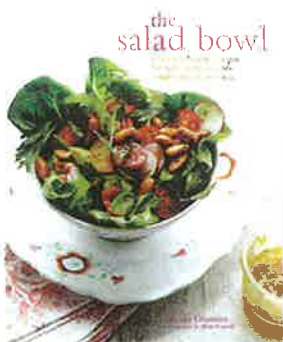
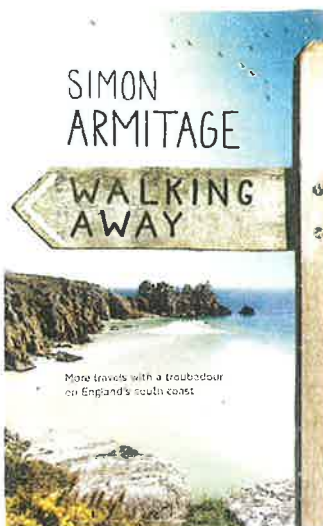
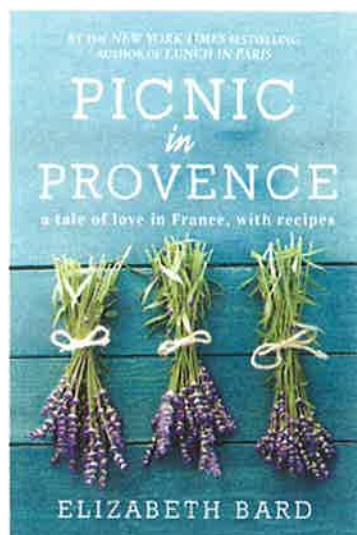




PULSE



PICNICS AND PULSES

Chiming with our obsession with all things edible, this month's literary selection has a distinctly foodie flavour

By KATHRYN ATKINS

With the long summer days tempting us outside and away from the kitchen, my thoughts have turned to simple food which can be prepared quickly and easily, with maximum appeal for the whole family.

My current favourite recipe book is from wonderful, Clifton-based food writer Jenny Chandler. *Pulse* (Pavilion Books, £25), subtitled "Truly modern recipes for beans, chickpeas and lentils to tempt meat-eaters and vegetarians alike", takes pride of place on my kitchen shelves and has become my go-to book for all occasions. Jenny's passion for Mediterranean and Middle-Eastern food shines through on every page but for me the real beauty of this book is how easy it is to use, making the most of store-cupboard ingredients as well as fresh, vibrant vegetables and herbs.

Pulses, whether dried, canned or fresh are inexpensive, nutritious and totally delicious.

Jenny guides us through the astonishing varieties and tells us how to make the most of each, whether for dips, soups, salads, casseroles or bakes. I cooked her Celeriac and Lentil Gratin for a supper party recently and even the confirmed meat-eaters came back for seconds.

For those who enjoy meat, there are recipes such as Slow-Roast Shoulder of Lamb with Flageolet Beans – perfect for a leisurely Sunday lunch in the garden. My choice, though, would be her Hot-Smoked Salmon, Egg and Lentil Salad, washed down with a nice cold Sauvignon Blanc.

Recently published *Picnic in Provence*, Elizabeth Bard's "tale of love in France, with recipes" (Summersdale Publishers, £9.99), is a follow-up to her first book, *Lunch in Paris*. Part memoir, part recipe book, this will appeal to lovers of travel, romance and evocative food writing. Charting the author's move from Paris to the small village of Céreste, east of Avignon, with her French husband Gwendal and their baby son,

Alexandre, this is a perfect summer read, full of the sights, sound and smells of France. It is a book about family, relationships, cultural differences (Elizabeth was born and brought up in New York) and the French way of life, interspersed with recipes which will make you long to set out for the nearest Bristol food market.

Summer is the time for experimenting with new ideas for salads. While today the salad is so much more than lettuce, tomato and cucumber, it is sometimes good to be reminded of the wealth of ingredients which can be assembled to make a salad into a colourful accompaniment or a sustaining main meal. The latest book from Nicola Graimes, *The Salad Bowl* (Ryland, Peters & Small, £14.99), is a lavishly illustrated volume designed to show you how to make the very best of seasonal ingredients. My favourites are the Feta, Watermelon & Lime Salad and the Heritage Tomatoes with Lemon Thyme platter.

“CLIFTON-BASED JENNY CHANDLER'S PASSION FOR MEDITERRANEAN AND MIDDLE-EASTERN FOOD SHINES THROUGH ON EVERY PAGE”

While not strictly sharing a foodie theme, although Simon Armitage does sometimes stop to eat, I had to mention one of the literary highlights of the year so far. In *Walking Away: Further Travels with a Troubadour on the South West Coast Path* (Faber & Faber £16.99), Armitage once again dons his walking shoes and sets off from Minehead in Somerset to Cornwall's Land's End. Paying his way by poetry readings and enjoying the hospitality of strangers, just as he did in his prize-winning earlier book about the Pennine Way, *Walking Home*, he charts each painful step of the 265 mile journey. It is in part a poetic meditation on life but also captures the natural beauty of this glorious coastal area, alongside the warmth and eccentricities of locals and tourists alike. I can think of no better way to spend a few summer weeks than retracing Armitage's footsteps, his book in my hand. **BL**

Durdham Down Bookshop, 39 North View, Westbury Park; 0117 973 9095; www.durdhamdownbooks.co.uk

This month, get your kids cooking in the Cotswolds, go for luxury with a gourmet urban retreat and be inspired by our top recipe picks



FREE KIDS COOKERY CLASSES

For a weekend to remember, inspire your little ones with a trip to **Lucknam Park**. This stately home is set in glorious Cotswolds gardens near Bath, and is offering readers a luxurious double room for just £290, including breakfast and spa facilities. Book together with a half-day Adult and Child cookery class, and your child can learn for free. You'll both get stuck in under the eye of a trained chef, emerging with new skills and an abundance of goodies. Quote 'Food&Travel' before 30 November. lucknampark.co.uk



FREE LUXURY SUITE UPGRADE

Enjoy a gastronomic two-night stay for two with breakfast both mornings, one dinner and one champagne afternoon tea at London's **St Ermin's Hotel**. Set behind a courtyard next to St James's Park, it features Adam Handling at Caxton. Sample the top chef's ten-course tasting menu with paired wines, and dishes like ashed beef rump with burnt artichoke and salmon with fennel pollen. From £850 per couple (quote offer for your free Luxury Suite upgrade). sterminshotel.co.uk



BACK ISSUES

Subject to availability, *Food and Travel* back issues can be ordered for £5.40 each in the UK, £6.15 in Europe and £6.65 in the rest of the world including p&p. Just call 020 7501 0521 or email backissues@foodandtravel.com stating the issue you require and address details.



Light-hearted *Making Bread Together* (Ryland Peters & Small) is ideal for little bakers with step-by-step photographs and fun projects – 'treating sourdough like a pet' is our favourite. Get yours for £11.99 (RRP £16.99) by calling 01256 302699 with code 'GLR 9N1'.



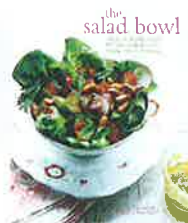
Anne-Sophie Pic is the First Lady of French cuisine with three Michelin stars and a leading cookery school. *Scoop* (Jacqui Small) features more than 100 versatile recipes, from French classics to family favourites. To grab a copy for just £35 (RRP £40) with free p&p, call 01903 828503 quoting 'APG312'.



Clodagh's Irish Kitchen (Kyle Books) offers a modern twist on traditional comfort food, demonstrating the extent to which Ireland's culinary scene has developed in recent years. Think nettle gnocchi and beef and Guinness pie thickened with chocolate. Only £15.99 (RRP £19.99) online. kylebooks.com



A keen diver and former *MasterChef* winner, chef Mat Follas celebrates fish and seafood in this, his first book (Ryland Peters & Small). It includes raw, smoked and grilled dishes among its varied range and includes timeless tips. Pick up a copy for £13.99 (RRP £19.99) by calling 01256 302699 with code 'GLR CN1'.



Nicola Graimes' *The Salad Bowl* (Ryland Peters & Small) is a must-have for health-conscious foodies. Recipes range from shellfish with home-sprouted seeds to tangy Asian flavours such as yuzu duck, perfect for summer suppers. It's £10.99 (RRP 14.99), when you call 01256 302699, quoting code 'GLR CM9'.

COMPETITION TERMS AND CONDITIONS

1. Prize draws are only open to UK residents, aged 18 or over, except for employees of *Food and Travel* magazine, the families, the sponsors, agents and any people connected with the competition. 2. Prizes will only be sent to UK addresses. 3. Only one entry per household. 4. Prizes are non-negotiable, non-transferable and non-refundable. No cash alternative is offered. 5. The prize will be awarded to the first correct entry drawn after the closing date. 6. The winner may be required to submit valid identification before receiving the prize. 7. By entering, winners agree to their names and general locations being used for publicity purposes. 8. The judges' decision is final and no correspondence will be entered into. 9. The winner's name can be obtained after the closing date by writing to Green Pea Publishing Ltd, enclosing an SAE. 10. Green Pea Publishing Ltd has no responsibility for the actions of the sponsor or their agents. 11. Offers and competitions may need to be taken on specific dates, please see individual offer or competition for details. 12. By entering, all entrants agree to be bound to all Terms and Conditions. Any breach of conditions by an entrant will void their entry. 13. Competitions not open to residents of New Zealand.

SALADS OF SUBSTANCE

Use a little imagination and the possibilities for healthy, feel-good food are almost endless, says Nicola Graimes, whose ideas are easy on the eye and palate

RECIPES START ON PAGE 113

Happily, the days are long gone when the most exotic salad leaf available to buy was the crisp iceberg lettuce. Now we're spoilt for choice, with all kinds of leaves from peppery mizuna and bitter-tasting frisée to spicy watercress and lemony, sharp sorrel. A salad of soft, mild butterhead lettuce dressed simply in extra virgin olive oil and a sprinkling of sea salt, and perhaps a squeeze of lemon juice, is a simple pleasure. However, when the occasion arises, it's good to step it up a gear and experiment with textures, tastes and colours.

FOOD FOCUS

PARMA HAM, PEAR AND STEM GINGER SALAD

The combination of salty, crisp Italian air-dried ham with sweet, soft pear and a zing from the stem ginger makes this quite a sophisticated salad, perfect for a special occasion or just as an appetiser.

F&T WINE MATCH

Refined, spicy and full-bodied Californian chardonnay (eg 2010 Russian River Valley, Rochiolo)



SCALLOP AND GREEN PAPAYA SALAD WITH LEMONGRASS DRESSING

Inspired by the flavours of Thailand, this light and zingy salad is topped with seared scallops here, but would work equally well with other types of seafood such as salmon, sea bass, crab, king prawns or squid. If you can't find green papaya, you could use green-fleshed melon instead.

F&T WINE MATCH Crisp, peppery, citrus and green apple Austrian grüner veltliner (eg 2012 Hinter der Burg, Federspiel, Weingut Prager)





FATTOUSH WITH SPICED ALMONDS

This twist on the popular Lebanese salad is made with vibrant, crisp vegetables in an orangey pistachio oil dressing. Instead of the more regular addition of crisp toasted pitta bread, the salad is topped with smoked paprika-roasted almonds. If you can't find pistachio oil, simply increase the quantity of olive oil.

F&T WINE MATCH

Concentrated, rich, white flowers and subtle oak Lebanese white (eg 2011 Château Marsyas)



KAMUT WITH CHERMOULA DRESSING

F&T WINE MATCH

Round and spicy Californian zinfandel (eg 2010 Lytton Springs, Ridge Vineyards)

RECIPES START ON PAGE 113



OSSAU IRATY, ASPARAGUS AND CROUTON SALAD

Ossau Iraty is a French semi-hard sheep's cheese with a nutty taste and creamy texture that complements the earthy beetroot in this salad. Parmesan, Gruyère and emmental also work well, if you prefer.

F&T WINE MATCH Complex, dark fruit and earthy stone French pinot noir (eg 2010 Santenay Les Charmes, Domaine Bachelet-Monnot)

RECIPES AND PHOTOGRAPHS TAKEN FROM *THE SALAD BOWL* BY NICOLA GRAIMES, PHOTOGRAPHY BY MATT RUSSELL (RYLAND PETERS & SMALL, £14.99). TO BUY THE BOOK AT A SPECIAL PRICE, TURN TO READER OFFERS ON PAGE 106.

RECIPES START ON PAGE 113



HONEY-ROASTED CARROTS AND SEEDS WITH CITRUS CREAM

F&T WINE MATCH Fresh, spicy and pungent with mineral, ginger, pineapple and flower notes German riesling (eg 2010 F E Trimbach)



Salted caramel whiskey bread and butter pudding with raisins
SERVES 6

100g raisins
120ml Irish whiskey
5 large eggs
480ml double cream
225g granulated sugar
½ tsp ground cinnamon
¼ tsp ground nutmeg
1 tsp vanilla extract
8-9 slices firm white bread, crusts left on
400g unsalted butter, at room temperature, plus extra for greasing

For the salted caramel whiskey sauce
110g unsalted butter, cubed
225g granulated sugar
1 tsp sea salt
600ml double cream

In a medium mixing bowl, combine the raisins and whiskey, and leave to soak for 1 hour. In a large bowl, whisk together the eggs, cream, sugar, cinnamon, nutmeg and vanilla to make a

custard. Spread one side of each slice of bread with butter. Cut the slices in half and arrange in the base of the prepared baking dish, overlapping the slices. Drain the raisins, reserving the whiskey for the sauce, and sprinkle them over the bread slices. Pour the custard over the bread and let it soak for 30 minutes.

Preheat the oven to 200°C/400°F/Gas 6. Butter a 22cm square baking dish.

Place the baking dish in a large baking tin. Add enough hot water to the tin to come halfway up the sides. Bake for 50 minutes-1 hour, or until the pudding is set and the top is golden. Remove the baking dish from the water bath and leave to cool slightly on a wire rack.

To make the salted caramel whiskey sauce, melt the butter in a small saucepan over a medium heat. Whisk in the sugar, salt, cream and whiskey from soaking the raisins. Reduce the heat to low and simmer for 10 minutes, or until the sauce thickens. Serve the pudding warm with the salted caramel whiskey sauce spooned over the top.

Salads of substance pages 58-63



Scallop and green papaya salad with lemongrass dressing
SERVES 4

1 green papaya, peeled, halved and seeded
10cm piece cucumber
1 red chilli, seeded and finely chopped
12 shelled prepared scallops
olive oil, for brushing
handful coriander leaves

For the lemongrass dressing
freshly squeezed juice of 2 limes
11bsp light brown soft sugar
11bsp Thai fish sauce
21sp finely chopped peeled fresh root ginger
2 lemongrass stalks, outer leaves discarded and finely chopped
2 kaffir lime leaves, finely sliced

Shred the papaya using a mandolin or use a knife to cut it into long, thin strips. Slice the cucumber into ribbons using a mandolin or vegetable peeler, discarding the column of seeds in the centre. Put the papaya, cucumber and chilli in a bowl.

Mix together all the ingredients for the dressing until the sugar dissolves, then pour it over the salad, toss until combined and leave for 15 minutes to allow the flavours to develop. Divide the salad among serving plates.

Brush the scallops with a little oil and season. Heat a ridged griddle pan over a high heat, then quickly griddle the scallops for 1 minute on each side until just cooked. Arrange the scallops on top of the salad and garnish with coriander.



Parma ham, pear and stem ginger salad
SERVES 4

8 slices Parma ham
2 balls stem ginger, diced, plus 11bsp syrup from the jar
125g mixed baby leaf herb salad
60g pea shoots
2 pears, halved, cored and cut into long wedges

For the dressing
41bsp extra virgin olive oil, preferably a fruity-flavoured one
21bsp freshly squeezed lemon juice

Place the slices of Parma ham in a dry, non-stick frying pan and cook over a medium heat for 3-4 minutes, turning once, until just crisp. Remove from the pan, drain on kitchen paper and, while still warm, lightly brush the top of each slice while still warm with the ginger syrup. Meanwhile, mix together all the ingredients for the dressing and season with salt and pepper.

Put the salad leaves and pea shoots on a serving plate and top with the pears and stem ginger. Spoon as much of the dressing over as needed, then toss gently until lightly coated. Arrange the slices of Parma ham on top and serve immediately.



Fattoush with spiced almonds
SERVES 4

11bsp smoked hot paprika
60g blanched almonds
2 small Little Gem lettuce leaves separated
250g vine-ripened mixed cherry tomatoes, halved
1 small Lebanese cucumber, quartered lengthways and cut into bite-sized chunks
1 large romano or red pepper, seeded and cut into bite-sized chunks
8 radishes, sliced into rounds
51bsp mint leaves
51bsp parsley leaves
½ tsp cumin seeds, toasted

For the orange and pistachio dressing
31bsp extra virgin olive oil
31bsp pistachio oil
finely grated zest and juice of 1 small orange
11sp coriander seeds, toasted and ground

Preheat the oven to 180°C/350°F/Gas 4. Mix together the paprika and 11bsp of the olive oil from the dressing, season and add the almonds. Turn to coat the almonds in the paprika oil and shake onto a baking sheet. Spread the nuts evenly and roast for 15-20 minutes, turning once, until they start to turn golden. Leave to cool.

Meanwhile, make the orange and pistachio dressing. Put all the ingredients in a small jar, season, and shake until combined.

Arrange the Little Gem lettuce leaves on a large serving platter and top with the tomatoes, cucumber, red pepper, radishes, mint and parsley. Spoon the dressing over the salad, then toss it gently until combined. Sprinkle with the toasted cumin seeds and the almonds before serving.



Honey-roasted carrots and seeds with citrus cream
SERVES 4

100g baby carrots, scrubbed and trimmed
31bsp extra virgin olive oil, plus extra for drizzling
21bsp balsamic vinegar
11sp cumin seeds
21sp clear honey
400g canned chickpeas, drained and rinsed
2 large handfuls rocket leaves
1 red chilli, seeded and thinly sliced
2 handfuls basil leaves
41bsp mixed sunflower and pumpkin seeds, toasted

For the citrus cream
100ml crème fraîche
finely grated zest of ½ orange
31bsp freshly squeezed orange juice

Preheat the oven to 200°C/400°F/Gas 6. Put the carrots in a large roasting tin and drizzle over enough oil to coat. Season, then stir in the balsamic vinegar and sprinkle the cumin seeds over. Return the carrots to the oven for another 15 minutes or until tender and starting to turn golden.

Meanwhile, for the citrus cream mix together the crème fraîche, orange zest and half the orange juice in a bowl.

Transfer the carrots to a bowl. Stir the honey and remaining orange juice into the juices in the roasting pan until combined and then pour over the carrots. Add the chickpeas, rocket and chilli and toss until mixed together. Divide among serving plates and scatter with the basil leaves and toasted seeds. Top each serving with a spoonful of citrus cream.



Ossau Iraty, asparagus and crouton salad
SERVES 4

4 thick slices country-style bread, roughly torn into croutons
31bsp olive oil
400g asparagus, ends trimmed
150g mixed baby salad leaves
4 raw Chioggia beetroot, cut into paper-thin slices
100g Ossau Iraty cheese, sliced into thin shavings

For the dressing
61bsp extra virgin olive oil
freshly squeezed juice of ½ small lemon
freshly squeezed juice of ½ small orange
11sp Dijon mustard
1 garlic clove, peeled and halved

Preheat the oven to 200°C/400°F/Gas 6. While the oven is heating, put all the ingredients for the dressing in a small jar, season and shake until combined. Set aside.

Put the croutons in a small food bag and add 21bsp olive oil. Shake the bag until the croutons are coated in the oil. Spread the croutons out evenly on a large baking tray and toast them in the preheated oven for 15 minutes, turning once, until they are golden and crisp.

Brush the remaining oil over the asparagus and season with salt and pepper. Arrange the asparagus on a separate baking tray and roast, turning once, for 10 minutes until tender and just starting to colour.

Meanwhile, arrange the leaves on a large serving platter. Top with the beetroot and asparagus. Spoon enough of the dressing over to coat and toss gently until combined. Sprinkle the Ossau Iraty and croutons over to serve.



Kamut with chermoula dressing
SERVES 4

400g vine-ripened cherry tomatoes
11bsp extra virgin olive oil
150g kamut
200g spring greens or kale, tough outer leaves and stems discarded, leaves finely shredded
2 large handfuls of coriander leaves, chopped

For the chermoula dressing
1 small preserved lemon and 21bsp juice from the jar
41bsp extra virgin olive oil
2 garlic cloves, crushed
11sp each ground cumin, ground ginger and ground coriander
½ tsp dried chilli flakes

Preheat the oven to 200°C/400°F/Gas 6. Toss the tomatoes in the oil and spread out in a large roasting pan. Roast for 15-20 minutes, until starting to collapse.

Meanwhile, put the kamut in a pan and cover with plenty of water. Bring to the boil, then turn the heat down, part-cover and simmer for 10-12 minutes, until tender. Drain and transfer to a serving bowl with the spring greens and coriander.

For the dressing, scoop out and discard the flesh from the preserved lemon. Finely chop the skin and combine it with the rest of the ingredients in a bowl, adding salt and black pepper to taste.

Spoon half of the dressing over the salad and toss to combine. Pile the tomatoes on top, then spoon over the rest of the dressing and serve.



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Concentrated, rich, white flowers and subtle oak Lebanese white (eg 2011 Château Marsyas)



KAMUT WITH CHERMOULA DRESSING

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Round and spicy Californian zinfandel (eg 2010 Lytton Springs, Ridge Vineyards)

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120ml Irish whiskey
5 large eggs
480ml double cream
225g granulated sugar
½ tsp ground cinnamon
¼ tsp ground nutmeg
1 tsp vanilla extract
8-9 slices firm white bread, crusts left on
400g unsalted butter, at room temperature, plus extra for greasing

For the salted caramel whiskey sauce
110g unsalted butter, cubed
225g granulated sugar
1 tsp sea salt
600ml double cream

In a medium mixing bowl, combine the raisins and whiskey, and leave to soak for 1 hour. In a large bowl, whisk together the eggs, cream, sugar, cinnamon, nutmeg and vanilla to make a

custard. Spread one side of each slice of bread with butter. Cut the slices in half and arrange in the base of the prepared baking dish, overlapping the slices. Drain the raisins, reserving the whiskey for the sauce, and sprinkle them over the bread slices. Pour the custard over the bread and let it soak for 30 minutes.

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Salads of substance
pages 58-63



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10cm piece cucumber
1 red chilli, seeded and finely chopped
12 shelled prepared scallops
olive oil, for brushing
handful coriander leaves

For the lemongrass dressing
freshly squeezed juice of 2 limes
11bsp light brown soft sugar
11bsp Thai fish sauce
21sp finely chopped peeled fresh root ginger
2 lemongrass stalks, outer leaves discarded and finely chopped
2 kaffir lime leaves, finely sliced

Shred the papaya using a mandolin or use a knife to cut it into long, thin strips. Slice the cucumber into ribbons using a mandolin or vegetable peeler, discarding the column of seeds in the centre. Put the papaya, cucumber and chilli in a bowl.

Mix together all the ingredients for the dressing until the sugar dissolves, then pour it over the salad, toss until combined and leave for 15 minutes to allow the flavours to develop. Divide the salad among serving plates.

Brush the scallops with a little oil and season. Heat a ridged griddle pan over a high heat, then quickly griddle the scallops for 1 minute on each side until just cooked. Arrange the scallops on top of the salad and garnish with coriander.



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60g pea shoots
2 pears, halved, cored and cut into long wedges

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8 radishes, sliced into rounds
51bsp mint leaves
51bsp parsley leaves
½ tsp cumin seeds, toasted

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For the dressing
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11sp Dijon mustard
1 garlic clove, peeled and halved

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Brush the remaining oil over the asparagus and season with salt and pepper. Arrange the asparagus on a separate baking tray and roast, turning once, for 10 minutes until tender and just starting to colour.

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11bsp extra virgin olive oil
150g kamut
200g spring greens or kale, tough outer leaves and stems discarded, leaves finely shredded
2 large handfuls of coriander leaves, chopped

For the chermoula dressing
1 small preserved lemon and 21bsp juice from the jar
41bsp extra virgin olive oil
2 garlic cloves, crushed
11sp each ground cumin, ground ginger and ground coriander
½ tsp dried chilli flakes

Preheat the oven to 200°C/400°F/Gas 6. Toss the tomatoes in the oil and spread out in a large roasting pan. Roast for 15-20 minutes, until starting to collapse.

Meanwhile, put the kamut in a pan and cover with plenty of water. Bring to the boil, then turn the heat down, part-cover and simmer for 10-12 minutes, until tender. Drain and transfer to a serving bowl with the spring greens and coriander.

For the dressing, scoop out and discard the flesh from the preserved lemon. Finely chop the skin and combine it with the rest of the ingredients in a bowl, adding salt and black pepper to taste.

Spoon half of the dressing over the salad and toss to combine. Pile the tomatoes on top, then spoon over the rest of the dressing and serve.

Get healthy with these SUPER SALADS

Whether it's a light lunch or a main course, these nutrient-packed recipes will transform a humble bowl of lettuce leaves into a delicious meal

Chargrilled halloumi, courgette & mint salad

Pomegranate molasses, a popular ingredient in Middle Eastern cooking, lend a tangy, sweet-sour flavour to the dressing for this main meal salad. They also make a useful base for a marinade and go particularly well with bean, poultry, meat and vegetable dishes

SERVES 4

125g rocket leaves
600g canned chickpeas,
drained and rinsed
1 small red onion, sliced
1 courgette, coarsely grated
400g halloumi, patted dry and sliced
Seeds from ½ pomegranate
4 tbsp freshly chopped mint leaves

POMEGRANATE MOLASSES DRESSING

4 tbsp extra virgin olive oil,
plus extra for brushing
2 tbsp pomegranate molasses
1 tsp freshly squeezed lemon juice
½ tsp caster sugar
Sea salt and freshly ground
black pepper

1 Mix together all the ingredients for the dressing and season with salt and pepper.

2 Divide the rocket, chickpeas, red onion and courgette between four serving plates. Spoon enough of the dressing over the salad to lightly coat it and then toss gently until all of the ingredients are combined.

3 Place a large, ridged griddle pan over a high heat. Brush the halloumi slices with a little extra olive oil. Reduce the heat slightly and griddle the halloumi for 2 minutes on each side or until partially blackened in places and softened.

4 Serve the halloumi on top of the salad, garnished with the pomegranate seeds and mint.



↑ TABLEWARE UPGRADE

Croft dinner plates, £8 each; side plates, £6 each; cutlery, £3.50 each, all John Lewis



↑ GREEN CREDENTIALS

One hundred per cent recycled glass oil and vinegar bottles, £12.49 each, Lakeland



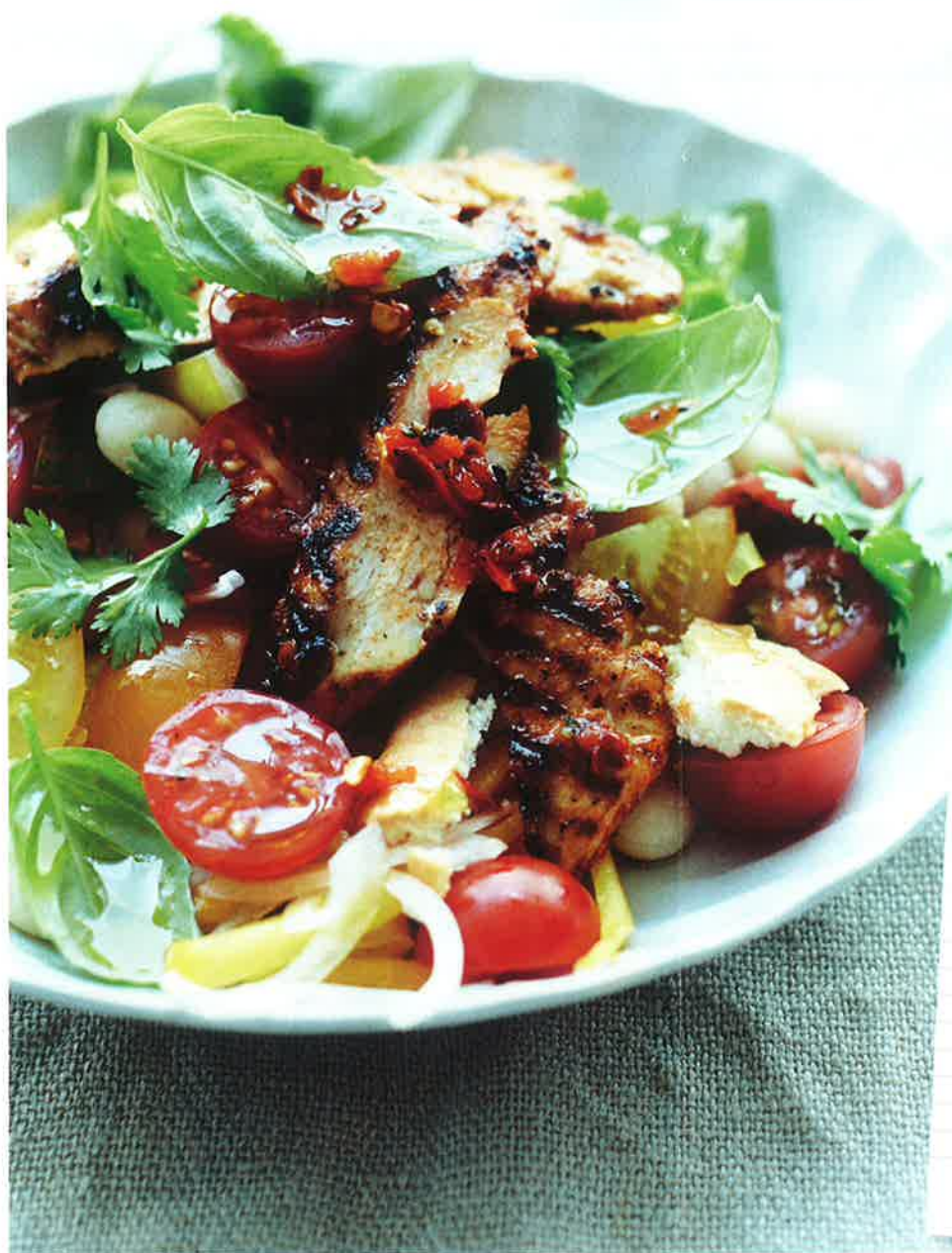
↑ HAND CARVED

Nom Living coco wood salad servers, £8 for a pair, Notonthehighstreet.com

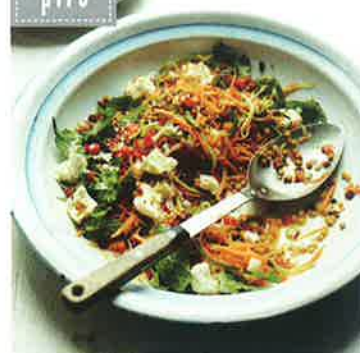
Entertaining for FAMILY AND FRIENDS

*Use the freshest ingredients to create these healthy
and delicious salads for summer weekends*

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Menu

Chargrilled halloumi,
courgette and mint salad



Golden spiced
giant couscous



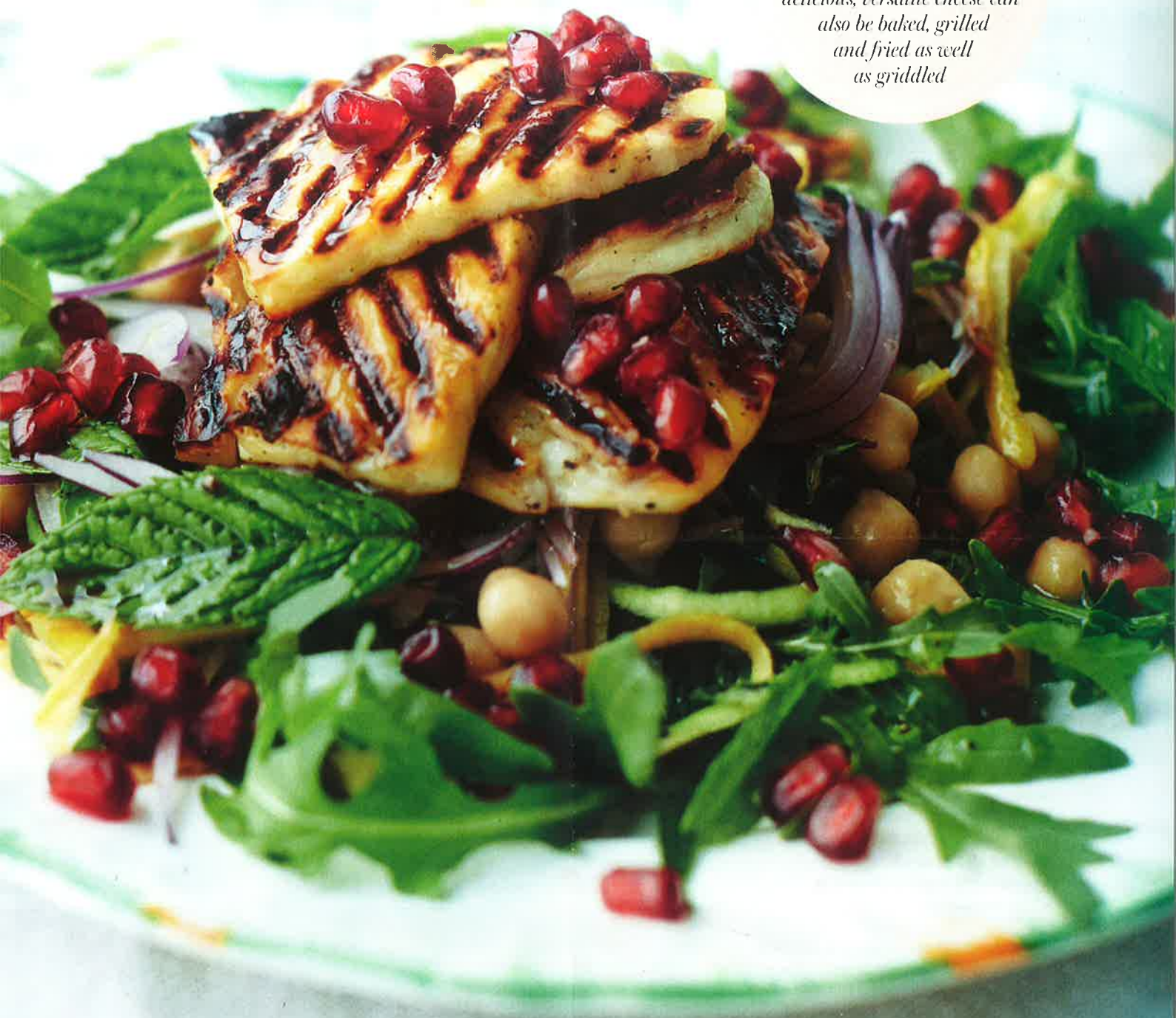
Chilli prawns with
avocado dressing



Spiced chicken with
white beans and chilli dressing

COOK'S TIP

Halloumi retains its shape when cooked, so this delicious, versatile cheese can also be baked, grilled and fried as well as griddled





Golden spiced giant couscous

Flavoured with slightly sweet-sour red berries, but can be swapped with dried sour cherries, cranberries or raisins

SERVES 4

125g giant wholemeal couscous
1 tsp ground turmeric
2 carrots, coarsely grated
1 courgette, coarsely grated
1 red onion, finely chopped
1 large red pepper, seeded and diced
2 handfuls of berberries
2 handfuls of chopped mint leaves
2 handfuls of chopped coriander leaves
100g feta cheese, crumbled

DRESSING

4 tbsp extra virgin olive oil
Finely grated zest and freshly squeezed juice of 2 lemons
½ tsp dried chilli flakes
1 tsp coriander seeds, toasted and ground
Sea salt and freshly ground black pepper

1 Put the giant couscous in a pan and cover with water, stir in the turmeric and some salt, and bring to the boil. Reduce the heat and simmer, covered, for 6–8 minutes or until tender. Drain and transfer to a serving bowl.

2 Mix together all the ingredients for the dressing and season.

3 Add the carrots, courgette, onion, red pepper, berberries and herbs to the giant couscous and pour the dressing over. Toss until combined and serve topped with crumbled feta cheese.

Chilli prawns with avocado dressing

Avocado makes a delicious dressing when blended with lime, coriander and fromage frais. If the dressing seems too thick for spooning, loosen with a spoonful or two of water. You can also use cooked frozen garden peas refreshed in water

SERVES 4

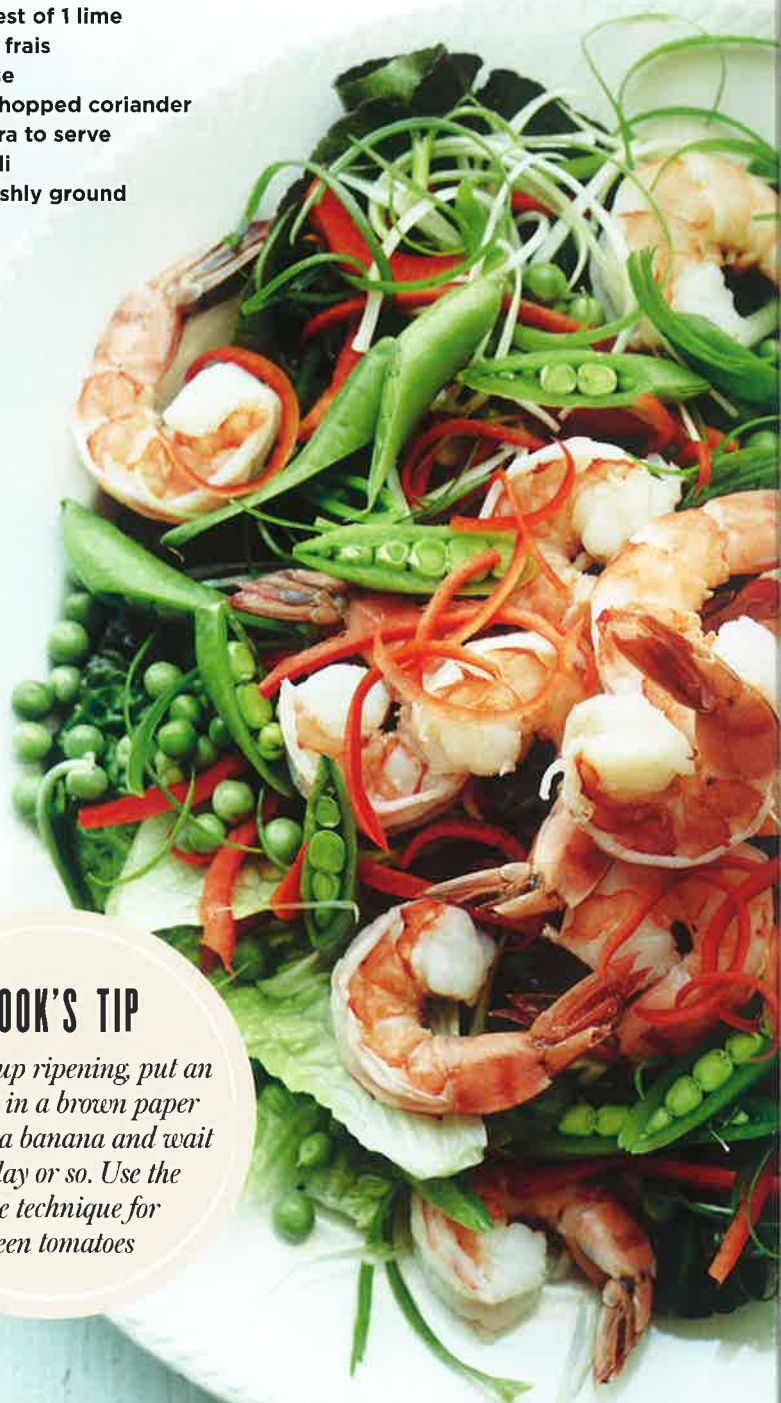
4 handfuls of torn Little Gem lettuce
1 red pepper, seeded and thinly sliced
50g sugar snap peas, sliced diagonally
3 spring onions, thinly sliced diagonally
100g shelled fresh uncooked peas
350g shelled cooked king prawns
1 red chilli, seeded and finely sliced

AVOCADO DRESSING

2 avocados, peeled, halved, stoned and chopped
Freshly squeezed juice of 2 limes
Finely grated zest of 1 lime
6 tbsp fromage frais or ricotta cheese
2 tbsp freshly chopped coriander leaves, plus extra to serve
½ tsp dried chilli
Sea salt and freshly ground black pepper

1 To make the avocado dressing, put all the ingredients in a blender and process until smooth and creamy. Add a little water to loosen, if needed, and season well.

2 Arrange the lettuce leaves on a large serving plate, top with the red pepper, sugar snap peas, spring onions, peas and king prawns. Spoon the avocado dressing on top before sprinkling with the sliced chilli and extra coriander, if you like.



COOK'S TIP

To speed up ripening put an avocado in a brown paper bag with a banana and wait for a day or so. Use the same technique for green tomatoes

Spiced chicken with white beans & chilli dressing

Peppadew is a slightly sweet, piquant chilli with a good level of heat without being mind-blowingly hot. Alternatively, use bottled jalapeños

SERVES 4

3 skinless, boneless chicken breasts
1 tbsp smoked paprika
1 tbsp olive oil
1 large yellow pepper, seeded and sliced
300g canned drained haricot beans
200g cherry tomatoes, halved
1 banana shallot, thinly sliced
2 handfuls of basil leaves, torn
2 handfuls of coriander leaves
Pitta bread, toasted and torn into pieces

CHILLI DRESSING

5 tbsp extra virgin olive oil
Freshly squeezed juice of 1½–2 limes
2 Peppadew chillies in vinegar, drained and finely chopped
½ tsp dried chilli flakes
Sea salt and ground black pepper

- 1 Put the chicken breasts between 2 sheets of clingfilm and flatten with

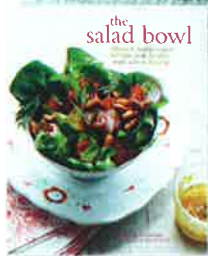
a meat tenderiser until they are an even thickness, about 1.5cm. Mix together the paprika with 1 tbsp of oil in a large shallow dish. Season, add the chicken and spoon the marinade over the top until evenly coated.

- 2 Place a griddle pan over a high heat. Turn down slightly and chargrill the chicken in two batches for 7–10 minutes, turning twice, until cooked through and blackened in places. Leave to rest and cool for 5 minutes, then slice into strips.

- 3 Meanwhile, to make the dressing, mix all the ingredients together in a bowl. Taste and add the extra lime juice, if needed. Season and set aside.

- 4 Put the pepper, beans, tomatoes, shallot and half the herbs in a large, shallow bowl. Spoon over half of the dressing and toss. Top the salad with the chicken, remaining herbs and crisp pitta and spoon over the rest of the dressing.

HOME ECONOMIST NICOLA GRAIMES
PHOTOGRAPHS MATT RUSSELL



FOR MORE DELICIOUS RECIPES

See *The Salad Bowl* by Nicola Graimes (£14.99, Ryland Peters & Small), which *Good Homes* readers can order for the special price of £10.99 (inc P&P). Call 01256 302699 and quote ref GLR CM9.



Charlotte Heathcote

Every week in S Magazine

Still lives

Eithne Farry's selection of five-star fiction

Signs For Lost Children *****

by Sarah Moss
(Granta, £12.99)

This wonderful, subtle novel picks up the strands of the story Sarah Moss began in *Bodies Of Light*, which followed Ally Moberly's pioneering struggle to qualify as a doctor in 1880s England. Her new novel opens in Cornwall a few weeks into Ally's marriage to engineer Tom Cavendish. The newlywed couple are spending a last few days together before Tom departs on a six-month trip to Japan to advise on the building of lighthouses. While he's gone, Ally has taken an unpaid position at Truro mental asylum, taking care of the female patients.

In alternating chapters, Moss delicately describes their new experiences. Tom is initially all at sea in Japan, befuddled by codes and conventions he can barely understand: "Take me for a savage, for a child raised by wolves, and tell me how to wake and sleep... tell me what to eat and when and how." Ally is more determined, baulking at the idea of tea parties and the embroidery hoops of a Victorian womanhood, she devotes herself "to the study of chimerical disorders of the mind,

to the least respectable branch of medicine".

But Tom is drawn to the beauty and elegance of the Japanese way of life, the bath houses, the beautifully understated art alive with cherry blossoms and cranes, as well as the surprising food, a far cry from the hearty, stodgy meals of his homeland. Ally finds her work an increasing strain – "It is not an original thought that the overall effect of the asylum is maddening, that the insane compound each other's insanity" – and she is continually assailed by the disapproving internal voice of her difficult mother. Unable to banish these "spirals of guilt and obligation" from her head, Ally is laid low by the nervous hysteria that marked her adolescence.

Moss charts Tom and Ally's changing perspectives with precise, poetic language, their physical distance

reflecting the slow sundering of their emotional connection. Tom becomes increasingly reluctant to return home. Japan has captured his heart and his memory of his old life and new wife seems



Nature's larder

What's cooking? Vanessa Berridge chooses the best summer cookbooks



The Oh She Glows Cookbook *****

by Angela Liddon
(Michael Joseph, £16.99)

The debut cookbook of this successful Canadian blogger frames its recipes with Liddon's heartwarming story of finding health through vegan food. Even a hardened carnivore might prefer salads to a beef stew in summer, so this is a good time to try out vegan cooking, enticed by over 100 recipes for snacks, meals and drinks (there are lots of colourful smoothies including one with watermelon, baby

spinach, coconut water, avocado and lime). Well illustrated, the book has clear instructions for tasty lemon and tahini salad dressing, mushroom, walnut and pesto tart and black-bean burgers.



The Tomato Basket *****

by Jenny Linford
(Ryland Peters & Small, £14.99)

Tomatoes are now ripe, juicy and full of flavour. So what could be better than 75 varied and interesting ways to use them? There are recipes for breads and pastry, soups and salads, sauces, poultry, meat

and fish dishes, drawn from several food cultures. I like the gazpacho with roast peppers and red wine as well as the spicier Thai gazpacho. Also delicious are the trout fillets with sauce vierge, while the olive tapenade makes a piquant base for a tomato tart.



A Modern Way To Cook *****

by Anna Jones
(Fourth Estate, £25)

Jones' *A Modern Way To Eat* was a runaway bestseller and this equally inspiring offering could change the way you cook, with more than 150 recipes for people who don't have much time. But there is no economising on flavour with dishes such as crispy chickpeas with sweet roasted courgettes. It takes 45 minutes to make Turkish flatbreads with a salad of red onion, ripe

lacklustre compared to the enticing gleam of this seductive world. Ally, too, is reassessing what matters to her, finding refuge in her aunt's house in London after her mental collapse. Offered a paid position at a female convalescent home, Ally finds a sense of belonging: "She has found a way to live and it does not involve the institution of marriage. It does not, it turns out, involve Tom." This is not the end of their story but a fresh beginning, as Sarah Moss's heartfelt conclusion to this fine novel makes wonderfully clear.

A Little Life *****

by Hanya Yanagihara
(Picador, £16.99)

Hanya Yanagihara's second novel is far from an easy read. It's more than 700 pages long and takes as its theme the unrelenting suffering of a gifted young man who is attempting to deal with the aftermath of his traumatic childhood. Yanagihara has said that writing *A Little Life* over the course of an intense 18 months was like a fever dream and there is a febrile feel to the book, an almost hallucinatory, otherworldly quality to a story that deals with the damage done to a child.

It opens benignly enough with four college friends with good educations and scrappy jobs heading to New York, starry eyed with ambition and ready for a bright lights, big city kind of life. There is Malcolm, unsure about his sexuality and his standing in his family, who creates luminous little model buildings and wants to be an architect. There is JB, gay, beloved by his mother and aunts, and making a name for himself as an artist. There is handsome Willem, who comes from farming stock but dreams of being an actor. And finally there is enigmatic Jude, beautiful, brilliant and hurt. He is parentless, a mesmerising singer

and an elegant pure mathematician, but he is drawn to the law "because he wanted to have the means to protect himself... to make sure that no one could ever reach him again".

Yanagihara slowly reveals why this idea of self-protection is so important to Jude. He has suffered a remorseless catalogue of violence and sexual abuse that began when he was taken in by monks after he was abandoned, continued when he was taken away by one of the brothers and did not stop with the counsellors in a children's home or his encounter with the deviant Dr Traylor.

Jude is beloved by his friends, who form a (mostly) kindly and protective enclave around the vulnerable, charismatic young man but can't save him from his clamorous, destructive thoughts and actions. Named after the patron saint of lost causes, Jude has lost all sense of himself as a worthwhile human being; he is consumed by self-disgust and cuts the flesh of his arms as a way of controlling the overwhelming slew of corrosive emotions that continually undermine his fragile psyche. "He wore his life on his skin... his biography was written in his flesh and on his bones."

As a counterpoint to all this despair, Yanagihara happily tracks the lives of her four protagonists, delighting in the details of their achievements from Willem's film roles, complete with intriguing, imagined plot synopses; Malcolm's beautiful buildings; JB's intimate paintings, which celebrate his friends' day-to-day lives; and Jude's stellar achievements as an ice-cold litigator. They all acquire the trappings of adult success: money, fame, lovely houses, described by Yanagihara with rich, golden prose. But *A Little Life* is Jude's story and it's his sorrow that colours this devastating, exhausting, strangely exhilarating novel. It's not in any way consoling but it is vitally compelling.

tomatoes and fresh herbs and just 20 for a quinoa risotto with peas and baby spinach.



Summer Berries & Autumn Fruits *****

by Annie Rigg
(Kyle Books, £19.99)

This beautifully produced book will carry you across the most productive months of the year.

The recipes are arranged in sections by fruit types, with suggestions in each for preserves, salads, savoury dishes, soups and desserts. In summer, you can enjoy a beetroot salad with orange, chicory and chives, a lemon and almond roulade with redcurrants and raspberries, lamb kofte with cherries and a summer berry tiramisu cake.



The Salad Bowl ****

by Nicola Graimes
(Ryland Peters & Small, £14.99)

Nicola Graimes' boldly presented cookbook features recipes sparkling with flavour that make the most of seasonal produce, combining it with meat, fish, grains and pulses. Seared lamb is perfect with peas, mint and radishes while char-grilled halloumi is well accompanied by courgette and mint salad. We also like the contrasts of flavour of potatoes, radishes and chives in a salad with a sharply salty feta dressing.

To order the titles on these pages, see Express Bookshop on page 81.

Top fives

Top five fiction

1. **Grey**
by EL James
(Arrow, £7.99)
2. **Gray Mountain**
by John Grisham
(Hodder, £7.99)
3. **Flesh And Blood**
by Patricia Cornwell
(Harper, £7.99)
4. **The Sunrise**
by Victoria Hislop
(Headline Review, £7.99)
5. **Us**
by David Nicholls
(Hodder, £7.99)



Top five non-fiction

1. **Life With A Sprinkle Of Glitter**
by Louise Pentland
(Simon & Schuster, £12.99)
2. **Mary Berry's Absolute Favourites** by Mary Berry
(BBC Books, £25)
3. **Deliciously Ella**
by Ella Woodward
(Yellow Kite, £20)
4. **Get The Glow**
by Madeleine Shaw
(Orion, £20)
5. **Ardennes 1944**
by Antony Beevor
(Viking, £25)



Top five children's

1. **Enchanted Forest**
by Johanna Basford
(Laurence King, £9.95)
2. **Secret Garden**
by Johanna Basford
(Laurence King, £9.95)
3. **Demon Dentist**
by David Walliams
(HarperCollins Children's, £6.99)
4. **Tom Gates: Yes! No (Maybe...)**
by Liz Pichon
(Scholastic, £10.99)
5. **Minions: The Junior Novel**
(Centum, £5.99)



THE TIMES



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REX SHUTTERSTOCK

Homework ban to save pupils from depression

Prep is Victorian, says head of top girls' school

Oliver Moody Science Correspondent
Greg Hurst Education Editor
Tom Whipple Science Editor

Homework could be abolished at one of Britain's leading independent schools as part of reforms to stem an "epidemic" of teenage mental illness.

Cheltenham Ladies' College will set its pupils' wellbeing on a par with their academic grades and give them more of a say in the day-to-day running of lessons and extracurricular activities.

Eve Jardine-Young, principal of the 162-year-old school, where 92 per cent of GCSE grades were A* or A last year, told *The Times* that she was considering getting rid of the "Victorian" practice of prep. From September her pupils will attend weekly meditation classes and be given twice as long to walk between lessons. Teachers are also being trained to spot the signs of depression and anxiety.

In her first interview since she took up the post in 2011, Ms Jardine-Young said that over the next five years the college would review whether to stop issuing homework. "We will have to look at how we are doing things," she said. "Will we even be doing prep?"

She said it was not clear that handing out homework in two or three subjects was appropriate today. One answer might be university-style "flip learning", where pupils read up on material before

classes, she suggested. The school also considered whether it might improve its girls' wellbeing by admitting boys, but decided against it.

Ms Jardine-Young said that she was deeply concerned by what she regarded as a crisis of adolescent stress and unhappiness. The average age at which depression was first diagnosed had almost halved from 29 in the 1960s to 15½ early this century, she warned.

"What we've been reflecting on a lot in the last few years are the big national trends and international trends in the worsening states of adolescent mental health," she said. "We've created this epidemic of anxiety for ourselves as a society, and if our obligation as educators is to try to the best of our ability to set young people up as best we can for whatever the future may hold, then to ignore this whole area or to trivialise it is really irresponsible."

Heads of other leading independent schools disagreed with the idea that homework might not be suited to modern pupils' needs.

Sir Anthony Seldon, master of Wellington College, said: "We shouldn't be shielding girls or boys from anxiety and stress — we should be helping them to cope with it because they are essential and inevitable in life. That's the whole point of the wellbeing agenda. A lot of people don't understand it. It is not

Continued on page 2, col 2



Love interest Irina Shayk, a Russian model and ex-girlfriend of the footballer Cristiano Ronaldo, is alleged to have had an affair with Sepp Blatter, 79, the Fifa president. Page 6

**Pout! The
beauty editors' secrets**

Magazine



**A bloke's guide
to summer
Get a fake tan**

Magazine



**Rachel Johnson
Sex scenes and
the super-rich**

Magazine



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THE TIMES Eat!



PIMP YOUR LEAVES THE ULTIMATE SALAD GUIDE

Recipes by Nicola Graimes

1

Goat's cheese,
strawberry and
basil salad, page 38

PHOTOGRAPHS Matt Russell

2



CHAR-GRILLED HALLOUMI, COURGETTE AND MINT SALAD

Serves 4

- 125g rocket leaves
- 600g tinned chickpeas, drained and rinsed
- 1 small red onion, sliced
- 1 courgette, coarsely grated
- 400g halloumi, patted dry and sliced
- Seeds from half a pomegranate
- 4 tbsp freshly chopped mint leaves

For the pomegranate molasses dressing

- 4 tbsp extra virgin olive oil, plus extra for brushing
- 2 tbsp pomegranate molasses
- 1 tsp freshly squeezed lemon juice
- ½ tsp caster sugar
- Sea salt and freshly ground black pepper

1 Mix together the ingredients for the dressing and season with salt and pepper.

2 Divide the rocket, chickpeas, red onion and courgette between 4 serving plates. Spoon enough of the dressing over the salad to coat lightly and toss gently until everything is combined.

3 Heat a large, ridged griddle pan over a high heat. Brush the halloumi slices with a little extra olive oil. Reduce the heat a little and griddle the halloumi for 2 minutes on each side or until slightly blackened in places and softened. Serve the halloumi on top of the salad, garnished with the pomegranate seeds and mint.

3



ORZO AND ROASTED TOMATOES WITH PESTO DRESSING

Serves 4

- 400g vine-ripened cherry tomatoes
- Extra virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper
- 250g dried orzo
- 100g rocket leaves
- 2 handfuls of basil leaves
- 6 tbsp pine nuts, toasted
- 50g parmesan shavings

For the pesto dressing

- 6 heaped tbsp basil pesto
- 2 tbsp extra virgin olive oil

1 Preheat the oven to 220C/Gas 7. Put the tomatoes in a roasting pan and drizzle over a little olive oil. Turn to coat, then season and roast for 20 minutes until softened and starting to colour.

2 Meanwhile, cook the orzo in a large pan of boiling salted water following the packet instructions. Drain, reserving 2 tbsp of the cooking water, and transfer to a serving bowl.

3 Mix together the ingredients for the pesto dressing, stir in the reserved cooking water and season with salt and pepper.

4 Spoon the dressing over the orzo and stir until combined. Add the roasted tomatoes and rocket and toss again gently. Garnish with the basil, pine nuts and parmesan shavings before serving.

4



DUCK SALAD WITH YUZU DRESSING

Serves 4

- 2 tbsp light soy sauce
- 1 tbsp sesame oil
- 350g duck breast mini-fillets
- 100g watercress or rocket leaves
- 60g ruby gem lettuce or similar red leaf salad, sliced
- 60g sugar snap peas, sliced diagonally
- 100g radishes, sliced into rounds
- 2 handfuls of bean sprouts
- 2 tsp toasted sesame seeds
- 2 spring onions, thinly sliced diagonally

For the yuzu dressing

- 2 tbsp yuzu (Japanese citrus fruit, available in some supermarkets) or lemon juice
- 6 tbsp freshly squeezed orange juice
- 1 tsp ground ginger
- 2 tsp caster sugar
- Sea salt and freshly ground black pepper

1 Mix together the soy sauce and sesame oil in a dish. Add the duck and turn to coat in the marinade. Set aside for 15 minutes.

2 Meanwhile, make the yuzu dressing. Mix together the yuzu, orange juice and ginger. Stir in the caster sugar until it dissolves. Season to taste.

3 Combine the watercress or rocket, lettuce, sugar snap peas, radishes and bean sprouts in a shallow serving bowl.

4 Heat a large, dry frying pan over a high heat. When hot, add the duck and its marinade and cook, turning the duck regularly, for 4-5 minutes, until cooked but still slightly pink inside. Transfer the duck and any juices to a plate and leave to rest for 5 minutes.

5 Arrange the duck on top of the salad and spoon over enough of the dressing to coat. Sprinkle with the sesame seeds and spring onions to serve.

CHILLI PRAWNS WITH AVOCADO DRESSING

Serves 4

- 4 handfuls of torn red little gem lettuce
- 1 red pepper, seeded and thinly sliced
- 50g sugar snap peas, sliced diagonally
- 3 spring onions, thinly sliced diagonally
- 100g shelled fresh uncooked peas
- 350g shelled cooked king prawns
- 1 red chilli, seeded and finely sliced

For the avocado dressing

- 2 avocados, peeled, halved, stoned and chopped
- Freshly squeezed juice of 2 limes
- Finely grated zest of 1 lime
- 6 tbsp fromage frais or ricotta
- 2 tbsp freshly chopped coriander leaves, plus extra to serve
- ½ tsp dried chilli flakes
- Sea salt and freshly ground black pepper

1 To make the avocado dressing, put the ingredients in a blender and whizz until smooth and creamy. Add a little water to loosen, if needed, and season well.

2 Arrange the lettuce leaves on a large serving plate, top with the red pepper, sugar snap peas, spring onions, peas and king prawns. Spoon the avocado dressing on top before sprinkling with the sliced chilli and extra coriander. ➔



PUY LENTILS, GRAPEFRUIT AND FETA WITH HARISSA DRESSING

Serves 4

- 250g dried puy lentils
- 60g watercress, tough stalks removed, separated into small sprigs
- 60g baby spinach leaves, tough stalks trimmed
- 1 pink or red grapefruit, peeled, pith removed and segmented
- 1 small red onion, diced
- A handful of mixed sprouted beans
- 200g feta, cubed

For the harissa dressing

- 5 tbsp extra virgin olive oil
- 3 tbsp freshly squeezed orange juice
- 1 tsp harissa paste
- Sea salt and freshly ground black pepper

1 Put the lentils in a pan and cover with plenty of water. Bring to the boil, then reduce the heat and simmer, part-covered, for 25 minutes or until tender. Drain and transfer to a serving bowl.
2 Meanwhile, mix together the ingredients for the dressing, season and set aside.
3 Add the watercress and spinach to the serving bowl with the lentils. Remove the membrane from the grapefruit segments over a dish and add the segments to the salad. Pour any juice from the grapefruit into the dressing.
4 Add the onion and mixed bean sprouts and pour over the dressing. Toss the salad until thoroughly combined and sprinkle over the feta before serving.



7



CARROT, SPROUTED LENTIL AND DATE SALAD

Serves 4

- 4 carrots, coarsely grated
- 2 large handfuls of sprouted lentils or bean sprouts
- 4 soft pitted dates, chopped
- 50g black pitted olives, drained and sliced into rounds
- A handful of mint leaves

For the dressing

- 4 tbsp extra virgin olive oil
- 1 tsp clear honey
- 1½ tbsp freshly squeezed lemon juice
- 1 tsp ground cumin
- Sea salt and freshly ground black pepper

1 Mix together the ingredients for the dressing and season with salt and pepper.
2 Put the carrots, sprouted lentils or bean sprouts, dates, olives and mint in a serving bowl. Pour over enough of the dressing to coat and toss gently before serving.

8



GREEN LENTIL, RED LEAF AND BEETROOT WITH HAZELNUTS

Serves 4

- 150g dried green lentils
- 125g mixed red salad leaves
- 1 radicchio, leaves separated and halved crossways, if large
- 200g cooked beetroots in natural juice, drained and cubed
- 2 spring onions, finely sliced
- 3 tbsp freshly chopped flat-leaf parsley
- 60g hazelnuts, toasted and halved

For the raspberry dressing

- 4 tbsp extra virgin olive oil
- 2 tbsp good-quality raspberry vinegar
- 1 heaped tsp clear honey
- 1 tsp dijon mustard
- Sea salt and freshly ground black pepper

1 Put the lentils in a pan and cover with water. Bring to the boil, then turn down the heat and simmer, part-covered, for 25 minutes or until tender. Drain and set aside.
2 Meanwhile, make the raspberry dressing. Put the ingredients in a screw-top jar and shake until combined. Season.
3 Arrange the salad leaves and radicchio on a large serving plate and top with the lentils, beetroots and spring onions. Spoon over the dressing, toss lightly to combine, then top with the parsley and hazelnuts before serving.

9



ROAST CHICKEN SALAD WITH GREMOLATA AND POLENTA CROUTONS

Serves 4

- 2 tbsp olive oil
- 300g ready-cooked polenta, sliced and cut into croutons
- 140g mixed soft salad leaves, including red leaves
- 300g cooked roast chicken, shredded into long pieces
- 2 small avocados, peeled, halved, stoned and sliced
- 6 baby courgettes, sliced into ribbons
- 50g walnut pieces, toasted

For the gremolata dressing

- 5 tbsp extra virgin olive oil
- Finely grated zest and freshly squeezed juice of 1 lemon
- 1 garlic clove, crushed
- 4 tbsp finely chopped flat-leaf parsley
- Sea salt and freshly ground black pepper

1 Heat 2 tbsp oil in a large, nonstick frying pan over a medium-high heat and fry the croutons for 10 minutes, turning occasionally, until crisp all over. Drain on paper towels.
2 Meanwhile, mix together the ingredients for the gremolata dressing and season to taste.
3 Arrange the salad leaves on a serving plate and top with the chicken, avocados and courgettes.
4 Spoon over enough of the dressing to coat lightly and toss gently. Sprinkle over the walnuts to serve. ➤

10



PARMA HAM, PEAR AND STEM-GINGER SALAD

Serves 4

- 8 parma ham slices
- 2 balls stem ginger, diced, plus 1 tbsp syrup from the jar
- 125g mixed baby leaf herb salad
- 50g pea shoots
- 2 pears, halved, cored and cut into long wedges

For the dressing

- 4 tbsp extra virgin olive oil, preferably a fruity flavoured one
- 2 tbsp freshly squeezed lemon juice
- Sea salt and freshly ground black pepper

1 Place the parma ham slices in a dry, nonstick frying pan and cook over a medium heat for 3-4 minutes, turning once, until just crisp. Remove from the pan, drain on paper towels and lightly brush the top of each slice with the ginger syrup while still warm.

2 Meanwhile, mix together the ingredients for the dressing. Season with salt and pepper.

3 Put the salad leaves and pea shoots on a serving plate and top with the pears and stem ginger. Spoon over as much of the dressing as needed, then toss gently until lightly coated. Arrange the parma ham on top and serve immediately.

11



CHAR-GRILLED SQUID WITH HERB DRESSING

Serves 4

- 60g rocket leaves
- 100g baby spinach leaves
- 4 vine-ripened tomatoes, quartered, seeded and diced
- 500g prepared and cleaned small squid
- Extra virgin olive oil
- 2 lemons, halved
- 2 tbsp freshly snapped chives
- 1 red chilli, seeded and cut into thin strips

Herb dressing

- 5 tbsp extra virgin olive oil
- 1 large garlic clove, crushed
- 2 handfuls of basil leaves
- A handful of oregano leaves
- Freshly squeezed juice of half a lemon
- Sea salt and freshly ground black pepper

1 For the dressing, put the ingredients in a mini-processor or blender and whizz until the herbs are finely chopped. Season and set aside.

2 Place the salad leaves on a large serving plate and arrange the tomatoes over the top.

3 Slice off the squid tentacles, if there are any. Open out the body of each squid and cut in half, then score the skin into a diamond pattern using the tip of a sharp knife. Pour some oil into a large bowl, season and add the squid (plus any tentacles), turning to coat.

4 Heat a large, ridged griddle pan over a medium-high heat and sear the lemon halves, cut-side down, pressing them down until caramelised in places. Remove from the pan and set aside. Next, griddle the squid bodies in batches for 1½ minutes, turning once and pressing them down with a spatula, until cooked and charred in places. Griddle any tentacles, too, for 1 minute, turning once.

5 Arrange the squid on the salad, spoon over the dressing and garnish with the chives and chilli. Serve the char-grilled lemons on the side.

12



MARINATED MUSHROOM, CRISPY KALE AND RICE SALAD

Serves 4

- 100g brown basmati rice, rinsed
- 1 tsp ground turmeric
- 3 tbsp dark soy sauce
- 2 tbsp sweet chilli sauce
- 300g chestnut mushrooms, sliced
- 175g curly kale, tough stalks removed and leaves torn into large bite-sized pieces
- 2 tsp sesame oil
- 2 tbsp coconut oil
- Sea salt and freshly ground black pepper
- 2 handfuls of unsalted roasted cashews, roughly chopped

1 Cook the rice following the packet instructions, stirring the turmeric into the cooking water. Drain, if necessary, and leave to stand, covered, for 10 minutes.

2 Meanwhile, mix together the soy and sweet chilli sauces in a bowl. Add the mushrooms and toss until coated, then set aside.

3 Preheat the oven to 150C/Gas 2. Toss the kale in the sesame oil and spread out on 1-2 baking sheets. Roast for 15 minutes, turning once, until crisp but not browned; keep an eye on it because it can burn easily.

4 Heat the coconut oil in a large frying pan over a medium-high heat and fry the mushrooms for 5 minutes. Pour off and retain any liquid to make a dressing for the salad. Return the pan to the heat and cook the mushrooms for another 5 minutes, until they start to crisp.

5 Transfer the rice to a serving bowl and add the mushrooms and the cooking juices. Stir until combined and season, if necessary. Just before serving, stir in the crispy kale and sprinkle over the cashews.



SUMMER VEGETABLE SALAD WITH HERB MAYONNAISE

Serves 4

- 300g shelled broad beans
- 200g shelled fresh peas
- 200g asparagus spears, trimmed
- 200g baby courgettes, halved lengthways
- 1 tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper

For the herb mayonnaise

- 6 tbsp mayonnaise
- 3 tbsp freshly squeezed lemon juice
- 2 tbsp freshly snipped chives
- 2 tbsp freshly snipped dill
- 1 small garlic clove, crushed

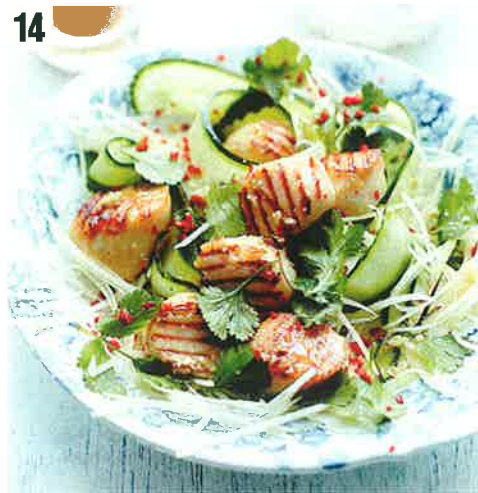
1 Steam the broad beans and peas for 2-3 minutes until tender, then refresh under cold running water. Slip out the beans from their grey outer shells and put in a serving bowl with the peas.

2 Steam the asparagus for 3 minutes or until tender, then refresh under cold running water. Slice the stems, leaving about 3cm of the heads intact, then add to the bowl with the courgettes. Pour in the olive oil, season with salt and pepper and toss to combine.

3 To make the herb mayonnaise, mix together the mayonnaise, lemon juice, herbs and garlic in a bowl, adding a spoonful or two of water to loosen slightly, if needed. Serve the vegetables topped with a spoonful of the herb mayonnaise. ➔



14



SCALLOP AND GREEN PAPAYA SALAD WITH LEMON-GRASS DRESSING

Serves 4

- 1 green papaya, peeled, halved and seeded
 - 10cm piece cucumber
- 1 red chilli, seeded and finely chopped
 - 12 shelled prepared scallops
 - Olive oil, for brushing
- Sea salt and freshly ground black pepper
 - A handful of coriander leaves

For the lemon-grass dressing

- Freshly squeezed juice of 2 limes
 - 1 tbsp light brown soft sugar
 - 1 tbsp Thai fish sauce
- 2 tsp finely chopped fresh root ginger
- 2 lemon-grass stalks, outer leaves discarded and finely chopped
- 2 kaffir lime leaves, finely sliced

1 Shred the papaya using a mandolin or cut into long, thin strips. Slice the cucumber into ribbons using a mandolin or vegetable peeler, discarding the seeds in the centre. Put the papaya, cucumber and chilli in a bowl.

2 Mix together the ingredients for the dressing until the sugar dissolves, then pour it over the salad, toss until combined and leave for 15 minutes to allow the flavours to develop. Divide the salad between 4 serving plates.

3 Brush the scallops with a little oil and season. Heat a ridged griddle pan over a high heat and griddle the scallops for 1 minute on each side until just cooked.

4 Arrange the scallops on top of the papaya salad and garnish with the coriander leaves.

15



SEARED LAMB WITH PEA, MINT AND RADISH

Serves 4

- 2 tbsp olive oil
- 2 tsp ground cumin
 - 1 tsp paprika
- Sea salt and freshly ground black pepper
 - 350g lamb steaks, fat trimmed
 - 200g shelled fresh peas or frozen garden peas, defrosted
 - 100g radishes, sliced into rounds
- A large handful of freshly chopped mint
 - 3 tbsp freshly snipped chives
 - 100g rocket leaves
 - Lemon wedges, to serve

For the dressing

- 3 tbsp extra virgin olive oil
- Freshly squeezed juice of 1 small lemon

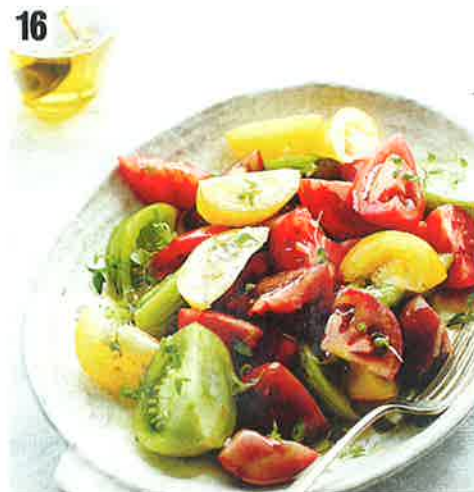
1 Mix the olive oil with the cumin and paprika in a shallow dish. Season with salt and pepper, add the lamb and turn to coat it in the marinade. Leave to marinate for at least 15 minutes.

2 Cook the peas in boiling water for 1 minute until just tender, then drain, refresh under cold running water and drain again. Transfer to a mixing bowl and add the sliced radishes.

3 Mix together the ingredients for the dressing and season. Spoon it over the peas and radishes and toss gently until combined. Stir in half of the mint and chives. Arrange the rocket on a large serving plate and top with the dressed salad.

4 Heat a large, ridged griddle pan until very hot. Turn the lamb in the marinade, then char-grill it for 2 minutes on each side or until cooked to your liking. Remove from the pan and leave to rest for 5 minutes. Cut the lamb into diagonal slices and place on top of the salad with any juices, then arrange the remaining herbs over the top. Serve with lemon wedges.

16



HERITAGE TOMATOES WITH LEMON THYME

Serves 4

- 600g ripe heritage tomatoes in various colours, shapes and sizes, at room temperature
- Fruity extra virgin olive oil, for drizzling
 - 2-3 tbsp lemon thyme or basil leaves

Halve, quarter or leave the tomatoes whole, depending on their size and shape. Arrange on a serving platter and drizzle with olive oil. Season with salt and sprinkle over the lemon thyme. Serve at room temperature.

GOAT'S CHEESE, STRAWBERRY AND BASIL SALAD

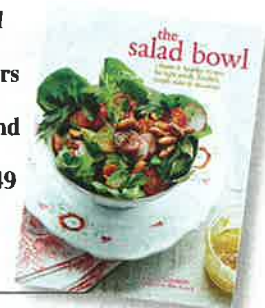
Serves 4 (page 31)

- 350g strawberries, hulled
- 150g chèvre blanc, crumbled
- Freshly squeezed juice of half a lemon
 - 1-2 tbsp light olive oil
 - 4 tbsp basil leaves
- Freshly ground black pepper

1 Halve or quarter the strawberries, if large, and arrange on a serving plate. Sprinkle over the chèvre blanc and squeeze over the juice.

2 Drizzle with olive oil, scatter over the basil leaves and finish with a grinding of black pepper. Serve at room temperature. ■

Extracted from *The Salad Bowl* by Nicola Graimes, published by Ryland Peters & Small, featuring more than 75 salads from around the world. Buy from the Times Bookshop for £13.49 (RRP £14.99), free p&p, on 0845 2712134; timesbooks.co.uk



984

③

Bowl of PLENTY

From protein-packed mains to simple sides, salads make ideal summer dishes thanks to their nutrient-rich raw ingredients, says health and food writer **Nicola Graimes**.





*64 per cent of people find the aroma of fresh strawberries prompts thoughts of sunshine**



STRAWBERRY, ASPARAGUS AND GINGER SALAD

This summer salad is not only full of flavour, its main ingredients – strawberries, asparagus, ginger and almonds – are packed with antioxidants. Strawberries, for example, are a great source of vitamin C – 80g provide 100 per cent of your RDA.

Serves 6

- 1 tsp olive oil
- 100g smoked pancetta rashers
- 500g young asparagus spears
- 400g Sweet Eve strawberries, halved
- 50g sliced toasted almonds
- 100g English goats' cheese

Ginger vinaigrette

- 1 tbsp ginger preserve

- 3 tbsp extra-virgin olive oil

- 1 small lemon, juiced

Brush a griddle pan with olive oil. Place over a high heat, add the pancetta and fry until crisp.

Remove with a slotted spoon and keep warm. Trim the tough ends from the asparagus, place in the hot pan and cook, turning every so often, for 3-4 minutes until nicely charred. Remove and place in a warm dish. Put the vinaigrette ingredients into an empty jam jar. Shake vigorously to emulsify.

Divide the pancetta and asparagus between six plates. Top with the strawberries, crumbled cheese and a sprinkle of almonds. Drizzle over the ginger dressing and season.



darker, more pointed, crunchier and definitely sweeter. If you think of it like a cup of tea, it's at the two sugars end of the spectrum.

We chose the variety in part for its high 'Brix' score – that's the scale the industry uses to assess how sweet something is. Winemakers and honey farmers use the same system. Sweet Eve's Brix score of 10 means it's super-sweet. Any higher would be a bit too much. You can get similar levels in other varieties at their peak, but the key difference is that Sweet Eve has high Brix right up until the darker autumn period at the end of October. Personally, I don't think you can beat a great, British strawberry.

● **Find Harry's Sweet Eves at Waitrose, M&S, Tesco and Co-op. Visit sweetevestrawberry.co.uk**

WITH SUMMER approaching, our thoughts naturally turn to eating lighter meals and, for me, salads tick all the right boxes when it comes to fresh and healthy eating. When writing my recipe book *The Salad Bowl*, I was really keen to show just how versatile, delicious and exciting salads can be. There's something about eating fresh, raw foods that lifts the spirits and makes you feel good.

A salad makes a great palate-cleansing side dish, yet by adding other ingredients such as grains, beans, cheese, meat or seafood you can easily turn a simple salad into a complete, filling meal with minimum effort. The beauty of a salad is that you don't have to prepare everything from

scratch. Cans of lentils, jars of red peppers and artichokes or tinned fish will all add extra interest and nutrients.

I am hugely influenced by culinary styles and flavours from across the world – the Vietnamese-style beef salad on this page and Scandinavian home-cured salmon with gin & beetroot overleaf are two of my favourites. You will also find Mexican, Italian, Chinese and Indian inspired salads in my book.

The key to making a decent salad is to use the freshest ingredients, and seasonal ones wherever possible. This will help to ensure the best flavour and maximise the nutrient intake. Similarly, choose loose fresh produce over packaged, that way you can inspect what you are buying.

VIETNAMESE-STYLE BEEF SALAD

Fresh and fragrant, this salad is full of vibrant flavours with its sweet-and-sour dressing and lots of crisp vegetables. As a twist, the salad is topped with carpaccio [thinly sliced raw meat or fish] of beef. Choose a thick piece of beef, preferably a centre cut.

Serves 4

- 200g sirloin steak
- 2 handfuls of baby spinach leaves
- 1 carrot, sliced into thin strips
- 1 small cucumber, quartered lengthways, seeded and cut into thin strips
- 2 handfuls of finely shredded red cabbage
- 2 spring onions, thinly sliced diagonally
- Handful of Thai basil leaves, roughly torn

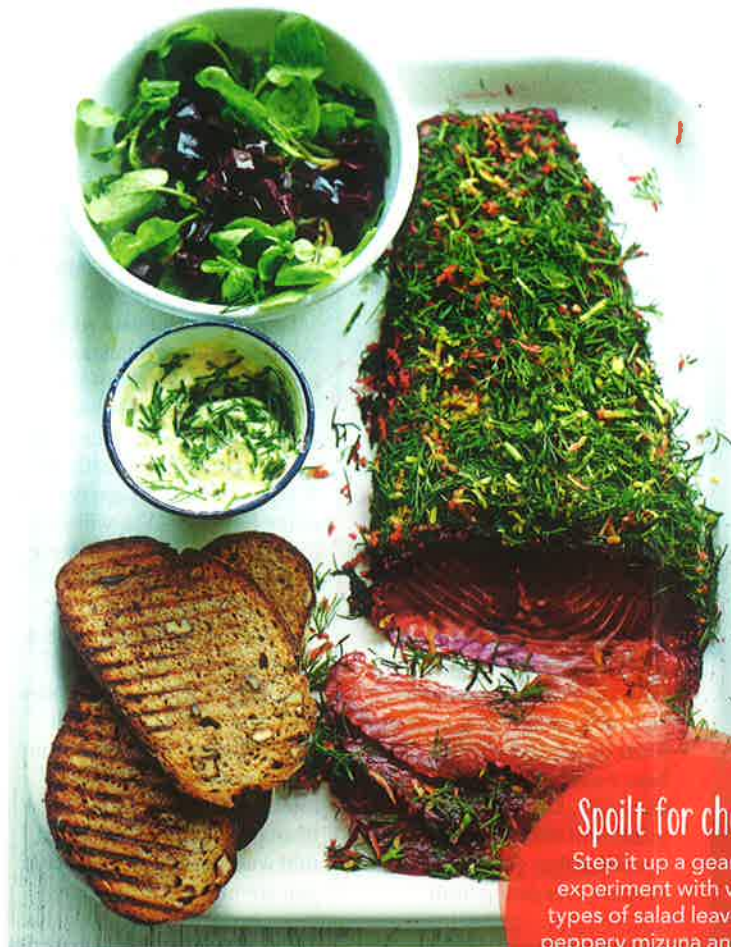
- Handful of mint leaves, roughly chopped
- 1 medium red chilli, seeded and thinly sliced
- 30g roasted unsalted peanuts, roughly chopped

Vietnamese dressing

- 3 tbsp groundnut/peanut oil
- 2 tbsp fish sauce
- Freshly squeezed juice of 1 lime
- 1 tsp caster sugar
- Sea salt and freshly ground black pepper

- 1** Put the steak in the freezer for 30 mins to firm up and to make it easier to slice.
- 2** While the steak is in the freezer, mix together all the ingredients for the dressing and season to taste.

- 3** Divide the spinach between 4 serving plates and top with the carrot, cucumber and red cabbage. Spoon enough of the dressing over to coat then toss lightly until combined.
- 4** Remove the steak from the freezer and using a very sharp, long-bladed knife, cut into thin, elegant slices. Place the cut slices on a plate and cover with cling film to prevent them discolouring. If you put cling film between each layer of beef, you will be able to separate them easily.
- 5** Arrange the steak on top of the salad, season, and sprinkle the spring onions, herbs, chilli and peanuts over the top. Spoon more dressing over to taste, and serve immediately.



Spoilt for choice

Step it up a gear and experiment with various types of salad leaves from peppery mizuna and bitter-tasting frisée to spicy watercress and sharp, lemony sorrel.

HOME-CURED SALMON WITH GIN & BEETROOT

Use the freshest fish possible for this gravadlax [cured salmon]. Ideally, buy a mid-cut fillet, which will be just the right thickness to take on the flavours.

Serves 4-6

- 500g wild salmon fillet, pin-boned
- 3 uncooked beetroot, coarsely grated
- 80g rock salt
- 80g white sugar
- Finely grated zest of 2 lemons
- 2 handfuls of snipped dill
- 2 tbsp gin

Herby mayonnaise

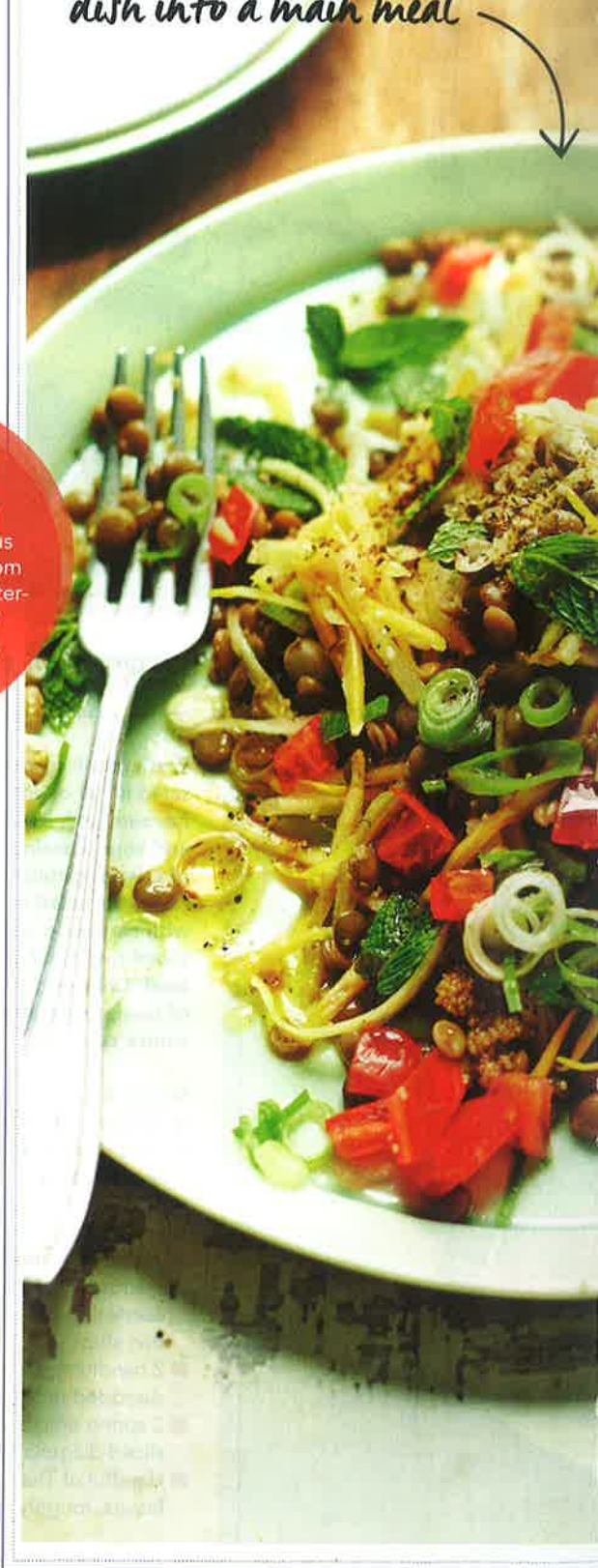
- 6 tbsp mayonnaise
- 1 tbsp chopped drained capers
- 2 tbsp freshly snipped chives
- 2 tbsp freshly snipped dill
- Freshly squeezed juice of ½ lemon
- ¼ red onion, diced

To serve

- Beetroot and watercress salad
- Slices of brown bread, buttered if you like
- Lemon wedges

- 1** Lay the fish, skin-side up, on a sheet of baking parchment. Mix the beetroot, salt and sugar together and spread half the mixture over the skin. Turn the fish over and spread the remaining beetroot mixture onto the flesh, making sure it is completely covered. Wrap the fish in the parchment, then wrap tightly in two layers of cling film. Place in a non-metallic dish, cover with cling film and put it in the refrigerator for 24 hours, turning the fish after 12 hours.
- 2** Unwrap the fish and brush off the marinade. Rinse the salmon under cold running water, then pat dry with paper towels and return to the dish, skin-side down.
- 3** Mix the lemon zest, dill and gin together and spread the mixture over the salmon, pressing it into the flesh. Cover with cling film and chill for 24 hours.
- 4** To serve, mix together the mayonnaise ingredients and slice the salmon thinly at an angle.

Grains are ideal for transforming a side dish into a main meal



AMARANTH & GREEN LENTIL SALAD WITH ZA'ATAR

Amaranth is a tiny grain, or, more accurately, seed, that packs a powerful nutritional punch for its diminutive size. Popular in South America, amaranth is gluten-free as well as being a good source of digestible protein and valuable minerals. I find it is best mixed with other grains or pulses to give it a bit more substance.

Serves 6

- 165g green lentils, rinsed
- 4 tbsp amaranth
- 6 spring onions, thinly sliced
- 6 vine-ripened tomatoes, roughly chopped
- 1 yellow courgette, coarsely grated
- 2 handfuls of freshly chopped mint leaves, plus a few whole leaves to decorate
- 1 tbsp za'atar (see below)

Dressing

- 2 tbsp pomegranate molasses
- 3 tbsp extra-virgin olive oil
- Sea salt and freshly ground black pepper

- Finely grated zest and freshly squeezed juice of 1 lemon (unwaxed)

- 1** Put the lentils in a large pan and cover with plenty of cold water. Bring to the boil, then turn the heat down and simmer, part-covered, for 20 mins or until tender. Drain and transfer the lentils to a serving bowl.
- 2** Meanwhile, toast the amaranth in a dry pan for 2 mins, shaking the pan regularly, until the grains start to pop and turn golden. Pour enough water over to cover and bring to the boil, then turn the heat down and simmer for 6 mins or until tender. Drain and add to the bowl with the lentils.
- 3** Mix together all the dressing ingredients.
- 4** Add the spring onions, tomatoes, courgette and mint to the serving bowl. Pour enough of the dressing over to coat. Toss until combined and serve, sprinkled with the za'atar and a few whole mint leaves.

The value of sprouts

Beans, lentils, grains and seeds can all be sprouted or germinated, a simple process that increases their nutritional value as well as their digestibility. There is around 60 per cent more vitamin C and 30 per cent more B vitamins in the sprouted grain than the unsprouted.

Sprouts of various types are available in supermarkets and health food stores.

ZA'ATAR SPICE MIX

The recipe for this popular Middle Eastern spice blend is based on sumac. Sumac is a citrusy red spice that comes from the berries of the sumac bush. Don't limit za'atar to salads – it can also be sprinkled over eggs or hummus, or used as a rub for meat or fish.

To serve with the amaranth & green lentil salad (above).

- 3 tbsp thyme leaves or 1½ tbsp dried
- 2 tsp sumac
- ½ tsp sea salt
- 1 tbsp sesame seeds, toasted

Preheat the oven to 160°C/ Gas 3. Put the fresh thyme on a small baking sheet in the oven for 5 mins, or until dried. Crumble the thyme leaves into a bowl and mix in the sumac, salt and sesame seeds. Allow to cool and store in an airtight container.

NEW POTATO, RADISH & CHIVE SALAD WITH FETA DRESSING

Full of the flavours of summer, this side dish would go well with poached salmon, roast chicken or griddled lamb steaks. If the chive stems are topped with their delicate purple flower heads, use them too, as they add both colour and flavour.

Serves 4

- 500g baby new potatoes, scrubbed and halved
- 100g radishes, thinly sliced into rounds
- ½ cucumber, quartered, seeded and sliced
- 3 large handfuls of watercress, tough stems removed, torn into small sprigs
- Handful of chives, including flowers if available

Feta dressing

- 150g feta cheese, crumbled
- 125ml natural low-fat yoghurt
- Freshly squeezed juice of 1 lemon
- 1 large garlic clove, crushed
- 2 large handfuls of mint leaves, finely chopped
- Sea salt and ground black pepper

1 Cook the potatoes in plenty of boiling salted water for 12-15 mins until tender, then drain and transfer to a large serving bowl.

2 Meanwhile, to make the dressing, blend the feta cheese, yoghurt and lemon juice in a blender until smooth and creamy, then pour it into a bowl. Stir in the garlic and mint and season with pepper; you won't need any salt as the feta cheese is salty enough.

3 Add the radishes, cucumber and watercress to the bowl containing the potatoes. Snip half the chives over the top and add enough of the dressing to generously coat everything. Toss until thoroughly combined, and serve the salad with the remaining chives (and flowers, if any) arranged over the top.



Recipes taken from *The Salad Bowl* by Nicola Graimes, photography by Matt Russell, published by Ryland Peters & Small (£14.99). Top Santé readers can purchase a copy of the book for £10 including postage and packaging. Simply call Macmillan Direct on 01256 302 699, quoting reference GLR CM9.



MEXICAN
PANZANELLA

SALAD SUPPERS

In the summer months we all enjoy lighter, fresher eating, so make a meal out of your salad with these easy inventive ideas from around the globe.

Mexican panzanella

This takes many of the features of the classic Tuscan panzanella salad and adapts them by adding a chipotle-infused dressing, red kidney beans and plenty of fresh herbs.

Serves 4 | Prep/cook 30 mins

2 large corn-on-the-cobs, leaves discarded
2 soft corn tortillas
350g canned drained red kidney beans, rinsed
1 large red pepper, deseeded and cut into bite-sized pieces
1 small red onion, roughly chopped
6 tomatoes, deseeded and roughly chopped
100g radishes, sliced into rounds
1 large avocado, peeled, halved, stoned and cubed
2 handfuls of freshly chopped coriander
2 handfuls of freshly chopped flat-leaf parsley

For the dressing:

1 dried chipotle chilli or 1-2 tsp chipotle paste, to taste
4 tbsp extra-virgin olive oil, plus extra for brushing
freshly squeezed juice of 1½ limes
1 tsp ground cumin
½ tsp dried oregano
sea salt and freshly ground black pepper

1 To start the dressing, cover the dried chipotle chilli with just-boiled water in a small bowl and leave for 15 minutes to soften. Drain, cut the chilli open and discard the seeds, then finely chop the flesh.

2 Meanwhile, put the corn cobs in a pan, cover with water and bring to the boil, then turn the heat down and simmer, part-covered, for 12 minutes or until tender. Drain and refresh under cold running water, then drain again. Carefully slice the kernels off the cob with a sharp knife and put them in a serving bowl.

3 While the corn is cooking, lightly coat a frying pan with oil and toast the tortillas, one at a time, for 3 minutes, turning once, until golden and crisp; they will crisp up further when cooled. Let cool.

4 Finish making the dressing by combining the chopped chipotle, olive oil, lime juice, cumin and oregano, then season.

5 Add the kidney beans, red pepper, onion, tomatoes, radishes, avocado and herbs to the serving bowl. Spoon enough of the dressing over to coat, and toss gently until combined. Break the cooled corn tortillas into pieces and add to the salad just before serving.

■ PER SERVING 482 cals, fat 23g, sat fat 4g, carbs 52g, sugars 18.5g, protein 13g, salt 2.6g, fibre 13.5g

Sesame-coated tofu with aduki bean salad

In this Asian-inspired salad, the sesame seeds form a thick, nutty crust around slices of tamari-marinated tofu, which are then served on top of an aduki bean and pea shoot salad.

Serves 4

Prep/cook 25 mins + marinating

450g tofu, drained, patted dry and sliced into 8 slices about 1cm thick
2 tbsp tamari or light soy sauce
4 heaped tsp cornflour
6 heaped tbsp sesame seeds
125g canned aduki beans, drained and rinsed
11cm piece cucumber, quartered lengthways and thinly sliced
3 spring onions, thinly sliced diagonally
120g pea shoots and mixed leaves
2 handfuls of sugar snap peas, sliced diagonally
1 red chilli, deseeded and thinly sliced
sunflower oil, for frying

For the dressing:

2 tbsp tamari or light soy sauce
2 tbsp freshly squeezed lime juice
1 tsp caster sugar
1cm piece of fresh root ginger, peeled and finely chopped

1 Put the tofu in a shallow dish and pour the tamari over. Turn the tofu to coat it in the tamari and leave to marinate for 1 hour, spooning the tamari over the tofu occasionally.



SESAME-COATED TOFU WITH ADUKI BEAN SALAD

'Salad now refers to so much more than a humble bowlful of lettuce leaves'

2 Mix together the cornflour and sesame seeds in a second shallow dish. Add the tofu in batches and turn until evenly coated in the mixture. Pour enough sunflower oil into a large frying pan to shallow-fry the tofu. Fry the tofu over a medium heat in two batches for 2-3 minutes on each side until golden, then drain on paper towels.

3 Meanwhile, mix together all the ingredients for the dressing and stir to dissolve the sugar.

4 Put the aduki beans, cucumber, two of the spring onions, the pea shoots and mixed leaves, sugar snap peas and half the chilli in a large serving dish. Pour enough of the dressing over to coat and toss gently until combined.

5 Pile the sesame-coated tofu on top of the salad and sprinkle over the remaining spring onions and chilli.

■ PER SERVING 391 cals, fat 26.5g, sat fat 3.5g, carbs 19g, sugars 4g, protein 17.5g, salt 2.6g, fibre 5g

CHAR-GRILLED
HALLOUMI,
COURGETTE AND
MINT SALAD



Char-grilled halloumi, courgette and mint salad

Pomegranate molasses, a popular ingredient in Middle Eastern cooking, lends a tangy, sweet-sour flavour to the dressing for this vibrant salad.

Serves 4 | Prep/cook 20 mins

125g rocket leaves
600g canned chickpeas, drained and rinsed
1 small red onion, sliced
1 courgette, coarsely grated
400g vegetarian halloumi, patted dry and sliced
seeds from ½ pomegranate
4 tbsp freshly chopped mint leaves

For the dressing:

4 tbsp extra-virgin olive oil, plus extra for brushing

2 tbsp pomegranate molasses
1 tsp freshly squeezed lemon juice
½ tsp caster sugar
sea salt and freshly ground black pepper

- 1 Mix together all the ingredients for the dressing and season with salt and pepper.
- 2 Divide the rocket, chickpeas, red onion and courgette between 4 serving plates. Spoon enough of the dressing over the salad to lightly coat it and toss gently until everything is combined.
- 3 Heat a large, ridged griddle pan over a high heat. Brush the halloumi slices with a little extra olive oil. Reduce the heat a little and griddle the halloumi for 2 minutes on each side or until slightly blackened in places and softened. Serve the halloumi on top of the salad, garnished with the pomegranate seeds and mint.

■ PER SERVING 716 cals, fat 44g, sat fat 18.5g, carbs 37.5g, sugars 13g, protein 39.5g, salt 4.6g, fibre 10.5g

Adapted recipes and images from *The Salad Bowl* by Nicola Graimes (Ryland Peters & Small, £14.99).

**READER
OFFER**

**MORE THAN
JUST LETTUCE...**

Buy *The Salad Bowl* for the special price of £10.99 (the book also contains non-vegetarian recipes). See page 79 for further details.

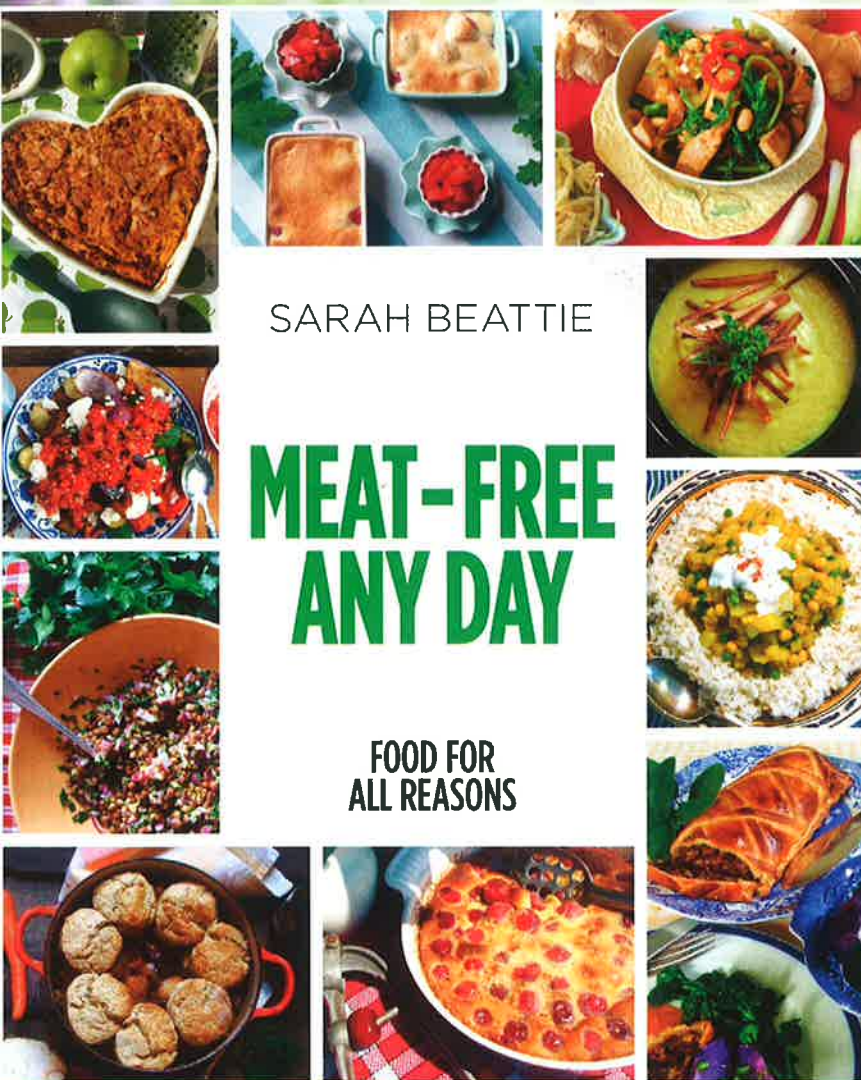


MEAT-FREE ANY DAY



'I believe passionately in the pleasures of the fresh, and these vegetarian and vegan recipes will appeal to anyone who loves good food, any day of the week.'

– SARAH BEATTIE, AUTHOR



SARAH BEATTIE

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Competitions

WIN A VARIETY OF EXCELLENT PRIZES

Dinner for two at RAW

One lucky reader and a guest will be treated to mocktails on RAW's terrace before enjoying a five-course tasting meal with a total value of around £100. Please note: transport to the hotel and accommodation are not included and an advance reservation is essential. The prize must be claimed before 30 September 2015. (page 10)

Running Duck wines

Stellar Winery will be sending five readers three wines each to enjoy this summer, worth around £25 per prize. These include their Running Duck Chenin-Sauvignon, Running Duck Rosé and Running Duck Shiraz. (page 12)

Carluccio's vegetarian picnic hamper

Two readers can order a free vegetarian hamper and pick it up from their nearest Carluccio's. Offer ends 31 August 2015. (page 12)

At Home in the Whole Food Kitchen

We have three copies of Amy Chaplin's new book, *At Home in the Whole Food Kitchen* (Jacqui Small, £25) to give away. (page 31)

Secrets from My Indian Family Kitchen

Win a copy of *Secrets from My Indian Family Kitchen* by Anjali Pathak (Mitchell Beazley, £20) – we have six to give away. (page 39)

HOW TO ENTER

Email your name, address and telephone number to comp@vegmag.co.uk with 'Name of competition' (e.g. 'Dinner for two at RAW') in the subject box, or post your details to 'Name of competition', *Vegetarian Living*, PO Box 6337, Bournemouth BH1 9EH. Competitions end midday 8 July 2015.

COMPETITION TERMS & CONDITIONS

Competitions are only open to UK residents who are *Vegetarian Living* readers and/or visitors to the *Vegetarian Living* website unless otherwise stated. Competitions are not open to employees of Select Publisher Services (or members of their families), affiliated companies or those associated with these competitions. Prizes are as offered and are non-transferable, non-refundable, non-changeable. No cash alternatives are available. Only one entry is permitted per person and the editor's decision is final. Entries end midday 8 July 2015 (unless otherwise stated) and entries received after the closing date of the promotion will not be considered. No responsibility is taken for entries lost or delayed by way of post or technical errors including malfunctions via the website. The winner will be drawn at random and the editor's decision is final. No correspondence will be

Reader offers



EXCLUSIVE OFFERS FOR VEGETARIAN LIVING READERS

Summer Berries & Autumn Fruits

Receive a 20% discount and free p&p when ordering *Summer Berries & Autumn Fruits* by Annie Rigg (Kyle Books, £19.99) from www.kylebooks.com. (page 35)

Breakfast: Morning Noon & Night

Order *Breakfast: Morning, Noon & Night* by Fern Green (Hardie Grant, £18.99) for the special price of £16.99, including free p&p (UK mainland only). Call 01256 302699 and quote 'GLR EH8'. (page 45)

Sweetie Pie

Purchase *Sweetie Pie* by Hannah Miles (Ryland Peters & Small, £16.99) for the special price of £11.99, including free p&p. Call 01256 302699 and quote 'GLR CL4'. (page 51)

Vis for Vegan

Buy *Vis for Vegan* by Kerstin Rodgers (Quadrille, £20) for the special price of £15, including free p&p. Call 01256 302699 and quote code 'DX6'. (page 55)

The Bikini Promise

Order *The Bikini Promise* by Sally Bee (Kyle Books, £14.99) direct from www.kylebooks.com and receive a 20% discount and free p&p. (page 64)

The Salad Bowl

Buy *The Salad Bowl* by Nicola Graimes (Ryland Peters & Small, £14.99) for the special price of £10.99, including free p&p. Call 01256 302699 and quote 'GLR CM9'. (page 70)

People Tree

Claim a 10% discount on all products available at www.peopletree.co.uk, including sale items, by entering 'VEGE10' at the online checkout. This is a web-only offer. Code is valid from 11 June 2015 until midnight 9 July 2015. This code cannot be used in conjunction with any other offer or promotion. (page 80)

Eco Action Trumps

Get 20% off the price of the Eco Parenting theme of Eco Action Trumps (RRP £4.95). If you would like to order a pack for the special price of £4, email paula@ecoactiongames.org.uk and quote 'Vegtrumps15'. (page 82)

Hozelock AquaDeco Watering Globes

Receive a 10% discount on Hozelock AquaDeco Watering Globes during July from www.garden4less.co.uk. Quote 'VLM10' at the online checkout. (page 86)

Vegan Passport

Buy the *Vegan Passport* (RRP £4.99) for the special price of £3.99, including free p&p. The passport-sized book has a page for each of 74 languages, covering over 95 per cent of the world, explaining what vegans do and don't eat. See website for full list of languages. Europe airmail add £1.40; outside Europe add £2.80. Offer ends 31 August 2015. Visit www.vegetarianguides.co.uk/veglivingjul or call 020 3239 8433 (24 hours). (page 98)



100 Family Adventures

Five readers can each win a copy of *100 Family Adventures* by Tim, Kerry, Amy and Ella Meek (Frances Lincoln, £14.99). (page 61)

Daily Greatness yoga journal

We have three Daily Greatness yoga journals to give away. (page 66)

Organic Liquid Iron

Viridian Nutrition has given us 10 bottles of Organic Liquid Iron to give away, worth £20.25 each. (page 66)

Grow All You Can Eat in 3 Square Feet

Five readers can each win a copy of *Grow All You Can Eat in 3 Square Feet* by Naomi Schillinger (DK, £14.99). (page 85)



entered into. By entering, you confirm that we may make any use of your entry as we require, including publishing it on the magazine or website. The winner will be notified within 28 days of the closing date. Unless specified otherwise, if a prize remains unclaimed for six months it will not be awarded, provided reasonable attempts have been made to contact the winner using the contact details supplied.

Please indicate on your entry if you don't want to receive information about the competition or other *Vegetarian Living* promotions. *Vegetarian Living* will only share this address with its sister publications and carefully selected partners.

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A NEW TWIST ON TRADITIONAL FAVOURITES FROM ANJALI PATHAK



ANNIE RIGG

Gorgeous desserts made
with summer fruits



**LET'S DO
BRUNCH!**

Indulgent ideas for
lazy weekends



SALLY BEE

Heart-healthy dishes
from the TV cook



PLUS: Supper club menu | Healthy living | Vegan cheeses | Fairtrade fashion

A PERFECTLY MADE SALAD

Take your seasonal salads to the next level with exciting ingredients, zingy dressings and crunchy toppings

Duck Salad with Yuzu Dressing

Serves: 4

Prepare: 10 minutes, plus marinating and resting time

Cook: 5 minutes

2 tbsps light soy sauce
1 tbsp sesame oil
350g duck breast mini-fillets
100g watercress or rocket leaves
60g Ruby Gem/ Bibb lettuce or similar red leaf salad, sliced
60g sugar snap peas, sliced diagonally
100g radishes, sliced into rounds
2 handfuls of beansprouts
2 tpsps toasted sesame seeds
2 spring onions, thinly sliced diagonally

For the yuzu dressing:

2 tbsps yuzu or lemon juice
6 tbsps freshly squeezed orange juice

1 tsp ground ginger
2 tpsps caster sugar
Sea salt and freshly ground black pepper

1. Mix together the soy sauce and sesame oil in a dish. Add the duck and turn to coat in the marinade. Set aside for 15 minutes.
2. Meanwhile, to make the dressing, mix the yuzu, orange juice and ginger together. Stir in the caster sugar until it dissolves, and season to taste.
3. Combine the watercress, lettuce, sugar snap peas, radishes and beansprouts in a shallow serving bowl.
4. Heat a large, dry frying pan over a high heat, and when hot, add the duck and its marinade to the pan. Cook, turning the duck regularly, for 4-5 minutes, until it is cooked yet still slightly pink inside. Transfer the duck and any

juices onto a plate and leave to rest for 5 minutes.

5. Arrange the duck on top of the salad and spoon enough of the dressing over to coat. Sprinkle with the sesame seeds and spring onions.

Roast Chicken Salad with Gremolata & Polenta Croutons

"Although gremolata is most often used as a condiment or relish, here it makes a fresh and flavour-packed dressing"

Serves: 4

Prepare: 10 minutes

Cook: 10 minutes

2 tbsps rapeseed or olive oil
300g ready-cooked polenta, sliced and cut into croutons
140g mixed soft salad leaves, including red leaves
300g cooked roast chicken, shredded into long pieces
2 small avocados, peeled, halved, stoned and sliced
6 baby courgettes, sliced into ribbons
50g walnut pieces, toasted

For the gremolata dressing:

5 tbsps rapeseed or extra virgin olive oil
Finely grated zest and freshly squeezed juice of 1 lemon
1 garlic clove, crushed
4 tbsps finely chopped flat leaf parsley
Sea salt and freshly ground black pepper

1. Heat the 2 tbsps oil in a large, non-stick frying pan over a medium-high heat and fry the croutons for 10 minutes, turning occasionally, until crisp all over. Put the croutons on paper towels to remove any excess oil.
2. Meanwhile, mix together all the ingredients for the gremolata dressing and season to taste.
3. Arrange the salad leaves on a serving plate and top with the

Salad Essential: Sugar Snap Peas

Sweet and crunchy, sugar snap peas (also known as snap peas) are just as delicious, if not more so, served raw in a salad as they are lightly steamed or stir-fried. Visually, they look pretty sliced on the diagonal so the peas inside the pod are exposed.



*Roast chicken Salad with Gremolata
& Polenta Croutons*



chicken, avocados and courgettes. Spoon enough of the dressing over to lightly coat and toss gently, then sprinkle over the walnuts.

Salad upgrade: Polenta

You could use a block of ready-made polenta to make the croutons for this recipe, but instant polenta or cornmeal takes a mere 5-10 minutes to make and has a superior flavour and texture. Follow the instructions on the pack, then spread out evenly on a greased baking sheet, about 1cm thick, and leave to set – this doesn't take long. Cut into croutons and you're ready to go.

Seared Lamb with Pea, Mint & Radish

"Pea, mint and lamb is a classic combination that works fantastically well in this salad. If fresh peas are in season do make the most of them. Alternatively, frozen garden peas make a fine substitute"

Serves: 4

Prepare: 10 minutes, plus marinating and resting time

Cook: 5 minutes

2 tbsps rapeseed or olive oil
2 tps ground cumin
1 tsp paprika
350g lamb steaks, fat trimmed
200g shelled fresh peas or frozen garden peas, defrosted
100g radishes, sliced into rounds
A large handful of freshly chopped mint
3 tbsps freshly snipped chives
100g rocket leaves
Lemon wedges, to serve

For the dressing:

3 tbsps rapeseed or olive oil
Freshly squeezed juice of 1



small lemon
Sea salt and freshly ground black pepper

1. Mix the oil with the cumin and paprika in a shallow dish. Season with salt and pepper, add the lamb and turn to coat it in the marinade. Leave to marinate for at least 15 minutes.
2. Cook the peas in boiling water for 1 minute until just tender, then drain, refresh under cold running water and drain again. Put the peas in a mixing bowl and add the sliced radishes.
3. Mix together all the ingredients for the dressing, season, and

spoon it over the peas and radishes, then toss gently until combined. Stir in half of the mint and chives. Arrange the rocket on a large serving plate and top with the dressed salad.

4. Heat a large, ridged griddle pan until very hot. Turn the lamb in the marinade then char grill it for 2 minutes on each side or until cooked to your liking. Remove from the pan and leave to rest for 5 minutes. Cut the lamb into diagonal slices and place on top of the salad with any juices on the plate, then arrange the remaining herbs over the top. Serve with lemon wedges.



Recipes taken from
The Salad Bowl by
Nicola Graimes.
Published by Ryland
Peters & Small, £9.99.

Satisfying SALADS

Forget a limp pile of sad leaves on the edge of the plate... These hearty seasonal salads are not only bursting with flavour, they make a deliciously filling meal that the family are sure to love ➔

Parma ham,
pear & stem
ginger salad

Spiced chicken with white beans & chilli dressing

Peppadew are slightly sweet, piquant chillies. They have a good level of heat without being mind-blowingly hot.

SERVES 4 PREP 25min COOK 10min

- 3 skinless, boneless chicken breasts
 - 1tbsp smoked paprika
 - 1tbsp olive oil
 - 1 large yellow pepper, seeded and thinly sliced
 - 300g tinned haricot beans, drained and rinsed
 - 200g vine-ripened cherry tomatoes, halved
 - 1 banana shallot, thinly sliced
 - 2 handfuls basil leaves
 - 2 handfuls coriander leaves
 - 1 pitta bread, toasted until crisp and torn into pieces
- FOR THE CHILLI DRESSING**
- 5tbsp extra virgin olive oil
 - Freshly squeezed juice 1½-2 limes, depending on how juicy they are
 - 2 Peppadew chillies in vinegar, drained and finely chopped
 - ½tsp dried chilli flakes

1 Put the chicken breasts between 2 sheets of clingfilm and flatten with the end of a rolling pin until they are an even thickness (about 1.5cm). In a large, shallow dish, mix together the paprika and olive oil; season with salt and freshly ground black pepper. Add the chicken and spoon over the marinade until evenly coated.

2 Heat a ridged griddle pan over high heat until hot. Turn the heat down slightly and chargrill the chicken in two batches for 7-10min, turning twice, until cooked through and blackened in places. Leave to rest and cool slightly for 5min, then slice into strips.

3 Meanwhile, to make the dressing, mix all the ingredients together in a bowl. Taste and add the extra lime juice, if needed. Season with salt and freshly ground black pepper and set aside.

4 Put the pepper, beans, tomatoes, shallot and half the herbs in a large, shallow bowl. Spoon over half of the dressing and toss to coat everything. Top the salad with the chicken, remaining herbs and crisp pitta pieces, and spoon over the rest of the dressing.

If you have difficulty finding Peppadew chillies, use bottled jalapeños instead



'A crunchy, spicy salad full of vibrant flavours'

Mexican panzanella

This takes many of the features of the classic Tuscan panzanella salad and adapts them by adding a chipotle-infused dressing, kidney beans and plenty of fresh herbs.

SERVES 4 PREP 25min, plus standing COOK 12min

- 2 large corn on the cobs, leaves discarded
 - 2 soft corn tortillas
 - 350g tinned red kidney beans, drained and rinsed
 - 1 large red pepper, seeded and cut into bite-sized pieces
 - 1 small red onion, roughly chopped
 - 6 tomatoes, seeded and roughly chopped
 - 100g radishes, sliced into thin rounds
 - 1 large avocado, halved, stoned, peeled and cubed
 - 2 handfuls of freshly chopped coriander
 - 2 handfuls freshly chopped flat-leaf parsley
- FOR THE DRESSING**
- 1 dried chipotle chilli or 1-2tsp chipotle paste, to taste
 - 4tbsp extra virgin olive oil, plus extra for brushing
 - Freshly squeezed juice 1½ limes
 - 1tsp ground cumin
 - ½tsp dried oregano

Cook's tip

Chipotles are Mexican smoke-dried jalapeño chillies that add a smokey heat to dressings, sauces and stews.

water in a small bowl and leave for 15min to soften.

Drain, cut the chilli open and discard the

seeds, then finely chop the flesh.

2 Meanwhile, put the corn cobs in a pan, cover with water and bring to the boil, then turn the heat down and simmer, part-covered, for 12min or until tender. Drain and refresh under cold running water, then drain again. Carefully slice the kernels off the cob and put them in a serving bowl.

3 While the corn is cooking, lightly coat a frying pan with oil and toast the

tortillas, one at a time, for 3min, turning once, until golden and crisp; they will crisp up further when cooled. Let cool.

4 Finish making the dressing by combining the chopped chipotle or chipotle paste, olive oil, lime juice, cumin and oregano, then season with sea salt and freshly ground black pepper.

5 Add the kidney beans, red pepper, onion, tomatoes, radishes, avocado, coriander and parsley to the serving bowl. Spoon enough of the dressing over the top to coat and toss gently until combined. Break the corn tortillas into pieces and add to the salad just before serving. ➔



Warm ham hock, beetroot & lentil salad

This is equally good served at room temperature for lunch.

SERVES 4 PREP 20min COOK 45min

- 3 uncooked beetroot, washed and each cut into 8 wedges
- 4tbsp extra virgin olive oil
- 200g dried green lentils
- 2 large garlic cloves, finely chopped
- 1 courgette, quartered and diced
- 175g vine-ripened cherry tomatoes, halved
- 2tbsp fresh thyme leaves
- 2 heaped tsp Dijon mustard
- Freshly squeezed juice 1 lemon
- 100g rocket leaves
- Handful flat-leaf parsley, chopped
- 180g cooked smoked ham hock, shredded

- 1 Preheat the oven to 200°C (180°C fan) mark 6.
- 2 Put the beetroot in a roasting pan and brush with 1tbsp oil. Season and bake in the oven for 40-45min, turning once, until the beetroot is tender.
- 3 Meanwhile, put the lentils in a pan and pour enough water over to cover them. Bring to the boil, then turn the heat down, part-cover and simmer for 20-25min until tender, then drain.
- 4 Heat the remaining oil in a large sauté pan over medium heat and fry the garlic, courgette and tomatoes for 3min until softened. Stir in the thyme,

mustard and lemon juice until combined.

- 5 Remove from the heat and fold in the rocket, parsley, ham hock and lentils, taking care not to break up the lentils, and allow the heat of the pan to wilt the leaves. Season with sea salt and freshly ground black pepper before folding in the roasted beetroot, then serve while still warm or allow to cool to room temperature.

Use cooked beetroot and tinned lentils for a quicker meal



'Earthy beetroot and smoked ham are a good combination'



Cook's tip
For a more substantial meal, serve with warm naan bread or roasted new potatoes.

Tandoori chicken salad with crisp chickpeas & mango

The combination of succulent spicy chicken, roasted chickpeas and sweet mango is a real winner in this hearty salad.

SERVES 4 PREP 20min, plus marinating and resting COOK 30min

- 1 heaped tbsp tandoori spice mix
- 1tsp turmeric
- 2tsp garam masala
- 1tbsp sunflower oil, plus extra for drizzling
- 250ml plain yogurt
- Freshly squeezed juice 1 large lemon
- 600g skinless, boneless chicken breasts
- 150g tinned chickpeas, drained
- 4 heaped tbsp fresh mint leaves, chopped
- 4 large handfuls mixed salad leaves
- 1 small red onion, cut into thin rings

- 1 mango, halved, stoned, peeled and sliced

- 1 To make the marinade, mix together the tandoori spice mix, turmeric and garam masala in a large, shallow dish. Stir in the sunflower oil, 100ml yogurt and half the lemon juice, and season with sea salt and freshly ground black pepper. Add the chicken and spoon the marinade over it until it's thoroughly coated, then leave to marinate for at least 30min.

- 2 Preheat the oven to 200° (180°C fan) mark 6. Put the chickpeas in a baking dish, drizzle over a little oil, season, and toss until they are coated. Roast

in the oven for 30min, or until crisp and golden, turning once.

- 3 Meanwhile, put the chicken in a roasting pan, spoon over any leftover marinade and roast for 20-25min, until cooked through and there is no trace of pink inside. Let the chicken rest for 5min.

- 4 Mix together the remaining yogurt and lemon juice, season, then stir in the mint and 1tbsp water to make the dressing.

- 5 Arrange the salad leaves on 4 serving plates and top with the onion and mango.

- 6 Cut the chicken diagonally into thin slices. Arrange the chicken pieces on top of the salad, drizzle the dressing and sprinkle with the crispy chickpeas. ➔

**'A zingy and refreshing
no-cook salad'**

*If you can't find
Thai basil, use Italian
basil instead*

Vietnamese-style beef salad

This Asian salad, with its carpaccio of beef twist, is full of fresh, vibrant flavours and lots of crunchy vegetables.

SERVES 4 PREP 20min, plus freezing

- 200g sirloin steak
- 2 handfuls baby spinach leaves
- 1 carrot, peeled and sliced into thin strips
- 1 small cucumber, quartered lengthways, seeded and cut into thin strips
- 2 handfuls finely shredded red cabbage
- 2 spring onions, thinly sliced diagonally
- Handful Thai basil leaves, roughly torn
- Handful mint leaves, roughly chopped
- 1 medium red chilli, seeded and thinly sliced
- 30g roasted unsalted peanuts, roughly chopped

FOR THE VIETNAMESE DRESSING

- 3tbsp groundnut oil
- 2tbsp fish sauce
- Freshly squeezed juice 1 lime
- 1tsp caster sugar

- 1 Put the steak in the freezer for 30min to firm up and to make it easier to slice.
- 2 While the steak is in the freezer, mix together all the ingredients for the dressing and season to taste with salt and freshly ground black pepper.
- 3 Divide the spinach among 4 serving bowls and top with the carrot, cucumber and red cabbage. Spoon enough of the dressing over to coat and toss lightly until combined.
- 4 Remove the steak from the freezer and using a very sharp, long-bladed knife, cut

into thin, elegant slices. Put the cut slices on a plate and cover with clingfilm to prevent them discolouring; if you put clingfilm between each layer of beef, you will be able to separate them easily.

5 Arrange the steak on top of the salad, season and sprinkle the spring onions, herbs, chilli and peanuts over the top. Spoon more dressing over to taste, and serve immediately.



● Buy *The Salad Bowl* by Nicola Graimes for £6 (RRP £9.99). Just enter the code **PRIMA6** at the checkout at rylandpeters.com. Offer valid until 1 July (p&p charges may apply)



QUICK
MAKE

Best dressed

Pomegranate molasses, a popular ingredient in Middle Eastern cooking, lends a tangy, sweet-sour flavour to the dressing for this main meal salad. It also makes a useful base for a marinade and goes particularly well with bean and vegetable dishes. With its jewel-like fruit, pomegranate seeds add vibrance and a touch of sweetness to this salad.

Chargrilled halloumi, courgette and mint salad

Serves 4 Prep/cook 20 mins

- 125g rocket leaves
- 600g canned chickpeas, drained and rinsed
- 1 small red onion, sliced

- 1 courgette, coarsely grated
- 400g halloumi, patted dry and sliced
- seeds from ½ pomegranate
- 4 tbsp freshly chopped mint leaves

For the dressing:

- 4 tbsp extra-virgin olive oil, plus extra for brushing
- 2 tbsp pomegranate molasses
- 1 tsp freshly squeezed lemon juice
- ½ tsp caster sugar

- 1 Mix together all the ingredients for the dressing and season with salt and pepper.
- 2 Divide the rocket, chickpeas, red onion and courgette between four serving plates. Spoon enough of the dressing over the salad to lightly coat it and toss gently until everything is combined.
- 3 Heat a large, ridged griddle pan over a

high heat. Brush the halloumi slices with a little extra olive oil. Reduce the heat a little and griddle the halloumi for 2 minutes on each side or until slightly blackened in places and softened.

4 Serve the halloumi on top of the salad, garnished with the pomegranate seeds and mint.

■ PER SERVING 656 cals, fat 39g, sat fat 19g, carbs 34g, sugars 9g, protein 36g, salt 3.05g, fibre 10g



Recipe adapted from *The Salad Bowl* by Nicola Graimes (Ryland Peters & Small, £9.99). Photography by Matt Russell © CICO Books



PHOTOGRAPH: CLARE WINFIELD

Sprouting bean and quinoa salad

Quinoa and sprouting beans make this a superfood salad, full of protein and vitamins, and flavoured with orange slices, mint and crumbled feta for a Moroccan feel.

Serves 4 | Prep 10 mins | Cook 15 mins

- 200g quinoa, well rinsed
- 4 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- 200g sprouting beans
- red onion, diced
- 3–4 large sprigs of dill, stalks removed, roughly chopped
- 10 mint leaves, ripped up roughly
- 100g baby spinach
- 1 pomegranate, seeds and juice only
- 3 oranges, cut into segments
- 200g feta cheese or cashew nut 'cheese', crumbled

1 Boil the quinoa in about 300ml water for about 15 minutes, until the grain has swelled up and you can see a Saturn-like ring around it. Drain off any excess moisture. While still warm, add the oil, vinegar and salt and pepper to taste. Set aside to cool.

2 Now toss the sprouting beans together with the onion, dill, mint, spinach, pomegranate and orange.

3 Spoon out about a quarter of the mixture to use as a garnish, and then carefully tumble in the quinoa and half of the feta or cashew nut 'cheese'. Taste and balance the flavours with salt, pepper, vinegar and extra-virgin olive oil. Serve, topped with the remaining feta and the reserved technicolour bean mixture.

PER SERVING 480 cals, fat 24g, sat fat 9g, carbs 43g, sugars 17g, protein 18g, salt 1.36g, fibre 7g



Sprouting tips and sprouting bean and quinoa salad from *Super Pulses* by Jenny Chandler (Pavilion, £9.99); photography by Clare Winfield. Carrot, sprouted lentil and date salad from *The Salad Bowl* by Nicola Graimes (Ryland Peters & Small, £9.99); photography by Matt Russell © CICO Books.

SPRINGTIME SALADS

READER OFFER

Vegetarian Living readers can buy *The Salad Bowl* for just £6, using the code SALADBOWL6 online at rylandpeters.com. Offer valid until 1 July 2019 (p&p charges may apply).

SESAME-COATED
TOFU WITH ADUKI
BEAN SALAD



Sesame-coated tofu with aduki bean salad

In this Asian-inspired salad, the sesame seeds form a thick, nutty crust around slices of tamari-marinated tofu, which are then served on top of an aduki bean and pea shoot salad.

**Serves 4 | Prep 20 mins + marinating
Cook 12 mins**

- 450g tofu, drained, patted dry and sliced into 8 slices about 1cm thick
- 2 tbsp tamari or light soy sauce
- 4 heaped tsp cornflour
- 6 heaped tbsp sesame seeds
- sunflower oil, for frying
- 125g canned aduki beans, drained and rinsed
- 11cm piece of cucumber, quartered

lengthways and thinly sliced

- 3 spring onions, thinly sliced diagonally
- 120g pea shoots and mixed leaves
- 2 handfuls of sugar snap peas, sliced diagonally
- 1 red chilli, seeded and thinly sliced

For the dressing:

- 2 tbsp tamari or light soy sauce
- 2 tbsp freshly squeezed lime juice
- 1 tsp caster sugar
- 1cm piece of fresh root ginger, peeled and finely chopped

1 Put the tofu in a shallow dish and pour the tamari over the top. Turn the tofu to coat it in the tamari and leave to marinate for 1 hour, spooning the tamari over the tofu occasionally.

2 Mix together the cornflour and sesame seeds in a second shallow dish. Add the tofu

in batches and turn until evenly coated in the mixture. Pour enough sunflower oil into a large frying pan to shallow-fry the tofu. Fry the tofu over a medium heat in two batches for 2–3 minutes on each side until golden, then drain on paper towel.

3 Meanwhile, mix together all the ingredients for the dressing and stir to dissolve the sugar.

4 Put the aduki beans, cucumber, two of the spring onions, the pea shoots and mixed leaves, sugar snap peas and half the chilli in a large serving dish. Pour enough of the dressing over to coat and toss gently until combined.

5 Pile the sesame-coated tofu on top of the salad and sprinkle over the remaining spring onions and chilli.

■ PER SERVING 489 cals, fat 33g, sat fat 5g, carbs 21g, sugars 5g, protein 24g, salt 1.75g, fibre 8g

New potato, radish and chive salad with feta dressing

A light potato salad for those new Jersey Royals, with peppery watercress, delicate chives and fresh mint, drizzled in a creamy lemon dressing.

Serves 4 | Prep 15 mins | Cook 15 mins

- 500g baby new potatoes, scrubbed and halved
- 100g radishes, thinly sliced into rounds
- ½ cucumber, quartered, deseeded and sliced
- 3 large handfuls of watercress, tough stems removed, torn into small sprigs
- handful of chives, including flowers if available

For the feta dressing:

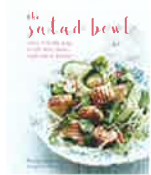
- 150g feta cheese, crumbled
- 125ml natural low-fat yogurt
- freshly squeezed juice of 1 lemon
- 1 large clove garlic, crushed
- 2 large handfuls of mint leaves, finely chopped

1 Cook the potatoes in plenty of boiling salted water for 12-15 minutes until tender, then drain and transfer to a large serving bowl.

2 Meanwhile, to make the dressing, blend the feta cheese, yogurt and lemon juice in a blender until smooth and creamy, then pour it into a bowl. Stir in the garlic and mint and season with pepper; you won't need any salt as the feta cheese is salty enough.

3 Add the radishes, cucumber and watercress to the bowl containing the potatoes. Snip half the chives over and add enough of the dressing to generously coat everything. Toss until thoroughly combined, and serve the salad with the remaining chives (and flowers, if any) arranged over the top.

■ PER SERVING 218 cals, fat 8g, sat fat 6g, carbs 23g, sugars 5g, protein 11g, salt 1.02g, fibre 3g



Recipe adapted from *The Salad Bowl* by Nicola Graimes (Ryland Peters & Small, £9.99). Photography by Matt Russell © CICO Books.

PHOTOGRAPH: © CICO BOOKS



Golden spiced giant couscous

Go with the **GRAIN**

Salads don't have to be skimpy. These tasty recipes, each made with a different, nutritious grain, will keep you full for hours...

Golden spiced giant couscous

The berberries can be swapped with dried sour cherries, cranberries or raisins, if you like.

Serves 4

125g/4½oz giant wholemeal couscous or mograbiah
 1tsp ground turmeric
 2 carrots, coarsely grated
 1 courgette, coarsely grated
 1 red onion, finely chopped
 1 large red pepper, seeded and diced
 2 handfuls of barberries, dried sour cherries, cranberries or raisins
 2 large handfuls of freshly chopped mint leaves
 2 large handfuls of freshly chopped coriander leaves
 100g feta cheese, crumbled
FOR THE DRESSING...
 4tbsp extra virgin olive oil
 Finely grated zest and freshly squeezed juice of 2 lemons
 ½tsp dried chilli flakes/hot pepper flakes
 1tsp coriander seeds, toasted and ground
 Sea salt and freshly ground black pepper

- 1 Put the giant couscous in a pan and cover with water, stir in the turmeric and some salt, and bring to the boil. Reduce the heat and simmer, covered, for 6-8 minutes or until tender. Drain and transfer to a serving bowl.
- 2 Meanwhile, mix together all the ingredients for the dressing and season.
- 3 Add the carrots, courgette, onion, red pepper, barberries and herbs to the giant couscous and pour the dressing over. Toss until combined and serve topped with crumbled feta cheese.

Warm pearl barley, smoked Cheddar & walnut salad

This salad is also good topped with shards of crispy bacon.

Serves 4

200g pearl barley, rinsed
 60g walnut pieces
 2tbsp olive oil
 1 large onion, chopped
 3 cloves garlic, finely chopped
 1tbsp freshly chopped rosemary
 400g baby spinach leaves, sliced
 2 handfuls of freshly chopped flat leaf parsley
 100g smoked Cheddar cheese, cut into small cubes
FOR THE DRESSING...
 4tbsp extra virgin olive oil
 1 heaped tsp wholegrain mustard
 1 heaped tsp clear honey
 Freshly squeezed juice of 1 lemon
 Sea salt and freshly ground black pepper

- 1 Put the barley in a medium-sized pan and cover generously with water. Bring to the boil, then turn the heat down and simmer, part-covered, for 30 minutes or until tender. Drain and set aside.
- 2 Meanwhile, toast the walnuts in a large, dry sauté pan for 4 minutes, turning, until they smell toasted and start to colour. Transfer to a bowl and leave to cool.
- 3 Add the olive oil to the pan and fry the onion for 6 minutes, stirring regularly, until softened. Add the garlic, rosemary and spinach, and cook for another 3 minutes, turning the leaves with tongs, until the spinach has wilted.
- 4 Meanwhile, mix all the ingredients for the dressing together until combined, and season with salt and pepper.
- 5 Transfer the barley to a serving bowl with the spinach mixture and parsley. Pour the dressing over and toss until combined. Add the Cheddar cheese cubes and toss again, then serve, sprinkled with the walnuts.

Marinated mushroom, crispy kale & rice salad

This warm salad is packed with robust flavours as well as wholesome ingredients. The kale is roasted in the oven and needs stirring into the salad just before serving so it stays crisp.

Serves 4

100g brown basmati rice, rinsed
 1tsp ground turmeric
 3tbsp dark soy sauce
 2tbsp sweet chilli sauce
 300g chestnut/cremini mushrooms, sliced
 175g curly kale, tough stalks removed and leaves torn into large bite-sized pieces
 2tsp sesame oil
 2tbsp coconut oil
 2 handfuls of unsalted roasted cashews, roughly chopped
 Sea salt and freshly ground black pepper

- 1 Cook the rice following the packet instructions, stirring the turmeric into the cooking water. Drain, if necessary, and leave to stand, covered, for 10 minutes.
- 2 Meanwhile, mix together the soy sauce and sweet chilli sauce in a bowl. Add the mushrooms and toss until coated in the marinade, then set aside.
- 3 Preheat the oven to 150° (300°F) Gas 2. Toss the kale in the sesame oil and spread out on 1-2 baking sheets. Roast for 15 minutes, turning once, until crisp but not browned; keep an eye on it as it can easily burn.
- 4 Heat the coconut oil in a large frying pan/skillet over a medium-high heat and fry the mushrooms for 5 minutes. Pour off and retain any liquid from the mushrooms. Return the pan to the heat and cook the mushrooms for another 5 minutes, until they start to crisp.
- 5 Transfer the rice to a serving bowl and add the mushrooms and the cooking juices. Stir until combined and season, if necessary. Just before serving, stir in the kale and sprinkle the cashews over.



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by Nicola Graimes
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