

Food news by Carolyn Hart

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Book of the week

The Uncook Book

by Tanya Maher

Hay House UK, £16.99

After a near-fatal car crash in her early teens, Tanya Maher turned to raw foods to aid her recovery. Lying in hospital, unable to eat, she craved peppermint tea, honey and liquidised vegetables. 'My body knew that raw foods have the power to heal,' she writes in her new book.

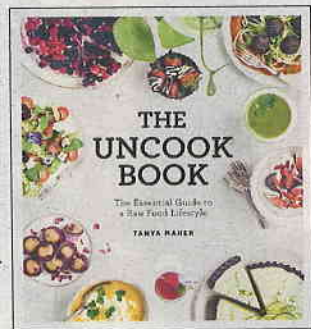
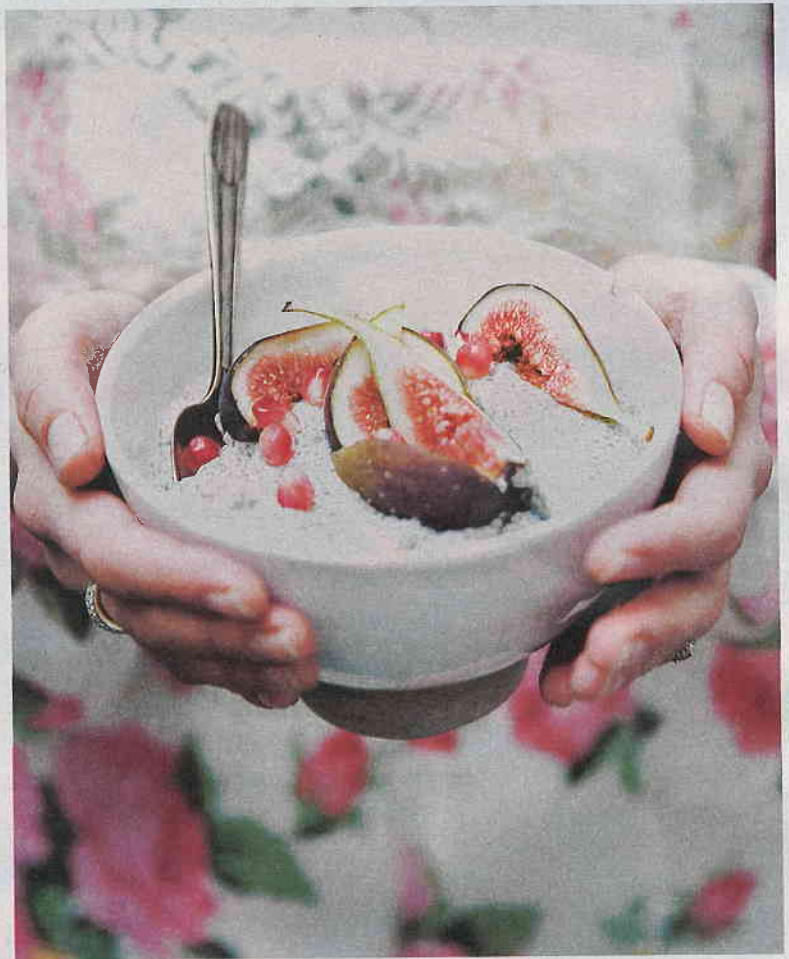
A decade later, having lapsed into a lifestyle of partying and 'second-hand smoke', Maher tapped into that intuition again, and she has been harnessing the 'raw power of plants' ever since, dispensing 'uncook' wisdom via her restaurants and

blog. The trouble with raw food is that it is often more laborious than the cooked stuff, involving equipment such as centrifugal juicers and dehydrators. Maher manages mostly to circumvent this complexity, and her recipes are accessible, even seductive. Coconut chia porridge will please even the fiercest raw-food doubter.

Coconut chia porridge serves 2

- 720ml almond milk or coconut milk
- 3 tbsp maple syrup
- 2 tbsp coconut butter
- 1 tbsp vanilla extract
- 1 pinch Himalayan salt
- 90g chia seeds

Put all the ingredients except the chia seeds in a blender to combine them. Transfer to a jug and add the chia seeds, stirring rapidly for one minute. Leave to set for 10 minutes, stirring every two minutes. Transfer the mixture to bowls and top with coconut flakes, goji berries, chopped fruit or cacao nibs.



A happy homeware This cotton Happy Birthday tablecloth by Design Letters & Friends, printed with vintage Danish lettering, will lend a sense of occasion to your celebratory teatime spread. £259, from cissywears.com.



Rare birds Chicken, but not as you know it – this is a free-range, forage-fed, 100-day-old chicken, hung for seven days and farmed by the Thoughtful Producer, the team behind Copas and its traditionally reared turkeys. From £19.99 for a 2.2kg bird, from Ocado or thoughtfulproducer.co.uk.



Hands on Founded by a brother and sister from the Peak District, Such & Such sells handmade products by a variety of craftsmen. Look out for copper bowls, £95, and stoneware jugs, mugs and pots, from £15, suchandsuch.co.

Hamish Anderson's tasting notes Whites from south-west France

2014 Tesco Côtes de Gascogne Blanc £4.49 No doubt in response to Lidl and Aldi's success, all the big supermarkets' offerings for around a fiver have increased in number and quality. This bargain is made by one of France's best co-operatives, Plaimont Producteurs. Bright and fresh, with citrus and pear, it has the bonus of being only 11 per cent ABV.

2014 Brumont Gros Manseng-Sauvignon, Alain Brumont, Côtes de Gascogne £9.99, henningswine.co.uk Having secured its international reputation, Alain Brumont is synonymous with the south-west's most famous reds, the burly wines of Madiran. His whites are as impressive. Gros manseng provides the flesh to this wine, with peach and fresh herbs; sauvignon adds zip.

2013 Mauzac Blanc, Clos Rocailleux, Gaillac £11.99, redsquirrelwine.com Clos Rocailleux is a tiny estate in Andillac set up by an English couple, Jack and Margaret Reckitt. They focus on local varieties, of which mauzac is one. I love this wine – it is initially reticent and there is a bracing core of acidity, but swirl it around and after a few sips it reveals all: nuts, flowers and lemon.

