

Client: JP Ramos
 Source: ASDA Magazine (Main)
 Date: 01 October 2015
 Page: 14
 Reach: 1963201
 Size: 663cm2
 Value: 57501.99

FOOD BITES

From top chefs to fresh, new flavours, discover what's hot in the world of cooking

SHAKE UP YOUR BAKING

Follow some of our favourite bakers online

- **Edd Kimber** channels pretty Parisian patisserie such as cherry clafoutis on his Instagram feed @theboywhobakes.
- **Lily Jones** loves unique flavours - think plum and lemongrass. Follow @lily_vanilli_cake on Instagram.
- **Jemma Wilson** hosts a weekly YouTube show. Her masterclasses have included rainbow icing and *Dr Who* dalek cakes. Find her at YouTube channel CupcakeJemma.



THE FUTURE'S LOOKING ROSY

Rose is a core flavour in Turkish and Middle Eastern dishes - now try it for yourself. Drizzle a little **KTC Rose Syrup, £1.98 (750ml; 26p/100ml)**, over rice pudding with chopped pistachios, or add a fragrant splash of **KTC Rose Water, £1.03 (190ml; 54p/100ml)**, to make rosewater lemonade. You can even spread a hint of rose on your toast with **Sultan Baci Rosehip Marmelade, £1.47 (380g; 39p/100g)**.



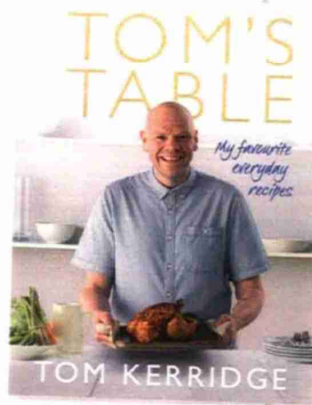
Five minutes with... Tom Kerridge

The chef and owner of The Hand And Flowers in Marlow (Britain's first pub with two Michelin stars) is known for his big, bold flavours. His latest book *Tom's Table: My Favourite Everyday Recipes*, £12, is in store from 24 September.

What are your favourite autumn ingredients?
 I'm a massive fan of root vegetables and winter brassicas - sprouts and sprout tops cooked with bacon. Slow-cooked meats with a good sprinkling of wild mushrooms are also perfect in autumn.
You've said that you're 'not a Michelin-star kind

of guy'. How would you describe yourself?
 As a high-vis jacket-wearing, white van-driving kind of chef, just delivering lovely ingredients.
How did you manage to lose an incredible 9 stones in weight?
 I pretty much gave up eating carbs, became teetotal and started

swimming every day.
Your new book features the ultimate roast chicken. Any tips for perfect roast potatoes?
 Once boiled, remove from the pan and leave to dry on a cake rack before putting them on a tray with some oil. Don't pack too tightly or they won't crisp up.



Client: JP Ramos
Source: ASDA Magazine (Main)
Date: 01 October 2015
Page: 14
Reach: 1963201
Size: 663cm2
Value: 57501.99



DAIRY-FREE OPTIONS

Whether you're lactose intolerant or simply want to try something different, give our non-dairy alternatives a go

CHOSEN BY YOU ALMOND MILK

What is it? Roasted almonds are ground into a butter then blended with water. It's low in fat and has a creamy, nutty taste.

Try in Smoothies and milky coffees.

CHOSEN BY YOU COCONUT MILK

What is it? Coconut flesh blended with rice and water. It has a sweet, coconutty flavour.

Try in Porridge, curries and cakes.

ASDA SOYA MILK UNSWEETENED

What is it? Soya beans soaked, ground and boiled with water. A mild nutty taste – also available in a sweetened version.

Try in Shakes, ice cream and custard.

ALPRO RICE MILK

What is it? Made by blending boiled rice and water, it has a light, sweet, flavour and delicate texture.

Try in Soups, rice pudding, or on cereal.



IT'S NO YOLK

We've had restaurants focusing on toasties, hot dogs and porridge – now the trend is eggs. At the Poached Egg Bar in Dalston, East London, eggs are slow-cooked 'sous-vide' for the perfect yolk (above).

At the Egg Break in Notting Hill, they offer sophisticated egggy baps such as Braised Brisket, Egg & Horseradish. Share your egg-dish pictures on Instagram #asdamag



Hey, brosé!

The summer Instagram craze #brosé saw blokes posting pics of themselves drinking rosé. But full-bodied rosés can be enjoyed all year round. Our Portuguese Tagus Creek Rosé, £4.25 (75cl), is great with curries, kebabs and hearty dishes.

drinkaware.co.uk

THE RISE OF THE FRIES



Gourmet chip van Come Fry With Me proved so popular at this year's festivals and street markets, it's now opening a restaurant in London's Covent Garden in October. Founder **Tiffany Plant** thinks fries deserve more than salt and vinegar. She uses toppings such as **truffle and Parmesan, pesto chicken and Marmite, or vanilla icing on cinnamon sweet potato fries.**

Try some of Tiffany's ideas for jazzing up your fries at home...

- Fry them in duck fat instead of regular oil.
- Top your chips with leftovers such as chilli con carne, curry, Bolognese, grated cheese or baked beans with cumin or coriander.
- Bored of ketchup? Try blue cheese dip or Bearnaise sauce.
- Sprinkle with dried herbs and spices – try fajita spice mix, Cajun spice, garlic and rosemary seasoning or smoked paprika.