

and lifestyle food

WINTER/SPRING 2010

NEWS, VIEWS, REVIEWS AND RECIPES



ENTERTAINING WAYS WITH VEGETARIAN INGREDIENTS.



- **5 SETS** OF AWARD WINNING COOKBOOKS TO BE WON.
- **WIN** A WEEK'S SUPPLY OF DELICIOUS ORGANIC PROVAMEL SHAKES FOR YOUR CLASS MATES.



Welcome to Food and Lifestyle.

A regular digest of food news, views, giveaways and recipes – many of the ingredients for which can only be found in your local high street and your independent Health Food store.

In as little as 20 years, meat free and vegetarian cooking has come on in leaps and bounds. Long gone are the days when a simple request for the 'vegetarian option' would be met with a deep sigh and a shrug from the resident chef and a plate of two veg from which the meat had been unceremoniously removed. Ironically, vegetarian cooking is now producing some of the world's most inventive and celebrated chefs and sparking a trend which may ultimately contribute to a more sustainable world. Endorsed by everyone from Greenpeace to prominent scientists as a practical way we can all help to reduce global

warming, the growth in vegetarian cooking has also led to a welcome renaissance in locally grown produce for which there is absolutely and utterly no equal. Especially when you have the added reassurance that it has been organically, seasonally and compassionately produced. On the adjoining page there are a number of links to websites, one of which offers a search facility for vegetarian restaurants and health food and wholefood stores in your local area where you can be always assured of a warm welcome, excellent vegetarian food and lots of local insight and advice, freely and happily given.

Food and their future.

It's not every company that has action to protect the wellbeing of the planet for future generations written into its founding principles. In fact Provamel, the makers of organic soya, have gone a step further. The Company, which has won prestigious awards for its ethical and environmentally friendly policies, has recently published a Report detailing the actions it has taken to reduce its carbon footprint

by 'greening' and reducing its consumption of electricity, packaging, water and transport and by putting its waste to productive work rather than to landfill. The Report also details the company's involvement in projects to encourage and promote good nutrition both in local schools as well as further afield in Brazil, Africa and South East Asia. Free copies can be obtained by calling the Provamel freephone helpline on **0800 111 4224** or **ROI 1800 818 662**.



Health Food Heroes

BILL MCPHERSON
'THE HEALTH HOUSE'

At 78, Bill McPherson is a real veteran of health food retailing having first sold health foods in 1972 in London's Chancery Lane and subsequently retired from the business on no less than three separate occasions. He was tempted out of retirement by his latest venture, an old established vegetarian café and shop in Chatham, Kent, which, with the help of store manager Kim Hill, he has totally transformed into a modern and spacious store with a complementary health clinic on the upper floors. Despite the major ongoing reconstruction of Chatham town centre, The Health House remains an oasis of calm with Bill's grey hairs and pharmaceutical training continuing to be in great demand as he dispenses both words of wisdom as well as herbs and supplements to his many new and loyal customers.

'The Health House'

116 High Street, Chatham, Kent ME4 4BY.

Tel: 01634 409291

www.healthhousechatham.co.uk



WIN A WEEK'S SUPPLY OF PROVAMEL ORGANIC FLAVOURED SHAKES FOR YOUR CLASSMATES.

With a new year upon us and the warmer days of summer still some way off, we're inviting two schools to join us in a week's worth of uplifting, nourishing and nutritious mid-morning breaks. Courtesy of Provamel, we have 150 packs of their delicious organic flavoured 250ml soya shakes to give away to each of two lucky schools. Available in Vanilla, Chocolate, Strawberry and Banana, they're guaranteed GM free and 100% organic and are an

excellent source of protein. To enter your school for one of the two prizes simply call the Provamel helpline on 0800 111 4224 or ROI 1800 818 662 or drop your contact details and email address on a postcard and send it to Provamel for Schools Competition, Provamel UK Ltd, FREEPOST RG 1661, PO Box 17, Pangbourne RG8 7BR to arrive no later than April 30th 2010. For full terms and conditions please see (pg.9) at www.foodandlifestyle.co.uk No purchase necessary. Open to schools in the UK and ROI.



Little Gems:

HappyCow's Compassionate Eating is a free, award winning online worldwide guide created to assist travellers and people everywhere find local vegetarian restaurants and Health Food Stores. www.happycow.net

According to The Independent newspaper, the secret to the finest meat-free or vegetarian dishes is simply a few drops of Mushroom Ketchup. Available from food stores or to make your own visit 'The Foody UK and Ireland' website www.thefoody.com/mrsbpreserve/mketchup.html

www.walkit.com is a handy route planner for urban walkers that provides a route map between any two points plus your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green. The site also features suggested walks.

DIARY DATES:

EDINBURGH'S GREAT WINTER RUN

9th January. Holyrood Park, Edinburgh.

Too much Christmas and New Year indulgence? Join Edinburgh's Great 5km Winter Run around spectacular Arthur's Seat. www.greatrun.org/Events/Event.aspx?id=2

YORK FESTIVAL OF FAIRTRADE

Feb – Mar. Parliament Square, York.

Quality produce from around the globe available to buy and taste plus street entertainment, tastings, exhibitions, school events and coffee mornings. www.yorkfestivals.com

FESTIVAL OF FOOD, DRINK AND RHUBARB

26th – 27th Feb. Wakefield.

Organic and locally produced food including visits to the rhubarb sheds. www.wakefield.gov.uk/CultureAndLeisure/RhubarbFestival/default.htm

HUMAN RIGHTS WATCH FILM FESTIVAL

17th -26th March. London.

World and UK premières documenting the fight to highlight injustices inflicted against humanity. www.hrw.org/iff

THE VITALITY SHOW

18th-21st March. Earl's Court, London.

Leading health experts help you to look and feel good. www.thevitalityshow.co.uk

THE EDIBLE GARDEN SHOW

19th-21st March. Stoneleigh Park, Warwickshire.

An exciting new show with a blend of attractions from beekeeping to growing your own. www.theediblegardenshow.co.uk

27TH WORLD POOH STICKS CHAMPIONSHIPS

28th March. Days Lock, Oxfordshire.

International teams in fancy dress compete for this coveted title in aid of the RNLI. www.pooH-sticks.com

SPRING FLOWER SHOW

22nd-25th April. Harrogate. Daffodils, tulips, nurseries, crafts and foods exhibited at the Great Yorkshire Showground. www.flowershow.org.uk

Entertaining ways with vege



Carrot and Cumin Pancakes.

Preparation time: 30 mins. Cooking time: 10 mins
Serves: Makes about 20 canapés

Ingredients:

For the pancakes

20g semolina flour
50g flour
1 small grated carrot
1 tsp ground cumin
1 tsp salt
1/4 tsp fennel seeds
Pinch chilli flakes
1/2 tsp baking powder
3 tbsp **Provamel sweetened soya milk**

1 tbsp **Provamel plain yofu**

1 egg
1 tbsp sunflower oil

For the carrot butter

2 carrots sliced
1 tbsp tahini paste
1 dsp soy sauce

For the sweet red onion

1 medium red onion finely sliced
2 tbsp caster sugar
1 tbsp red wine vinegar
20g alfalfa sprouts

Method:

- Put the sugar and water in a small pan and stir until dissolved. Bring the sugar and water to the boil over a moderate heat and cook to a dark caramel. Remove from the heat and add the onions and vinegar. Return to the heat and continue cooking until soft for a further 5 minutes.
- In another pan, place the carrots with enough water to cover them and bring to the boil. When the carrots are soft, whizz them up in a mini blender with the tahini and soy sauce.
- Place the semolina flour, flour, baking powder, cumin, fennel, chilli and salt in a mixing bowl and combine.
- Whisk in the Provamel sweetened soya milk, soya yogurt and egg. Grate in the carrot.
- Heat 1 tablespoon sunflower oil in a non-stick frying pan over a moderate heat.
- Drop teaspoons of the mixture in batches of 4-5 into the frying pan, cook until bubbles start to appear and the underside is golden before flipping and browning the other side.
- Assemble the pancakes on a large serving plate, add a tsp of the carrot butter, a few strands of the red onion and top with a sprinkle of alfalfa.



Potted Wild Mushrooms with Toasted Brioche.

Preparation Time: 5 mins. Cooking Time: 30 mins
Serves: 4

Ingredients:

150g wild mushrooms, roughly chopped
150g chestnut mushrooms, roughly chopped
3 shallots finely minced
1 clove garlic, finely minced
1/4 tsp ground mace
1/4 tsp ground nutmeg
2 splashes of Madeira wine
5 sprigs of fresh tarragon, finely chopped

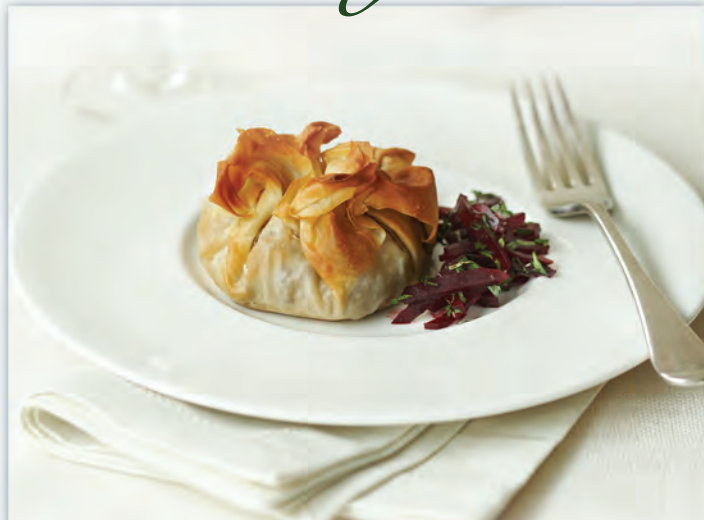
20g low fat margarine or butter
3 tbsp **Provamel Plain Yofu**
1 tbsp **Provamel Soya Cream**
Salt and pepper to taste
1 brioche loaf or 4 individual ready made brioches

Method:

- In a large frying pan, heat the fat and sauté the shallots, garlic, chopped mushrooms and spices in butter or margarine, over a moderate heat, stirring occasionally for 20 mins.
- Add in the Madeira and simmer to burn off the alcohol.
- Add in the chopped tarragon, sauté for 2 mins before stirring in the yofu, cream and salt and pepper seasoning. Simmer for a further 2 mins.
- Spoon the mushrooms into four small pots.
- Slice and toast the brioche and serve along side the potted mushrooms.



tarian ingredients.



Soya Mince Filo Parcels with Beetroot Relish.

Preparation Time: 1 hr 45 mins. Cooking Time: 20-25 mins
Serves: 4

Ingredients:

For the parcels:

1 small red onion, finely chopped
1 clove garlic, crushed
1 stick of celery, finely chopped
200g of butternut squash, cubed
Zest and juice of one orange
30g of pine nuts
1 tbsp fresh thyme

15 sage leaves, shredded
2 pinches of dried chilli
1 tsp of ground cinnamon
250g **Provamel soya mince**
1 egg whisked
1 tbsp sunflower oil
1 pack filo pastry
35g butter, melted

For the beetroot relish

200g cooked beetroot, finely cut
4 tsp balsamic vinegar
1 tbsp of leaf parsley, chopped

Method:

Oven temperature 200°C/400°F/Gas Mark 6

- Preheat the oven.
- Add the onion, garlic, celery, butternut squash, pine nuts, thyme, sage, chilli and cinnamon along with a tbsp of sunflower oil to a large non-stick frying pan and sauté on a medium heat for about 15 mins until pumpkin is beginning to soften.
- Add in the zest and juice of the orange and continue softening the pumpkin adding a little water to the mixture to increase the moisture if needed.
- Next add the soya mince and sauté for a further 2 mins, remove from the heat and allow to cool for 10-15mins.
- Stir in the whisked egg.
- Take 4 sheets of filo pastry and cut into 20cm squares; brush each sheet with the melted butter and layer on top of each other. Spoon a quarter of the mixture into the middle of the square, draw in the side and twist at the top to form a parcel. Continue with the rest of the mixture to form 4 parcels. Place the parcels on a greased baking tray and brush each one with melted butter.
- Place in the preheated oven and bake for 20 to 25 minutes or until golden brown.
- While the parcels are cooking make the beetroot relish by combining the chopped beetroot with the balsamic vinegar and chopped parsley. Assemble on the plate together.



Tofu Nut Roast.

Preparation Time: 1hr 20 mins. Cooking Time: 40 mins
Serves: 4

Ingredients:

2 small red onions, finely chopped
2 cloves garlic, minced
2 sticks celery, finely chopped
160g cashew nuts
160g hazelnuts
120g ready to use chestnuts, roughly chopped
200g **Provamel tofu blocks**
80g dried cranberries
100g breadcrumbs
1 x medium egg

20 fresh sage leaves, shredded
6 sprigs of thyme, stalks removed
Handful of flat leaf parsley, chopped
Zest and juice of one lemon
300g rainbow chard or spinach
100g goat's cheese
1 tbsp sunflower oil
1 tbsp extra virgin olive oil
Butter, for greasing the tin

Method:

Oven temperature: 190°C/375°F/Gas Mark 5

- Preheat the oven.
- Add the hazelnut and cashew nuts to a frying pan with 1 tbsp of sunflower oil and toast over a moderate heat, shaking the pan to brown the nuts all over.
- Add the nuts to a food processor along with the chestnuts and tofu; pulse until mixture is broken up into smaller pieces but still leaving some chunky bits behind.
- In a frying pan sauté the onion, garlic and celery along with the herbs until soft and just beginning to take on colour.
- In a mixing bowl add the nut and tofu mix along with the onion, celery and garlic mix and combine with the breadcrumbs, cranberries and the juice and zest of the lemon, salt and pepper and egg.
- In another pan wilt the Swiss chard and dress the leaves with a tbsp of extra virgin olive oil.
- Grease and line a 1lb loaf tin, add half the mixture to the tin packing the mix down with the back of a spoon, layer in the chard and slice or crumble the goats cheese. Add the remaining mixture to the tin and pack down.
- Place the tin in the oven and cook for 30-40 mins until brown on the outside and cooked through.





The Kakapo from New Zealand

REASONS TO BE CHEERFUL.

Two recent reports have highlighted the fact that whilst we are all painfully aware of global warming, climate change and our negative impact on the environment, the unremitting misery and cynicism with which it's being reported is simply causing us all to switch off.

As an antidote to the gloom and despair, and without wishing to be complacent, here are some positive news stories that have thus far failed to hit the headlines but are proof that for every bad news story there's often a positive one to help balance it out.

Sales of chickens raised under higher welfare standards are rising as a result of the campaigns by celebrity chefs.

In two years the number of disposable supermarket carrier bags given out has been reduced by a massive 48%.

51% of shoppers now consider the environmental impact of food before buying it.

The UN Children's Fund reports that deaths of children under five, have fallen by 27 per cent in the past 20 years and the rate is still declining.

A New Zealand firm has produced commercially priced fuel oil from algae.

The UK's capacity for recycling plastic bottles has recently increased by 50%.

A pilot project has resulted in food scraps from 94,000 British homes being ploughed back into the land as compost.

A plant thought to have been totally wiped out in the Australian bushfires of 2009 is being reintroduced having been raised from seeds that were deposited in the Kew Garden seed bank.

You will soon be able to buy organic soya and Tofu manufactured with a zero carbon footprint. Measures implemented by Provamel to reduce carbon emissions in the production of their soya and tofu products are 5 years ahead of schedule.

The endangered Duke of Burgundy butterfly, Lapwing, the flightless New Zealand Kakapo parrot (see above left), Kashmir Deer, Catalina Island fox, Tasman Booby, Red Kite, Bald Eagle and Humpback Whale are just some of the creatures that are making welcome comebacks, in part due to the efforts of conservationists.

The original comfort food.

Custard is the original comfort food. The perfect antidote to a chilly day, there's nothing quite so reviving as a steamed pudding or apple pie drenched in hot custard to warm the cockles and welcome you home. For a quick, convenient and utterly delicious dairy free alternative, Provamel offer a variety of ready made organic soya

custards that are ready to heat and eat (undoubtedly one of the 21st century's greatest labour saving devices!) In Chocolate and Vanilla flavours, Provamel organic soya custards are available exclusively from Health Food stores.



Soya and the Menopause.

By Dietician KATE ARTHUR



Research suggests that isoflavones, which are found naturally in plant foods, may help some women with hot flushes. Studies show that 50mg of isoflavones a day will probably be sufficient to reduce the number and intensity of hot flushes. This would be equal to around 2-3 servings of soya each day - soya being one of the richest sources

of isoflavones. Women most likely to benefit are those suffering from severe hot flushes (i.e. 5 or more hot flushes a day) and those consuming soya foods containing soya isoflavones throughout the day, rather than in one large serving per day. Anyone suffering from severe hot flushes should discuss this with their doctor or nurse.

Protein by pedal power.

The 'Vitagoat' is a bicycle like contraption that is helping to combat malnutrition and poverty in Africa and Asia and is part funded by Provamel. A small, entirely pedal powered plant, it produces nutritious soya milk without electricity or running water, cooking and grinding soya beans merely through 'legwork'. Each unit can generate between 5 and 10 jobs, up to 30 litres of soya milk per hour and precious nutrition for literally 100s.

www.provamel.co.uk/Eng_ENG/getpage.asp?i=201



Singing the praises of a vegetarian supper.

A succession of studies and eminent scientists have suggested that reducing our meat and dairy consumption is one of the most practical ways we can all help to fight climate change. Statistically, a hectare of land planted with soya can feed 5 times as many people as one used for animal protein production. And as if that wasn't a compelling enough reason to become partly or wholly vegetarian, we'd like to suggest one more. As more and more people of differing shades of vegetarianism are re-discovering, nothing on earth compares to a meat free dish, a little imagination and lots of delicious, locally grown fruit and vegetables. And as proof of the pudding, Provamel have 5 sets of the highly

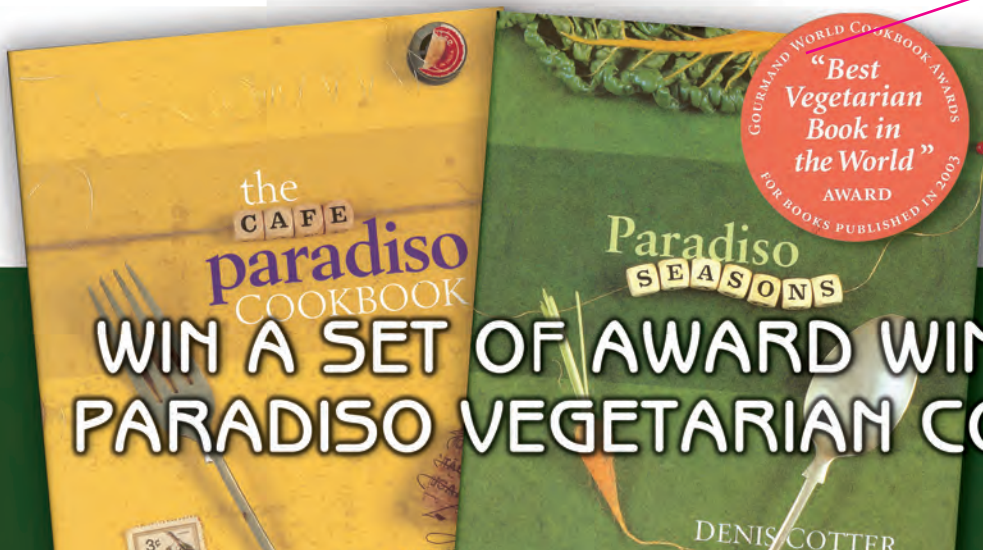
acclaimed 'Cafe Paradiso' cookbooks to give away. The books are written by Dennis Cotter, whose internationally famous Cafe Paradiso restaurant in Cork City has become a mecca for both vegetarians and 'flexitarians' who simply love good, fresh, meat-free food. For a chance to win a set of these inspirational recipe books simply call the Provamel helpline on 0800 111 4224 or ROI 1800 818 662 or drop your name, address and email address on a postcard and send it to Cafe Paradiso Cookbooks Competition, Provamel UK Ltd, FREEPOST RG



COMPETITION CLOSED

1661, PO Box 17,
Pangbourne RG8 7BR to arrive no later than April 30th 2010.

For full terms and conditions please see www.foodandlifestyle.co.uk (pg.9). No purchase necessary. Open to UK and ROI residents.



WIN A SET OF AWARD WINNING CAFE PARADISO VEGETARIAN COOKBOOKS.

The Provamel Organic soya range. Delicious straight from the pot or straight into a pan.



Whether on their own or as part of a recipe, the Provamel meat and dairy free ranges are both delicious and versatile.

Made solely from ethically and sustainably sourced organic soya beans, the range includes everything from soya milks, desserts, cream and yoghurt alternatives to Tofu and meat-free ingredients and is available exclusively from Health Food stores.



WWW.PROVAMEL.CO.UK



For further details call our Customer Careline on UK: 0800 111 4224 or ROI: 1800 818 662 or www.provamel.co.uk

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