



PASSIONATE ABOUT FOOD

FOOD EDITOR JANE CURRAN WITH THE LATEST NEWS FOR FOODIES THIS MONTH

What's in season

JUNE

There's a wealth of wonderful British produce for cooks this month. You'll find the small, sweet "Garigette" strawberries as well as the other home-grown berries. **Outdoor rhubarb** is not to everyone's taste, but it goes brilliantly with strawberries in a crumble. Make the most of the **English asparagus season** before it draws to a close in late June. We find **broad beans, runners, fine green beans and peas** more plentiful. **English watercress** is excellent for salads, stir-fries and sandwiches. There's **cucumber, fennel, lettuce, chicory, cabbage, broccoli and carrots**, so no excuse for not creating wonderful salads. The summer carrots are so delicious grated with a squeeze of lemon juice – you could toss in some toasted pine nuts too. **Home-grown pak choi** is in season for steaming or stir-frying with a splash of soy sauce. And delicious **new potatoes** from Cornwall are begging for a sprinkling of sea salt and a knob of butter.



✦ **FISH LOVERS** are in luck – Cornwall again provides the bulk of the catch. There are **Mackerel and sardines** for the barbecue, **brill and seabass** to steam or bake, and **turbot** for when you want to push the boat out. Fry or grill turbot and serve with a squeeze of lemon or our Punchy basil salsa on page 155. **Scottish mussels** are deliciously clean for marinieres.

✦ For **MEAT LOVERS**, **Welsh lamb** is one of the finest in the world. Try studding a leg of lamb with garlic, rosemary and anchovies. It won't taste fishy, but somehow anchovies make it richer and meatier.

Feel good food

We look at the hot feel good foods around, with great ideas on how to use them...

✦ **CORNISH SEA SALT**, sourced from grade-A waters, is a real find. Hand-harvested in an energy-efficient, environmentally sustainable way, it is pure and natural. It's rich in minerals and you need little to get the taste. £3.85 for 225g, £8 for 500g from delis, Fortnum & Mason and farm shops. www.cornishseasalt.co.uk.



✦ **HEMP AND SPELT** are the new black, and Ryvita is keeping up with the trend with Ryvita Hemp Seeds & Spelt Crispbread. Wonderfully moreish, they're made with 100 per cent wholegrain rye, are high in fibre and are a source of minerals, with just 41 calories per slice. Apparently, Fern Britton likes them with cream cheese (low-fat, we hope, Fern?) and smoked salmon. £1.35 from major retailers.

✦ **WE LOVE** Clearspring's organic noodle range. Organic soba buckwheat are super-healthy, and delicious chilled in a salad with crab, avocado, a squeeze of lime and soy sauce. Or just add organic udon to miso soup with Oriental greens. Brown rice udon can be used in the



same way but are higher in fibre. From £1.49 at Sainsbury's, Fresh & Wild, delis and health food stores. >>

Food book of the month

My China: Stories and Recipes from My Homeland by Kylie Kwong (Murdoch, £30, published 6 May) Fascinating stories and delicious recipes from one of Sydney's best restaurateurs. The food is approachable, with options for easily available ingredients

✦ **READERS CAN BUY My China** at the special price of £24. Call 0870-7871732 and quote "DEPT276L".

