

THE REALLY USEFUL GUIDE \* QUICK LUNCHES \* TESTED: COOK'S KNIVES & ORANGE JUICE

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## Savvy shortcuts

- Instant suppers
- Speedy puds
- Ideas for leftovers

## "HOW I GOT MY FAMILY EATING PROPERLY"

Meet the mum who quit ready meals – and saves money

## REAL ITALIAN

Antonio Carluccio and Gennaro Contaldo

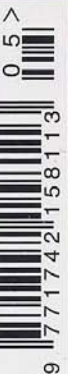
## THE SLIM FOODIES WHO NEVER DIET

What's their secret?

## 5 VEGETARIAN RECIPES EVERYONE SHOULD KNOW

# The one-pan roast

KITCHEN MAKEOVER \* 48 HOURS IN ISTANBUL \* ULTIMATE PICNIC \* EASY FISH PIE





FOOD PHOTOGRAPHS CLARE WINFIELD  
FOOD STYLING LUCY WILLIAMS  
STYLING JENNY IGGLEDEN

Julia Bradbury's  
angel hair spaghetti  
vongole

# How to enjoy your food (and still stay slim)

It's refreshing (and encouraging) to meet people who are slim and healthy but don't believe in the d-word – namely, diets. Four women, all of whom love their food, share a favourite recipe and reveal how they enjoy eating without layering on pounds



### Fay Ripley says... make food enjoyable

#### WHAT'S YOUR FAVOURITE THING TO EAT?

Everything. That's my downfall. I have a sweet tooth and a penchant for baking. I get depressed if I haven't got a cake in my tin – I'm working on it being okay for the tin to be empty for two days. I love chocolate and tell myself the dark stuff doesn't count. I also find it difficult not to add pig – pancetta or streaky bacon – to every dish. I try to balance the fattiness by cooking with skimmed milk or low-fat crème fraîche.

#### ANY GUILTY PLEASURES?

Instant coffee – I'm addicted to it. My husband is half Italian, so I have to drink it secretly as it's blasphemous to him! I turn my nose up at his espresso and long for a cup of 1970s-style bland instant. It's not very sexy, is it?

#### WHAT ARE YOUR THREE BEST TIPS FOR STAYING IN SHAPE?

I put on half a stone per child (I have two) and half a stone per cookbook (I've written two). So far, I've lost one cookbook – without dieting.

**1)** Remember portion control: as a family, we were piling up our plates, but we've learned that a meal doesn't need to cover the whole plate and be four inches high!

**2)** Get a dog: it makes you go out of doors in a pair of trainers, whether you like it or not.

**3)** Cook healthy food for your family: I always give my children food that's good for them. And because we all sit down and eat together, there's a knock-on effect for all of us. I'd abuse my own body far more readily, but I want my kids to be healthy.

Fay Ripley shot to fame in the ITV drama *Cold Feet* and was most recently a star of the BBC series *Moving On*. She's also an avid (and accomplished) cook and has two cookbooks to her name: *Fay's Family Food* (£20; Penguin/Michael Joseph) and *What's For Dinner* (£20; Collins). Fay's mantra is that food should be fun, as well as healthy.

### Fay's miso noodle broth with salmon

SERVES 4

READY IN 15 MINUTES

*"This tasty broth tastes like it's good for you – and it is. It's what I call 'clean food' – fresh, tasty and healthy. I crave it when I've overindulged."*

**DELICIOUS TIP** To make this vegetarian, use tofu instead of fish, or use neither and bump up the amount of veg in the broth.

- 4 miso soup sachets
- 3 tbsp light soy sauce
- 3 dried egg noodle nests
- 200g tenderstem broccoli, trimmed
- 4 small salmon or trout fillets, boneless and skinned
- Handful of baby leaf spinach

**1.** Empty the miso soup sachets into a large saucepan, pour in 2 litres freshly boiled water, then stir in the soy sauce. Increase the heat and bring to the boil.

**2.** Submerge the noodles and broccoli in the liquid, then sit the fish fillets on top, making sure they are semi-submerged in the miso soup. Cover with a lid and simmer for 4-5 minutes until the noodles are cooked and the fish is flaking.

**3.** Divide the baby leaf spinach equally among four large soup bowls, then ladle over the noodles, broth, broccoli and salmon.

Serve with chopsticks, spoons and paper napkins for wet chins.

**PER SERVING** 430kcal, 16.5g fat (3.2g saturated), 30.8g protein, 42g carbs (2.6g sugars), 3.4g salt, 4.1g fibre





Food writer and passionate cook Laura Santtini has been referred to as a 'mistress of flavour'. Her latest book, *Flash Cooking* (£20; Quadrille), is a collection of recipes that are quick to make and designed to keep you fit and trim – like the recipe below.

## Laura Santtini says... keep it simple

### WHAT'S YOUR FAVOURITE THING TO EAT?

I keep an arsenal of 'flavour bombs' in my cupboard so I can ring the changes when cooking fish and meat with a splash, squeeze or sprinkle. Dressings are my delight and I'm always finding new ingredients to add to my basic olive oil and lemon mix for pouring over vegetables or crisp colourful salads.

### ANY GUILTY PLEASURES?

I have many pleasures, none of them guilty as they all fit into an 80/20 lifestyle – eating a balanced diet 80 per cent of the time and saving high calorie treats for weekends and special occasions. I've made a decision not to combine the word guilty with flavours that give me pleasure.

### WHAT ARE YOUR THREE BEST TIPS FOR STAYING IN SHAPE?

**1)** Ditch the diets and step up to the plate. Building a new healthy eating plan for life rather than a three-week stint is the best thing you can do.

**2)** When you shop, make sure 80 per cent of what goes into your basket is nutritious, then the other 20 per cent can be a little of what you fancy. You'll be amazed what a difference this makes.

**3)** Remember the road is long – if you stray from the path, simply dust yourself off and get back on track. I have a moderate amount of red wine and dark chocolate in my healthy eating plan. This eliminates the denial/craving cycle and, coupled with tasty flavour-packed midweek meals, makes healthy eating satisfying and realistic.

## Laura's preserved lemon and cumin chicken patties

SERVES 3 (MAKES 9 PATTIES)  
TAKES 5 MINUTES TO MAKE, 15-20 MINUTES TO COOK

*"This recipe can also be made with 500g firm, sustainable white fish – and a bowl of dipping sauce is the perfect accompaniment. Mix 2 tbsp Chinese rice vinegar, a drop of clear honey and a couple of drops of nam pla fish sauce with a squeeze of lime juice and some shredded fresh ginger matchsticks."*

**DELICIOUS. TIP** These little patties are impressive as canapés as well; just make them into bite-size pieces, cook until done, then serve on little gem hearts.

6 boneless free-range chicken thigh fillets  
1 medium free-range egg yolk  
1 small preserved lemon (about the size of a ping pong ball)  
½ tbsp harissa paste (rose or plain)  
1 tsp ground cumin  
Handful of fresh flatleaf parsley  
Olive oil for greasing (optional)  
Radicchio or little gem leaves to serve

FOR THE HARISSA AND MINT YOGURT

6 tbsp Greek yogurt  
1 tsp harissa paste (rose or plain)  
Grated zest of ½ lemon and a squeeze of juice  
1 tbsp chopped fresh mint leaves  
1 tsp crushed rose petals (optional)

**1.** Preheat the oven to 180°C/fan160°C/gas 4. Put all the chicken patty ingredients (except the oil and salad leaves) in a food processor, season well and blend to a paste. To check the seasoning, fry a little of the mixture to taste and see if it needs more salt (it isn't advisable to eat raw chicken). Shape into 9 small patties.

**2.** Put on a non-stick or lightly oiled baking tray and cook in the preheated oven for 15-20 minutes until golden on the outside and cooked through.

**3.** Meanwhile, mix all the yogurt ingredients together in a small bowl and season to taste. Serve the chicken patties with crisp radicchio or lettuce leaves, with the harissa and mint yogurt on the side.

**PER SERVING** 236kcal, 9.3g fat (3g saturated), 36.1g protein, 2.8g carbs (2.4g sugars), 0.8g salt, 0.7g fibre >>

Laura's preserved lemon and cumin chicken patties

