

MAY 2009
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GoodFood

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Carefree cooking

112
triple
tested
recipes

- Time-saving suppers
- Food for hungry kids
- BBOs & picnics

Summer FRESH Fruit & veg at their best

Packed with flavour
Exciting main-meal salads

- New ways with fish
- Rose Elliot's vegetarian dishes

12 great teatime bakes

TV recipes

- Saturday Kitchen
- Hairy Bikers
- Something for the Weekend

FROM TWO **Food**



Berry shortbread cheesecake slice

Make weekends special



Homemade fruity jam



Smart lamb for two



Fresh & healthy



Easy picnic chicken

Cook's notes

This month's news, tips & best buys

3 THINGS TO DO THIS MONTH...



● Support British beekeepers

Celebrate National Honey Week (4-10 May) by spreading British honey on toast, stirring it into yogurt, whisking it into salad dressings or drizzling it over hot crumpets. The Co-operative supermarket is showing its support too – by banning the use of eight pesticides in its products – the pesticides have been linked to the bee colony collapse.

● **Pack up a picnic** Treat friends and family to Garlic bread pizzas (page 73), Creamy potato salad (page 54) and Rhubarb & custard cake (page 86). Pop the pizza topping in a separate tub and assemble them when you're ready to eat.

● Don't miss the Chelsea Flower Show

Even if you can't be there, watch it on BBC Two from 19 May. Fans of grow-your-own should look out for the Garden Pantry entry by Patricia Fox, The Pilgrim's Rest by Chris O'Donoghue, which is entirely filled with herbs, and the Jersey Farmers Union who'll be displaying more than 30 different vegetables – including their famous potatoes. rhs.org.uk/flowershows



Inspired by a trip to New York, Marks & Spencer has created a new range of pretty layer cakes and cup cakes. The range contains no nasties; fruit purées are used to create vibrant colours in the frosting. Our favourite? The decadent Chocolate & vanilla cappuccino layer cake (above), £9.99. Layer cakes, from £7.99; cupcakes, £2.99 for four.

CHERRY BRIGHT

Liven up the kitchen with this cheery apron, £11.73, and matching tea cosy, at just £6.84. The range also includes a double oven glove, for £7.82. Lakeland, 015394 88100, lakeland.co.uk



CHEAP AND CHIC

Ikea has lots of affordable, pretty tableware including these delicate engraved glass bowls. Great for tapas or why not use them as finger bowls? Syntes Skiss 17cm bowl, £1.46 each, microwave and dishwasher-safe. Ikea stores, 08453 583363, ikea.com



Freezer find

When it comes to herbs, fresh is best, but frozen can be a great alternative, so Good Food's Sarah Cook was delighted to find crushed lime leaves in the freezer at Waitrose. 'Unless you live near a Thai grocer, fresh lime leaves are difficult to find. Unlike dried, frozen lime leaves lose none of their sharp pungent flavour.' Waitrose Cooks' Ingredients Crushed Lime Leaves, £1.29/75g, Waitrose or online from ocado.com, 0845 399 1122. For more about Thai ingredients, see page 40.



TEST KITCHEN UPDATE

Our newest recruit is **Jemma Morphet**, who is with us on a six-month internship after graduating from Leiths School of Food and Wine.

Jemma used to tour clubs and pubs performing comedy, but fortunately for us she decided to pursue her lifelong passion for food. She cooked her first roast dinner when she was 10 and is now busy testing the 100+ recipes that appear in every issue of *Good Food*.



BBC Shop

The Good Food Family Meal Planner, £9.49 (rrp £12.99), plus free p&p.

Save time and money and reduce waste with this practical cookbook, which plans all your weekly meals for you, from speedy suppers or freeze-ahead meals, plus recipes for entertaining.

TO ORDER

Call 0844 848 9799 quoting GFMP09, or visit bbcshop.com and enter code GFMP09 at the checkout.



Save on a great day out!

Book now for the BBC Summer Good Food Show at The NEC, Birmingham, 10-14 June and get a discount on your tickets. As well as a line-up of top chefs, including James Martin, Simon Rimmer, Ainsley Harriott and The Hairy Bikers, there will be over 150 food and drink stalls, so you can meet the producers, sample great food and drink, and buy your favourites. Visit bbcsummergoodfoodshow.vi.com and see pages 59 and 74 for more details.

