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BBC VEGETARIAN (WINTER/CHRISTMAS)

Circulation ('000): 80

Readership ('000): 298

Display Rate (£/sqcm): £9.84

-- DEC 2011

4365



Classic Christmas chutney

MAKES ABOUT 2.75kg (6lb 2oz) chutney • PREP 15 mins • COOK 3-3½ hrs
Lovely to give as a gift – store for at least 1 month before using, for flavours to develop. It will keep for at least 6 months; after opening, refrigerate and eat within 1 month.

Tip 1.85kg/4lb 2oz cooking apples, peeled, cored and chopped, 250g/9oz sultanas, 100g/4oz crystallised ginger and 7 sliced garlic cloves into a food processor and pulse until minced, but still quite chunky. Tip into a pan with 100ml water, cover, then cook over a high heat for 10 mins. Stir in ½ tsp each mixed spice, cayenne, salt and ground coriander and 300ml/½pt malt vinegar, then cook, uncovered, for 45 mins. Meanwhile, stir 750g/1lb 10oz light muscovado sugar and 300ml/½pt malt vinegar together. When the apples have had their time, pour over the sugar solution and simmer, very slowly, for 2-2½ hrs. Stir until a wooden spoon drawn through the mixture leaves a clean path and no trace of unabsorbed liquid. Leave to cool, then fill hot sterilised jars to the brim. Seal with a lid then label.

PER 25g SERVING 41 kcals, protein none, carbs 11g, fat none, fibre 1g, sugar 10g, salt 0.03g

OUR FAVOURITE...MAIL-ORDER FOOD GIFTS



★ **PAXTON & WHITFIELD VEGETARIAN GIFT PACK**, £50, paxtonandwhitfield.co.uk, 01451 823460, includes around 1.1kg cheese This is great as a gift but also brilliant if you fancy treating yourself to a good selection of cheeses for Christmas. The pack includes an olive wood

cheeseboard and fruit cheese as well as two of our favourite cheeses: Fosse Way Fleece, which is akin to young Parmesan, and the mellow, russet-coloured Shropshire Blue.

★ **SEGGIANO VEGETABLE PATE TRIO**, £16.50, something-italian.com, 01865 513879 Three 180g jars of tasty paté: sundried tomato, olive, and raw artichoke, which has a lovely lemony aroma and a sharp kick of chilli. A great storecupboard standby, they also make gorgeous bruschetta toppings and they're delicious stirred through pasta.



★ **BOOJA BOOJA THE ARTISTS COLLECTION**, 185g,

£23.99, goodnessdirect.co.uk, 0871 871 661 As always, Booja Booja's truffles are presented in beautiful boxes, designed by Persian Dowry in Kashmir. The truffles themselves are rich, dark, chocolatey nuggets. Choose from Hazelnut, the creamiest of the trio, classic Champagne and, for a coffee kick, Espresso.



Christmas

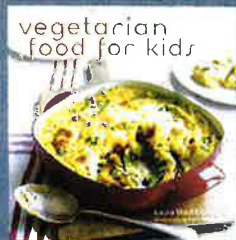
OUR FAVOURITE VEGETARIAN READS

VEGETARIAN FOOD

FOR KIDS Laura Washburn,

Ryland Peters & Small, £14.99

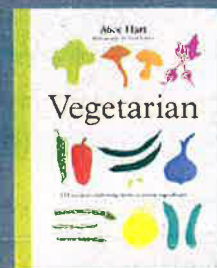
Plenty of ideas for quick meals along with advice to help ensure that young veggies get all the nutrients they need. Chapters include breakfast, family feasts and a snacks section. We liked the fun twist on standard mealtime favourites like pizza soup, along with family-friendly chillis, muffins and a tasty multi-grain pancake recipe.



VEGETARIAN Alice Hart,

Murdoch Books, £14.99

Beautifully illustrated, this has everything from brunch to fine dining dishes, many contributed by other top chefs including Skye Gyngell and Francesco Mazzei. This is a great book for those who have recently switched to vegetarianism as it includes plenty of tips on how to improve your vegetarian diet and useful mix-and-match menu planners. It's good to see basic recipes for sauces and salsas included too.



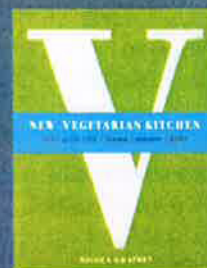
NEW VEGETARIAN KITCHEN:

RAW, GRILL, FRY, STEAM,

SIMMER, BAKE Nicola Graimes,

Duncan Baird Publishers, £20

This book sets out to prove that there's more to vegetarian cuisine than old stand-bys such as lentils, pasta and bean burgers. We were impressed with the inventiveness of its recipes, all of which were clear, concise and easy to follow. The Steamed crushed pea & ginger wontons made an impressive starter, while the Walnut crumble made for a simple, quick Sunday lunch.



VEGGIESTAN: A VEGETABLE LOVER'S TOUR OF THE MIDDLE EAST Sally Butcher,

Pavilion Books, £25

This is an engaging guide to Middle Eastern vegetarian cookery by Persian food expert and owner of Persian food store Persepolis in London, Sally Butcher. She takes a fresh look at many of the more exciting ingredients available on our high streets today, as well as providing a host of recipes made with more familiar fare. Main courses include Persian rice noodles with gingery aubergines.



Sprouted bean, rocket and pea shoot salad *Serves 4*

4 tbsp extra virgin olive oil
2 tbsp lemon juice
1 tsp Dijon mustard
3 tbsp chopped garlic
chives or chives
3 tbsp chopped basil leaves
100g (3½oz) rocket leaves
100g (3½oz) pea shoots

50g (2oz) sugar snap peas,
trimmed and thinly sliced
1 small handful of mixed
sprouted beans
1 small red onion,
thinly sliced
Salt and freshly ground
black pepper

1 To make the dressing, whisk together the extra virgin olive oil, lemon juice and Dijon mustard in a small bowl. Stir in the chives and basil and season to taste with salt and pepper.
2 Put the rocket, pea shoots and sliced sugar snap peas in a large bowl and toss to combine. Top with a handful of sprouted beans and red onion. Spoon the dressing over the salad and serve immediately.

Summer paella *Serves 4*

55g (1¼oz) blanched almonds
150g (5oz) shelled broad beans
150g (5oz) asparagus tips
½ tsp saffron strands
3 tbsp olive oil
2 onions, finely chopped
3 garlic cloves, chopped
1 large red pepper, deseeded and diced
1 tsp smoked paprika

1 tsp turmeric
375g (13½oz) paella or Calasparra rice
80ml (3fl oz) dry sherry
900ml (1½ pints) vegetable stock
10 cherry tomatoes, halved
85g (3½oz) black olives
Basil leaves, to serve
Salt and freshly ground black pepper

1 Toast the almonds in a dry frying pan over a medium heat for 3-4 minutes, stirring occasionally, till lightly browned. Remove from heat and set aside.
2 Blanch the beans for 3 minutes till tender. Drain and refresh under cold water, then gently squeeze the beans from their outer skins into a bowl and set aside. Steam the asparagus for 3 minutes till tender, rinse under cold water and set aside. Put the saffron and 1 tablespoon hot water in a bowl to infuse.
3 Heat the olive oil over a medium-low heat in a paella pan or large frying pan with a lid. Fry the onions, stirring regularly, for 5 minutes then add the garlic and red pepper and fry for another 3 minutes, stirring occasionally. Stir in the paprika, turmeric



and rice and stir for 2 minutes until coated in the oil.
4 Add the sherry and cook till absorbed by the rice. Stir in the saffron with its soaking liquid and stock. Bring to the boil, stir then reduce the heat to its lowest setting. Simmer for 20 minutes without stirring, till the stock is absorbed. Remove from the heat and top with the beans, tomatoes, asparagus and olives. Set aside, covered, for 10 minutes.
5 Season and serve topped with almonds and basil.

A
veggie
feast!

Transform fresh ingredients into sensational vegetarian dishes with these simple recipes. Who needs meat when food tastes this good?

Spring vegetable and lemon tagliatelle *Serves 4*

375g (13½oz) dried egg tagliatelle	Basil leaves, to serve
275g (10oz) asparagus tips	
2 courgettes, sliced into long vertical strips, then halved lengthways	Garlic crumbs:
4 spring onions, sliced diagonally	5 tbsp olive oil
Juice of 1 small lemon	115g (4oz) fresh breadcrumbs
200g (7oz) rindless goat's cheese	2 large garlic cloves, finely chopped
Salt and freshly ground black pepper	Grated zest of 1 small lemon
	1 red chilli, deseeded and sliced



- 1** Make the garlic crumbs. Heat 2 tablespoons of the olive oil in a frying pan over a medium heat and fry the breadcrumbs for 2 minutes, stirring occasionally, until beginning to crisp. Add the garlic, lemon zest and chilli and cook for another 2-3 minutes until the crumbs are golden, then set aside.
- 2** Cook the tagliatelle until al dente, then drain, reserving 125ml (4fl oz) of the cooking water. Meanwhile, steam the asparagus and courgettes for 3-5 minutes until just tender, then refresh under cold running water.
- 3** Heat the remainder of the olive oil in a large frying pan over a medium-low heat and fry the spring onions for 1 minute, stirring occasionally. Add the pasta and reserved cooking water and turn until coated. Add the courgettes, asparagus, lemon juice and half of the garlic crumbs and warm through, tossing. Season with salt and pepper.
- 4** Divide the tagliatelle on to four plates and top with the crumbled goat's cheese and remaining garlic crumbs. Sprinkle with basil and serve.



Leek, apple and cheese sausage *Serves 4*

200g (7oz) white breadcrumbs
150g (5oz) grated Cheddar cheese
1 small leek, very finely chopped
1 dessert apple, cored and grated
1 tsp dried thyme
1 tsp Dijon mustard
2 tbsp milk
2 eggs
300g (10½oz) Savoy cabbage
25g (1oz) butter
2 tsp caraway seeds

- 1** In a large bowl, mix 150g (5oz) breadcrumbs with the cheese, leek, apple and thyme. Stir in the mustard, milk and one of the eggs and season. Shape into 12 sausages and chill for 30 minutes to firm up.
- 2** Beat the remaining egg in a bowl and dip each sausage in it, then roll in the breadcrumbs to coat. Lightly brush the sausages with olive oil and grill for 12 minutes, turning occasionally, until light golden and crisp.
- 3** Put the cabbage and 2 tablespoons water in a pan and cook on low for 2-3 minutes, till tender. Add the butter and caraway seeds, season and stir.
- 4** Divide on to four plates and top each with three sausages.

All recipes taken from New vegetarian kitchen, by Nicola Graimes (Duncan Baird Publishers, £20)

Vanilla cheesecakes with blackberries in cassis *Serves 4*

100g (3½oz) blackberries	Hazelnut base:
2 tbsp Crème de Cassis liqueur	Sunflower oil, for greasing
225g (8oz) cream cheese	60g (2½oz) roasted
40g (1½oz) cup icing sugar	chopped hazelnuts
2 tsp vanilla extract	25g (1oz) jumbo oats
4 tbsp double cream	2 tsp virgin coconut oil, melted if hard
	1 tbsp agave or maple syrup

- 1** Put the blackberries and cassis in a bowl and leave to steep for at least 30 minutes.
- 2** Lightly grease four 6cm (2½in) presentation rings and place on a baking sheet. In a food processor, grind the nuts and oats to the consistency of coarse breadcrumbs. Add the coconut oil and agave syrup and pulse until combined. Divide into the rings and press down with the back of a teaspoon.
- 3** Beat together the cream cheese, icing sugar, vanilla extract and double cream until thickened. Spoon the mixture over the cheesecake bases and level the tops. Chill for 1 hour until firm.
- 4** To serve, carefully run a sharp knife around the inside of the rings to loosen the cheesecakes on to serving plates. Decorate the top of each cheesecake with the blackberries and spoon a little of the cassis over the top, then serve.



The Information

THE INDEPENDENT

The essential guide to going out and staying in 08.10.2011



THE 50 BEST

Cookbooks

Comedy
Fresh Meat's
Jack Whitehall

Film
Peter Mullan
in Tyrannosaur

Dance
Some Like
It Hip-Hop

Pop
The return of
Spiritualized

Talks
Colm Tóibín
in Manchester

Cookbooks



From brilliant Basque chicken to marvellous meringue, **Kate Watson-Smyth** picks the tastiest titles for your kitchen



1 India: Cookbook by Pushpesh Pant

Written by a culinary academic, who lives and works in Delhi, this beautiful book with its rice-sack-inspired cover is the *Indian Silver Spoon*. There are 1,000 family recipes that have been collected from all over the subcontinent and carefully edited to ensure they are easy to follow and achievable in Western kitchens. **Publisher** Phaidon **How much** £29.95

2 Forgotten Skills of Cooking by Darina Allen

Or to give it its full title: *The Time-Honoured Ways Are the Best - Over 700 Recipes Show You Why*. Darina Allen's sixth book covers everything from eggs to preserving via herbs and baking. It will take a long time to cook your way through all of this but it's a pretty definitive guide on how to do it. **Publisher** Kyle Cathie **How much** £30

3 Ready for Dessert by David Lebovitz

Pastry chef and blogger David Lebovitz, who spent 12 years at Chez Panisse, has gathered together 170 recipes for bakers of all abilities. The photos alone will inspire you, not to mention the names - champagne gelée with kumquats and anise-orange ice-cream profiteroles with chocolate sauce for starters. **Publisher** Jacqui Small LLP **How much** £25

4 Jamie's Great Britain by Jamie Oliver

Yes, another one. But his recipes work and he understands food and how flavours work so you'll find no apologies for including his new opus here. This is gastropub food, classics with a twist and future classics. You'll use it a lot in contrast to those other books that you only pull out for one dish a year. **Publisher** Michael Joseph **How much** £30

5 The Ultimate Children's Cookbook

Dorling Kindersley is known for its breezy presentation and for cramming in lots of facts and this is no exception. Everything from fruit smoothies to main courses with lots of extra tips and advice, as well as sections on food hygiene, a glossary of words and a guide to equipment. **Publisher** Dorling Kindersley **How much** £15

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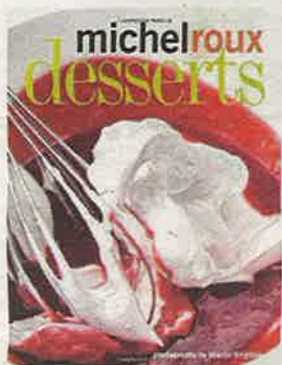


Next week
Beauty buys



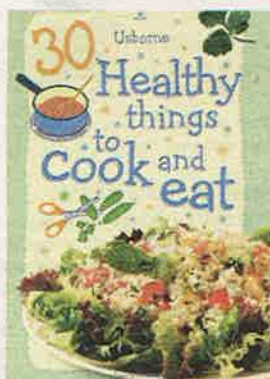
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Or to give it its full title: *Good Food Made from the Plentiful, the Seasonal and the Leftover with Over 300 Recipes, None of Them Extravagant*. Which means it's probably one of the most essential books you can have. **Publisher** Mitchell Beazley **How much** £25



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There are lots of ice creams, soufflés and sorbets but some pies and pastries too so it might not be the easiest of books but everything is so beautifully presented that it will bring a gasp to the table when you serve. **Publisher** Quadrille **How much** £14.99



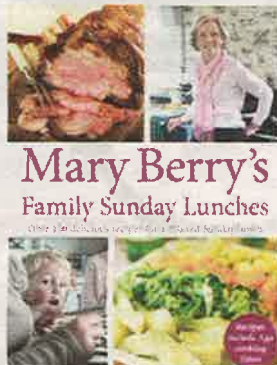
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Thirty large wipe-clean recipe cards with clear details, good pictures of the finished dish and instructions of what to do next. **Publisher** Usborne Publishing **How much** £5.99



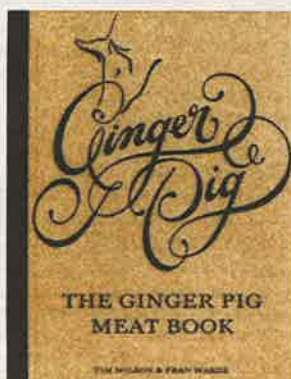
37 The Family Meal by Ferran Adrià

A cookbook by the chef of the world-famous El Bulli that's broken down into three-course meals with the instructions in pictures and minimal writing making it easy to follow and beautiful to look at. **Publisher** Phaidon **How much** £19.95



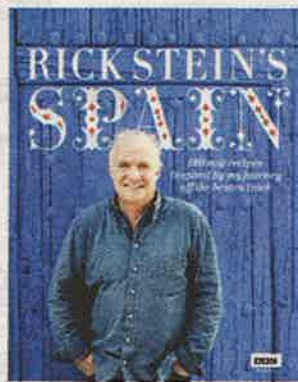
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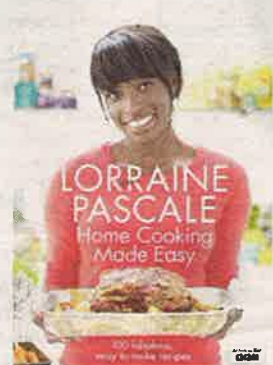
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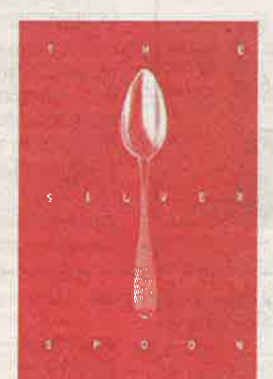
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Of course, he's known for his fish dishes but here Stein includes lots of meat dishes. It's arranged by region, and there's an index so if you happen to have some prawns and don't know what to do with them you can choose from the 10 suggestions there. **Publisher** BBC Books **How much** £25



43 Home Cooking Made Easy by Lorraine Pascale

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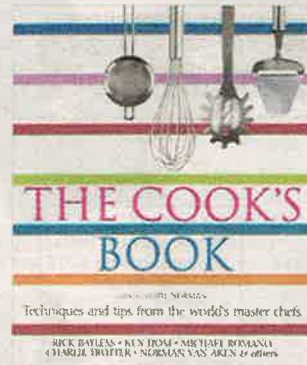
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Organised by method rather than season or ingredient, this covers steaming, simmering, frying and grilling. There are dozens of inventive recipes that will move you on from the old staples of lentils and bean burgers. **Publisher** Duncan Baird **How much** £20



44 The Cook's Book edited by Jill Norman

An international tome of a book, as each chapter is written by a different chef from Spain's Ferran Adrià to China's Ken Hom and New Zealand's Peter Gordon. **Publisher** Dorling Kindersley **How much** £35



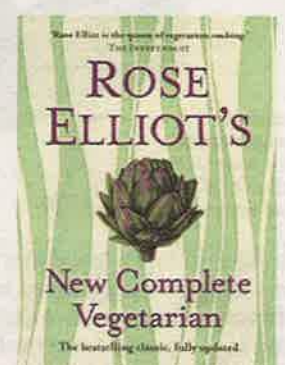
49 The Modern Pantry by Anna Hansen

It might be more of a weekend book when you have a little more time but if you are cook who wants to be stretched a little, this is the one for you. **Publisher** Ebury Press **How much** £125



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In this book for older children, Annabel Karmel takes 10 ingredients and aims to show children where they come from or how they are made before showing them what to cook in easy step-by-step instructions. **Publisher** Dorling Kindersley **How much** £7.99



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Truly, a book of world cooking as the author relates recipes from her travels and links it to cooking knives she has bought along the way. It all looks delicious. **Publisher** Conran Octopus **How much** £25



Eat your greens

Food writer Nicola Graimes teaches Katy Rice the secret to creating a range of delicious, vegetarian dishes to savour

With her scrumptious new cookbook *New Vegetarian Kitchen*, award-winning food writer Nicola Graimes has tapped into the increasingly sophisticated tastes of ethical foodies who prefer to dine à la maison.

Her new book is a mouth-watering menu of fresh, modern recipes with tastes from around the world, each dish invented and created in her own home kitchen.

Nicola, who lives in Brighton with her husband and two children, is a former editor of *Vegetarian Living* magazine and the author of more than 20 books, including *Great Healthy Food*

My cooking is a lot of experimentation, and it often creates something fantastic, simply by sprinkling some fresh herbs or crushed, toasted nuts over a dish to add colour or crunch."

This creative and comprehensive book is organised into six chapters called raw, grill, fry, steam, simmer and bake, with an introduction that covers basic information about each of the techniques employed by Nicola.

Understanding the basics of cooking techniques is at the heart of *New Vegetarian Kitchen*, and that includes even the Raw section, where she explains



Nicola Graimes

shown in mouthwatering detail on the stunning full-page photographs.

They include Steamed Crushed Pea & Ginger Wontons, Apple, Fennel and Walnut Salad, and Mushroom and Cashew Pies with Red Onion Chutney. Images of the daringly different desserts make your mouth water - check out the Indian Shrikand with Blueberries, Maple Figs with Cardamom Shortbread, Jasmine Tea and Ginger Pears and Mango Sushi.

Nicola's experience with experimenting with food began when she left home at 18 and had to cook for herself.

"I was influenced by my parents' cooking - my father used to experiment with curries and Chinese food - and sometimes I cooked at home," she says. "But in my own flat, I discovered that I loved vegetarian food and quickly developed a passion for it. I love the challenge of planning and developing a dish, although I'm quite an impatient cook so I want to create something delicious and nutritious as easily and quickly as possible. In this book, I wanted to broaden the appeal of meat-free cuisine, giving vegetarians lots of new ideas and tempting even the most adamant meat-eater."

‘Without using any meat substitutes, I wanted to show how you can get everything you need from vegetarian cooking. And I wanted to bring vegetables to the centre of a meal,’

For *Vegetarian Kids*, named the Best Vegetarian Cookbook in the UK in the world Gourmand Awards 2002.

"It's a celebration of vegetarian cooking for both vegetarians and non-vegetarians," says Nicola, a vegetarian herself for 25 years of her life. "Vegetarian food has really changed and become far more exciting because the sheer number of ingredients available now is amazing.

"Without using any meat substitutes, I wanted to show how you can get everything you need - protein, carbohydrates, vitamins and minerals - from vegetarian cooking.

"And I wanted to bring vegetables, so often seen as a side dish, to the centre of a meal.

how experimenting with marinating, grinding, blending, chopping, slicing and freezing foods and being inventive with presentation can add a whole new dimension to raw foods and transform familiar ingredients.

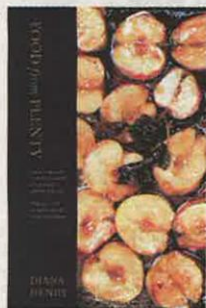
"It's about playing around with flavours, colours and textures and just being adventurous," Nicola enthuses. "Take an onion: a raw onion is crisp and sharp, slow-cooking curbs its pungency and gives it a meltingly soft texture, while stir-frying results in a slightly crunchy and more intensely flavoured taste."

Nicola has divided each chapter into light meals, main meals, side dishes and desserts - a mouth-watering menu of fresh, modern recipes, many



factfile

New Vegetarian Kitchen, by Nicola Graimes, is published by Duncan Baird Publishers, priced £20



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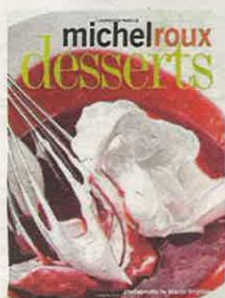
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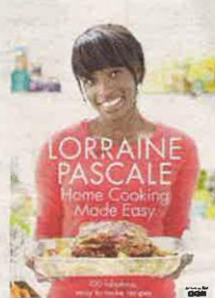
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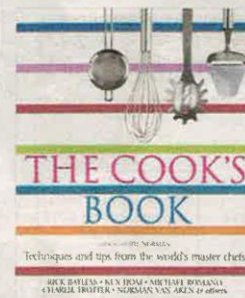
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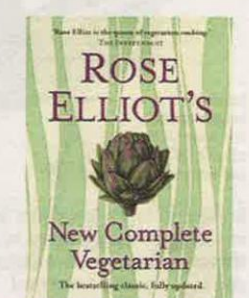
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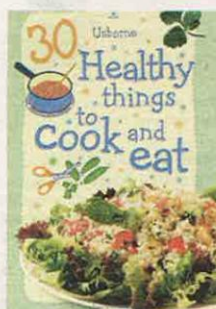
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