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V IS FOR VEGETARIAN

IT'S NEVER BEEN EASIER TO EAT LESS MEAT

Going meat-free some of the time, rather than every day, is becoming ever more popular. Nicola Graimes is one of the food writers inspiring a new generation of cooks to be more creative with veg – and it all starts with choosing ingredients wisely

Sour cherry, red quinoa and spiced almond salad

PHOTOGRAPHS
AND STYLING
HAARALA HAMILTON
FOOD STYLING
SARA LEWIS

Sour cherry, red quinoa and spiced almond salad [v]

SERVES 4. HANDS-ON TIME 25-30 MIN,
 OVEN TIME 10 MIN

“The success of this salad is all about balance – you don’t want any single ingredient to dominate. It should be a harmonious mixture of flavours, textures and colours.”

FOOD TEAM’S TIP Soaking the nuts makes them easier to digest, but if you like a crunch, don’t soak them.

- 60g blanched almonds
- 2 tsp harissa paste
- 100g quinoa (red, white or black)
- 8 large handfuls mixed red and green salad leaves
- 1 small red onion, finely sliced
- 2 large handfuls fresh mint leaves, torn
- 2 large handfuls fresh flatleaf parsley, torn
- 125g dried sour cherries
- 200g firm goat’s cheese, crumbled

FOR THE DRESSING

- Finely grated zest and juice 1 lemon
- 4 tbsp extra-virgin olive oil
- ½ tsp cumin seeds

1. Soak the almonds in a bowl of water with a pinch of salt for 15 minutes until slightly softened (see tip). Drain, then put in a bowl with the harissa, turning to coat. Heat

the oven to 180°C/160°C fan/gas 4.

2. Meanwhile put the quinoa in a saucepan and cover with water. Bring to the boil over a high heat, then turn down the heat and simmer for 12-15 minutes until tender. Drain and set aside.
 3. While the quinoa is cooking, put the nuts on a baking sheet, spread out evenly and roast for 10 minutes, turning once, until golden. Transfer to a bowl and leave to cool. Put the salad leaves into a large shallow serving bowl and top with the quinoa, red onion, herbs and sour cherries. Mix together the ingredients for the dressing and season to taste. Spoon the dressing over the salad and toss until combined, then scatter the crumbled goat’s cheese and baked almonds over the top.

PER SERVING 560kcal, 34.5g fat (11.4g saturated), 20.4g protein, 39.5g carbs (25.8g sugars), 0.9g salt, 6.3g fibre

WINE EDITOR’S CHOICE A dry, young rosé, perhaps from Bordeaux or Sancerre, is a perky partner here.

Tomato, olive and mozzarella rice [v]

SERVES 4. HANDS-ON TIME 30 MIN,
 OVEN TIME 30 MIN, PLUS RESTING

“There’s a blend of cultures here with this paella/risotto dish. It’s a great make-and-leave-to-do-its-own-thing kind of meal, as most of the cooking is done in the oven. I like to top it with blobs of pesto.”

- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 2 large onions, roughly chopped
- 3 large garlic cloves, finely chopped
- 225g paella rice (such as calasparra or bomba)
- 185ml dry white wine (optional)
- 1 tbsp tomato paste
- 400g chopped tomatoes
- 400g vegetable stock, plus extra if needed
- 2 heaped tsp fresh oregano or fresh thyme leaves
- 1-2 tsp hot smoked paprika
- 175g pitted kalamata olives
- 125g mozzarella, torn into pieces
- 3 handfuls rocket
- Squeeze lemon juice to serve

1. Heat the oven to 180°C/160°C fan/gas 4. Heat the oil in a large heavy-based flameproof casserole over a low-medium heat and cook the onions, covered, for about 10 minutes until soft but not coloured, stirring occasionally.

2. Add the garlic and the rice, stir to coat the grains, then add the wine, if using. Bubble for 3 minutes until reduced and there is no smell of alcohol. Add the tomato paste, chopped tomatoes and stock, then bring to the boil, stirring occasionally.

3. Stir in the oregano/thyme, paprika and half the olives, then taste and season. Put the lid back on the casserole, then bake for 20 minutes until the rice is just tender.

4. Take off the heat and add a little more stock if it looks dry. Scatter »

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vegetarian inspiration.

“Vegetarian food has come a long way since the lentil days. Meat-free cooking is exciting, inventive and inspirational. The number of what I call part-time vegetarians or flexitarians (non-vegetarians who regularly eat meat-free meals) is growing too. Whether it's for health, economic or moral reasons (or a combination of all three), it's a trend that's gaining momentum. These recipes are perfect for anyone looking for new meat-free ideas.” NICOLA GRAIMES





SPECIAL OFFER

These recipes are from *The Part-Time Vegetarian* by Nicola Graimes (RRP £20; Nourish Books). To order a copy at the special price of £16 with free P&P, please call 01206 255800 and quote the code DE123*.

over the mozzarella and drizzle with a little oil. Bake for 10 minutes more, uncovered, until the cheese has melted and started to brown. Take it out, rest for 10 minutes, then serve topped with the rocket, remaining olives, a little more olive oil and a squeeze of lemon juice.

PER SERVING 488kcal, 20.4g fat (6.4g saturated), 12.5g protein, 52.7g carbs (5.9g sugars), 2.4g salt, 5.3g fibre

WINE EDITOR'S CHOICE A herby Italian white such as gavi or pecorino.

Smoked cheese potato cakes with crispy kale [v]

SERVES 4. HANDS-ON TIME 40 MIN, OVEN TIME 45 MIN

“Use naturally smoked cheddar if possible, rather than flavoured, which can lack intensity. Smoked

garlic adds to the smokiness but you can use regular garlic instead.”



Prepare the cakes up to 48 hours ahead, then cool and cover in the fridge. Reheat in a low oven. The mayonnaise will keep in a sealed container in the fridge for 1 month.

- 750g unpeeled potatoes, cut in half
- 1½ tbsp butter
- 2 large free-range eggs
- 4 handfuls cherry tomatoes
- Olive oil for frying, plus extra for brushing and drizzling
- 3 smoked garlic cloves, or regular garlic (see recipe introduction)
- 4 large handfuls curly kale
- 100g smoked cheddar (see recipe introduction), grated
- 4 tbsp capers in brine, drained, rinsed and patted dry
- 1 large handful fresh flatleaf parsley, chopped
- Plain flour for dusting

FOR THE CAPER MAYONNAISE

- 6 tbsp good quality mayonnaise
 - Juice ½ lemon
 - 1 tbsp capers in brine, drained, rinsed and patted dry
 - 1 tbsp nori flakes (from the world food aisle of supermarkets) or 2 tbsp finely chopped fresh parsley
1. Heat the oven 190°C/170°C fan/gas 5. Cook the potatoes in boiling salted water for 12-15 minutes until tender. Drain and return to the hot pan to dry briefly. Leave until cool enough to handle (or use rubber gloves), then coarsely grate into a large mixing bowl, discarding the skins. Mix in the butter.
 2. Meanwhile put the eggs in a small pan of boiling water and cook for 10 minutes. Cool under running water.


Brush the tomatoes with oil, put in a large roasting tin with the whole garlic cloves, season with salt and pepper, then roast for 20 minutes or until softened and starting to brown. Remove from the oven and set aside. Turn the oven to 150°C/130°C fan/gas 2. Toss the kale in a little oil, season with salt and pepper, then put on a large baking sheet in a single layer. Roast for 10-15 minutes, turning once, until crisp. Keep an eye on it, as it can burn easily. Meanwhile, shell the eggs and grate into the potato. Mix together all the ingredients for the mayonnaise and keep chilled.

3. Squeeze the garlic out of its skin and fold into the potatoes along with the grated cheddar, capers and parsley, then season to taste. Return the tomatoes to the turned-off oven.

4. Sprinkle some flour on a plate, shape the potato mixture into 8 thick rounds, 8cm in diameter, then dust in flour. Heat enough oil to cover the base of a large non-stick frying pan, then fry the potato cakes in 2 batches for 3 minutes on each side until crisp and golden. Drain on kitchen paper and keep warm in the oven while you cook the rest.

5. Serve the cakes with the roasted tomatoes, kale and caper mayo.

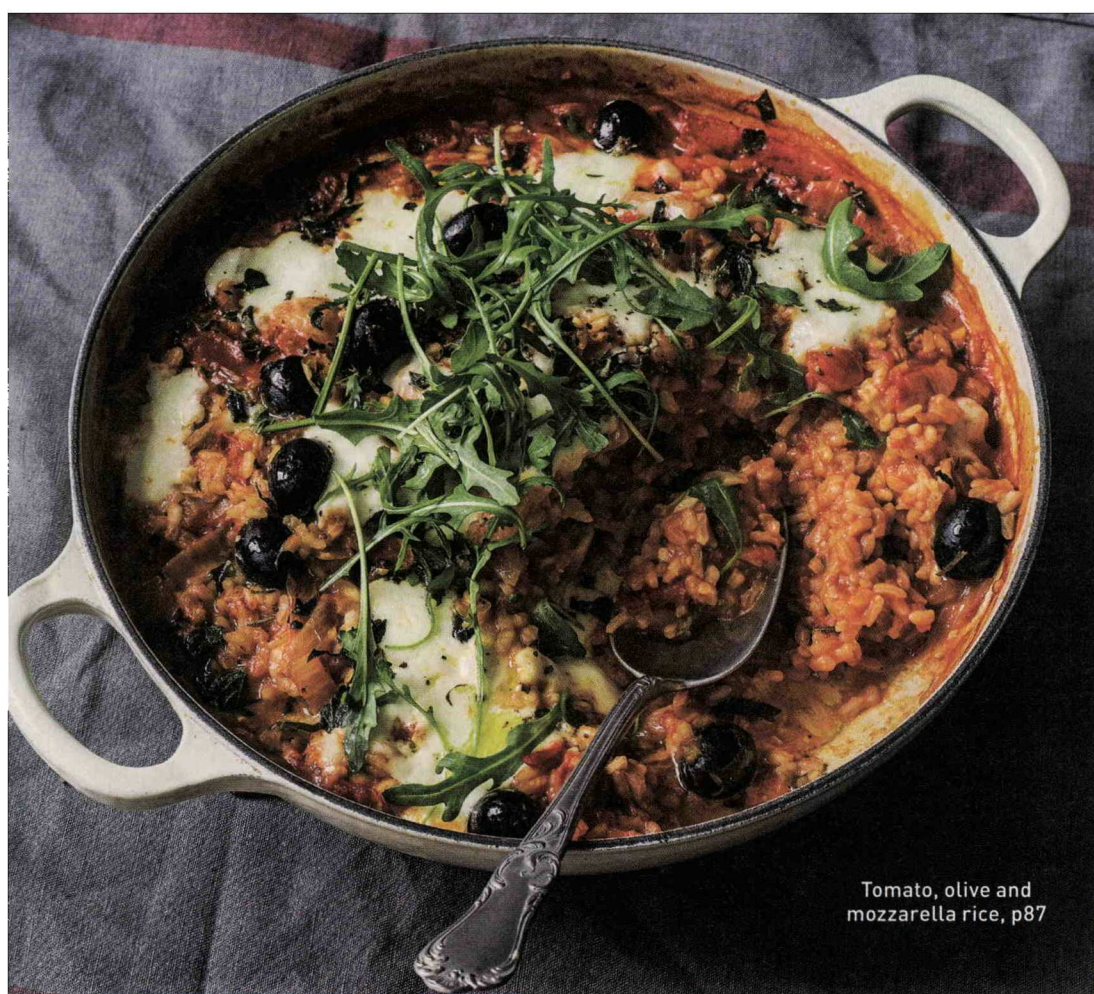
PER SERVING 660kcal, 45.6g fat (12.3g saturated), 17.5g protein, 41.1g carbs (4.9g sugars), 0.8g salt, 7.6g fibre

WINE EDITOR'S CHOICE Belgian wheat beer – the lemony creaminess will work better than wine. 

NEXT MONTH

Spice up your life with a gourmet Indian vegetarian menu

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Tomato, olive and
mozzarella rice, p87

*OFFER AVAILABLE FROM 1 OCTOBER TO 1 DECEMBER 2015

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FLEXI TIME



Enjoy Nicola Graimes' veggie meals as they are or follow her tips for a meatier variation

Olive and tomato chickpea pancakes

Serves 4

Prep time 10 minutes, plus up to 1 hour resting
Cooking time 8 minutes

Cals 271

Sat fat 6g

For the pancakes

*150g chickpea flour
*½ tsp salt
*1 tsp harissa powder
*1 large spring onion, finely chopped
*Handful chopped

coriander leaves

*Freshly ground black pepper
*Sunflower oil, for frying
*5tbsp crème fraîche, to serve

For the topping

*6 tomatoes, deseeded and diced
*70g pitted black olives, drained well and roughly chopped
*4tbsp chopped coriander
*Juice ½ small lemon

1 Sift the chickpea flour into a large mixing bowl and stir in the salt and harissa, then make a well in the middle. Pour 270ml water into the well and gradually draw in the flour mixture, whisking to make a smooth batter. Leave to rest for 30-60 minutes.

2 In the meantime, make the olive and tomato topping. Mix together the tomatoes, olives, coriander and lemon juice, season well, then set aside and leave to rest for 20 minutes.

3 When the batter has rested, stir in the spring onion and a handful of coriander, then season with the pepper.

4 Heat a large non-stick frying pan over a medium heat and add enough oil to lightly coat the base. Pour in a quarter of the batter and tilt the pan so it lightly covers the bottom. Cook the pancake for 1 minute on each side, or until cooked and golden in places. Keep warm in a low oven while you cook the remaining pancakes, adding more oil each time.

5 Serve them with a spoonful of crème fraîche and the tomato and olive mixture piled on top.

PART-TIME VARIATION

Add chilli prawns, chicken or lamb. See Fabulousmag.co.uk for the full recipe.

Lemon roast vegetables with scamorza

Serves 4

Prep time 20 minutes

Cooking time 40 minutes

Cals 583

Sat fat 10g

*2tbsp extra virgin olive oil
*Finely grated zest and juice 1 large lemon
*1tsp turmeric
*1tsp dried chilli flakes
*800g white potatoes, such as Maris Piper, cut

into bite-size chunks (no need to peel)
*2 onions, halved and cut into wedges
*250g cherry tomatoes
*1 fennel bulb, quartered lengthways, fronds reserved
*200g scamorza or mozzarella cheese, cut into chunks
*4tbsp pumpkin seeds, toasted
*Sea salt and freshly ground black pepper

For the caper and herb oil

*4tbsp extra virgin olive oil
*3tbsp capers, drained and roughly chopped
*1 large handful chopped mixed herbs, such as basil, oregano and thyme
*1 crushed small garlic clove
*Juice ½ lemon

1 Preheat the oven to 220°C/425°F/gas mark 7. Mix together the olive oil, lemon zest and juice, the turmeric and chilli flakes in a large mixing bowl. Add the potatoes and turn until coated in the lemony spice mix. Divide the potatoes and any marinade between two large roasting pans, cover with foil and roast for 20 minutes.

2 Add the onions, tomatoes and fennel to the roasting pans, season with salt and pepper and turn until combined. Return to the oven and cook, uncovered, for a further 20 minutes, or until the potatoes are starting to crisp and the vegetables all are tender.

3 Top the roasted potatoes and vegetables with the scamorza, pumpkin seeds and fennel fronds. To make the caper and herb oil, mix together all the ingredients. Drizzle over before serving. **F**

● Recipes from *The Part-Time Vegetarian* by Nicola Graimes (£20, Nourish Books), available for *Fabulous* readers to buy for £16 (plus free P&P). Call 01206 255800 and quote FABMAG by November 13, 2015.



PART-TIME VARIATION

Add white fish. See Fabulousmag.co.uk for the full recipe.

#FabBites JAR KITCHEN, LONDON

JARKITCHEN.COM @JARKITCHEN INSTAGRAM.COM/JARKITCHEN

In 140 characters Sustainability is what this Covent Garden eatery is all about - from upcycled jars (which are *everywhere*) to its farm-to-fork ethos.

Fab for Midweek munching of the virtuous variety.

The vibe The decor is as inspired as the menu, with reused wood and Mason jars taking starring roles in this West End production.

Eat Melt-in-your-mouth ox cheek and Cheddar croquettes, £6.50, followed by the house salad - an on-trend blend of mixed grains, roasted heirloom carrots, coconut yoghurt, pomegranate, almonds and herbs, £9.50.

Drink One of the cheekily named wines, from Johan Mayer Force Majeur, £7.80 a glass, to Sex, Drugs, Rock & Roll Riesling, £7 a glass.

Hot gossip This is the venture of two besties - Lucy and Jenny. Girl power!



Tonkatsu pork with tangy slaw

Preparation time:
30 minutes

Cooking time:
15 minutes

INGREDIENTS
(Serves 4-6)

For the tangy slaw:

- ◆ 1 small cabbage, about 400g, shredded
- ◆ 50ml soy sauce
- ◆ 2 tbsps yuzu juice or 1 tbsp each of lime and grapefruit juice

For the Tonkatsu sauce:

- ◆ 60ml Worcestershire sauce
- ◆ 2 tbsps soy sauce
- ◆ 2 tbsps sugar
- ◆ 100ml tomato sauce (ketchup)
- ◆ 1 tbsp sake
- ◆ 1 tsp English mustard

- ◆ 700g pork tenderloin, fat trimmed
- ◆ Plain (all-purpose) flour, for dusting
- ◆ 3 eggs, lightly beaten
- ◆ 300g panko breadcrumbs
- ◆ Vegetable or peanut (groundnut) oil, for shallow-frying
- ◆ Lime wedges, to serve

METHOD

Step 1: To make the slaw, put the shredded cabbage in a bowl of lightly salted water with some ice cubes and refrigerate for 30-60 minutes. This will help it stay crisp when you mix it with the dressing later.

Step 2: Drain the cabbage, then spin it dry in a salad spinner and transfer it to a bowl. Combine the soy sauce and yuzu juice in a small bowl and toss through the cabbage just before serving.

Step 3: Meanwhile, to make the tonkatsu sauce, combine all of the ingredients in a small bowl and whisk until smooth.

Step 4: Slice the pork tenderloin about 3cm thick, cover with a piece of baking paper, then gently pound it with a rolling pin until it is 1.5-2cm thick. Put the flour, beaten egg and breadcrumbs in three separate shallow bowls. Season the pork with salt and pepper, then dust with flour, dip in the beaten egg and coat in breadcrumbs.

Step 5: Heat 2cm of oil in a very large frying pan over medium to high heat. When hot, cook the pork in batches until brown and crisp on both sides. After 2 batches, you may want to wipe the pan clean and add clean oil. Cut the pork into 2.5cm wide strips and serve it hot with the tangy slaw, tonkatsu sauce and lime wedges.

Get Ahead If your time is tight the pork can be coated in the breadcrumbs the night before,

stored between sheets of baking paper on a tray, then covered with plastic wrap. The tonkatsu sauce can also be made two days ahead, covered and refrigerated. Fry the pork cutlets just before serving as they are best crisp and hot.

From *My Street Food Kitchen* by Jennifer Joyce (£18.99, Murdoch Books), out now



Pork carnitas

Preparation time:
25 minutes

Cooking time:
1 hour 30 minutes

INGREDIENTS
(Serves 4)

- ◆ 100ml pork lard (available in all major

- supermarkets)
- ◆ 200g minced pork
- ◆ 100g pork belly, diced
- ◆ 50g spicy chorizo sausage, diced
- ◆ 100g Spanish onions, chopped
- ◆ 2 green chillies, deseeded and finely chopped
- ◆ 1 tbsp cider vinegar
- ◆ 1 tsp dark brown sugar
- ◆ 1 tsp ground cumin
- ◆ 200g canned chopped tomatoes
- ◆ 2cm piece of cinnamon stick
- ◆ 2 bay leaves
- ◆ 1 tsp dried oregano
- ◆ 2 tps chilli powder
- ◆ Maldon sea salt flakes
- ◆ Freshly ground black pepper
- ◆ 100g black beans

To serve:

- ◆ Soft flour tortillas
- ◆ 100g guacamole
- ◆ 25g pickled shallot, sliced
- ◆ 100g white cabbage, sliced
- ◆ 1 lime
- ◆ 150ml soured cream
- ◆ Bunch of fresh coriander leaves

METHOD

Step 1: Heat the lard in a large skillet and gently brown the minced pork, belly and spicy chorizo sausage then add the onions and cook gently until soft

Step 2: Add all the remaining ingredients except the black beans and bring to a gentle simmer, stirring regularly.

Step 3: Cook for 1 hour, then add the beans and cook for a further 30 minutes. Remove the bay leaves and cinnamon stick and adjust the seasoning if necessary.

Step 4: Serve with tortillas, guacamole, pickled shallot, white cabbage dressed with lime juice, soured cream, coriander leaves and season with pepper.

From *Hog* by Richard H Turner (£25, Mitchell Beazley), out now

THE TASTE MAKERS

THE BOOK

Whether you want to cut down on meat or are a veggie sharing a kitchen with a meat-eater, *Part-Time Vegetarian*, £20, is for you. Featuring veggie recipes, such as halloumi hash that can be easily transformed into a meat or fish version, it's the ideal way to please both camps.



THE INGREDIENT

We're guilty of having a bit of a food crush at *Stylist HQ*. The offender? Chia seeds (£3.95 for 150g, tesco.com). Not

only do they improve digestion and boost energy they taste great soaked in almond milk, raw cacao and maple syrup.

THE GADGET

After using garlic, you can scrub with cucumber to lessen the smell, but all you really need is the Garject garlic press (£19.87, ocado.com). As you open the handle it ejects the peel eliminating the need to handle the pungent veg.



THE RESTAURANT

There's a real buzz at The Social Pantry (Lavender Hill, London) helped along partly by the must-have-more elderflower and gin cocktails and partly by the friendly staff. And the delicious new winter menu is not bad either; beetroot gazpacho, juicy steaks, not to mention the best scotch eggs we've ever tasted. You'll need a long stroll on Clapham Common to walk it off.

THE TOAST TOPPER

Not just for kids, the humble fish finger celebrated its 60th birthday last week and we can't think of a better way to beat a hangover than two or three sat atop a lightly grilled bloomer slice and topped with ketchup. Boom.





Sour cherry, red quinoa and spiced almond salad

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Sour cherry, red quinoa and spiced almond salad [v]

SERVES 4. HANDS-ON TIME 25-30 MIN, OVEN TIME 10 MIN

“The success of this salad is all about balance – you don’t want any single ingredient to dominate. It should ideally be a harmonious mix of taste, texture and colour.”

FOOD TEAM’S TIP Soaking the nuts makes them easier to digest, but if you like a crunch, don’t soak them.

- 60g blanched almonds
- 2 tsp harissa paste
- 100g quinoa (red, white or black)
- 8 large handfuls mixed red and green salad leaves
- 1 small red onion, finely sliced
- 2 large handfuls fresh mint leaves, torn
- 2 large handfuls fresh flatleaf parsley, torn
- 125g dried sour cherries
- 200g firm goat’s cheese, crumbled

FOR THE DRESSING

- Finely grated zest and juice 1 lemon
- 4 tbsp extra-virgin olive oil
- ½ tsp cumin seeds

1. Soak the almonds in a bowl of water with a pinch of salt for 15 minutes until slightly softened (see tip). Drain, then put in a bowl with the harissa, turning to coat. Heat the oven to 180°C/160°C fan/gas 4.
2. Meanwhile put the quinoa in a saucepan and cover with water. Bring to the boil over a high heat, then turn the heat down and simmer for 12-15 minutes until tender. Drain and set aside.
3. While the quinoa is cooking, put the nuts on a baking sheet, spread out evenly and roast for 10 minutes, turning once, until golden. Transfer to a bowl and leave to cool. Put the salad leaves into a large shallow serving bowl and top with the quinoa, red onion, herbs and sour cherries. Mix together the ingredients for the dressing and season to taste.

“Vegetarian food has come a long way since the lentil days. Meat-free cooking is exciting, inventive and inspirational. The number of what I call part-time vegetarians or flexitarians (non-vegetarians who regularly eat meat-free meals) is growing too. Whether it’s for health, economic or moral reasons (or a combination of all three), it’s a trend that’s gaining momentum. These recipes are perfect for anyone looking for new meat-free ideas.”

NICOLA GRAIMES

vegetarian inspiration.



Spoon the dressing over the salad and toss until combined, then scatter the crumbled goat’s cheese and baked almonds over the top.

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WINE EDITOR’S CHOICE A dry, young rosé, perhaps from Bordeaux or Sancerre, is a perky partner here.

Tomato, olive and mozzarella rice [v]

SERVES 4. HANDS-ON TIME 30 MIN, OVEN TIME 30 MIN, PLUS RESTING

“There’s a blend of cultures here with this paella/risotto dish. It’s a great make-and-leave-to-do-its-own thing kind of meal, as the majority of the cooking is done in the oven. I like to top it with blobs of pesto.”

- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 2 large onions, roughly chopped
- 3 large garlic cloves, finely chopped
- 225g paella rice (such as calasparra or bomba)
- 185ml dry white wine (optional)
- 1 tbsp tomato paste

- 400g chopped tomatoes
- 400g vegetable stock, plus extra if needed
- 2 heaped tsp fresh oregano or fresh thyme leaves
- 1-2 tsp hot smoked paprika
- 175g pitted kalamata olives
- 125g mozzarella, torn into pieces
- 3 handfuls rocket
- Squeeze lemon juice to serve

1. Heat the oven to 180°C/160°C fan/gas 4. Heat the oil in a large heavy-based flameproof casserole over a low-medium heat and cook the onions, covered, for about 10 minutes until soft but not coloured, stirring occasionally.
2. Add the garlic and the rice, stir to coat the grains, then add the wine, if using. Bubble for 3 minutes until reduced and there is no smell of alcohol. Add the tomato paste, chopped tomatoes and stock, then bring to the boil, stirring occasionally.
3. Stir in the oregano/thyme, paprika and half the olives, then taste and season. Put the lid back on the casserole, then bake for 20 minutes until the rice is just tender.
4. Take off the heat and add a little more stock if it looks dry. Scatter »



Tomato, olive and mozzarella rice, p85

1. Heat the oven 190°C/170°C fan/gas 5. Cook the potatoes in boiling salted water for 12-15 minutes until tender. Drain and return to the hot pan to dry briefly. Leave until cool enough to handle (or use rubber gloves), then coarsely grate into a large mixing bowl. Mix in the butter. **2.** While the potatoes are cooking, put the eggs in a small pan of boiling water and cook for 10 minutes. Cool under running water. Brush the tomatoes with oil, put in a large roasting tin with the whole garlic cloves, season with salt and pepper, then roast for 20 minutes or until softened and starting to brown. Remove from the oven and set aside. Reduce the oven to 150°C/130°C fan/gas 2. Toss the kale in a little oil, season with salt and pepper and put on a large baking sheet in a single layer. Roast for 10-15 minutes, turning once, until crisp. Keep an eye on it, as it can burn easily. Meanwhile, shell the eggs and grate into the potato. Mix together all the ingredients for the mayonnaise and keep chilled.

3. Squeeze the garlic out of its skin and fold into the potatoes along with the grated cheddar, capers and parsley, then season to taste. Return the tomatoes to the turned-off oven. **4.** Sprinkle some flour on a plate, shape the potato mixture into 8 thick rounds, 8cm in diameter, then dust in flour. Heat enough oil to cover the base of a large non-stick frying pan, then fry the potato cakes in 2 batches for 3 minutes on each side until crisp and golden. Drain on kitchen paper and keep warm in the oven while you cook the rest.

5. Serve the cakes with the roasted tomatoes, kale and caper mayo. **PER SERVING** 660kcal, 45.6g fat (12.3g saturated), 17.5g protein, 41.1g carbs (4.9g sugars), 0.8g salt, 7.6g fibre

WINE EDITOR'S CHOICE Belgian wheat beer – the lemony creaminess will work better than wine. **A**

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Smoked cheese potato cakes with crispy kale

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over the mozzarella and drizzle with a little oil. Bake for 10 minutes more, uncovered, until the cheese has melted and started to brown. Take it out, rest for 10 minutes, then serve topped with the rocket, remaining olives, a little more olive oil and a squeeze of lemon juice.

PER SERVING 488kcal, 20.4g fat (6.4g saturated), 12.5g protein, 52.7g carbs (5.9g sugars), 2.4g salt, 5.3g fibre

WINE EDITOR'S CHOICE It's got to be a herby Italian white here – gavi or pecorino would both do nicely.

Smoked cheese potato cakes with crispy kale [v]

SERVES 4. HANDS-ON TIME 40 MIN, OVEN TIME 45 MIN

“Use naturally smoked cheddar if possible, rather than flavoured, which can lack intensity. Smoked garlic adds to the smokiness but you can use regular garlic instead.”

Prepare the cakes up to 48 hours ahead, then cool and cover in the fridge.

MAKE AHEAD

Reheat in a low oven. The mayonnaise will keep in a sealed container in the fridge for 1 month.

- 750g potatoes, in quarters
- 1½ tbsp butter
- 2 large free-range eggs
- 4 handfuls cherry tomatoes
- Olive oil for frying, plus extra for brushing and drizzling
- 3 smoked garlic cloves, or regular garlic (see recipe intro)
- 4 large handfuls curly kale
- 100g smoked cheddar (see tip), grated
- 4 tbsp capers in brine, drained, rinsed and patted dry
- 1 large handful fresh flatleaf parsley, chopped
- Plain flour for dusting

FOR THE CAPER MAYONNAISE

- 6 tbsp mayonnaise
- Juice ½ lemon
- 1 tbsp capers in brine, drained, rinsed and patted dry
- 1 tbsp nori flakes (from the world food aisle of supermarkets) or 2 tbsp finely chopped fresh parsley