

FOOD NEWS

Healthy New Year dishes, top Japanese food tips and seasonal, sustainable cooking

EDITED BY SOPHIE HERDMAN

HEALTHY NEW YEAR

1 Breakfast is the most important meal of the day, but it's not always easy to pick up something healthy and tasty if you're on the run. Luckily, Moma! has come to the rescue. Its Strawberry & Oatie Shakes, £2 (momafoods.co.uk), will keep you going until lunch. Or at least elevenses.

2 Everything in moderation is our motto, so no need to cut out that afternoon snack. Glorious! Skinny Dips, £1.69 from Sainsbury's, are great with a healthy accompaniment such as carrots or oatcakes, and come in a range of exotic flavours. We love the Indian Spiced Houmous and Turkish Almond.

3 Gluten-free food can often be taste-free, too, but Kent & Fraser's gluten-free biscuits aren't. The Lemon Butter Shortbread and Chocolate Chip Cookies, £2.29 each from Waitrose, are delicious.



SECRETS OF COOKING JAPANESE FOOD

NOODLES

Don't overcook. Green tea soba noodles take about 6 minutes, soba around 5 minutes, inaniwa udon about 2.5 minutes, and somen around 1.5 minutes.

TERIYAKI SAUCE

Put equal parts soy, sugar, sake and mirin into a saucepan and boil over a medium heat until glossy and slightly thick. Try cooking with roasted chicken bones for some extra flavour.

JAPANESE SALAD DRESSING

Mix 2tbsp rice vinegar with 1tbsp



soy sauce and 2tbsp sugar. Then add 5tbsp vegetable oil.

By Ross Shonhan, former head chef of Nobu and Zuma

SOUTH AMERICAN FOOD IS SET TO BE BIG IN 2012 with restaurants popping up around the country. We Brits are developing a taste for traditional, flavoursome dishes such as arepas (a Venezuelan corn-dough sandwich) and caju (the fruit from the cashew-nut tree).



SHORE THING

Seasonal, sustainable cooking – that's our New Year's resolution. To this end we've been poring over *The Hive Beach Café Cookbook* (Bristlebird Books) from the chefs at the renowned beach café in Burton Bradstock in Dorset. It features mainly seafood recipes, split into the four seasons. Try baked cod with a herb crust in spring; scallops, pancetta and chorizo salad in summer; and seafood soup in winter. Each recipe has a QR code, so you can download all the details to your smartphone.

hivecookbook.co.uk