

Food

GIZZI'S KITSCH-EN

New Year = New Food Resolutions from our culinary queen. And, in 2011, it's all about superfoods...



● **Easy-to-follow recipe books**

What To Cook And How To Cook It (Phaidon, £24.95) by Jane Hornby is my first must-have book of 2011. It's a beautifully presented step-by-step cookbook, written by a cool dude for cool dudes!

● **Drinking superfoods**

AOK Red Grape and Cherry Juice is delicious and full of antioxidants. £1.69 for 250ml, Waitrose.



● **Fresh stock**

Yes I know it takes a long time to make it yourself, but that's no excuse for using a cube – especially when you can buy True Foods fresh tasting stock. From £2.99 for 500g, Waitrose.



KITSCH-IN
KITSCH-OUT



● **Disposable coffee cups**

Why not start the New Year worthily and get a sustainable cup to pop your coffee in? All your favourite coffee shops will happily fill it for you and you'll feel very good about your worthiness! From £8 at Rough Trade or www.keepcup.com.au.

● **Boring charcuterie**

Parma ham is so 2009 – try something different from The Real Boar Co (www.therealboar.co.uk). I love Wild Boar and Sloe Gin salami, £8.50 for 100g.



● **Baking all day**

Make cupcakes in a hurry with a Walford cupcake maker. You get seven cakes in 10 minutes without turning on the oven! £29.99 plus £1.99 p&p, visit www.allaboutyoushop.com/Company02.



Is it a bird? Is it a plane? No... it's a **'Superfood!'** – and I'm advocating eating more of them. So, what makes a food 'super'? It depends if it has a power beyond regular nutritional value. Take oily fish, it's rammed full of different types of Omega oils. Fantastic for skin, hair and brain power, they can help prevent heart disease and cancers, too. Don't just take my word for it, the British Heart Foundation recommends 1-2 portions a week.

You can also get Omega oils from sesame, sunflower, pumpkin and hemp seeds. Nuts, olives and avocados are full of them, too, with the added benefit of vitamin E, which plumps skin and boosts libido. Easy tiger!

Purple foods like pomegranates and cherries are good for us because they're high in antioxidants which help our bodies fight off toxins. You can also find antioxidants in tea, especially green tea, and these are fabulous for boosting your metabolism. Nutritionists say you can burn an extra 100 calories just by drinking five mugs of green tea a day. Result.

Greens are full of iron, which help strengthen and purify your blood, while giving you the ability to absorb other nutrients like vitamin C and calcium. I rate broccoli, kale and flower tops.

But 2011's new superfood is the humble coconut. According to nutritionists, it has the power to prevent ageing and help us lose weight. It also strengthens the immune

system, improves digestion and helps heal wounds if you apply it topically. Coconut water is great for hydrating as it contains so many electrolytes, as well as potassium (Madonna and Ed Westwick have been spotting sipping it). And celebrities like Daisy Lowe have started 'coconut oil pulling' which involves swishing the oil (try Pukka coconut oil, from £7 at Whole Foods) around your mouth to attract toxins, which you then spit out. I know it sounds crazy, but it works!

Try this salad which contains as many superfoods as I could pack in. Have a portion for lunch and you'll have super powers by the end of the day! Happy New Year!

GIZZI'S SUPERFOOD SALAD

Serves 2

For the salad

- 200g hot smoked salmon or trout
- 125g quinoa, cooked and cooled
- 1 avocado, peeled, stoned and chopped
- 8 cherry tomatoes, halved
- 3 spring onions, finely chopped
- 200g kale, chopped, blanched and refreshed
- 1-2 tbsp mixed seeds, toasted

For the dressing

- 1 red chilli, finely chopped
- 1/2 clove garlic, grated
- Juice of half a fresh lemon or lime
- 1 tbsp fresh coriander, chopped
- 3 tbsp extra virgin olive oil
- Maldon sea salt and freshly ground black pepper

Mix together all the dressing ingredients in a large bowl. Add in all of the salad ingredients (apart from the smoked fish and seeds) and mix in the dressing. Split it into two bowls, then top with the fish and seeds.

GIZZI LOVES



Pukka products Pukka is a range of Ayurvedic organic teas (I've heard models take them during Fashion Weeks!), cold pressed oils and vitamin supplements, which can help improve everything from quality of sleep to the health of your skin and nails. Oh, and they've got nothing to do with Jamie Oliver! From £1.99, visit www.pukkaherbs.com.