



MASTER CLASSES

If you fancy a bit of healthy-eating inspiration or maybe want to provide healthy veggie food at a social function, then Wholefood Harmony offer food and health coaching, cooking workshops, events and catering.

Using organic, vegetarian and macrobiotic ingredients, they also run a Love Food Nourish Life cooking course that includes classes on Wholegrain Wonders, Vegetable Heaven, Healthy Treats & Snacks, and Pure Puddings.

The seven-class course, which takes place in northwest London, includes teaching, hands-on cooking and a three-course vegetarian meal. You can book the whole course for £280 or individual classes at £48 each. The next course of classes starts on 17 January. For more details, visit www.wholefoodharmony.com.

TOP OF THE CLASS

Readers have the chance to book individual Wholefood Harmony classes at the discounted price of £35, when two or more are booked. For more details, turn to page 50.



The following is Wholefood Harmony's recipe for a dairy-free thick and creamy pumpkin soup.



Pumpkin soup

Serves 4 • Prep 10 mins • Cook 35 mins

- sesame oil
- 1 onion, finely sliced
- ½ pumpkin or butternut squash, deseeded and cut into chunks
- 2 carrots, diced
- 200g red lentils
- small strip of kombu sea vegetable
- 1 tbsp bouillon
- dash of shoyu
- 1 tbsp orange juice (optional)
- watercress, for garnish

1 Heat a dash of sesame oil in a pan and add the onions and then the pumpkin and carrots, together with a pinch of sea salt. Cook for a few minutes.

2 Meanwhile, rinse the red lentils thoroughly. Add to the pan with the kombu sea vegetable and cover with water. Add the bouillon and bring to the boil, then simmer for 25 minutes or until the lentils are soft.

3 Add a pinch of sea salt and the shoyu. Add the orange juice to enhance the flavour, if desired.

4 Remove the kombu sea vegetable and liquidise the soup using a hand-held blender. Sample the soup and if necessary add more shoyu or orange juice, to taste. Serve garnished with watercress.

COOK'S TIP Kombu sea vegetable is highly nutritious, and when added to the pulses this tenderises them, making them more digestible. Available from www.goodnessdirect.co.uk.

■ PER SERVING 230 cals, fat 4g, sat fat 1g, protein 14g, carbs 37g, sugars 9g, fibre 6g, salt 1g

3 OF THE BEST

TOMATO SAUCES

Bang it on veggie bangers, dollop it on chips, smash it on mash – you can't beat a good ketchup...

Tesco Tomato Ketchup

This came out above some pricier alternatives among taste testers looking for a basic no-nonsense sauce, who thought the big bottle was good value. 'Not cloyingly sweet or too vinegary,' commented one (£1.49 for 700g).

www.tesco.com



Tracklements Tomato and Pepper Ketchup

A nice variation on the usual, this contains red peppers and chillis although it is sweet rather than hot. Our testers appreciated the wide-necked bottle, too (£2.50 for 230g).

www.tracklements.co.uk



Tiptree Organic Tomato Ketchup

This was thicker than the average ketchup, not overly sweet and the tomato taste really stood out, which ensured it won over everyone who tried it (£1.75 for 210g).

www.tiptree.com



Cherry nice

Dried fruit makes a healthy snack and Pearls of Samarkand has recently launched a new range of organic products that includes some previously unavailable to buy in the UK.

Organic barberries, purple heart pomegranates, Fairtrade sun-dried cherries and goji berries all make their debut. Barberries are widely used in Iranian cookery in rice dishes and salads, and can also be sprinkled on top of yogurt or muesli, while the three varieties of cherries are the only organic Fairtrade sun-dried cherries in the world.

Prices range from £1.69 for the cherries to £6.90 for the goji berries. All come in 100g bags and are available at healthfood shops as well as online at www.pearlsofsamarkand.com, www.marap.co.uk and www.healthylifestylefoods.co.uk.



FINGER ON THE PULSE

Honestly Healthy are a new range of ready-to-cook vegetarian dry-food mixes created by an organic chef and nutritional therapist. Aimed at providing a range of essential nutrients and alkalising ingredients, they claim to do everything from helping to calm nerves to improving energy levels. As well as muesli, there are also pulse and grain mixes which include the stock, herbs and spices, so the idea is that you just add water and simmer.

The varieties include Delicious Dhal (£5.50), Beautiful Bean & Fig Stew (£6.50) and Super Quinoa & Lentil All-Rounder (£7). We tried the Bean & Fig Stew and Super Quinoa & Lentil All-Rounder and enjoyed them both, although some of our taste testers felt they would ideally want to add a bit more seasoning – however, all agreed they would be great added to a veggie stew or served as a side accompaniment to another dish.

Available at Selfridges or online at www.honestlyhealthy.bigcartel.com.

