

BBC

88 all-new recipes

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Tested in
the GoodFood
Kitchen

EXCLUSIVE RECIPES
INSIDE THIS ISSUE

GoodFood

Take it easy

We'll help you plan your summer cooking

- No-fuss family meals
- Make-ahead desserts
- Smart menu in an hour

Kids in the kitchen

- Pizza party • Ice-lolly pens

The great outdoors

- Cowboy chicken & bean stew
- 7 easy recipes – 1 posh picnic



Ice cream
cone cakes
page 65

Gluten-free cooking



- Luscious lemon & raspberry sandwich
- Fudgy chocolate squares
- Buttermilk & sultana scones
- Easy suppers
- Health advice
- Best buys

GLUTEN FREE PLUS New helpful recipe label

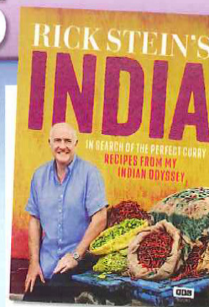
Sunshine recipes



Lemon & rosemary traybake lamb



New ways to enjoy tomatoes



FREE Rick Stein book when you subscribe



One for the bookshelf

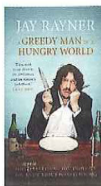
Sally Hughes reviews the latest cookbooks
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Summer reads



Foodie intrigue

The Feast of Artemis by Anne Zouroudi (£11.99, BBC *Good Food* offer price £10.79, Bloomsbury)
Although this is the seventh novel in a series, they all stand alone. Enigmatic Hermes Diaktoros, 'the fat man', and his mysterious younger brother, the hedonistic Dino, get caught up in an ancient feud between two Greek olive-oil-producing families. Well written with an interesting story, this is brought alive by Greek food described so lovingly you can taste it.



Witty examination of food issues

A Greedy Man in a Hungry World by Jay Rayner (£12.99, BBC *Good Food* offer price £11.69, Collins)
Funny and thought-provoking, Rayner – a self-confessed glutton – questions preconceptions about food issues. Supermarkets versus farmers' markets, the GM debate, food miles, seasonality, food poverty and the madness of the Western diet are all examined with a refreshing honesty, and a desire to see both sides of the argument.



Living the good life

The Modern Peasant by Jojo Tulloh (£16.99, BBC *Good Food* offer price £14.99, Chatto & Windus)
This will especially appeal if you're keeping bees on apartment rooftops or foraging mushrooms in city parks. There are practical tips for making your own bread, bacon and yogurt, and wonderful recipes for using up veg from the allotment. Even if keeping your own hens will only ever be a dream, it's fascinating to read of the highs and lows faced by those living the good life.



Taste of Sicily

Sicily (£24.95, BBC *Good Food* offer price £22.45, Phaidon Press)

Essential reading if you're just back from Sicily, or planning a trip there. If you're not, the glorious photographs and tantalising recipes will make you want to go. Each chapter takes a different part of the island, detailing the local treats, food markets and specialist producers, places to visit and key ingredients, plus a selection of easy-to-follow recipes for authentic dishes.

Useful ingredient Xanthan gum

Xanthan gum is produced by the fermentation of sugar (typically corn syrup) with friendly bacteria. The gum is processed and sold in powdered form. It has incredible thickening and binding properties.

If you're a gluten-free baker, you've probably used xanthan gum to give your bread a chewy texture or your sponges 'bounce' – which the gluten in wheat would normally supply. (See our gluten-free bakes on page 117.)

You may not know that it's also used commercially for thickening low-fat dressings and preventing ice crystals from forming in ice cream. You can spot it in various products under the name xanthomonas campestris.

We've been experimenting with it in the kitchen this month, and found it's fantastic for adding body to low-fat dressings. (You can see the results in

our Asian chicken, mandarin & cashew salad on page 27.) It also comes in very handy for keeping oil-based dressings emulsified and preventing them from separating. And the best bit? It doesn't change the colour or flavour of food if used in small quantities.

Xanthan gum clumps a lot though, like cornflour, and the thickening process can't be undone. So start with just ¼ teaspoon and work your dressing in a drop at a time, until you've incorporated it all smoothly.

Want your dressing a bit thicker? Just start the process again with a little more powder.



Learn from an expert

Authentic Japanese vegetarian dishes, Sozai Cooking School, 5 Middlesex Street, London (020 7458 4567, sozai.co.uk)

This new Japanese cook school, behind Liverpool Street station, offers a variety of classes, from sushi-making to a black cod and miso session. But I was keen to learn more about Japanese home cooking. The class of six ranged from beginners to keen cooks.

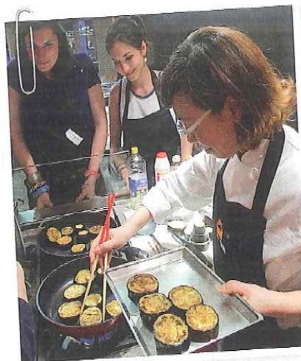
Our tutor, Akemi Yokoyama (who used to be Tina Turner's private chef), began by talking about Japanese food culture

and ingredients. Then she showed us how to wash and cook sushi rice properly for our first dish, Mushroom & ginger rice. Other dishes included Miso aubergines and a steamed egg custard with shiitake dashi. Akemi demonstrated each dish before we split into groups to cook it ourselves. We finished by sitting together to eat all the dishes as Akemi explained more about the principles behind Japanese food.

Best tip Cook the freshest rice you can get. The Japanese celebrate each new rice season and wouldn't dream of eating any stored for more than a year.
Cost £75 per person for the two-hour class and dinner.

Verdict A fun, relaxed evening. But I also learned a lot and felt inspired to cook Japanese for a dinner party. Everything we made used few ingredients and no fancy equipment, and tasted delicious.

Emily Kydd



Getting rice right
Confused over different rice measurements in recipes? An easy rule of thumb to remember is that roughly 250g uncooked rice equals 400g cooked rice.