

Coverage Achieved: Consumer national editorial

PSYCHOLOGIES

MAGAZINE



FOOD NEWS

Add some excitement to the New Year with spelt pasta, seasonal cocktails and fragrant, herbal puds EDITED BY SOPHIE HERDMAN

TRY SOMETHING NEW

1 Spelt pasta is easier to digest than wheat pasta, and is tasty, too, especially Sharpham's Conchiglie Tricolore, £3.99 (sharphampark.com), made with eggs, spinach and beetroot.

2 Popcorn has become a popular snack, but Peter Popples's Popcorn, 99p (peterpopples.com), has upped the ante with its air-popped, and therefore grease-free, version. There are lots of flavours – golden syrup and cheddar cheese are our favourites.

3 If you're getting a little tired of jam or Marmite on your toast, Marks & Spencer's Terribly Clever Toastie Topper Starter Pastes, £1.99, are a good way to mix things up. The mushroom or Welsh rarebit pastes are perfect warmed up with grated cheese and spread lavishly on wholemeal toast.



SECRETS OF COOKING CARAMEL

- Put 30ml water into a large pan and add 125g caster sugar.
- Cook on a high heat but don't stir – mix it by gently moving the pan. And don't touch it, it's burning hot.
- Boil the caramel to a dark colour – too blonde and the caramel will be sweet, too dark and it will taste bitter.
- The caramel will continue to cook when it comes off the heat, so take it off slightly before you think it's ready.
- To clean the pan, add water and heat it gently on the hob to melt the caramel.

Tips taken from the Learn To Cook In One Day cooking course at The Raymond Blanc Cookery School (manoir.com)

SEASONAL TIPPLES



Ever wondered which cocktail would be the perfect drink to sip on a winter's evening? *The Seasonal Cocktail Companion* by cocktail expert Maggie Savarino (Sasquatch), tells you how to create drinks to suit any weather – from rhubarb bitters for the spring, to honeyed scotch in the autumn. Cheers!

PHOTOGRAPH: STOCKFOOD

MINT MOUSSE AND LAVENDER ICE CREAM MAY BE OLD NEWS, but chefs are now using a wider range of savoury herbs in their desserts. Basil sorbet, thyme and vanilla panna cotta and rosemary cream are just some of the aromatic treats popping up on menus around the country.