

The Dish

Pure enjoyment

A new take on the clean-eating movement

GIZZI ERSKINE



If you use Twitter or Instagram, you can't have missed the images of nut-butters and vegetables that have been turned into "noodles" by a spiraliser, the latest kitchen essential. The gadget is an important part of the "clean eating" concept, which is about eating unprocessed foods in the right combinations. Although clean food looks very pretty and, um... clean, I haven't seen anything I want to tuck into. For me, eating has always been about pleasure.

In spite of this, I've recently adopted the clean-eating approach myself. Ever since I got persuaded to do a six-day, 400km charity bike ride across Rajasthan in aid of Action against Hunger, nutrition has come to mean something entirely different to me. A challenge like this requires a fit body, so I've hooked up with my friend Nadia Hussein, who has devised a training plan for me. Sometimes my meals are all about carbs; at other times they're all about protein. Everything I've been taught about food has been turned on its head, and I'm eating loads. At first I was apprehensive about gaining weight, but I'm actually shrinking.

I now believe there must be a way to get the clean food I've spotted on Instagram into my body in a more delicious way. So I'm bringing my new nutrition obsession to my column. Do try these recipes: they'll have you buzzing with energy ■ Visit rajasthancyclechallenge.everydayhero.com/uk/gizzi-erskine



Sardinian fish stew with cauliflower fregola

I've used cauliflower rice instead of fregola, a semolina pasta from Sardinia. You won't be able to tell you're eating low fat.

SERVES: 4

PREPARATION: 20 MINUTES

COOKING TIME: 45 MINUTES

1 litre fish, shellfish or chicken stock

A generous pinch saffron

2 tbs olive oil

1 bulb fennel, finely chopped, fronds picked and placed in iced water

6 cloves of garlic, finely chopped

½ tsp dried chillies, crushed

400g can of plum tomatoes, puréed

250ml dry white wine

1 x 250-300g cauliflower, trimmed

1 tbs oil or butter

50ml fresh chicken stock

500g monkfish

12 raw king prawns

1 squid, cleaned and chopped

2 handfuls of small clams

200g mussels, cleaned

Handful of flat-leaf parsley

Zest of 1 lemon

1. Bring the stock to the boil in a pan. Add the saffron, simmer for 1 minute, take off the heat and leave to infuse.

2. Heat the olive oil in a large-lidded casserole pan. Add the fennel and fry gently for 5 minutes or until softened. Add the garlic and chillies and fry for 2 minutes. Pour over the freshly puréed tomatoes and cook gently for 10-15 minutes. Pour in the wine, cook for another 5 minutes then pour in the saffron stock. Simmer for 20 minutes.

3. Place the cauliflower in a food processor and pulse until it resembles rice. Heat the fat in a deep frying pan and add the cauliflower. Cook over a high heat for a minute to sear the outside. Add the stock or water, season with salt and pop the lid on. After 4 minutes, remove the lid and cook until the stock has reduced into the rice. Leave on the side.

4. Add the fish in stages to the stew. Put the monkfish in first and cook for 3 minutes, then add the prawns and, after another minute, add the squid. Wait 30 seconds, then add the clams and mussels. Put a lid on and cook for another minute or two or until all the clam and mussel shells have opened. Discard any that remain closed. Add the parsley and lemon zest and season to taste — though it may already be quite salty.

5. Transfer into a serving dish, top with the fennel fronds and serve with the cauliflower rice.

Chicken satay with sweet potato noodles

You don't need to cook spiralised vegetables; it's best to leave them to marinate and ensure the sauce is piping hot.

SERVES: 4
PREPARATION TIME: 25 MINUTES
PLUS MARINATING
COOKING TIME: 30 MINUTES

6 chicken thighs, boned with skin on

2 tbsp curry powder

FOR THE SWEET POTATO NOODLES

1 large sweet potato, unpeeled

Half daikon (Asian radish)

1 large courgette

1 tbsp vegetable oil

3 shallots, finely sliced

A large bunch of mint, leaves picked and roughly chopped

A bunch of coriander, leaves picked and roughly chopped

A bunch of Thai basil leaves (plain basil will do), leaves picked and roughly chopped

FOR THE DRESSING

2 red Thai bird chillies, seeded if you prefer

2-3 limes, juice only

2 tbsp fish sauce

1 tbsp palm sugar

FOR THE SAUCE

1 tbsp vegetable oil

2 heaped tbsp Thai yellow curry paste

200ml coconut milk

200ml fresh chicken stock

4 tbsp crunchy peanut butter

2 tbsp palm sugar or brown sugar

1 tbsp fish sauce

1 tsp tamarind paste

4 lime leaves

Juice from one lime



1. Put the chicken in a large bowl, add the curry powder and a pinch of salt and massage until it's coated all over. Leave to marinate. Meanwhile, use the spiraliser to turn your sweet potato, daikon and courgettes into noodles. If you haven't got a spiraliser, carefully drag a large zester or grater down the sides of the vegetables. Put them in a big bowl.

2. Make the dressing by blending all the ingredients in a food processor. Pour the dressing on top of the vegetables, mix well, then place in the fridge ready to serve.

3. To make the satay sauce, heat 1 tbsp of oil in a pan, add the curry paste and fry over a moderate heat for two minutes until aromatic. Pour in the coconut milk and chicken stock, then add the peanut butter, sugar, fish sauce, tamarind paste, lime leaves and lime juice. Bring to the boil, then

reduce the heat and simmer for 5 minutes or until reduced to a rich satay sauce.

4. Heat ½ tbsp of the oil and fry the shallots on a low heat until they start to crisp up. Transfer to kitchen paper to absorb the excess oil. Turn the heat up to medium-high and fry the chicken skin-side down for 4-5 minutes. Turn and cook for another 5 minutes until cooked through.

5. Leave to rest for a few minutes. Add the herbs to the noodles, toss together and place on a serving dish. Pour the satay sauce to one side of the salad. Carve the chicken into slices and place on top. Garnish with the crispy shallots.

GIZZI'S GADGETS

I CAN'T LIVE WITHOUT

LURCH 1-PIECE SPIRALO



From £28.90. Spiralisers come in an array of sizes. This is one of the smallest, but still has three different blades (amazon.co.uk)

Turkey koftas

This is what I eat after exercising: it's got carbs, lean protein, good fats and green vegetables.

SERVES: 4
PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

3 spring onions, roughly chopped

2 green chillies, seeds optional

3 garlic cloves

2 tsp ground coriander

2 tsp ground cumin

A pinch of ground cloves

650g turkey mince

50g pine nuts, toasted

½ bag coriander, finely chopped

½ bag of parsley, finely chopped

1 tbsp vegetable oil

200g broccoli, cut into florets

60-100g cooked brown rice, per person

2 tbsp mixed seeds, toasted

1. Place the spring onions, chillies, garlic, coriander, cumin and cloves in a blender, season with salt and pepper and purée.

2. Place the turkey mince in a large bowl, add the paste with the pine nuts, coriander and parsley. Mix well.

3. Shape the mixture into small koftas — it should make 16. Heat a griddle or pan with the oil and fry the koftas in small batches for 3-4 minutes until golden and cooked through.

4. Blanch the broccoli florets in a large pan of boiling water for three minutes, depending on size, then mix with the brown rice and seeds and serve as a pilaf alongside the koftas.



TOP TIPS

Before cooking the koftas, fry off a little piece of the mixture to check if you need more seasoning



On the Bottle

Tapping into the red, white and rosé

KATE SPICER



THREE OF THE BEST



TROCKEN RIESLING, AXEL NEISS, PFALZ
 Pineapple, peach, lime and minerality, on tap at Vinoteca bars and shops (£9.95 per 75cl bottle, vinoteca.co.uk)



CHÂTEAU LA COSTE "ROSE D'UNE NUIT" COTEAUX D'AIX EN PROVENCE
 A biodynamic wine with red berries and woody herbs (£11.49, adnams.co.uk)



LONDON CRU SW6 RED WINE NO 3, CABERNET SAUVIGNON
 Creamy blackcurrant on the nose, chewy and dry in the mouth. Should be available on tap for 2015 (£15, londoncru.co.uk)

Richard Hamblin is a geek who loves wine and its new technology. He had seen wine on tap in cool Manhattan and Brooklyn bars, where it's been commonplace for most of this decade. When he arrived at the Roth Bar and Grill in Bruton, Somerset, he was determined to have the same. Taps provide reds, whites, prosecco and rosé for a customer-friendly variety of glass and carafe sizes. "Tap accounts for over 75% of what we sell," he says. Why? "Because they're good, sociable wines at great prices. It's a no-brainer and does away with the ceremony, faff and tyranny of the 75cl bottle."

Wine is expensive in this country, and anything that makes it cheaper without compromising on quality deserves a mention. Not all wines are designed to age in the bottle, and those are the wines that work on tap. Serving from kegs or barrels reduces packaging and waste, and keeps the wine itself away from vini-kryptonite, what we call air. Hamblin describes "a wine-filling station in the south of France where locals fill up at the pump from 100-litre tanks. Imagine all these farmers turning up with all manner of vessels, from old juice cartons to huge flagons."

A tap's aesthetic cred is low compared with a curvaceous glass bottle. Luckily, the Roth is in the Somerset gallery of the international art overlords Hauser & Wirth. The artists Björn and Oddur Roth built the bar over five months from architectural salvage, video screens and creative fire. It looks like a living entity. The brothers blew through polite Bruton in a SUV they customised with a chainsaw and drank Peroni for breakfast. Screens built into the Roth's bar, including the unit with the wine taps, tell the story of the creative carnage that accompanied their residency. Beats a bottle, doesn't it? ■