from Calais.

Arriving at the extremely impressive Le Westminster Hotel, it's clear the charm of the town extends here, too. The Art Deco hotel has its original lifts and a swimming pool that wouldn't look out of place in a Wes Anderson film. We're only staying on the first floor, but taking the lift feels a great adventure as we whiz up.

There's plenty to occupy a long weekend in Le Touquet, not least of all along the beach where sand sailing puts the wind in my hair. Just outside the centre of town, Centre Equestre du Touquet Paris-Plage offers horse-riding lessons and treks for all abilities. After the high-jinks of sand-based fun that morning, we decide to climb aboard a horse and cart. Sheriff, our trusty steed, takes us on an hour's carriage ride along the breezy coast and through the heady pine forest. If you prefer your transportation with two wheels as opposed to four hooves, you can rent a bike from La Baleine Royale (104 Rue de Metz) and explore the cycle paths and pretty woodland areas.

Our final stop of the day is at the famous The Canche lighthouse, a brick structure set back from the coast. We certainly work up an appetite by climbing the 274 steps to the top, where we are greeted by sweeping views of the bay and surrounding countryside. Be sure to check the opening times before you visit at letouquet-museevirtuel.com.

We're feeling suitably hungry after the day's energetic activities by the time we sit down for dinner at Les Sports – a long-standing institution slap-bang in the middle of town, serving juicy steaks and fresh seafood to perfection. I have the mussels to start (the portion was so big it could easily have been a main) and the delicate brown butter skate wing served with golden roast potatoes to follow. If you can, try to sit at table 10 – rumour has it that President Macron requests it whenever he's in town, staying at his holiday home.

As we clatter out of the restaurant with full tummies and lips stained from plenty of red wine, I'm amazed to see this quiet town has come to life, as visitors and locals joyfully spill out of the lively bars and brasseries.

The next day, we end our weekend with a lazy lunch at The Spoon, a casual dining venue attached to Le Touquet's golf club, where delicious French fare and generous portions come with a view of some seriously impressive teeing off.

A small town it might be, but Le Touquet sure knows how to put on a good show. ■

HOW TO BOOK

A double room at Le Westminster is from €175 per night; hotelsbarriere.com. The hotel will re-open following a refurbishment in June. For more information on Le Touquet, visit the tourist board website letouquet.com.

3 FOODIE TREATS TO TRY

FISH SOUP Head to local fish restaurant Perard and pull up a stool at their oyster bar for a rich and creamy bowl of soup. Just add a hunk of bread for some serious dunking.

STEAK TARTARE This is served with real flare at Les Sports and is one of this institution's tastiest specialities.

TUNA NIÇOISE The Spoon's impressive tuna salad powered me through an afternoon of activities on our last day.

PHOTOGRAPH: ALAMY

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HIGH HOPES

Can a holiday with children ever be truly relaxing for harassed parents? **Sarah Maber** heads to a family-friendly hotel in the South Tyrol to find out

From top: Sonnwies Family Hotel; Sarah and Rufus with children Martha and Seth; their luxe family suite at Sonnwies.

'What's that?' I ask warily, as Seth, eight, plonks a glass of purple sludge on the table. 'A smoooothie,' he announces. 'It's got pears, carrots, pineapple and blueberries in it.' While I've been sipping my morning coffee, taking in a glorious view of the Dolomites, Seth has been busy in the juicing room, where a line of children patiently wait their turn to cold press every imaginable fruit.

Breakfast here is a world away from the hushed buffets of British hotels. Families line up for freshly-cooked omelettes and children roam free, piling plates with pastries, making friends by the juicer and chatting to staff. There's also a delicious selection of cooked meats and cheeses to choose from, and a central island packed with cereals, yogurts, seeds, nut butters and berries. If you feel the need for a caffeine boost to navigate such an array of delights, a barista awaits in the corner, manning a high-spec coffee machine.

Welcome to Sonnwies, located in the Alto Adige (or South Tyrol) in the north of Italy - a family hotel with a difference. Nestled in the mountains near the Alpine village of Lüsen, it's a sought-after skiing destination in the winter. But in the summer, the hotel throws opens its doors to families who are seeking fully-catered luxury and a huge array of activities to occupy their offspring while they unwind (not to mention the 70 hours of free childcare included in the room price).

While the grown-ups relax on the terrace or by the heated, outdoor pool, kids have the choice of three pools inside – including one where Pixar movies play on a giant screen – and three water slides complete with rubber rings to whiz down on. Should they tire of the water, there ➤

From top right: 10-year-old Martha makes pizza; the view from the Sonnwies balcony; the family enjoy the outdoor pool; an array of puddings at dinner

is Ferdi's World – an indoor games haven with air hockey, table football, and ping pong. Or the park with a zipwire and trampoline, football pitch, a farm and pony rides. Teenagers even have a 'den' to hang out in. And that's apart from the organised kid's clubs that are laid on every day.

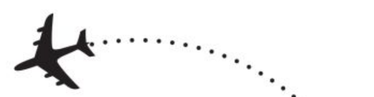
Thoughtful touches to make family holidays run smoothly abound. There is a room full of buggies to borrow, plentiful washing machines, organic baby food and an ice cream machine with a cart full of sprinkles and marshmallows. Every morning, guests receive a newsletter outlining the weather and suggested activities. There are sun loungers by the pool that are big enough for whole families to cuddle up and relax in; each balcony has full-sized deckchairs and mini ones for the children. Even the spa has a kid's sauna, situated alongside the adult wellness area.

But for Rufus and me, it was the beautiful setting that enabled our stresses and worries to melt away. Set high in the Tyrol, just over the Austrian border, Sonnwies is surrounded by pine-clad hills and rocky, snow-flecked peaks. The hotel slips effortlessly into this landscape, taking its architectural cue from the surrounding Alpine villages. Cowbells toll in the pastures, and the rooms are just as stunning as the view – ours comes with a log burner, floor-to-ceiling windows, and an enormous Jacuzzi bath with disco lights, overlooking the mountains.

Food dictates the pace of life here – the days are wrapped around breakfast, lunch and dinner (and the divine kaffe and kuchen – coffee and homemade cake – at 3pm). After breakfast, there are two hours until lunch begins, with a pasta bar, a hot main (think venison sausages, pork belly and chicken Milanese) and a truly spectacular buffet. Alongside cheeses, egg, salads and cold meats, lunchtime specials include cubes of melt-in-the-mouth pork covered in breadcrumbs; thinly cut beef and Parmesan, and huge platters of sushi.

Dinner, however, is the showstopper – a daily five-course feast that includes juice, soup, a starter, meat or fish, cheeses and dessert, with a separate four-course menu for the children. All the vegetables are organic and the menu is full of South Tyrolean specialities – dumplings with speck or chanterelles, Alpine steak, sauerkraut strudel, suckling pig with caraway potatoes. Then there's the outdoor pizza oven, where Martha, 10, spends a happy half hour kneading and rolling dough and selecting toppings, and the weekly outdoor barbecue, serving up the most delicious sizzling prawns and chargrilled salmon and swordfish.

But the real gift that Sonnwies gives to parents is not having to worry if your child jumps around excitedly in the dining room, or gets grumpy and tired, or flounces off in a pre-teen strop. Because all around you, families are sharing the same highs and lows and no-one bats an eyelid. After dinner on the final day, we retire to the terrace and wrap up in one of the hotel's cosy blankets. The sun sets over the mountains while we drink prosecco, and the kids play on the zipwire. Later, when darkness falls, we all snuggle up on our balcony, watching shooting stars. Family time has never felt so good. ■



HOW TO BOOK

Sonnwies offers rooms from €380 per night based on two adults and two children sharing, on an all-inclusive basis.
To book visit sonnwies.com or call 0039 0472 413 533.
The nearest airport is Innsbruck.

JUST FOR *MUM*

The ultimate Mother's Day treat – malty chocolate biscuits

If your mum loves chocolate biscuits and is also a fan of Maltesers, then she's going to be really thrilled when you gift her a packet of these best-of-both-worlds treats. With an airy, crunchy centre and creamy chocolate coating, they're a deliciously lighter way to enjoy a chocolate biscuit. Each biscuit is made up of three 'malty bubbles' filled with honeycomb pieces and coated in milk chocolate – perfect for enjoying with a freshly brewed cuppa.

Maltesers Biscuits, 110g, £1.50 (£1 from 4-24 March 2020)

PERFECT partners

Whether you're serving a *casual sharing platter* to enjoy with drinks or are looking for the perfect way to finish your special *Easter meal*, a carefully curated *cheeseboard* is always a winner

A good cheeseboard is a really simple way to wow your guests – with minimal effort you can create something extra-special to serve as an alternative to dessert, or instead of the usual run-of-the-mill nibbles at a drinks party. The secret is in selecting the right ingredients – quality cheese with varied flavours and textures, paired with perfectly matched crispbreads. With zero cooking and minimal prep, the rest is easy...

THE CHEESE

Aim for a variety of around five different cheeses so you can include lots of flavours and textures. Castello's range includes traditional favourites like Creamy Brie and punchy blues, plus others that will appeal to those seeking out something a little bit different. Mixing up traditional and more adventurous flavours keeps things interesting.

THE CRISPBREAD

If you're selecting nice cheese, then make sure you choose quality accompaniments that will complement rather than overpower the cheese. Sourdough crispbreads from Peter's Yard are made from all-natural ingredients, including organic flour and fresh milk, and have a light, crisp texture, and a subtle, malty flavour. Baked by hand, their rustic appearance makes them look extra-tempting on your cheeseboard, too!

SEEDED WHOLEGRAIN SOURDOUGH CRISPBREAD

Buckwheat, oat groats, sunflower and poppy seeds give these a deliciously nutty flavour that pairs well with any cheese – hard or soft.

105g, £2.95 (£2.25 from 25 March to 14 April)

CASTELLO CREAMY BLUE CHEESE

Rich and creamy with a delicate flavour, a smooth velvety texture and a hint of sharpness. It goes especially well with grapes.

150g, £2

SPELT & FIG SOURDOUGH CRISPBREAD

The natural sweetness of dried figs and honey make these the perfect pairing with salty, blue cheeses.

£2.95 (£2.25 from 25 March to 14 April)

CASTELLO DANISH BLUE CHEESE

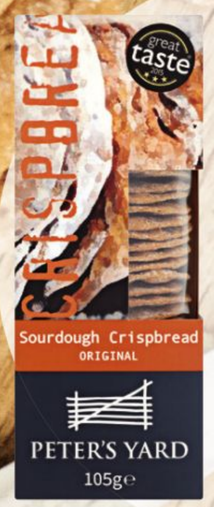
A full-flavoured, salty and sharp Danish Blue cheese that goes well with walnuts.

150g, £2.05 (£1.50 from 4-24 March)

CASTELLO EXTRA CREAMY BRIE WITH CHILLI

The classic buttery Brie gets a fiery infusion of hot chilli flakes for an extra burst of flavour.

180g, £1.90



ORIGINAL SOURDOUGH CRISPBREAD

Inspired by traditional Swedish crispbread, these are baked to crisp, golden perfection and are naturally good with any cheese, especially a creamy Brie.

£2.95 (£2.25 from 25 March to 14 April)

CASTELLO EXTRA CREAMY BRIE CHEESE

Velvety soft, rich and creamy throughout, this buttery Brie is perfect with a glass of white wine.

200g, £1.90 (£1.50 from 4-24 March)

CASTELLO PINEAPPLE HALO SOFT CHEESE

Delicious creamy soft cheese coated in pineapple, almonds and papaya for the perfect blend of sweet and savoury.

125g, £1.30 (£1 from 4-24 March)

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– Gabby Logan

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*Source: A survey of 201 dental hygienists in the UK, Ipsos, (2019)

TePe.com/Gabby

THREE WAYS TO GET SUPPLE

Can't remember the last time you had a good stretch? While improving cardiovascular fitness is important, experts agree that we also need to focus on our flexibility; after the age of 40, the body's connective tissue becomes less elastic, leaving us at greater risk of aches and pains, injury, and posture-related problems. So, how can you get more supple?

- Stretch every day. Experts recommend setting aside 10 minutes where you stretch out all the main muscle groups. Swing your arms, touch your toes, gently stretch leg muscles. Beginner's Pilates and yoga classes will help, or check out *Yoga With Adriene* on YouTube.
- Ballet or barre classes will improve posture and strength – a recent Australian study found that older adults who took part in ballet-style classes experienced greater flexibility after 10 sessions.
- Lift weights. It might seem counter-intuitive, but lifting weights creates stronger muscles, and that means better posture and more flexibility.

PHOTOGRAPH: GETTY IMAGES. WORDS: SARAH MABER

HOW TO SNACK RIGHT

The UK has developed a passion for snacking that experts believe is contributing to growing obesity levels. However, a mid-morning blood-sugar low is hard to deal with, so if you're going to snack, here is how to do it right

RECIPES **TAMSIN BURNETT-HALL** WORDS **HANNAH EBELTHITE** PHOTOGRAPHS **GARETH MORGANS**

When was the last time you ate? Was it a meal, or something extra? Perhaps you're nibbling on something right now… It wouldn't be unusual, given that we get around 25 per cent of our daily calories in snack form. Recent research found half of us are tempted by snacks at least twice a day. Women are the most keen, with 27 per cent admitting to snacking when not hungry.

As a nation, we spend £11.1billion a year on sweet and savoury snacks, and nearly half the £330m spent on food and drink advertising promotes snacks, soft drinks and confectionery. Last year, a report from then-Chief Medical Officer Dame Sally Davies called for these ads to be banned. Controversially, she also advised tackling childhood obesity by banning food and drink, with the exception of water, on local public transport, saying: 'Our politicians need to be bold and help everyone embrace healthier life choices.' Whether or not the current government will act remains to be seen. But it does raise the question: how much is our culture of snacking contributing to poor health and excess weight for all of us, not just children?

Throughout our evolutionary history, humans have not been snackers – it's a trend that's developed over the past 40 years. 'Our raised-on-rationing grandparents were more active than us but able to subsist on three square meals,' says Dr Jenna Macciochi, immunologist and lecturer at the University of Sussex (drjennamacciochi.com). Of course, there were traditions like elevenses or afternoon tea. 'But these are social occasions rather than dietary needs and connection is good for emotional health,' she says. 'That's different to the sort of distracted over-consumption we see today.'

THE GRAZING THEORY

Serial dieters will be familiar with the now-outmoded idea of 'grazing'. 'The suggestion was that, unless we ate every few hours to keep our blood-sugar levels high, we'd experience energy slumps and be prone to cravings and overeating,' explains consultant dietitian Sophie Medlin (citydietitians.co.uk; @sophiedietitian). 'Grazers ate six small meals a day, rather than three large meals and snacks on top. In reality though, it wasn't practical; people often ate more overall.' Of course, some of us – such as those with diabetes – may need snacks. Very active people, also need food more regularly.

But for most of us, research suggests it's preferable to leave longer breaks between eating to keep our microbiome – the trillions of microbes that inhabit the gut – diverse and healthy. 'The gut runs better on a circadian rhythm, with digesting then resting phases,' says Tim Spector, professor of genetic epidemiology at King's College London. And there are other issues, too. 'Unhealthy snacking shows up as increased inflammatory markers in the blood,' adds Dr Macciochi. 'And being in a near-constant state of inflammation is a known driver of unhealthy ageing and associated diseases.'

So, is the answer to eat better at mealtimes and quit all snacks? Not necessarily. 'Not every meal you eat will be perfectly nutritionally balanced,' says Sophie Medlin. 'Sometimes life is hectic and you don't get to make the sensible choice. Other times, you need a pick-me-up to power you through a workout or long meeting.' Post exercise, a snack combining carbohydrates and protein can speed up muscle recovery. 'Just be careful you're not using exercise to "earn" food,' warns Medlin. And at other times, 'strategic snacking' is ideal to tide you over and prevent impulsive choices later on. 'If you tend to be peckish at 11am, yes you could look at a more filling breakfast choice,' she says. 'But you could also pre-empt biscuit bingeing by having a healthy snack to hand.' The four o'clock dip is common for lots of people, as is a tendency to fall into a bowl of crisps while supper cooks – it can be a long time between lunch and dinner. 'That's when you risk poor choices like takeaways or ready meals,' says Medlin, 'so a strategic late afternoon snack is definitely sensible.'

> The problem with most snacking is that we choose energy-dense items that aren't satisfying or nutritious

SNACK RIGHT

The perfect between-meal food is satisfying, modest in size and provides nutrients. So, if you like the social ritual of certain snacks, or function better topping up between meals, try to make healthier choices. 'The problem with most snacking is we choose energy-dense items that aren't satisfying or nutritious, and that can be consumed in a few mouthfuls,' says Dr Macciochi. People who favour higher-protein snacks tend to be healthier overall and not gain as much weight, says Medlin. 'Calories from protein take longer to metabolise than those from carbs or fat so keep you fuller for longer,' she adds. High protein snacks include natural yogurt, eggs, nuts and seeds, houmous with vegetable crudités, nut butter on an oatcake or some apple. Fibre is also filling, so get yours from vegetables and fruit and up your nutrient count at the same time.

Like Dr Macciochi, Medlin recommends aiming for raw wholefoods as snacks, or alternatively making your own (see our recipes overleaf). 'Read the labels on shop-bought snacks like cereal bars and remember sugar hides in many forms – honey, date syrup, fruit purée,' says Medlin. And if you sometimes say yes to those office biscuits, don't panic, she adds. 'Just look at what you're eating across the rest of the day and balance your intake accordingly.' ➤

SNACKING IN SHORT

- Be strategic – a well-timed snack can stop overeating later.
- Avoid evening snacks.
- For children, follow the Government's Change4Life campaign and stick to two 100 calorie snacks a day.
- Adult snacks shouldn't exceed 20 per cent of your daily calorie allowance – so should total no more than about 400 cals for women.
- Choose wholefood snacks high in protein and filling fibre.
- Check the label for added sugars, saturated fat and salt.
- Ask yourself 'Am I hungry? Do I really want this?' If the answer to both is no, have a glass of water, or a cup of tea or coffee instead.
- Don't snack on the hop. Sit down, eat slowly and mindfully. Enjoy.

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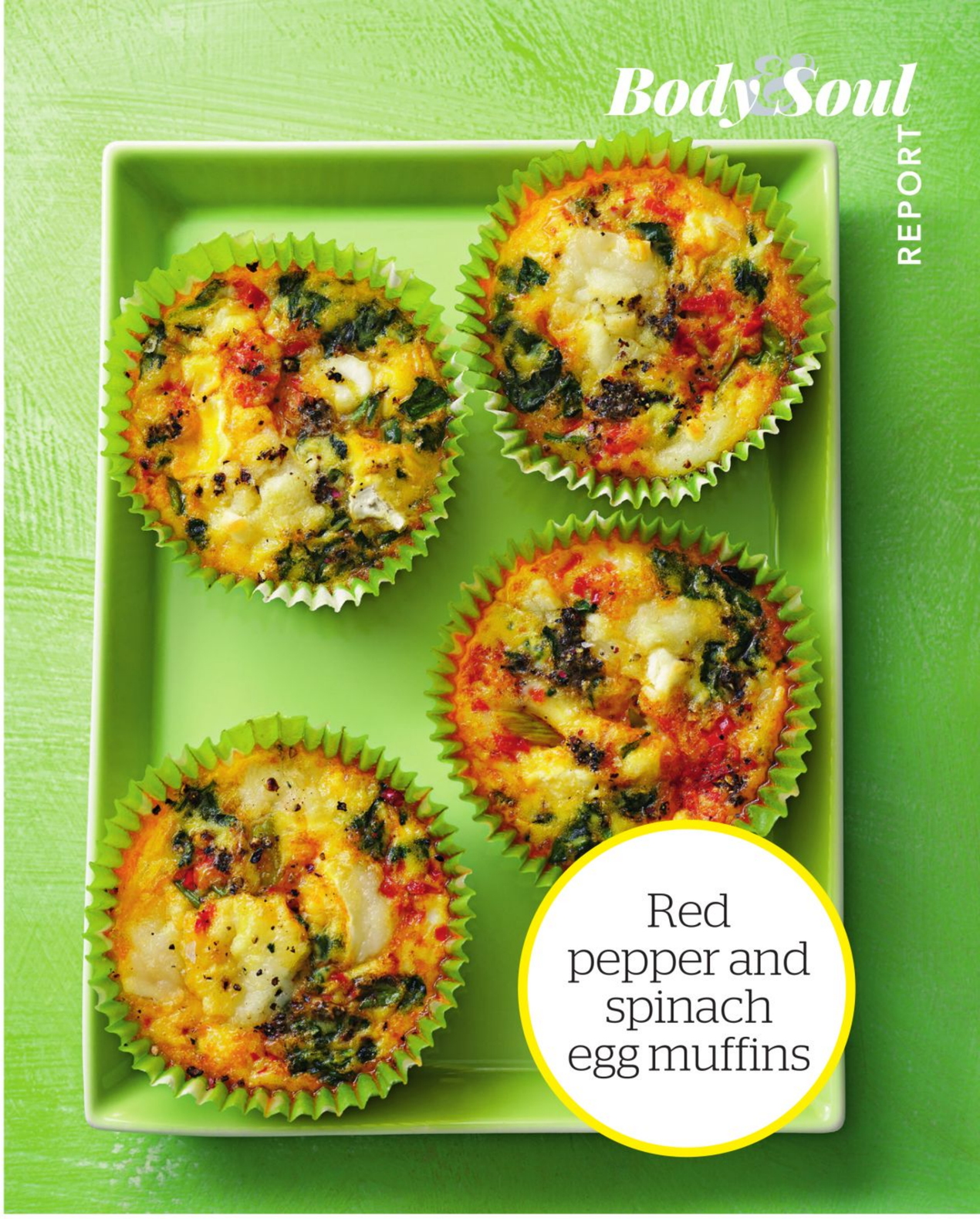
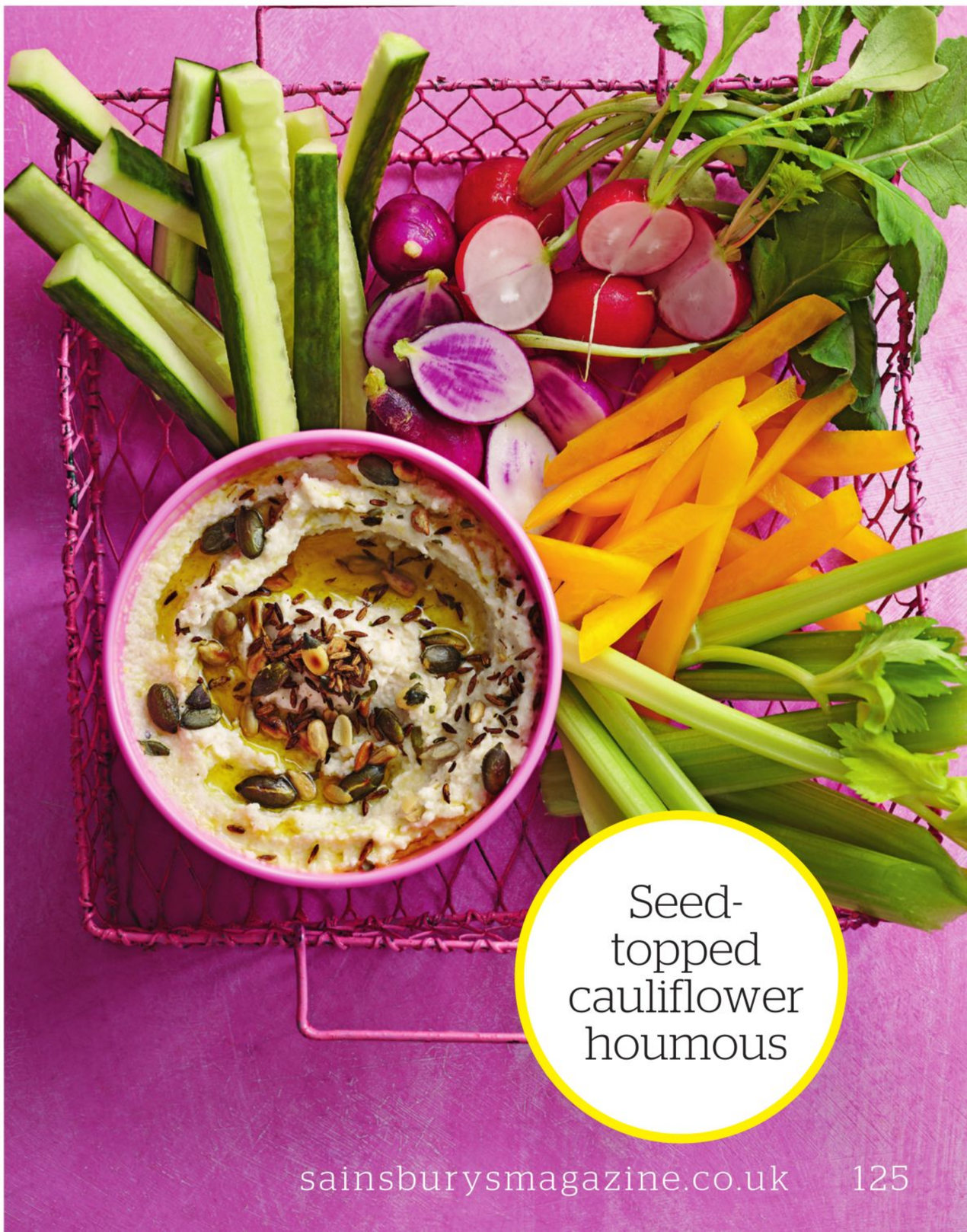
Raspberry and mango roll-ups



Red pepper and spinach egg muffins

No-bake pistachio and goji berry cookie bars



Seed-topped cauliflower houmous

FOOD STYLING:LIBERTY FENNELL. PROP STYLING: MORAG FARQUHAR.

Red pepper and spinach egg muffins

MAKES 6 **V GF HANDS-ON TIME** 15 MINS **TOTAL TIME** 30 MINS

- ½ tbsp olive oil
- ½ red pepper, deseeded and finely diced
- 3 spring onions, chopped
- 100g baby leaf spinach
- 5 large eggs
- 40g goats' cheese or feta*

» GET AHEAD
These keep in the fridge for up to 3 days.

1. Preheat the oven to 190°C, fan 170°C, gas 5. Lightly grease 6 holes of a muffin tin, or use silicone muffin cases.
2. Heat the oil in a nonstick frying pan, add the pepper and spring onions, plus a little seasoning, and fry for 5 minutes until slightly coloured and softened, then tip onto a plate. Add the spinach to the same pan, cover with a lid and cook for 1-2 minutes until wilted. Press dry between layers of kitchen paper then chop.
3. Beat the eggs with a pinch of salt and plenty of pepper. Divide the veg between the 6 muffin holes then pour in the eggs. Dot with the crumbled cheese and bake for 15 minutes or until set. Cool and store in a lidded container in the fridge. Best eaten at room temperature.

**Use vegetarian cheese if required.*

■ 117cals; 8g fat (3g sat fat); 9g protein; 1g fibre; 2g carbs; 1g total sugars; 0.3g salt

Raspberry and mango roll-ups

MAKES ABOUT 10 **V Vn GF DF HANDS-ON TIME** 20 MINS
TOTAL TIME ABOUT 4 HRS, PLUS COOLING

- 200g defrosted or fresh ripe mango, diced
- 1 tbsp lime juice
- 175g defrosted or fresh raspberries
- ½ tbsp lemon juice
- 2 tbsp agave syrup

1. Preheat the oven to the lowest setting and line 2 large baking trays with baking paper.
2. Purée the mango and lime juice until smooth then spread out evenly to about 3mm deep. Don't worry about the baking paper wrinkling in places.
3. Purée the raspberries, lemon juice and agave syrup, then spread out as before on the second tray.
4. Dry out in the oven for 2-4 hours until set and no longer tacky to the touch. The timing will vary depending on the temperature of your oven. Cool at room temperature.
5. Use scissors to trim the edges of each sheet (keeping it on the paper) then cut into long strips about 4cm wide. Roll up and secure with string if you like. Peel the fruit strip off the paper as you eat.

■ 31cals; 0g fat (0g sat fat); 0g protein; 1g fibre; 7g carbs; 6g total sugars; 0g salt

Seed-topped cauliflower houmous

MAKES 500G **V GF HANDS-ON TIME** 10 MINS **TOTAL TIME** 20 MINS, PLUS COOLING

- 250g cauliflower, in small florets
- ½ tbsp cumin seeds
- 2 tbsp mixed seeds
- 1 x 215g tin butterbeans
- 3 tbsp thick Greek yogurt
- 2 tbsp tahini
- 1 small garlic clove, crushed
- zest and juice of ½ small lemon
- 1 tbsp extra-virgin olive oil, to serve (optional)

1. Steam the cauli florets for 12-15 minutes until tender; leave to cool. Toast all the seeds in a small dry frying pan for 2-3 minutes until aromatic, then cool.
2. Drain the butterbeans reserving the liquid. Add the beans and the cooled cauliflower to a food processor or blender, with the remaining ingredients. Blend until smooth, adding enough of the bean liquid to help form a thick purée. Season to taste and spoon into a shallow serving bowl (or container). The houmous will keep in the fridge for up to 4 days (store the toasted seeds at room temperature).
3. To serve, drizzle with the olive oil if using, and scatter with the toasted seeds. Serve with colourful raw vegetable dippers.

■ Per 100g serving: 128cals; 8g fat (2g sat fat); 6g protein; 3g fibre; 6g carbs; 2g total sugars; 0.1g salt

No-bake pistachio and goji berry cookie bars

MAKES 10-12 BARS **V Vn GF DF ❄ HANDS-ON TIME** 15 MINS
TOTAL TIME 15 MINS, PLUS CHILLING

- 75g pistachio kernels
- 50g unsalted cashews
- 200g Medjool dates, pitted
- 75g dried apricots
- 25g dried goji berries
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- 25g desiccated coconut
- 2 tbsp nut butter of your choice (we used cashew butter)

1. Line a 900g loaf tin with baking paper (or a food container that measures roughly 10cm x 20cm; it doesn't need to be exact).
2. Place the pistachios and cashews in a food processor and pulse until roughly chopped. Add all of the remaining ingredients and again pulse until everything is quite finely chopped, but still retaining some texture – it shouldn't be paste-like.
3. Press the mixture firmly into your lined container, cover and chill until firm (about 1 hour). Slice into bars and store in an airtight container in the fridge for up to 2 weeks, or freeze. If you prefer, you can shape the mixture into 12 round cookies, and chill them on a lined tray.

■ 163cals; 9g fat (3g sat fat); 4g protein; 2g fibre; 16g carbs; 14g total sugars; trace salt ■

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*Protein contributes to the maintenance of muscle mass and the maintenance of normal bones as part of a balanced diet and healthy lifestyle. Ryvita Protein is high in protein (>20% of energy from Protein) and high in fibre (>6g of fibre per 100g).

10 *of the best...* BEAUTY BOTANICALS

From plant-infused hair fixers to flower-powered skincare, these beauty products read like a recipe from Mother Nature's kitchen. **Amber Ascroft** rounds up the best of the botanicals.

1

HERBAE PAR L'OCCITANE L'EAU

A lighter version of the eau de parfum, this new, breezy number layers white clover with wild grasses, angelica seeds and bergamot.
£60 for 50ml (loccitane.com)

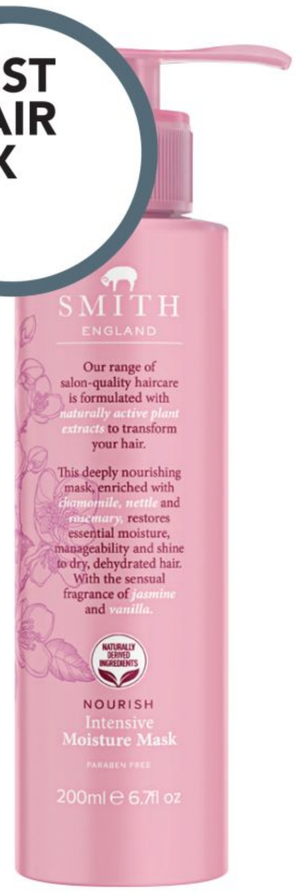
2

SAINSBURY'S ELDERBERRY & FIG LEAF HAND CREAM

Allow yourself to be whisked away to a flower-filled garden bursting with figs, orange, gardenia and rose as you smooth on this handbag-sized hydrator.
£3 (sainsburys.co.uk)

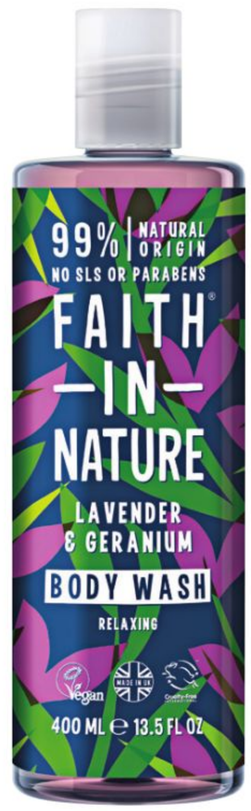
PHOTOGRAPH: SHUTTERSTOCK

30 BEST HAIR FIX



3 SMITH ENGLAND NOURISH INTENSIVE MOISTURE MASK

A-list hairdresser Phil Smith has cherry-picked nature's finest botanicals for this new range; chamomile, nettle and rosemary give salon-level gloss. *£8 (sainsburys.co.uk)*



4 FAITH IN NATURE LAVENDER & GERANIUM BODY WASH

There's no artificial fragrance in this – just an abundance of floral essential oils. A rare find, it doesn't contain sulphates yet delivers a deep clean. *£5.79 (faithinnature.co.uk)*

5 SOURCE OF NATURE EYE MAKE-UP REMOVER

With help from antioxidant white and green tea extracts, this alcohol and fragrance-free elixir is an absolute beauty bargain, as well as kind to your skin. *£2 (sainsburys.co.uk)*

6 HABITAT SPA RANGE FIG & CEDAR HAND SET

Luxe up your bathroom with this sink-side duo. The cocktail of heady fig and woody cedar notes will have you dreaming of walks in the woods. *£8 (sainsburys.co.uk)*

7 NEAL'S YARD WILD ROSE BEAUTY BALM

This balm has a cult following for a reason. Use with the accompanying cloth to cleanse, as a leave-on treatment, or to nourish cuticles and brows. *£40 (nealsyardremedies.com)*

8 GARNIER ORGANIC LAVANDIN FACIAL OIL

Hello plump, dewy skin in one sleep! Proof you don't need to blow the budget to shop organic, this collection of hair and skin buys are Soil Association-approved. *£11.99 (lookfantastic.com)*

9 LOVE BEAUTY AND PLANET TEA TREE OIL & VETIVER RAPID RESET SHEET MASK

It's not just the soothing, earthy vetiver scent that works wonders in this biodegradable sheet mask. The tea tree oil has a detox effect on a congested complexion, too. *£4.99 (fragrancedirect.co.uk)*

10 URBAN VEDA ROSE + FACIAL WASH

There's no shortage of nature-inspired ingredients in this glow-giving cleanser. Think rosehip, evening primrose, clove and jasmine for a spa-worthy wash. *£12 (sainsburys.co.uk)*

INSIDER SECRETS

- Confused by eco beauty lingo? A product can be labelled as organic with only 1% organic ingredients; the only way to be sure a beauty product is truly organic or natural is to choose certified products with the Soil Association or COSMOS logo.
- Plant-based doesn't necessarily mean allergen-free; check the ingredients if you're sensitive. Essential oils, eucalyptus, lavender and citrus fruit extracts can all upset sensitive skin types.
- Spotted 'SLS-free' on the label of a cleanser, shampoo or shower gel? SLS (sodium lauryl sulphate) is a foaming agent found in many products and can irritate sensitive skin, explains consultant dermatologist Dr Anjali Mahto. ■

YORKSHIRE BY STEAM

Discover glorious Yorkshire, from the edge of the rugged Dales to its spectacular coastline, via its majestic moorland. Take in ancient York, discover delightful Brontë country and embark on scenic heritage railway journeys.

Day 1. Meet in Harrogate
Your discovery of Yorkshire begins in Harrogate, an attractive Georgian spa town. Here you meet your Tour Manager at your hotel. You are free to begin your explorations of the town before this evening's dinner in the hotel.

Day 2. Historic York
Take the train to nearby York today, and admire this beautiful walled city with Roman and medieval architecture in abundance on a guided tour walking tour. You see landmarks such as the magnificent Minster, and the quaint medieval Shambles. Following the tour you are free to explore. The National Railway Museum, with its large collection of carriages and locomotives, should not be missed. For a unique view of York, walk along the
13th century city walls, or if you're feeling energetic, why not admire the panorama from the top of the Minster's central tower?

Day 3. The North Yorkshire Moors Railway
Today travel by coach to Goathland, made famous as Aidensfield in 'Heartbeat', and then continue to Whitby. Crowned by its brooding abbey and famous as the setting for Bram Stoker's Dracula, Whitby boasts some of the UK's finest fish and chip restaurants. Enjoy free time here to explore before boarding the North Yorkshire Moors railway back to Pickering and Harrogate. This enthralling journey by steam† crosses the breathtaking North York Moors National Park and sees you travel in heritage carriages.

Day 4. Worth Valley and the Brontës
Enjoy a nostalgic journey on the heritage Keighley & Worth Valley Railway. From Keighley, the steam-hauled† trip takes you up the Worth Valley to Oxenhope, passing the rugged hills, rustic stone cottages and wild farmland immortalised in the 1970 film 'The Railway Children', which was filmed here. Later, continue to the picturesque village of Haworth stopping at the Brontë Parsonage, home to the famous literary sisters. It was here, amid the wonderfully dramatic landscape, that the Brontës were inspired to write novels such as Wuthering Heights and Jane Eyre.

Day 5. Homeward bound
After breakfast you are free to depart from Harrogate, but perhaps take the time to visit one of the town's beautiful parks, Betty's Tea Rooms, or the well-known spa first.

†Steam-hauled where possible

rail discoveries

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- Journey on the Keighley & Worth Valley Steam Railway
- Visit to the Brontë Parsonage
- Scenic journey on the North Yorkshire Moors Railway
- Excursion to Whitby with free time

ROUTE

DEPARTURES AND PRICES

2020

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6 Apr 20	Sold out	2 Aug 20	£399
12, 19, 26 Apr 20	£399	10, 16, 17, 24 Aug 20	£399
4 May 20	£419	30 Aug 20	£399
10, 18 May 20	£429	6, 13 Sep 20	£419
24, 31 May 20	£429	20, 27 Sep 20	£399
1 Jun 20	Sold out	5, 12 Oct 20	£399
7, 14 Jun 20	£429	18, 25 Oct 20	£379
21, 28 Jun 20	£419	26 Oct 20	£349

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As of 7th February 2020

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Due to the nature of our tours they can be unsuitable for those with restricted mobility. If you'd like to discuss any particular holiday with us in this respect, then please don't hesitate to call us. Book with 100% confidence, flight-inclusive holidays are ATOL or ABTOT protected, non flight-inclusive holidays are protected by ABTOT. Dates and prices are subject to availability. Prices shown are per person, based on 2 people sharing. Prices may change prior to and after publication. Itinerary may differ depending on the departure date you choose. Terms and conditions apply. Please call for further details. Calls will be recorded.

Best of British

Celebrating our homegrown gems, from great produce to gorgeous places

SAINSBURYSMAGAZINE.CO.UK/BRITISH

ALL ABOARD

Is there anything more romantically nostalgic than chuffing through the beautiful British countryside on a steam train? We thought not. The Steam Dreams Rail Co have a steam-powered selection of holidays or great days out. Visit steamdreams.co.uk for info.

- Board The Mayflower (pictured) for a September day out to York, Durham and Newcastle with Pullman-style dining from £289.
- A last-minute Mother's Day treat is the Hampshire and Sussex Coastal Tour on 22 March from £49.
- Longer breaks include The Moors and Mountains Explorer 7-15 May, including B&B hotel acccommodation from £1,995 per person.

Great ESCAPES

THE SAMLING

Lake District

LISA HARRIS CHECKS IN FOR SOME DISCREET LUXURY AT THIS CHIC HIDEAWAY

As the views swept open across Lake Windermere and we pulled up outside the impressive Samling hotel, every single mile we'd driven on the M6 was immediately worth it.

Set in private grounds of 67 acres, The Samling has the composure of a big hotel, but there are only 12 bedrooms and suites. Staff greeted us by name, and the valet whisked our car back down the gravel driveway, which immediately made us feel cosseted.

Built in 1780, the hotel has touches of Georgian style but the interiors are plush and modern with thick carpets and a dark and sultry cocktail bar. There's a hot tub available for private sessions, so you can look out over the gardens with a glass of Champagne in hand. William Wordsworth was so moved by the view here, that he wrote an ode to the stream that runs through the grounds, fondly remembering a romantic dalliance with a young lady (I don't think it was in the hot tub though). The Reverie bar takes its name from his famous poem, so while it was too rainy for us to dilly-dally outside, we toasted the poet with one of the hotel's bespoke infused gins instead.

In our room I didn't know whether to throw myself onto the Emperor-size bed laden with pillows, or plunge straight into the freestanding tub in the marble bathroom. I found time to do both while admiring the view over the lake towards the Coniston mountains.

There's something so indulgent about dressing for dinner when you're only going downstairs, but it's important to look your best when you're about to embark on a five-course tasting menu from executive head chef Robby Jenks.

A lovage amuse bouche was a highlight, followed by a delicate cured mackerel starter with apple and chilled wasabi, and tender local Herdwick lamb with charred cucumber. All ingredients are locally sourced where possible, including cute little cucamelons (a miniscule melon-shaped cucumber) and micro herbs from the garden behind the hotel. The sommelier suggested exciting wine pairings, including a honeyed Riesling with the goose liver and black Muscat with our rhubarb dessert.

The impressive glass-walled dining room has a jaw-dropping 180-degree perspective over the World Heritage Site. And, although the drizzle put us off going for a walk in the morning, gazing at the mountains as we lingered over our croissants was a valiant alibi for not putting our boots on.

Clockwise from below, left: the hot tub visited 'with glass of Champagne in hand'; Lisa with partner Duncan; the hotel's exterior; the rhubarb dessert

GOURMET BREAK

Glasgow

MITZIE WILSON DIVES STRAIGHT INTO THE FOOD SCENE OF THIS GLORIOUS CITY

As crowds spill out of restaurants and bars, I instantly feel the buzz as I arrive in Glasgow. Here to show me around is Paul Trainer, digital editor of glasgowist.com, author of *The Glasgow And West Coast Cook Book* and the only person to have eaten at just about every place in town.

We start with drinks at the stunning bar at the just-opened The Ivy, then go on to Gamba for dinner – a stalwart of Glasgow's food scene. The emphasis here is on classic French cooking with an Asian twist. My pan-fried Isle of Gigha halibut with brown shrimps could not have been more delicious.

After a good overnight rest at the centrally located ibis Styles hotel, we meet in the Art Nouveau Mackintosh At The Willow. This historic tearoom opened in 1903 and makes the perfect spot for a haggis breakfast roll, porridge with heather honey and a slice of warm clootie dumpling (like a much lighter Christmas pudding).

It's a good job I lined my stomach, as the next stop is a tour of the Tennent's Brewery with obligatory tastings before going on to lunch at Saint Luke's. Once a church, now a gastro pub and music venue, I choose a comforting bowl of cullen skink soup made with smoked haddock.

In the evening we explore Finnieston, a newly renovated hub of food and drink offerings. We kick off with an Old Fashioned cocktail at Kelvingrove Café, formerly a famous Victorian lunch spot and now reinvented and modelled on a grand European cafe. We stop for a Top Dog Burger at El Perro Negro, a tiny bar where my burger oozes with bone marrow and Roquefort butter, bacon, caramelised onions and black truffle mayo. After a quick taxi ride we arrive at Two Fat Ladies at the Buttery, I knew I was going to have to sample the puddings. Resistance was futile!

We start late the next day at the uber-smart Hutchesons City Grill's 158 Club Lounge where for brunch I'm presented with a dome of six huge slices of smoked salmon covering a mound of buttery scrambled eggs.

The final food stop is The Broken Clock where Estonian-born pastry chef Anna and vintage-vinyl partner Artem serve up the most stunning mirror cakes and sweet treats.

This marathon eating experience has left me fit to burst, but keen to return and try more of the excellent and varied food this city has to offer. After all, I have Paul's record to match. ➤

From top: Mitzie at Hutchesons City Grill; a view over Glasgow – a city where you can 'feel the buzz'; haggis bonbons on offer at church-turned-gastro pub Saint Luke's

HOW TO BOOK

Bed and breakfast costs from £230 per room per night for a double room and £390 for a suite. Dinner, bed and breakfast for two people starts at £370 per night. Visit thesamlinghotel.co.uk for more details.

HOW TO BOOK

Double or twin rooms at the modern, casual ibis Styles George Square hotel start from £54 per night for bed and breakfast. Visit accorhotels.com.

Tilda

Over 5.8 million nutrition boosting meals are

HELPING Mums TOGETHER

ONE PACK = ONE MEAL

WFP World Food Programme

So far, Tilda has donated the value of 5.8 million nutrition boosting meals to expectant and new mums to combat low birth weight.

To find out more visit tilda.com/mums

Each pack marked 'One Pack = One Meal' funds equivalent to one nutritional supplement (10p) for WFP. Each pack marked 'One Pack = One Day's Meals' funds equivalent to three nutritional supplements (30p) for WFP. Campaign timing: Feb-Apr 2020. WFP does not endorse any product or service.

From left: the avocado breakfast; the barn's exterior; the 'delicious' tuna tataki; a cosy corner; the dining room; the 'beautifully designed' outdoor area

BARASET BARN

Stratford-Upon-Avon

CATH WILKINS SWAPS CITY LIFE FOR A RURAL RETREAT AT THIS HISTORIC BARN CONVERSION

The owners of this 200-year old barn – formerly a popular restaurant – have added 16 stylish rooms for overnight guests. The cheerful chatter of visitors and locals enjoying their evening was an instantly relaxing welcome as we checked in on a balmy Friday night. With newly converted rooms and beautifully designed outdoor areas, Baraset Barn can be found just a couple of miles outside Stratford-Upon-Avon.

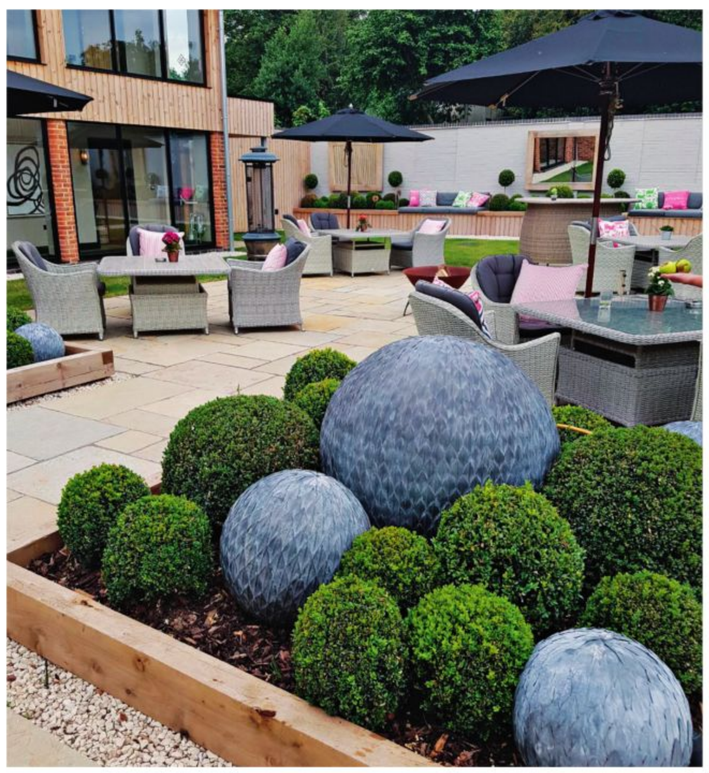
Our bedroom was pristine. A combination of restrained rural charm and urban chic with a terrace that overlooks woods and fields, while our bathroom was an envy-inspiring mix of limed floors and a Crittall-style shower screen.

We walked past the Hamptons-esque alfresco seating areas towards the hurricane lamp-lit bar, with an excellent selection of gins and gin cocktails on the menu. A perfectly served G&T was accompanied by a chat with the affable proprietor before we made our way into dinner.

The menu is predominantly a selection of international classics, peppered with daily specials. My husband's scallops were fresh, meaty and beautifully caramelised. My own choice of tuna tataki was delicious, served with dabs of hotter-than-hot wasabi – you have been warned. My main course of seared loin of monkfish with a red lentil dhal, pickled red onions and dukkah was a dish of comfortingly subtle spicing. The rosemary-braised pork belly with a tomato and chorizo salsa was textbook perfect.

As much as we enjoyed dinner, breakfast almost surpassed it. The buffet element was really well done; homemade granolas sat alongside generously sized croissants and pain aux raisin, heaped bowls of fruit and neat pots of yogurt layered with fruit if you didn't have the energy to assemble your own.

A first-class full English was devoured quickly as was avocado on toast with chilli and bacon on the side. We didn't have time to make use of the pushbikes and electric bikes available to guests to enjoy the surrounding countryside but we set off to explore Shakespeare's birthplace well-fed and jolly with a car full of chat, Baraset Barn having done its job of providing rest and relaxation perfectly. ➤



HOW TO BOOK

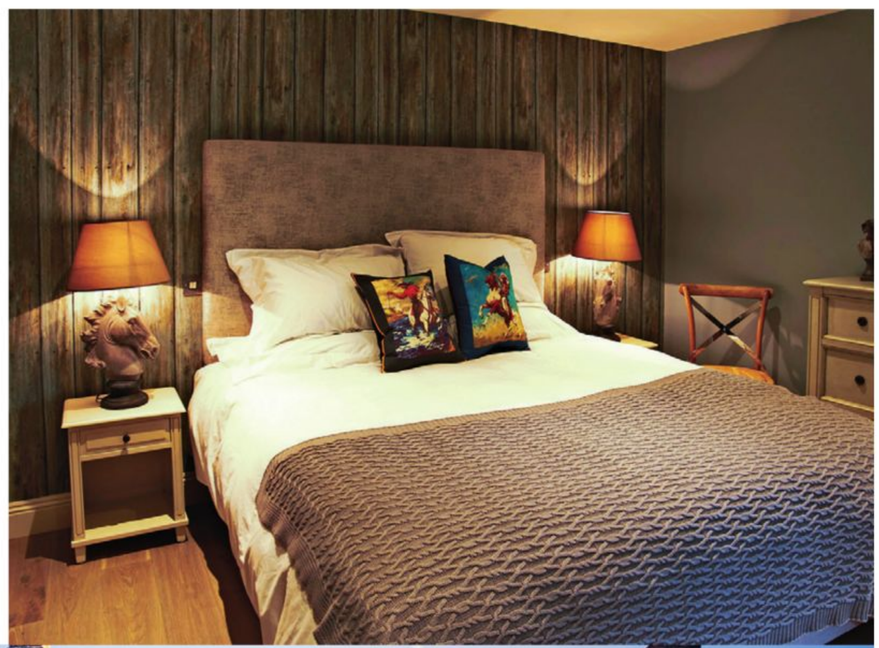
Rates at Baraset Barn start from £120 per night for a double room and include continental breakfast. Visit barasetbarn.co.uk.

ILLUSTRATION: GETTY IMAGES

THE CROWN & GARTER INN

Berkshire

HEARTY WALKS AND FASCINATING HISTORY IN THE SURROUNDING AREA MAKE THIS A GREAT WEEKEND DESTINATION, SAYS HELENA LANG



It's a bleak, blustery day as we climb the steep chalky path to Combe Gibbet. It's an atmospheric spot with views far across both Berkshire and neighbouring Hampshire and, although the tall wooden pole is a reconstruction, it's eerily sinister as a reminder of the double hanging of George Bromham and Dorothy Newman.

Both were found guilty of the murder of George's wife Martha and their son Robert back in 1676. On this windy day a 'rainbow flag' is flapping at the top of the wooden pole, the perfect illustration of just how far we've come since public execution was considered justifiable punishment. But it's interesting to note that the bodies of George and Dorothy were taken down and laid out in the nearby barn at the back of the Crown & Garter Inn, our home for the night.

I'm pleased to report that nowadays the Crown & Garter has shed any remnants of its rather gory past and is now a smart little outfit, a sturdy red brick building with neat blue painted windows, a charming orchard garden for drinks and swish rooms in the former stables at the rear.

The pub is part of the Honesty Group – the brainchild of inspirational food writer Romilla Arber who lives locally – which is a collection of coffee shops and tea rooms in farm shops and garden centres in Berkshire and Hampshire. It's so-called because they use Rainforest Alliance coffee beans in their house blend, ethically produced teas and make all their baked goods using traditional methods without additives or preservatives.

From top: the 'stylishly decorated' bedroom; the 'sturdy red brick pub'; Helena's 'chunky' ham hock terrine; the chocolate and fig tart, left, was a 'sticky triumph'

Back at the pub we strolled into the casual flagstoned bar for pre-dinner drinks. A quintessential G&T for me using Ramsbury Gin, from the nearby distillery in Wiltshire while my better half plumped for a pint of Ramsbury Gold, a rich golden glass of ale. The restaurant prides itself on using seasonal produce for its poshed-up pub grub. I particularly enjoyed my chunky ham hock terrine with its scattering of homemade pickles to start, and a beautifully grilled Barnsley chop with herbed new potatoes and minty pea purée for my main course. My elegant wedge of chocolate and fig tart was a rich, sticky triumph with a crisp pastry shell and served with a dollop of thick double cream.

Our simply furnished room overlooked the pretty herb-planted courtyard and was stylishly decorated with all mod-cons, including (in my book) essential tea and coffee supplies. But we didn't come all this way to lie in bed and were up early the next day. After a classic full-English breakfast we enjoyed a good walk around Inkpen Common, a remnant of ancient heathland where there's a beautiful woodland, a small valley bog and a pond. Not quite as dramatic as Combe Gibbet, but altogether a less grizzly end to the weekend. ■

HOW TO BOOK

Double rooms for bed and breakfast start at £130 per night for two people. Dinner, bed and breakfast starts at £190 per night. Visit crownandgarter.co.uk for more details.

Ready *when you are*

Love the tender, juicy results you get from slow-cooking meat at low temperatures, but haven't the time to do ityourself? We hear you!

You know the saying 'all good things come to those who wait'? It's certainly true of slow-cooked meals. But who has hours of free time to spend in the kitchen producing them? With Sainsbury's Slow Cook meals, all that time-consuming, tenderising work has already been done for you – you just have to finish them off in the oven or a frying pan. Try richly flavoured lamb, beef, duck or venison, all cooked in their own juices for succulence, served with glossy sauces and gravies.

FLAT IRON STEAKS

These succulent British 21-day-matured steaks are melt-in-the-mouth tender after being cooked for six hours in a savoury beef stock enriched with a roast beef stock butter. When it's time to eat, all they need is a quick 10 minutes in the frying pan. Warm through the accompanying butter and pour it over the meat for a punchy, pungent flavour boost, and serve with triple cooked chips.

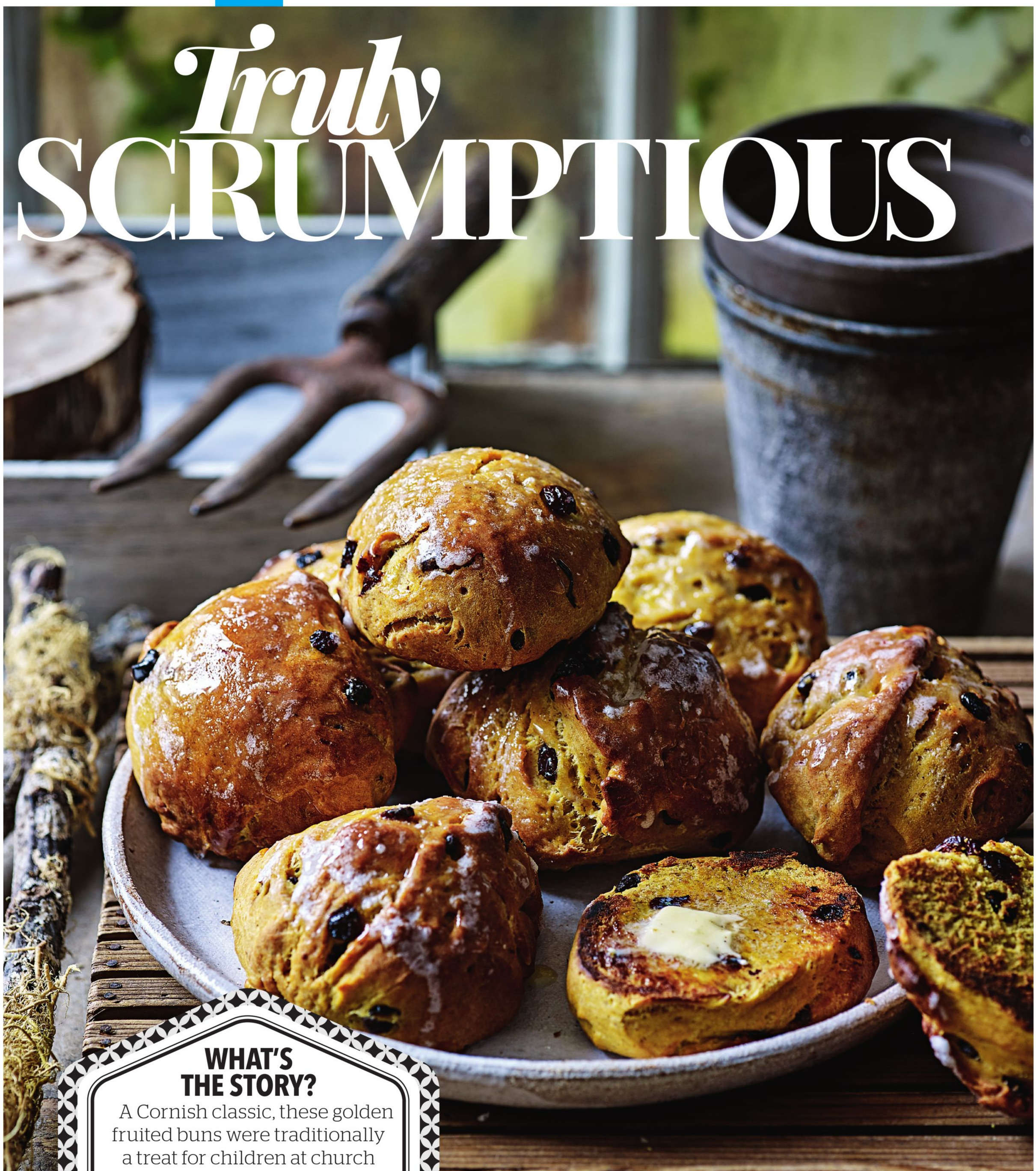
Taste the Difference Slow Cooked British Flat Iron Steaks with a Wild Garlic Butter, 340g, £5

Slow Cooked British Lamb Shanks with a Mint & Rosemary Gravy by Sainsbury's, 680g, £8

LAMB SHANKS

There's something comfortingly generous about serving up whole lamb shanks. In terms of flavour, they're hard to beat, especially when slow cooked with aromatic herbs, so the flavours have time to penetrate and the meat is so tender it falls off the bone. Our shanks have been cooked low and slow for five hours in a rich red wine gravy laced with herbs. Serve with buttery mash and steamed green veg.

Truly SCRUMPTIOUS



WHAT'S THE STORY?

A Cornish classic, these golden fruited buns were traditionally a treat for children at church functions. Their golden colour and flavour comes from saffron, which was once grown in the county.

Celebrating the proud food heritage of the British Isles, from recipes to restaurants

RECIPES: ABIGAIL SPOONER. PHOTOGRAPHS: TOBY SCOTT. FOOD STYLING: LIBERTY FENNELL. PROP STYLING: LINDA BERLIN. ILLUSTRATION: SHUTTERSTOCK

THE HERITAGE RECIPE

CORNISH SAFFRON BUNS

MAKES 10 **V** ❄ **HANDS-ON TIME** 30 MINS **TOTAL TIME** 50 MINS, PLUS INFUSING, RISING AND COOLING

- 1 x 0.4g jar saffron
- 250ml whole milk
- 90g clotted cream, plus extra to serve (optional)
- 50g butter, diced
- 550g strong bread flour, plus extra for dusting
- 1 tsp fine sea salt
- 50g caster sugar, plus 50g for the glaze
- 1 x 7g sachet fast-action yeast
- 1 tsp ground cinnamon
- 100g currants

1. Preheat the oven to 120°C, fan 100°C, gas ½. Scatter the saffron strands on a baking sheet and place in the oven for 15-20 minutes to dry out and darken in colour. Crush the strands between your fingertips in a small bowl.
2. Gently heat the milk in a small pan until it's steaming. Add the saffron to the milk and leave to infuse for 20 minutes off the heat. Add the clotted cream and diced butter to the saffron-infused milk and return to a low heat for 2-3 minutes. Gently whisk until melted and combined. The mixture should be just warm to the touch.
3. Sift the flour into a large bowl and stir in the salt, sugar, yeast and cinnamon. Make a well in the centre of the dry ingredients and pour in the warm milk. Mix and bring together into a soft dough. Knead on a slow speed in a free-standing mixer with the dough hook attached for 7-10 minutes, or by hand on a lightly floured surface, incorporating the currants after 5 minutes. The dough should bounce back when touched.
4. Cover the bowl and leave in a warm place for 45-60 minutes or until doubled in size. Knock back the dough, turn out onto a floured surface and knead briefly. Divide the dough into 10 equal portions to make buns and place on a lined baking sheet.
5. Cover the buns and leave to prove again for 30 minutes. Preheat the oven to 200°C, fan 180°C, gas 6, then bake the buns for 20 minutes until golden. For the glaze, put the 50g caster sugar and 2 tablespoons of water in a saucepan. Gently heat until dissolved then boil for 1 minute before brushing over the warm buns. Transfer to a wire rack and leave to cool.
6. Slice in half and enjoy the buns fresh or toasted, spread with clotted cream or butter.

■ 338cals; 12g fat (7g sat fat);7g protein; 3g fibre; 50g carbs; 8g total sugars; 0.6g salt

GET AHEAD
Best eaten within 2 days, or freeze and gently reheat in the oven.

WHAT'S IN SEASON

Cabbage **Cauliflower**
Kale **Leeks** Mussels
Oysters Passion fruit
Pollock Purple sprouting broccoli
Spinach Spring onions
Swede Watercress

THE SEASONAL RECIPE

CHARRED SPRING ONION AND RICOTTA TART

SERVES 4 AS A MAIN, 6 AS A STARTER **V**
HANDS-ON TIME 20 MINS **TOTAL TIME** 45 MINS

Young, tender spring onions are at their best right now. Charring them brings out their sweetness and mellows their oniony flavour.

- 300g spring onions (about 3 bunches), ends trimmed and outer layers removed
- 1 tbsp olive oil
- 1 x 320g sheet ready rolled puff pastry
- 1 x 250g tub ricotta*
- 75g Gruyère*, grated finely
- ½ x 20g pack tarragon, chopped
- zest and juice of ½ lemon
- 30g blanched hazelnuts, roughly chopped
- 1 tbsp clear honey

1. Preheat the oven to 200°C, fan 180°C, gas 6. Heat a griddle or frying pan, brush the spring onions with the olive oil and season. Cook in batches over a high heat, turning occasionally, until charred and slightly softened. Set aside on a plate to cool.
2. Unroll the puff pastry onto a baking sheet, leaving it on the paper it was wrapped in, then score a 1cm border around the edges. Prick the base of the pastry within the border with a fork. Bake the pastry sheet in the oven for 15-20 minutes until golden. Once baked, gently press down the centre of the tart and leave to cool for at least 5 minutes.
3. Mix the ricotta, Gruyère, tarragon, lemon zest and juice with some seasoning. Carefully spread the cheese mixture over the base of the tart and arrange the spring onions on top. Scatter with the chopped hazelnuts and return the tart to the oven for 15 minutes. Serve hot or warm, drizzled with the honey.

**Use vegetarian cheese if required*

■ 577cals; 39g fat (19g sat fat); 17g protein; 3g fibre; 36g carbs; 11g total sugars; 1.2g salt ■

WHITLEY NEILL
HANDCRAFTED GIN

MEET JOHNNY NEILL, 8TH GENERATION DISTILLER FROM A DISTINGUISHED FAMILY LINE

"My first experience of gin was discovering the collection of bottles sitting under the stairs at my Grandmother's house. Being inquisitive, I was eager to learn more about this mysterious liquid that my family had been distilling since 1762.

The Cape Gooseberry and Baobab botanicals in Whitley Neill Original Gin are inspired by my wife's South African homeland."

JOHNNY NEILL

THE ORIGINAL Negroni

25ml Whitley Neill Original Gin

25ml Sweet Vermouth

25ml Campari

Orange wedge to garnish

Add ingredients to a rocks glass with ice and stir. Garnish with an orange wedge.

FOR MORE SERVE SUGGESTIONS VISIT: WHITLEYNEILL.COM

THE UK'S NO.1 PREMIUM GIN

for the facts
drinkaware.co.uk

'THE UK'S NO.1 PREMIUM GIN' Source: Nielsen GB off trade data MAT value to 10.08.19

whitleyneill.com

The BRIT LIST

Our round-up of food and travel news from around the UK

BY GEORGE

There's a first edition of Jane Austen's masterpiece *Pride And Prejudice* on display at Worcester City Art Gallery and Museum whose exhibition *Georgians: The Pride And The Prejudice* sheds light on this captivating time in British history with its elegance, wit and culture hiding a backdrop of the slave trade and urban slums. Until 28 March. Free entry.

MUSEUMSWORCESTERSHIRE.ORG.UK

Feeling fruity?

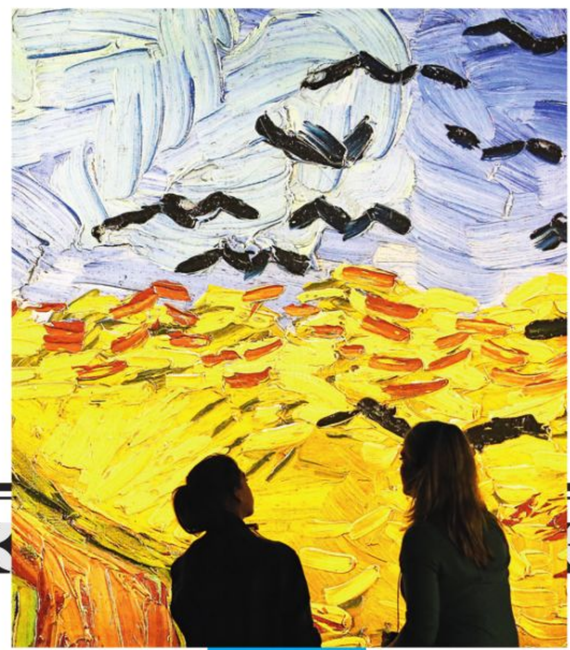
Sign up for one of the excellent cookery courses at Brogdale Collections in Faversham, Kent, home of the National Fruit Collection with thousands of varieties of the nation's orchard favourites. This year sees *Bake Off* finalist Jane Beedle hosting 12 masterclasses including pickling and preserves

BROGDALECOLLECTIONS.ORG

VAN'S THE MAN

You've got until 21 May to visit the Van Gogh Museum's blockbuster immersive experience currently at London's South Bank. *Meet Vincent van Gogh* brings the artist's story and his work to life without the precious paintings, which are too fragile to travel.

MEETVINCENT.COM



FAIR GAME

At The Game Bird restaurant at The Stafford hotel in London's St James's you can tuck into some of the best-known British classics. Under the eye of culinary director Ben Tish, the kitchens serve best-in-class venison wellington and wild boar croquette and there's also a smoked and cured fish trolley loaded with condiments and a tempting cheese board with Eccles cakes. (thestaffordlondon.com)

FESTIVALS & EVENTS

4-5TH APRIL

The Cornwall Garden Society Flower Show at The Royal Cornwall Showground in Wadebridge is a West Country rival to the famous 'Chelsea', with dazzling floral displays, botanical art and show gardens.

CORNWALLGARDENSOCIETY.ORG.UK

WORDS: HELENA LANG. ILLUSRATION: SHUTTERSTOCK

Creative Nature®

HOME BAKING
SPRING 2020

DELICIOUS • TOP 14 • ALLERGEN SAFE WITHOUT DOUBT

If you are looking to do something a little different this Spring, Creative Nature's Home Baking Mixes are something you need to try.

With increasing customers wanting to avoid certain allergens like gluten, dairy, wheat and nuts, Julianne (founder and allergy sufferer herself) saw an opportunity to fill a gap in the market. Not content with just making her products Top-14 Free though, she ensured they were organic, refined sugar free, certified vegan and most importantly, tasted outstanding.

Julianne recommends getting inspiration online from pinterest, instagram, or youtube for spring themed baking ideas. The mixes are so easy to use even for beginners, and they turn out incredible every time.

You can find Creative Nature's Baking Mixes in the Home Baking Aisle.

A little bird told me that everyone deserves a taste adventure now and then. So everything we make is always Top 14 allergen-safe and always irresistible. That's why we say it's delicious without doubt: all the taste, none of the worries.

My oh-so-yummy baking mixes are awesome for everyone, and they won't stay on the plate for long!

A go to treat for when you want something different or better for you. But most importantly, these are guaranteed to make lots of people smile!"

Julianne x
Founder & Allergy Angel

Gluten & Wheat Safe | Dairy Safe & Vegan | Egg Safe & Vegan | Peanut Safe | Tree Nut Safe | Sesame Safe | Soya Safe

SOIL ASSOCIATION ORGANIC

Vegan®

Sainsbury's magazine

Spring is in the air!

◆ Our food team can't wait to share their new-season recipes
◆ The power of fresh herbs ◆ Eat to beat a cold

Don't miss the April issue on sale 8 April

Bahlsen

They're a *little* bit fancy.

Find us in the *fancy* part of the biscuit aisle.

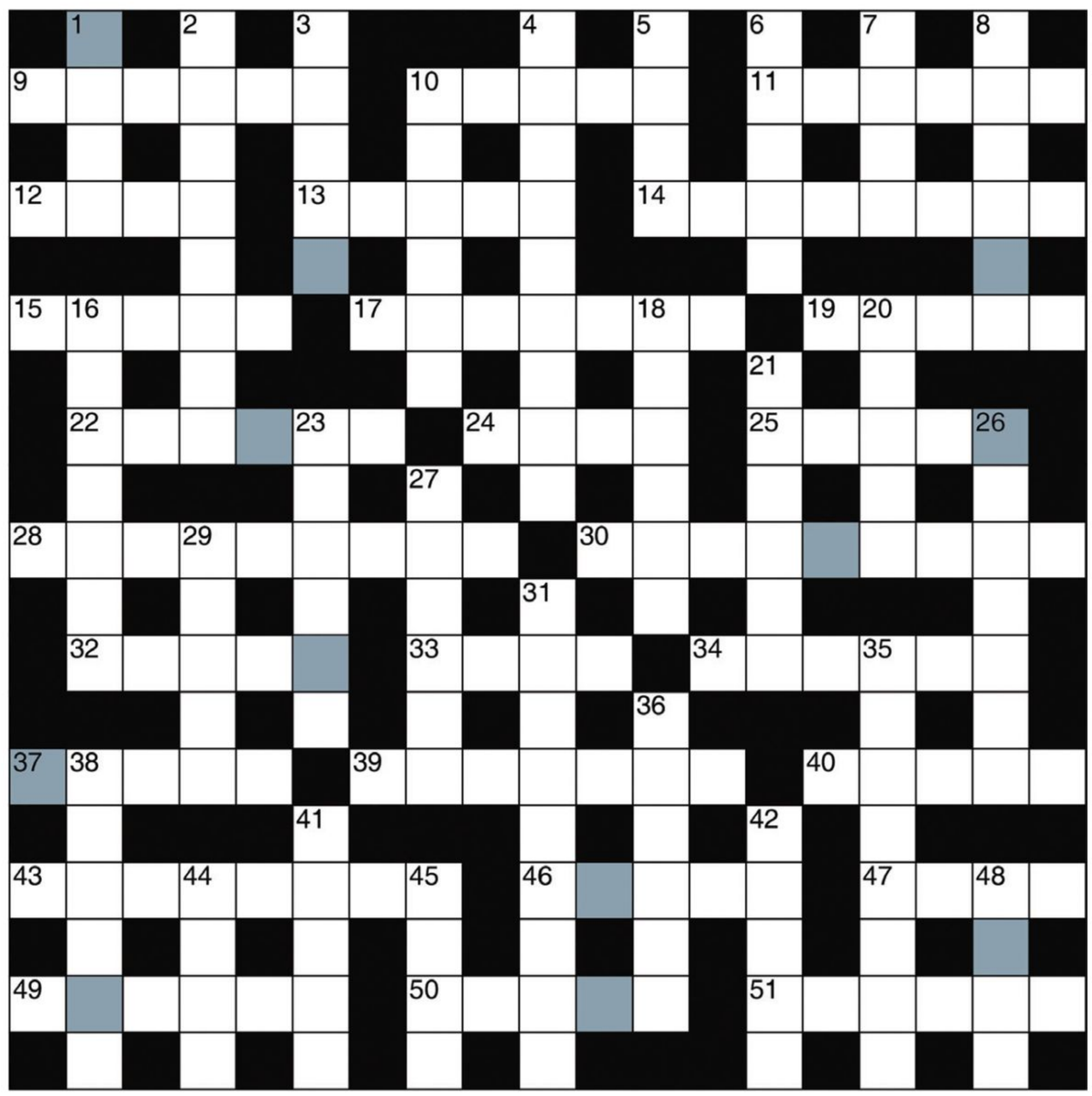
Crossword

Test your foodie knowledge with our crossword and you could win a new cookbook

SAINSBURYSMAGAZINE.CO.UK/WIN

WIN!

For a chance to win one of three copies of *7 Day Vegan Challenge* (Hardie Grant Books, £15), complete the crossword to reveal 12 shaded letters that can be arranged to form a foodie phrase.



ACROSS

9 Fruit used to make a pudding with a toffee/caramel filling and cream (6)
10 Word linking with 'bread' for a grissino or 'French' for a baguette (5)
11 Fruits often stuffed with anchovies, garlic, almonds or pimiento (6)
12 Michelin __; hallmark of fine dining quality in restaurants (4)
13 Topping used for fondant fancies or glacé-style petit fours (5)
14 Tipple taken before bed, such as a hot toddy (8)
15 Swedish variety of mulled wine (5)
17 Spice used to flavour Romesco sauce, goulash, chorizo, piri-piri sauce or cheese straws (7)
19 Another name for chenin blanc in South Africa (5)
22 Ice cream topped with whipped cream, syrup and chopped nuts (6)
24 Ingredient used to make jam roly-poly pudding, dumplings or pastry for steak pies (4)
25 Lyme __; known as the 'Pearl of Dorset' (5)
28 Brand name of the Jamaican tangelo (4,5)
30 __ sausages; vegetarian Welsh bangers with leeks, Caerphilly and breadcrumbs (9)
32 Brand of mineral water from the French Alps (5)
33 Coconut-flavoured biscuits sprinkled with sugar (4)
34 Land/property with vineyards and a winery (6)
37 Coffee drink flavoured with chocolate (5)
39 Black __; ingredient used for gingerbread cake (7)
40 __ and whey; products of cheese-making (5)
43 A cocktail with gin and grenadine; or a variety of apple (4,4)
46 Folded tortillas with fillings (5)
47 Grape__; plant cultivated in viticulture (4)
49 Vegetable served slow-roasted or au gratin style (6)
50 Vegetables resembling large spring onions, used for quiche or soup (5)
51 Salad plant related to chicory and radicchio (6)

DOWN

1 Ingredient used to flavour chocolate caramels (4)
2 Herb used to flavour olive oil or velouté (8)
3 Herb used to garnish panzanella (5)
4 Biscuit sometimes crushed as a cheesecake base (9)
5 Outer layer of a vegetable (4)
6 Cookie __; food sometimes mixed with ice cream (5)
7 Herb used to flavour peas (4)
8 __ oil; ingredient cooked in oriental dishes (6)
10 Shape into which courgette is cut to resemble spaghetti (6)
16 Pasta in sheets (7)
18 Oval pan for poaching fish (6)
20 Animal used as the mascot for Kellogg's Frosties (5)
21 Bread__; garnish such as panko (6)
23 Garments worn to protect one's clothes while cooking (6)
26 Ocean vegetable such as nori (7)
27 Meal eaten in the evening (6)
29 __ coffee; hot beverage with whiskey and cream (5)
31 Linda __; founder 30 years ago of a vegetarian food brand (9)
35 Traditional Indian system of medicine (8)
36 Portions of cake or bread (6)
38 Jamie __; chef who wrote *5 Ingredients* (6)
41 __ syrup; ingredient used to sweeten waffles or pancakes (5)
42 Jane __; actress and sugercraft/cake expert (5)
44 The 'Garden of England' (4)
45 Part of an egg used for mayonnaise (4)
48 Champagne Super__; Oasis song (4)

For a list of answers and the hidden phrase, visit sainsburysmagazine.co.uk/crossword from 1 May 2020

HOW TO ENTER

- To enter online, fill in the solution and your details at sainsburysmagazine.co.uk/win
- Closing date 30 April 2020 at 23.59

COMPILED BY KATE MEPHAM

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Explore vibrant Andalucia or stunning Lake Como

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Visit picturesque lakeside villages in northern Italy

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Selected departures from April to October 2020

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- Discover Bergamo, northern Italy's most enchanting medieval town, on a guided tour
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- Return flights from a selection of regional airports, plus all hotel transfers
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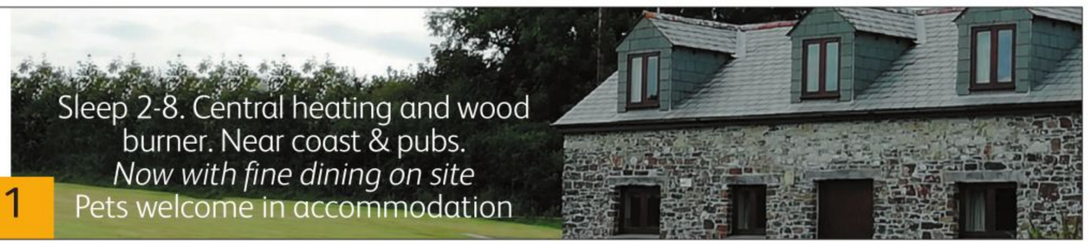

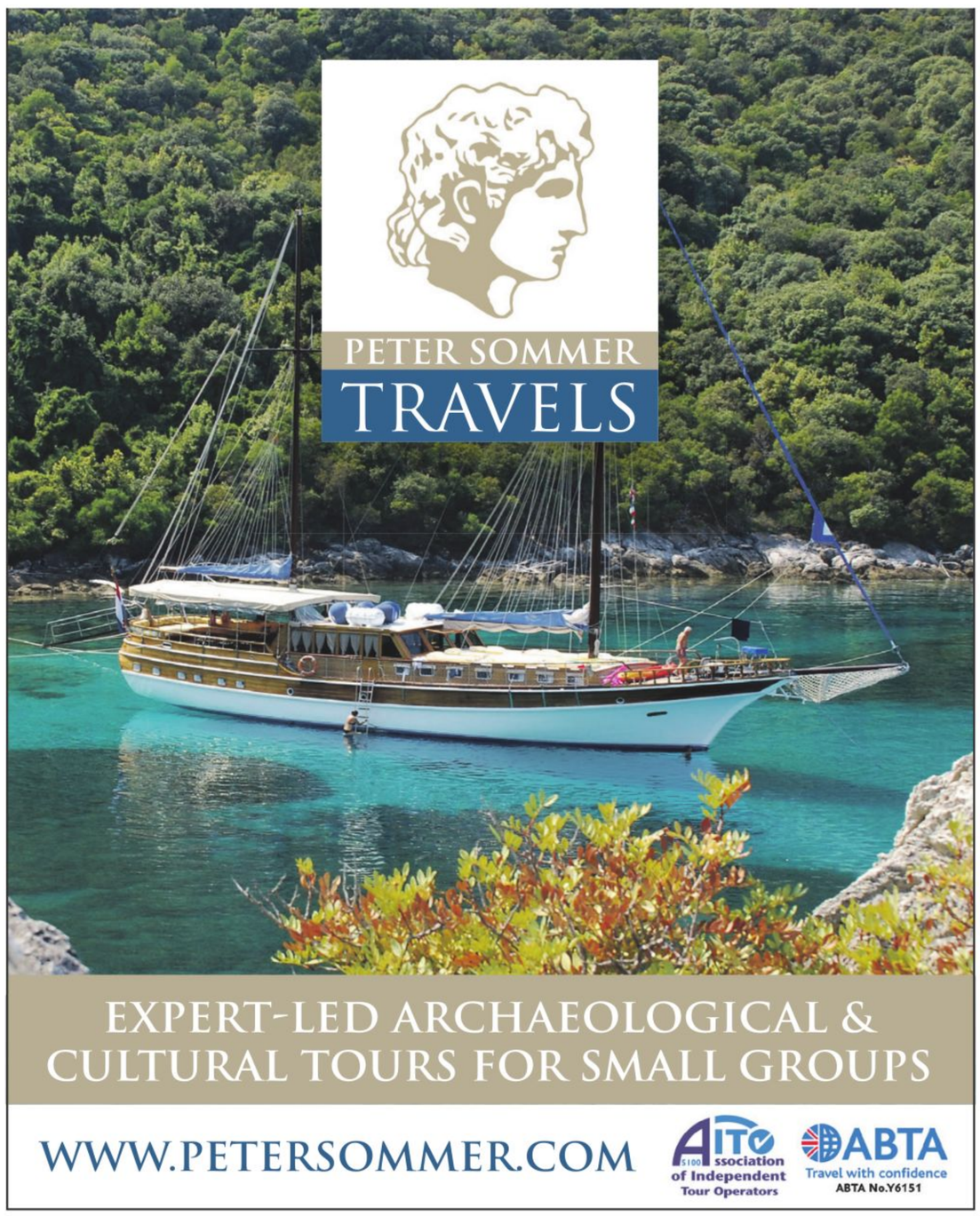
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Good reads

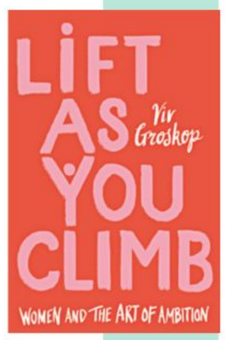
Kerry Fowler suggests the best books to curl up with this month

Silver Sparrow

'My father, James Witherspoon, is a bigamist.' And so this story begins. James has a bonafide family on full view, and one skirted away, visited just on Wednesdays. Dana is James's secret daughter and knows it; Chaurisse, his acknowledged child, lives comfortably in ignorance, for now. Set in Atlanta post-Martin Luther King, this dazzlingly real novel shines light into the emotional lives of women: married, on their own, betrayed, battling for something better.

TAYARI JONES
ONEWORLD, £16.99

Lift As You Climb: Women and the Art of Ambition

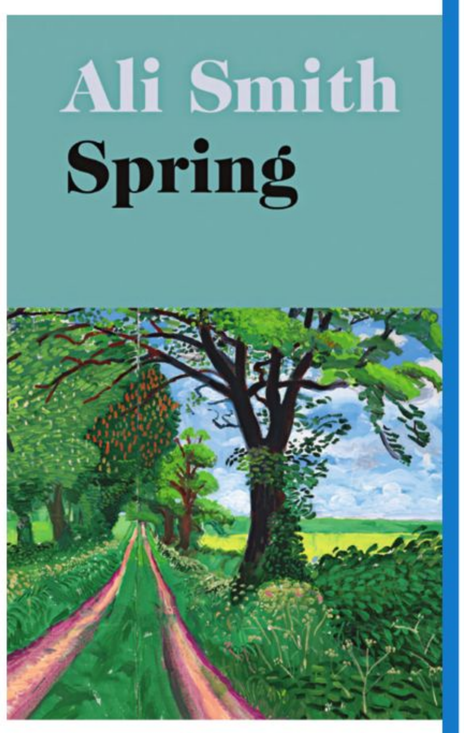


Refreshingly clever and kind, this guide to making the best of your life is about as far from a 'you-go-girl' mantra as you would expect from comedian, agony aunt and journalist Viv Groskop. The positive rub is that while we progress, we give help to others – 'lift as you climb'. As Viv says: 'We want to achieve all kinds of things... But most of us do not want to achieve those things at the expense of others.'

VIV GROSKOP
BANTAM, £12.99

BOOK CLUB CHOICE

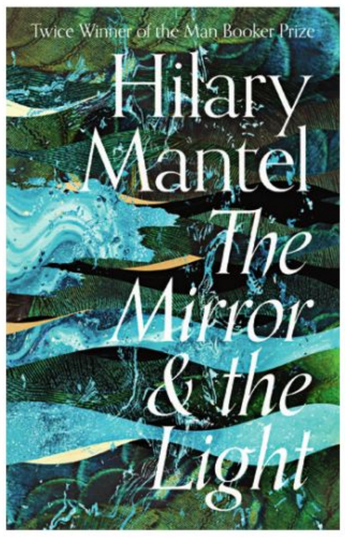
SPRING



Spring is the third in Ali Smith's extraordinary Seasonal Quartet, which began with Autumn in 2016. Each book is written rapidly to mirror the times we are living in, and the series is due to be completed this July with Summer. Smith creates epic collages of life and this time, she covers social media, Brexit and the plight of refugees. The novel is inhabited by three key figures: filmmaker Richard Lease, Brit, a worker at the Immigration Removal Centre, and her companion, Florence – a young girl of indeterminate age and powers. All live in the scenery of a world on the edge, but it is spring, where there is hope, too.

ALI SMITH, PENGUIN, £8.99

The Mirror And The Light



Eight years on from the Booker Prize-winning *Bring Up The Bodies*, Mantel has delivered what she considers 'the greatest challenge of my writing life.' Here we meet Cromwell savouring his masterly plot to have Anne Boleyn beheaded, but now on his own journey down and out of a much-changed social and political world.

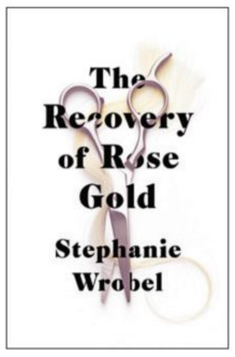
HILARY MANTEL
4TH ESTATE, £25

The Girl With The Louding Voice

Adunni has been sold, first as a third wife, now as a servant to a punitive household in Lagos, but has the power to express herself through words; shouted, spoken, written. Resilience and beauty of language are at the heart of this story of domestic slavery.

ABI DARÉ SCEPTRE, £12.99

The Recovery Of Rose Gold



Rose Gold's teeth are tombstones, her hair thin as air. The reason: for all her growing-up years her mother Patty was systematically poisoning her. But on the day Patty is released from prison Rose Gold meets her – and invites her back into her life. A gritty story of truth and fantasy.

STEPHANIE WROBEL
MICHAEL JOSEPH, £12.99

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Cooking the books

Every issue, we celebrate a new cookbook that deserves a place on your shelves.

TABLE MANNERS

Jessie and Lennie Ware

Following on from the success of their food podcast of the same name, musician Jessie Ware and her mother Lennie have put their much-loved recipes onto paper in their book *Table Manners* (Ebury Press, £22). Bursting with all the warmth and conviviality the podcast series has become renowned for, the focus of the food is all about cooking for family and friends. Full of personal recipes and anecdotes, the cookbook is divided into categories such as Effortless, A Bit More Effort and Jewish-ish (inspired by their family heritage). Don't miss the lamb with pistachio herb crust or the blackberry custard tart, both served to Nigella Lawson when she was a guest on the podcast.

Marbella chicken

SERVES 5-6 **GF DF HANDS-ON TIME** 20 MINS
TOTAL TIME 1 HR 10 MINS, PLUS OVERNIGHT MARINATING

- 10 boneless skinless chicken breasts and thighs (4 breasts, 6 thighs), cut into large chunks (also see tip)
- 8 garlic cloves, finely chopped
- 2 tbsp dried oregano or chopped fresh oregano leaves
- small bunch of fresh basil, leaves chopped
- 5 bay leaves
- 4 tbsp red wine vinegar
- 4 tbsp olive oil
- 2½ tbsp capers
- about 20 green olives, pitted
- 10 ready-to-eat dried apricots, cut in half
- 10 no-soak prunes, cut in half
- 2 tbsp brown sugar
- generous handful of red seedless grapes (optional)
- 250ml dry white wine

1. The day before, put the chicken into a large sealable plastic bag or a container with a tight-fitting lid, together with the garlic, herbs, vinegar, olive oil, capers, olives, apricots and prunes. Leave in the fridge to marinate overnight.
2. Preheat the oven to 200°C, fan 180°C, gas 6. Tip the chicken and its marinade into a roasting tin. Sprinkle over the brown sugar and add the grapes, if using. Pour the white wine around the chicken mixture and bake for about 50 minutes. Baste halfway through and ensure the dried fruit is not catching.
3. Taste and adjust the seasoning. Leave to stand for 5-10 minutes before serving. Serve with rice or couscous.

426cals; 15g fat (3g sat fat); 49g protein; 2g fibre; 15g carbs; 14g total sugars; 0.9g salt

JESSIE'S TIP

You can use all thighs, which are more moist, or all breast pieces – in which case cook for a slightly shorter time to avoid dryness. Alternatively, use only skin-on bone-in thighs, which may need a slightly longer cooking time.

WHAT JESSIE SAYS:

'This recipe is a definite crowd-pleaser. I have even won over those irritating people who don't like sweet and sour flavours together with a plate of this. Everything can be prepped the night before, so you can be the host with the most and assume the title of an "effortless cook".'

WORDS: ABIGAIL SPOONER. PHOTOGRAPH: OLA O.SMIT.

CHOCOLATE SIMNEL CAKE

A rich, sticky, dark twist on Easter's traditional bake

RECIPE **SARAH AKHURST** PHOTOGRAPH **KRIS KIRKHAM**

SERVES 16 **V** **HANDS-ON TIME** 50 MINS **TOTAL TIME** 2 HRS 10 MINS, PLUS COOLING AND CHILLING

For the cake

- 250g raisins (we used Taste the Difference)
- 75ml amaretto liqueur
- 225g soft unsalted butter, plus extra to grease
- 300g dark brown sugar
- 4 large eggs
- 225g plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 75g cocoa powder
- 1 tbsp ground mixed spice
- 300ml soured cream
- 1 tsp vanilla bean paste or extract

For the chocolate marzipan

- 175g ground almonds
- 100g icing sugar, sifted
- 110g golden caster sugar
- 55g cocoa powder, plus extra to dust
- 1 large egg, beaten
- 1 tsp clear honey, to brush

For the ganache

- 150g dark chocolate, 70% cocoa solids, chopped
- 150ml double cream
- 1 tbsp clear honey
- 15g unsalted butter

1. Preheat the oven to 200°C, fan 180°C, gas 6. Line the base and sides of a deep 20cm springform tin. Put the raisins and amaretto in a bowl; set aside to soak.
2. Beat the butter and sugar together until light and fluffy. Add the eggs one at time, beating well between each one.
3. Sift together the flour, baking powder, bicarb, cocoa powder, a pinch of salt and the mixed spice and slowly fold into the cake mix. Finally fold in the soured cream, vanilla and steeped fruit. Transfer to the prepared tin and bake in the oven for 1 hour 10 minutes, or until a skewer inserted in the cake comes out clean. Leave to cool in the tin for 10 minutes, then remove from the tin and leave to cool completely on a wire rack.
4. Meanwhile, make the marzipan. Combine the ground almonds, sugars and cocoa powder in a bowl. Add the egg and stir until it starts to come together, then use your hands to briefly knead the mixture into a dough. Shape into a disc, wrap and chill for at least 30 minutes in the fridge until firm.
5. For the ganache, put the chocolate in a heatproof bowl. Heat the cream, honey and butter in a pan until it just reaches boiling point. Pour over the chocolate, leave for 1 minute; stir to create a glossy ganache. Allow to cool slightly.
6. Roll out half of the marzipan between 2 sheets of baking paper until it's around 3mm thick, then cut out a 20cm circle. Level the top of the cake, brush with the honey and place the marzipan disc on top. Shape the remaining marzipan into 11 small balls – to symbolise the 12 disciples minus Judas – and roll them in cocoa powder to coat lightly. Pour the ganache over the top of the marzipan and allow to drizzle over the sides. Leave to set, then top with the marzipan balls.

■ 614 cals, 34g fat, 17g sat fat, 10g protein, 3g fibre, 63g carbs, 51g sugar, 0.2g salt

» GET AHEAD

The simnel cake can be made up to 1 week ahead and kept in an airtight container. Decorate when ready to serve.

MITZIE WILSON; PROP STYLING: TAMZIN FERDINANDO

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