

# vegetarian LIVING

THE BEST VEGGIE RECIPES

Happy holidays  
WINNING CELEBRATION MENUS

**MIGHTY SPICE**  
JOHN GREGORY-SMITH'S  
CULINARY ADVENTURES

**WINTER PICNICS**  
Sarah Beattie's  
great outdoor ideas

43  
MEAT-FREE  
RECIPES  
18  
DAIRY-FREE  
IDEAS

Rich roasted  
vegetables in  
cider sauce

TIME  
OR TRADITION

the magic of mistletoe • Rediscovering real cider  
• Brighton's best: Infinity Foods is 40

**ETHICAL PARTYWEAR**  
FABULOUS FASHION THAT'S  
GLAMOROUS AND GREEN!

**STREET FOOD FAVOURITES**  
The UK's finest  
food on the move



**PARTY PLATTERS**  
Delicious dips with  
a modern twist



**LET'S EAT CAKE**  
Annie Bell's  
no-fuss  
festive baking



## BIN THE BAGS

If you're trying to watch the number of plastic carrier bags you now use, but still have loads of old ones stashed away in drawers and cupboards, then Ben the Bin can put them to good use.

Made from 100 per cent recycled plastic and designed to hold any supermarket carrier bag to avoid the need to buy bin liners, Ben is the brainchild of designer and entrepreneur Max McMurdo. Max gained the backing of Deborah Meaden and Theo Paphitis, on BBC's *Dragons' Den* in 2007, and you can find more of his creative designs at [www.reestore.com](http://www.reestore.com).



**READER OFFER**

### BAG A BIN

We have three Ben the Bins to give away, worth £7.99 each. See page 50 for details.



## NEW OFFERINGS

Linda McCartney Foods have recently launched four brand new products, which we were keen to try out.

The soya-based Cranberry & Camembert Burgers had a nice texture and went down very well indeed – even with a hardened meat-eating taste tester who usually shuns veggie fare. Another option is the Special Edition Rosemary & Red Onion Sausages, which would make a lovely supper with mash and greens, while the Mini Snack Vegetarian Sausages are ideal for parties or to fill a lunchbox. Last but not least, the Vegetarian Roast takes less than an hour to cook and makes a great meat-free Sunday lunch.

The burgers can be found in Sainsbury's, while the Special Edition Rosemary & Red Onion Sausages, Mini Snack Vegetarian Sausages and Vegetarian Roast are available at Sainsbury's and Asda. All packs are priced at £1.89–£1.99.



## Using their loaf

Teachers will be gathering together in London for a workshop teaching them bread-making skills, with the idea that they take these back to school to share with their pupils.

Katie Caldesi, cookbook author and owner of La Cucina Caldesi, is hosting the class for teachers in support of the Real Bread Campaign. The workshop will cover white and wholemeal loaves or rolls, and healthy veggie pizza, with advice on how to fit bread-making into the school day.

Chris Young of the campaign added: 'Baking real bread is child's play, but sadly there are far too few schools teaching kids how. It's great that Katie and her team have agreed to help inspire teachers.'

The workshop takes place on 25 January and costs £30. Interested teachers should download the application form from the Lessons in Loaf page at [www.realbreadcampaign.org](http://www.realbreadcampaign.org).



## Dates for the diary

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH...

### 15 January

#### Raw Food and Yoga Workshop

A one-day London retreat designed as an introduction to raw foods combined with yoga. The workshop costs £85 per person for the day.

[www.lushescapes.co.uk](http://www.lushescapes.co.uk)

### 22–28 January

#### Farmhouse Breakfast Week

An annual campaign run nationally by the Home Grown Cereals Association (HGCA) with the aim of raising awareness of the benefits of eating a healthy breakfast and the variety on offer. Visit their website for recipes and ideas.

[www.shakeupyourwakeup.com](http://www.shakeupyourwakeup.com)

### 28 January

#### Marmalade and Lemon Curd Workshop

Clare's Cuisine is based in Colden Common near Winchester in Hampshire and offers home cookery courses. This workshop is all about learning how to make your own delicious marmalade and lemon curd. Places cost £20 and numbers are limited.

[www.clares-cuisine.co.uk](http://www.clares-cuisine.co.uk)



## IT'S SOUPER!

This month we're slurping bowls of Amy's Kitchen tomato soup. If you love tomato soup you're bound to be a fan of this – it has real flavour and tastes better than we'd imagined a tinned soup could taste. Priced at £1.49 a can, the soup is available at Sainsbury's and Waitrose.