

ONLY  
MONTHLY!

# Cook



**101** GREAT IDEAS  
● Easy  
● Fresh  
● Veggie  
● Tasty

# Vegetarian!

meat-free food made easy

MARCH 2009, £3.25

## Italian *Veggie* Masterclass

Create authentic meat-free favourites delicious!



## WEEKDAY DINNERS FOR BUSY COOKS

Simple time-saving meals you'll love

WOW THE GUESTS!  
only £3.50 a portion

### In this issue...



### Easy Peasy

NO-FUSS RECIPES FOR THE WHOLE FAMILY



### Rachel Allen

ENJOY A RETRO TEA PARTY WITH THE TV CHEF

## Great recipes from top chefs

ANJUM ANAND'S VEGGIE CURRY FEAST  
SIMPLE RUSTIC FARE FROM  
V'S GINO D'ACAMPO



### In the Dough

TRY OUR STEP-BY-STEP BREADMAKING GUIDE





# Q&A

I have suffered for years with really heavy periods. Are there any vegetarian sources of iron that will help me top up my levels and keep anaemia at bay? **Kate Robbins, Gloucestershire**

**Emma Wells says:**



Vegetarians need to ensure that they eat plenty of iron-rich foods to stay healthy. To up your intake, try eating more of the following: kelp, pumpkin and sunflower seeds, millet, almonds, prunes, cashews, molasses, lentils, dried apricots and watercress. It is worth knowing that tannins found in tea can reduce iron absorption so drink it away from meals, while filling up on Vitamin C rich foods such as strawberries, peppers, parsley, kiwis and broccoli can aid iron absorption.

A good iron-rich start to the day that you could introduce to your diet is millet and oat porridge with strawberries, seeds and dried apricots. For a great iron-rich snack that will also boost your energy levels, try making a flapjack using molasses or perhaps some parkin.

Be careful when supplementing with iron as high levels are dangerous. Ask your GP for a blood test to check if you are deficient. A good non-constipating iron supplement that's well-absorbed, unlike the ones you can sometimes get from your GP, is Biocare's Iron Complex. Priced £11.05 for 90 capsules from [www.biocare.co.uk](http://www.biocare.co.uk).

Emma Wells is the nutritional therapist for Smart Nutrition ([www.smartnutrition.co.uk](http://www.smartnutrition.co.uk)). For more info, telephone 01273 775480.



## RAISE your glass!

Fed up of hearing of how fish is a great source of omega-3s when it simply isn't an option? Well, we are delighted to report that having a glass of red wine with your vegetarian source of omega-3 might significantly boost your intake! In a study conducted by the Catholic University in Rome it was found that people who drink one or two glasses of the good stuff a day have higher levels of the heart-healthy omega-3s in their blood regardless of the amount of fish they ate. The findings suggest that red wine may help the body to metabolise omega-3 fats, according to researchers. Drinks all round!



### HOW TO...

#### Sweeten Naturally

Trying to cut down on your sugar intake? Check out these four great alternatives!

**GEO ORGANICS AGAVE LIGHT SYRUP £2.79, [www.seriouslyorganic.co.uk](http://www.seriouslyorganic.co.uk)**

An all-purpose replacement for sugar derived from the Mexican agave plant that's low-GI meaning it is less likely to cause dramatic fluctuations in your blood sugar levels



**SWEET FREEDOM £2.69, [www.sweetfreedom.co.uk](http://www.sweetfreedom.co.uk)**

Extracted from fruits, this sweetener is also low GI, contains 25 percent less calories than sugar and is a good all-round replacement for it



**ROWSE MANUKA AND CLOVER HONEY £5.99**



A blend of anti-bacterial manuka honey with smooth New Zealand Clover honey, this is a great, healthy option that's lovely spread on toast and whenever your cooking calls for a sweetener

**TESCO PURE CANADIAN MAPLE SYRUP NO1 MEDIUM GRADE £2.29**

A firm favourite in most households, maple syrup is so sweet that you will use half the amount of sugar. Especially good in baking for that yummy, distinctive maple flavour



### Super SOUPS

- When you're after a lighter bite and the clock is ticking, a readymade soup is a lifesaver. And while we'd normally always plump for fresh over tinned, the fantastic soups from Amy's are one of the best non-fresh options we've come across. Take their Low Fat Lentil and Vegetable Soup – it's packed with satisfying, flavourful chunks of vegetables and tastes just as good as homemade. You won't turn your nose up at tinned ever again! Available from Holland & Barrett, Sainsburys, Fresh & Wild and health food stores.
- Visit [www.amyskitchen.com](http://www.amyskitchen.com)

