

Grub, glorious grub!

A self-confessed non-cooking friend of mine has recently been seen coming out of supermarkets with a basket of fresh ingredients, rather than her more usual ready meals and prepared sauces. Closer inspection also revealed a slender cookery book!

Some weeks earlier I had spotted a copy of **Global Grub** at a show and thought this new idea for a cook book an excellent one and had passed it on to my friend. It turns out it has inspired her to get cooking. I asked her why she liked the book: 'The 10 recipes have been a great success. I followed them faithfully whereas normally I cheat and buy a sauce but they are so easy to follow that it never occurred to me. I like the "wipe clean pages" with instructions every step of the way; the shopping lists are easy to cope with and it's great to be able to take the book with me when shopping. I look at ingredients on the shelves much more closely and actually have started to enjoy food buying. I'm really benefiting, the recipes are quick and fairly simple, so it's giving me confidence and courage to be a bit



Caption

more adventurous. I like all the interesting information and tips and I don't spend hours in the kitchen. Definitely my type of book, I'm trying the hot chicken satay baguette tonight!

I too like the book's straightforward, minute-by-minute instructions, especially the one that tells me to pour myself a glass of wine.

The *Global Grub* range of books (more are planned) are designed to be simple and easy to follow creating dishes that take 30 minutes or less to make - a great idea for somebody needing a bit of inspiration. *Global Grub's 30 Minutes - Series One* (ISBN 0-9540959-1-X) costs just £3.95. Orders to: **Mustard Books Ltd, Lime**

Tree House, 15 Lime Tree Walk, Sevenoaks, Kent. Tel: **01732 746686**. Mustard Books Ltd are making a donation to the Association of Children's Hospices with every purchase made.

Recipes on the web

Another idea I am introducing my friend to, as she has a computer, is **1click2cook**, a handy website set up by a busy, full-time working mum who in desperation at trying to come up with new recipes and do the shopping as well as the cooking, had often cheated with ready-made meals because she had no time to plan ahead. The idea was born; why not a website that would take all the effort out of choosing what to eat week after week and produce a convenient shopping list?

It's a great website and allows you to choose from easy to difficult options and for any number of people. A nutritional therapist contributes to it and each recipe is rated for its low fat, low carb, low salt or high fibre content. I like the idea that it aims to give information on local suppliers wherever possible.

Weekly e-mails are sent direct to a member's inbox with a suggested menu and appropriate shopping list for just £11.99 for a 12-month subscription, a mere 25p per week! Just click on the suggestions that interest you and up come the recipes and shopping lists. A subscription to the site would make a useful and long lasting gift for a time-poor friend, relative or a youngster leaving home.

You can give the website a trial run before you sign up by visiting www.1click2cook.com and can give the £11.99 subscription as a gift to someone if you wish. If you choose the latter course, the recipient will be sent through the post a 'hard copy' Gift Voucher with the message, etc on it. As a bonus, any existing subscriber who buys a voucher for someone else will have their own membership extended free of charge for an extra two months.

Anna Hyman



Appetite for Abergavenny

Get your skates on and you may just catch remaining tickets for some of the headline master classes at this

year's Abergavenny Food Festival held 15/16 September. This small market town plays host to one of the year's most intimate and friendly food festivals; think Glastonbury for Gastros with no mud. See the great and good of celebrity chefs flocking to South Wales.

The list of attendees reads like a culinary who's who. Gordon Ramsay's Michelin starred protégé, Angela Hartnett MBE, gives a master class on Italian family cooking. Mitch Tonks imparts his encyclopaedic knowledge of fish. Clarissa Dixon Wright holds court on food and life. George Alagia, *Channel 4 News*, speaks out for the Fairtrade movement. Gregg Wallace, Masterchef, discusses vegetables. Keith Floyd talks on heaven only knows what and Tom Parker-Bowles regales eating his way round the world, etc, etc. Fanatical foodies will find the event website reads like a wish list of all those people who cook you could ever like to meet.

If that all seems a bit too frenetic then simply stroll through the town grazing on samples and buying from the massive selection of stalls providing everything from smoked garlic to a glass of wine. The atmosphere is wonderful, very family friendly, and this low-key (and cheaper option) often provides celebrity chef encounters as they themselves can frequently be seen wandering through the stalls. Access is free but master classes do cost extra. For full information visit

www.abergavennyfoodfestival.com

Robert Ashton